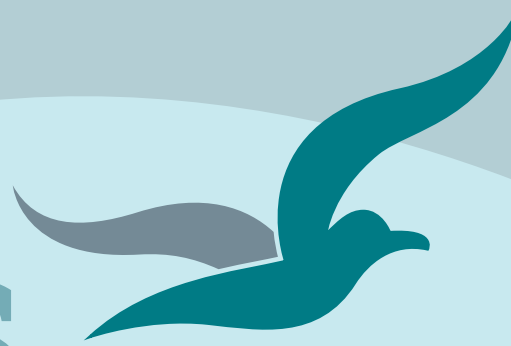


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## A shortage of mental health professionals leaves Police to deal with crisis situations

A nation wide shortage of mental health professionals, which is particularly acute in Northland, is leaving Bream Bay Police to deal with a high number of mental health crises.

Over the past two weeks the Bream Bay Police team has attended eleven mental health crisis situations, including suicide threats and attempts and one very dangerous incident where a man walked down State Highway One at dusk into oncoming traffic.

Sharon Russell, CEO of the Bream Bay Community Support Trust, said while she was unaware of the cases Police have been dealing with there is a serious and long term shortage of mental health professionals.

She said this shortage is nation wide but particularly acute in Te Tai Tokerau. As a nurse she is aware that a high number of consultations at general practices and other primary health care have mental health components but there just aren't enough professional mental health practitioners to refer patients to.

"We need to train more mental health professionals, look after the ones we have so they don't go overseas and bring more qualified people from other countries to fill the gap."

The Bream Bay Community Trust has a number of initiatives that support local people and help them to cope in sometimes-difficult circumstances. It runs

*Continued on page 3*

## Siva Samoa in Waipu



The young dancers were each presented with a certificate and a lolly lei before posing for a photo shoot.

The audience gathered in the Waipu Coronation Hall on Friday 22 September was treated to a colourful and lively display of Siva Samoa (Samoa Dance) staged by the Fale Pasifika Dance Academy and Pasifika dance teacher Moka Fotuhetule.

Fale Pasifika General Manager Johnny Kunitau said that the organization looks after the welfare of Pasifika people living in Te Tai Tokerau.

"We want to let people know we are here and to teach our children about our culture and our identity."

*More photos and article on page 13*

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## EDITORIAL

# Lack of civility at election meetings a threat to democracy

One of the silliest things said at the two recent Bream Bay Meet the Candidates evenings was an assertion by Susan Burgess, the Democracy NZ candidate that she "Knows everything about health" and if Dr. Shane Reti, who may well be the next Minister of Health, wants to know anything on this subject he should come and talk to her.

I don't think anyone alive on this earth knows all there is to know about human health. In my experience the more I know on any given subject the more I understand how much more there is to learn and this is particularly true about human beings and their complexities. When I read articles or listen to interviews or podcasts on aspects of human health the most credible experts never make blanket statements about their own boundless knowledge. It would be a trigger to stop reading or switch off if they did.

Mrs. Burgess qualifications, as listed on the Hardys health stores" website where she is described as the company's "Expert" are as a naturopath, an accredited Fitgenes practitioner and a Hemaview Practitioner.

To quote from Wikipedia, Hemaview or live blood analysis "is promoted by some alternative medicine practitioners, who assert that it can diagnose a range of diseases. There is no scientific evidence that live blood analysis is reliable or effective, and it has been described as a fraudulent means of convincing people that they are ill and should purchase dietary supplements."

I suspect the practice of Fitgenes analysis, where people undergo DNA testing in order to map out their individual health requirements is equally shonky.

By comparison, Dr. Reti worked in family health in Whangārei for 16 years and served three terms on the Northland District Health Board. In 2007 he won a NZ Harkness Fellowship to Harvard Medical School and is the National Party's spokesperson for health.

New Zealand's current Minister of Health, Dr. Ayesha Verrall holds a PHD from the University of Otago's Medical School. Her area of study was the epidemiology of tuberculosis. She has also studied tropical medicine, bioethics and international health in the United Kingdom, Singapore, and Peru. Prior to entering politics she was a senior lecturer at the University of Otago in the Department of Pathology and Molecular Medicine.

We are lucky to have these highly qualified people in the driving seat of our public health care delivery.

One of Diana Burgess motivations for her attempt at election to Parliament seems to be to repeal the Therapeutics Products Act, which after many years in development, and many attempts to thwart its progress by peddlers of alternative health products, has finally passed into law, although the mechanisms for its enforcement won't be in place until 2026.

The new act requires alternative health products to contain safe ingredients and for the claims made for these products to be substantiated. It sounds pretty reasonable to me. As someone who spent hundreds, perhaps thousands of dollars, on glucosamine tablets only to discover these are ineffective and here I am hobbling around on arthritic knees, I think it well overdue.

We need to seriously examine the motivations of some of the people who are joining and supporting the plethora of new political parties. *Democracy NZ*, for example, seems to have been born out of the most serious threat to our democracy since its inception, the encampment in the grounds of Parliament in 2022, when elected parliamentarians were threatened and spat at as they entered the Beehive and a noose was strung up in a tree in those hallowed grounds.

A lack of civility is evident at political meetings around the country, including the recent meeting in Waipu where the Labour candidate Angie Warren - Clark was jeered and hissed at when she tried to explain that the closure of the Marsden Point Oil Refinery was the decision of a private company and not the Labour Government. It would have been helpful if people had been able to listen to her explanation. This unreasonable, aggressive behaviour and intolerance of anyone challenging their entrenched beliefs is in itself a threat to our democracy.

*Marilyn*



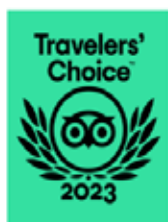
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## Will the two laning of the Ruakākā Beach Road bridge go ahead as planned?

Will the two laning of the Ruakākā Beach Rd. Bridge go ahead, given the extra roading repair costs the Whangārei District council is facing with increasing costs and a long list of needed road repairs following all the storm damage of the past 12 months?

The bridge is the only way out of the Ruakākā South area behind the surf beach.

Approximately 600 people live here but the number is much greater during the summer holiday season. People staying at the Ruakākā Beach Holiday Parks 350 campsites and nine cabins also need to use this bridge to come into or leave the area. It has long been of concern to the residents of Ruakākā South that in a situation where people might need to evacuate the area in a hurry the bridge would become a bottleneck.

The two laning of the bridge is scheduled for year five in the Council's current Long Term Plan.

Jeff Devine, Strategic and Planning Manager for the Northland Transportation Alliance told the Bream Bay News, that while this project is currently scheduled for 2025/26

"However, this is still to be confirmed or reconfirmed as part of the development of the new LTP 2024-27.

He said, "The issue of the storm damage over the last 12 months and resulting cost to Council from that is still to be determined and we are uncertain what impact that will have on Council's future programme of works."

## Flexible barriers on State Highway leave less room for cyclists



Flexible safety barrier on State Highway One makee it harder for motorists to swerve to avoid cyclists

While the medium strip flexible safety barriers on State Highway One between the Ruakākā roundabout and Doctors Hill Rd. separate northbound and southbound traffic, making the road safer for motorists they are not doing the same for cyclists.

The barriers leave motorists with not a lot of room to swerve around cyclists and there is no shoulder for cyclists to move on to.

Many cyclists regularly ride from One Tree Point, Ruakākā and Marsden Bay and use this short section of the highway to access the quieter rural roads and hill challenges west of the highway.

There is a wide grass berm on the western side of the road and the suggestion has been put to Waka Kotahi that this could be sealed as a dedicated cyclist path.

## A shortage of mental health professionals leaving Police to deal with crisis situations

*Continued from Page 1*

both men's and women's twelve week skills courses. It holds a well attended Community Connections group every Friday morning from 10.30am to 12noon and a Waiata group on Wednesdays from 12.30pm to 1.30pm.

The trust also advertises that staff members in its community connections team are always available to "lend a listening ear" if a person has something they would like to discuss.

However, Sharon acknowledges that people suffering severe mental health illness are usually unable to seek help for themselves and really need someone to go to them.

The Northland Mental Health Crisis team can be contacted by phoning 0800 223 371. The call will be answered registered health clinician who will assess the situation and can refer to an after hours crisis team. However the Whatu Ora Northland Mental Health services in Northland webpage advises "If there is someone in imminent danger, call the police on 111."

*Te Whatu Ora Te Tai Tokerau Mental Health and Addiction Services response on Page 11*

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## Hayfever

The medical name for hayfever is allergic rhinitis – this means an allergy affecting the nose.

This allergy may be either seasonal, such as in spring when there is plenty of pollen or new plant growth which causes the allergy; or perennial which means all year round, when you are aller-



gic to dust, pet hair or other irritant substances. The severity and type of hayfever varies from person to person, but can make you miserable if not treated and the symptoms prevented.

Those people that have allergies causing dermatitis or asthma are generally more likely to suffer from hayfever; but for everyone the answer to relieving hayfever is to minimise the exposure to whatever is causing the symptoms.

Most hayfever sufferers complain of sneezing, itching and burning eyes and throat, and either blocked or running nose. Other symptoms that may occur are aches in the jaw and teeth caused by the pressure of blocked sinuses, popping in the ears, headaches and generally feeling miserable.

When you have an allergy the body releases a substance called histamine, which is why the most common medicines used to treat allergies are called antihistamines. These block the effect of histamine and will prevent any more histamine release, which should prevent the allergy getting worse.

Avoiding the substance that causes the condition is always better than taking medicine to treat the result of the exposure, but unfortunately this is not always possible.

Other treatments for the nasal blockage and congestion of hayfever usually involve a nasal solution that may be either dropped or sprayed into the nostrils. These work by washing out the nostrils or by helping to dry up and prevent further secretions from the sinuses running down the nostrils or down the back of the throat. Decongestant nasal preparations should only be used for up to five days running as they can cause nasal congestion to worsen if used for prolonged periods of time. Seek advice from your community pharmacist as to the correct nasal spray that you can use to relieve and prevent ongoing congestion.

A cough may occur from persistent nasal secretions running down and irritating the back of the throat. This is called post-nasal drip, and may also be helped by antihistamines, as this should not be treated with medicines to stop coughing.

Talk to your community pharmacist about the right medicine to treat hayfever, and seek their advice about preventing as well as treating hayfever whether you suffer from this occasionally or every day.

## LETTERS

### Do we really need four new service stations?

In the Bream Bay News 21 September there is an article about a fourth resource consent application for a truck stop / service station along SH1 within 18 kilometres.

It would appear to be a huge waste of resources in these supposedly tough economic times for seemingly identical facilities to be realistically considered by the Whangārei District Council.

When I questioned the Council they responded.

The Council does not have any control over who submits a resource consent application, however the cumulative effects of similar types of activities would be assessed when reviewing such proposals. The processing planner will need to make an assessment of the activity in accordance with the Resource Management Act 1991 and the Whangārei District Plan. As part of the assessment Council cannot consider trade competition or the likelihood of success in the current or future.

One would hope that the residents of Waipu and Ruakaka voice their opposition to these plans.

How does this fit with the move towards electric vehicles?

What would be the effect on traffic flows to have trucks and cars pulling in and coming out of these service stations?

If the new highway is built, will they be in the way of road widening?

If the Council does approve one or more, one would presume the owners deposit a considerable amount of money to ensure the land is returned to its current state when they fail?

Who will actually make money from these? Petrol companies?

*Richard Cole*

*Waipu*

### World Health Organisation Pandemic Preparedness Treaty a treat to our sovereignty and human rights

I would like to explain why I asked Dr Shane Reti whether he would be signing New Zealanders up to the World Health Organisation Pandemic Preparedness Treaty and how this will effect the people of Bream Bay.

The WHO is making the final version of the this treaty public this week. Countries must reject it by mid December this year or be bound to its dictates under international law.

The WHO receives 76.8% of its funding from 'voluntary contributions' with the six largest 'contributors' having direct links to the pharmaceutical industry.

What this means is that unelected bureaucrats with conflicts of interest are dictating our government health policy through their delegates who hold executive roles in our governments.

WHO pandemic preparedness involves the introduction of digital health passports and surveillance systems which can be used to restrict our movements, free speech and bodily autonomy.

We have experienced this centralized government control of our health over the past three years.

The threat to our sovereignty and human rights is real.

*Alice Grant*

*Waipu*

*Editor - At the Waipu Meet the Candidates evening Dr. Reti gave an assurance that the WHO Pandemic Preparedness Treaty is "non binding".*

*I am not sure about the funding of WHO by the pharmaceutical industry or the surveillance systems and health passports Alice is worried about but it seems like world wide cooperation in preparadness for the next pandemic has to be a good thing.*

## LETTERS TO THE EDITOR ARE VERY WELCOME

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# Former Black Fern Susan Dawson appointed Waipu Rugby Premier coach

The Waipu Rugby Club has appointed Susan Dawson as head coach of its premier team for the 2024 season. Susan is a former Black Fern and was a member of the winning New Zealand squad at the 2002 Women's Rugby World Cup.<sup>[2]</sup> In 2018, she was appointed coach for the Northland senior women's development team. She has coached in Australia at a premier men's club level. She was assistant coach for the international Oceania Under 18 development camp and she has also been the head coach of Pakistan's women's sevens team.

Steve McClure the Waipu Rugby Club Captain said a few people have asked him how a woman coach will go down with the fans and players. He replied, "Look I'm the biggest dinosaur around here but Susan's CV speaks for itself. He thinks this might be the first ever woman head premier coach in Northland. "There have been assistant coaches but not a woman head coach. This puts Waipu out in front and it's quite exciting." Club President Steve Cunis and Mr. McClure presented



Newly appointed Waipu senior coach Susan Dawson was presented with her Waipu coaching jacket by the Waipu Rugby and Squash Club President Steve Cunis (left) and Captain Steve McClure

Susan with her coach jacket when she called in at the Waipu clubrooms on Sunday afternoon 1 October. She said she would get "the lie of the land" and find out about "the DNA of the club" before developing her coaching strategy. She would be talking with everyone involved to create the right environment for success. She did say she believed the ongoing success of the premier team would be helped if the club were able to field a strong reserve team.

# Graham Dewes, in France as assistant coach with the Fijian team

Former Waipu Rugby Premier Coach Graham Dewes is in France at the Rugby World Cup. He is assistant coach with the Fijian team, which won an historic victory over Australia in a pool match. Graham coached Waipu from 2016 to 2019 taking the team to the semi finals in 2026 and 2017, the finals in 2018 and to championship winners in 2019. Graham has assisted Fijian players to come to New Zealand to further their careers, inviting them to live

with him and his family in his One Tree Point home Once such protégée was Temo Mayananua who played for Waipu for several years and is now also at the World Cup as a member of the Fiji World Cup team. He has held various roles coaching Northland teams and is currently the Northland Taniwha assistant coach. Prior to taking on coaching roles Graham was himself a player in the Fijian national team.

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## Waipu Primary display of children’s work

It was show off time for Waipu Primary School children on Wednesday evening 20 September when their school hall was decorated with colourful display stands featuring their drawings and stories.

Proud parents and grandparents crowded into the hall to see the work while children took turns reading their stories aloud through a microphone.


Outside food stalls encouraged families to make an evening of visiting the display.

Deputy Principal Glenice Andrews said credit for the evening should go to Year 3 teacher Amy Eager and Waipu School’s music, dance, drama and visual arts teacher Emma Couper.


Glenice said it was good to be holding an event, which celebrated academic achievement.



Mila Tonkin, aged 10, with her poem entitled Garden Warriors



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## Donated seat destroyed by vandals



Melinda Butt was still in the process of installing this seat a gift from her to the Waipu Riverwalk when it was smashed beyond repair overnight a fortnight ago. The base of the seat was made of Hempcrete an eco friendly alternative to concrete as it is carbon sequestering.

Melinda said she imagines some bored young people did the damage.

Another heavy wooden chair on the walk was also vandalized with a piece hacked out of an arm and some concrete posts, which landscaper Barbara Bycroft was hoping to use to define the edge of the planting at the start of the trail were heaved over the river bank.

“They were quite heavy so I don’t think this could have been done by children”, Barbara said.

Last week Melinda got back to work building another chair: this one with a concrete base and not quite so easy to destroy.

“That’s how it has to be it seems”, she said.



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# Police Report



## Stabbing victim uncooperative with Police

Police were called to an address in Rakutai Place Ruakaka at around 11.30am on Friday 15 September where they found a man who had suffered a number of stab wounds and other injuries. He was taken to hospital in a serious condition. However he was uncooperative with Police an inquiries are ongoing and the person responsible remains at large. Police believe the victim is aware of the identity of his assailant.

## SH1 closed while Police apprehend man walking headlong into traffic

A section of State Highway One at Bream Bay had to be closed off to traffic for 15 minutes at 7.30pm on 10 September while Police subdued a man who was suffering a mental health incident and attempting suicide by walking into oncoming traffic. He was wearing dark clothing and in grave danger of being hit by a vehicle. Police managed to take him into custody without injury.

## High number of mental health incidents

In the fortnight 15 September to 29 September Bream Bay Police have been called out to an unusually high number of mental health incidents: 11 over 14 days. Many of the people they dealt with were in a suicidal state

## Sixteen family harm incidents

In the same period Bream Bay Police have dealt with 16 family harm incidents.

## Break in at Ruakākā Towncentre Indian takeaway

Overnight on 22/23 September the Ginger Garlic Indian takeaway shop at the Ruakākā Town Centre was broken into. Police have spoken to two juveniles about this incident.



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# Back home & in it for Whangārei

Angie has worked hard on initiatives to reduce food waste, protect the environment, and improve food access for vulnerable communities. Her work resulted in a \$32 million Government fund, supporting nationwide food distribution initiatives announced in Budget 2019.

Recently Angie has had her members bill, Crimes (Child Exploitation Offences) Amendment Bill signed into law. This bill looks to provide justice to those who have been affected by grooming, both online and in person.

Her Family Proceedings (Dissolution for Family Violence) Amendment Bill has recently had its first reading. This Bill removes the mandatory two year wait for divorce where there is proven domestic violence.



## Angie Warren-Clark

for Whangārei

 /angiewarrenclark  
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Authorised by Rob Salmond,  
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# Saturday morning working bees



On Saturday morning 23 September the volunteers planted native trees grown at the Waipu community nursery along the banks of the Waihoihoi River for the Waipu Riverwalk group. Approximately 300 trees were planted.



Also on Saturday 23 September members of the Bream Bay Coastal Care Trust set to work at the Ruakaka Estuary digging out weed acacia trees springing up under after larger trees were cleared from the area over the past two years. The dune land around the estuary is looking good with native rush, wiwi and oui oui, harakeke and dune vegetation the predominant species growing after a consertive effort by the trust. However weed control is ongoing and trustee Sue Jolly has initiated a regular Wednesday weeding sessions from 10am to midday providing the weather is fine. Volunteers are asked to come to the car park entrance to the Ruakaka wildlife Refuge. Its a very exposed site so you need to bring sunscren, your sunhat and water bottle.



# Traffic safety team hands out coffee and hot food to truck drivers



The Auckland Police Commercial Vehicle Safety Team was in Bream Bay last Wednesday flagging down trucks on State Highway one at Uretiti . Joined by Northland traffic police, a team from Bream Bay St John and NZI Insurance they handed out coffee and hot food to truck drivers along with safety advice. Along with St. John and NZI stalls and vehilces there were no fewer than seven Police cars lined up at the Uretitit truck weigh station.

## Keep a watch out for caulerpa

Northland Regional Councillor Rick Stolwerk urges local people to be on the lookout for the invasive seaweed caulerpa this summer. Caulerpa has been found growing in the Bay of Islands where a Controlled Area Notice with a ban on fishing, gathering shellfish, seaweed or crayfish , anchoring and diving has been placed at Te Rāwhiti Inlet. This pest seaweed forms dense mats smothering the ocean floor and crowing out native species including sponges, cockles, mussels and scallops. It is typically found between the low-tide mark to approximately 40 metres deep. Exotic Caulerpa is difficult to get rid of once it is established. Councillor Stolwerk said the Northland District Council is attempting to eliminate this seaweed in the region and if it arrives in Bream Bay it would be good to catch it before it takes a hold. To help stop the spread boaties are asked to check their anchors,



The highly invasive seaweed caulerpa chains and fishing and diving gear. If you think you spot exotic Caulerpa in an area where it's not known to exist – take a close-up photo, note the location, and phone the pest and disease hotline on 0800 80 99 66.



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Being a Firefighter is an amazing way to give back to your community and be part of an amazing supportive team at the same time.  
For more information pop on down to the station on a Monday night from 7:30 to have a chat with our team or phone our Chief Fire Officer, Alan Vaile on 021 409 442 or send us a message on our Facebook page.

## LET'S TAKE BACK OUR COUNTRY

The New Zealand we know and love is hanging by a thread. Things are failing everywhere, all at once. I'm standing for NZ First to take back our region, and our country. Here's how:

1. GET TOUGHER ON RISING CRIME

2. IMPROVE OUR ROADING

3. RE-ESTABLISH MARSDEN POINT

4. GROW NORTHPORT

5. STOP THREE WATERS

If you want to give Northland a fair go, and return New Zealand to what we once were, then you know what to do. Join us, and Let's Take Back Our Country.



**NEW ZEALAND FIRST**



Authorised by H. Howard, 3/33 Pahiatua St, Hokowhitu, Palmerston North.



# A labyrinth designed for Northland

The biggest labyrinth in New Zealand is located up a long steep driveway at Langs Beach.

Gill Webb became fascinated by the concept of a labyrinth after a friend developed one on her property just north of Auckland. Gill asked landscape designer Glenys Yoeman to design one for her.

As Gill's property is perched on a hill and there are four big old totara growing there it was never going to be neatly symmetrical like some of the labyrinths Gill has seen on her travels. Glenys came up with something unique to the site and unique to Northland

Gill is thrilled with the result saying, "It is unusual to embark on a project which exceeds your expectation."

This is from someone who has had her share of successful projects. She spent 30 years building up a multi disciplinary company providing rehabilitation services for people with physical and mental illness. Five years ago she sold this to Southern Cross and purchased her Langs Beach property. Since moving North Gill has taken on the role of Chairwoman of the Piroa Conservation Trust.

A labyrinth confirms to an ancient pattern, which Gill believes was developed in Scandinavia around 4,000 years ago but has spread through many cultures. Its intricate pattern has been found drawn on cave walls, built in tiles in religious temples or with stones set out on the ground. There is a mystery around how the design spread from culture to culture. Labyrinth patterns have been found on the walls of caves in North America very similar to ancient designs in Africa and Europe and Asia but there is no archeological evidence of any early connection.

A labyrinth is not like a maze. You don't get lost inside it. You can see over its bounding walls.

As you walk its pathways you move in and then further away from the centre.

Gill said, "It's an aid to meditation. You place your problem at the middle and then as you approach and then move outwards again you see it at different angles.

"It's a fun thing and but it has therapeutic value. "

Her father, who lived with Gill two years prior to his death, enjoyed sitting in the sun at the centre of the labyrinth and requested that his ashes be placed there. It's a very peaceful spot.

It takes 40 minutes to walk Gill's labyrinth if you take it at a slow meditative pace. Its pathway is 400 metres long. There is a sloping seat at the centre, around one of those totara trees.

The pathways are planted with low growing native species.



Gill Webb seated at the centre of her labyrinth



A modern stone labyrinth built in a park in California which shows the intricate design a labyrinth is formed around

Over the summer Gill plans to hold an open day inviting people to visit her New Zealand styled labyrinth as a fundraiser for Promote Waipu so local people will get a chance to experience it for themselves.

## Monthly Meetings of local Resident and Ratepayer groups

### THE RUAKĀKA PARISH RESIDENTS AND RATEPAYERS ASSOCIATION

The Ruakāka Parish Residents and Ratepayers Association meets on the second Tuesday of each month at 7pm in the Ruakaka Recreation Centre, Takutai Place, Ruakaka

### WAIPU RIDING RESIDENTS AND RATEPAYERS ASSOCIATION

The Waipu Residents and Ratepayers Association meets at 7pm on the last Wednesday of each month in The Presbyterian Church Hall 45, The Centre, Waipu.

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# Te Whatu Ora response to concerns about rising number of mental health crises

**Ian McKenzie, General Manager – Mental Health and Addictions Services, Te Whatu Ora in Te Tai Tokerau provided the following information.**

The mental health crisis team with Te Whatu Ora in Te Tai Tokerau continues to be staffed to the usual levels and, despite one vacancy, the service is operating at its usual capacity.

In Te Tai Tokerau Northland, anyone who needs urgent mental health care should phone the mental health crisis team available at the numbers below. This is a free service, available 24/7.

- Whangārei: (09) 430 4101 extn. 3537
- Kaipara: (09) 439 3330 extn. 65401
- Mid-north / Kaikohe: 0800 643 647
- Far North: (09) 408 9187
- After-Hours: 0800 223 371

For more options, services and information, visit:

- [www.northlandwellbeing.org.nz/immediate-help](http://www.northlandwellbeing.org.nz/immediate-help)
- [www.northlandwellbeing.org.nz/directory-listings/suicide-worried-about-someone](http://www.northlandwellbeing.org.nz/directory-listings/suicide-worried-about-someone)

National services include Healthline on 0800 611 116 or a free call or text to 1737 any time, any day, to talk or text with a trained counsellor or peer support worker.

Te Whatu Ora – Te Tai Tokerau local initiatives to ensure that we have a stepped-care approach to support specialist mental health services include newly-funded Access and Choice programs which include Health Improvement Practitioners (HIPs) and Health Coaches (HCs) in general practice, Youth Primary Mental

Health supports and Kaupapa Māori Primary Mental Health supports.

We also provide funding to allow people, who require more than the brief intervention talking therapy provided by HIPs, to have four free sessions of counselling, psychology or traditional Māori healing. This service can be accessed via General Practice and Hauora.

We also fund a number of local community and Kaupapa Māori organisations to employ Primary Mental Health Wellbeing Navigators who work alongside general practices who do not have a HIP or HC service to ensure that people who are not enrolled in a general practice can also access primary mental health supports. Wellbeing Navigators also assist people to enrol in general practice where possible to ensure that their wider health needs are supported.

Nationally, Te Whatu Ora – Health New Zealand is prioritising mental wellbeing and investing in resources and services to ensure New Zealanders are supported to stay well, and have access to help that works for them, when and where they need it.

Wider initiatives to provide free and easy access to support in challenging times include the Brief Intervention Programme. This programme aims to support people with mild to moderate mental health and addiction issues with free and easy to access mental wellbeing sessions. Te Whatu Ora has also boosted funding in services such as telehealth and digital apps that enable broad access to support.

## Wednesday weeding day

You might have noticed how beautiful the Ruakaka Wildlife Refuge is looking. This is largely down to a massive weed eradication project lead by Bream Bay Coastal Care volunteers. Thanks to generous donations from local Lions clubs, local businesses and individuals we were able to hire a weed management professional to get rid of the majority of the acacia, pampas, ice plant, lupin, gorse and other weeds infesting this area. To support this work we have started Weeding Wednesdays from 10am until midday every week (providing the weather is fine) to hand weed the weed seedlings which are beginning to appear. We would be grateful for the help of anyone who is willing and able to join us. No experience is necessary. Just bring your sunhat, sunscreen and water bottle. We gather at the car park at the refuge entrance on Bream Bay Drive

### THE NEXT PUBLICATION DATE

of the Bream Bay News will be Thursday 19 October  
The deadline for all copy is 4pm on  
Wednesday 11 October

## Northpower

## Looking out for guy wire safety on rural properties

Local farmer Murray Mortimer is urging his fellow farmers to check poles with stay wires on their properties after recently attending a cow which had become distressed. The cow was subsequently electrocuted, when it contacted a guywire which had become live due to an unexpected failure on the cross arm. It was identified that the lack of an insulator on the guy wire played a role in that outcome.

Thankfully Murray recognised the dangerous situation and the risk of electrocution and did not approach the cow, a decision which may have saved his life.

*"My message to fellow farmers is to check your poles to see that your stay wires have an insulator on them,"* says Murray.

*"In the storms we've had there will be damage around, and it's important to take your time, stop, slow down and think – take the time to check what's going on before approaching an animal in distress near lines. If power is involved it's just not worth the risk. Check your poles and guy wires have insulators on them and if anything does not look right let Northpower know."*

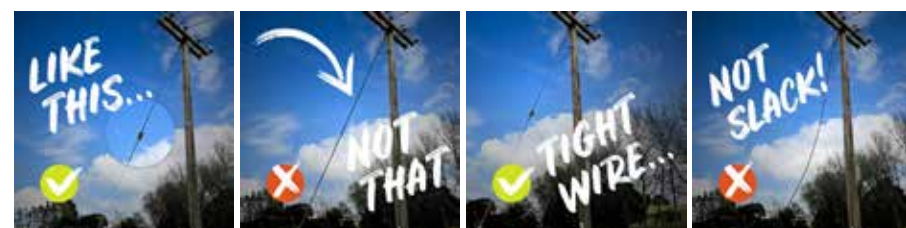


northpower.com

## Safe guy wires

For everyone's safety it's important to check that guy wires:

- Have an insulator on them
- Are well anchored, intact and not compromised by severe rust
- Are nice and tight (not slack at all)



### What to do if you do find something we should look at:

Northpower are out and about every day checking the safety of our 5,500km of lines, but your real time 'eyes on the ground' can help us with that.

If you do come across a guy wire that has come loose or doesn't have an insulator, please send us a photo with the location to [info@northpower.com](mailto:info@northpower.com) or give us a call on **0800 667 847**.

**STAY  
SAFE  
TOGETHER**

You can learn more about Murray's story and the potential life-saving decision he made in this interview with Northpower Chief Executive Andrew McLeod. **Scan QR Code to watch the interview:**





MARSDEN POINT HIGH TIDES				
	AM		PM	
Thu 5 Oct	12.20	2.5	12.50	2.6
Fri 6 Oct	1.08	2.4	1.41	2.4
Sat 7 Oct	1.59	2.3	2.36	2.3
Sun 8 Oct	2.54	2.2	3.35	2.3
Mon 9 Oct	3.54	2.1	4.35	2.2
Tue 10 Oct	4.56	2.1	5.31	2.3
Wed 11 Oct	5.55	2.2	6.21	2.3
Thu 12 Oct	6.47	2.2	7.05	2.4
Fri 13 Oct	7.32	2.3	7.45	2.4
Sat 14 Oct	8.14	2.4	8.23	2.5
Sun 15 Oct	8.52	2.5	9.00	2.5
Mon 16 Oct	9.30	2.5	9.38	2.5
Tue 17 Oct	10.09	2.5	10.17	2.5
Wed 18 Oct	10.49	2.6	10.58	2.5
Thu 19 Oct	11.31	2.5	11.42	2.5
Fri 20 Oct	~	~	12.16	2.5

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Ken Orr 09 432 8215

Wayne Buckland 022 644 5376.

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Sir John Goulter 021 612 442

MM Jolley 027 415 9486

Ian Bogue 0274 300 418

Grant Brown 027 248 7126

**Waipu**

Trevor Vaile 021335 075

Doug Scott 027 229 9752

Ken Couper 027 292 0524

Angela Stolwerk 021 823 966

Chris Martin 027 367 2947

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

A service desk also operates 10am to 11am on Saturdays in the Ruakaka Library.

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**Open Saturday until 7pm.**

# Bream Bay Combined Arts group getting ready for its annual Labour weekend exhibition and sale



A pottery workshop in prA Bream Bay Combined Arts pottery workshop in progress

The Bream Bay Combined Arts Group will again be holding a one-day sale and exhibition over Labour weekend.

On Sunday 22 October between 10am and 3.30pm work by the group’s 45 members will be on display and for sale. Eftpos will be available.

The sale will include: pottery, fibre (wet and needle felting), painting and photography.

The “Bream Bay Combined Arts Group Inc”, is a community, nonprofit, group of artists whose members meet on various days of the week to exchange and improve their skill range. The group has been in operation for four years and is based in the Art Cottage in Lakeside Park Rd., in Ruakākā.

On the day of the sale there will be signposts to the cottage from the Ruakākā Towncentre.

## Thwack of tennis balls on Tuesday evenings as summer tennis season gets underway

*By Paul Ramsay*

The thwack of tennis balls being hit and shouts of delight or despair can be heard on a Tuesday night at 6.30pm now that the summer tennis season is under way.

A good number of people attended the come and try nights and put their hands up to play regularly on a Tuesday evening. Players are in teams of five this year so there is always a reserve for each team if someone happens to be unavailable.

Ladies nights are on Wednesdays at 6pm. These have already started but it is never too late to come along and join in. Wednesday can be the night your partner looks after the kids and cooks tea while you head out for some exercise and socialising!

Juniors and Intermediates start their season on October 17. This is a Tuesday night so that we are able to have our professional coach. Juniors start at 3.30pm and Intermediates at 5pm.

Doubles club champs will be played on 18/19 November so keep this weekend free. Find yourself a

partner and let Steve Abercrombie know if you are keen to be part of this event.

Subs are due and are discounted until the end of October. Make sure you take advantage of this particularly as an Intermediate (High School) or Junior (Primary School) player. There is also a special sub for those playing only on ladies’ night.

Two Interclub teams have been entered this year to allow more players to compete at a higher level and against other clubs. Last time Waipu had two teams was in the early 2000’s when we were runners up one year and won the competition the next year.

It is never too late to come along to tennis as we are always looking for people to fill in when someone is away or injured.

Remember to check our Facebook page for what is going on at the club.



## Siva Samoa in Waipu

A little bit of Samoa came to Waipu on Friday evening 22 September, the last day of the school term when Fale Pasifika Dance Academy presented Siva Samoa in the Coronation Hall.

Fifty young girls ranging in age from primary to secondary school from Bream Bay and Whangārei have been having lessons in Pasifika dance for the past two terms with Moka Fotuhetule.

Dressed in red Pasifika patterned skirts and matching tops the girls performed a series of coordinated dances with graceful hand movements accompanied by drumming and some wild whooping from an appreciative audience.

Moka introduced the dance *Afio ane loa* as honouring all Pasifika girls and women, recognizing that women are the rocks of their families always looking to support and guide everyone through life."

The event enjoyed wide support of Northland's Pasifika community who helped to run the event and cheered on each performance.

Moka said the evening had exceeded her expectations with close to 200 people attending.

"The girls were all very excited and brave. They loved it and after the holidays they are keen to come back to learn more."

Moka teaches a class each Wednesday afternoon at the Coronation Hall and on Fridays another at Whangārei Intermediate. She is also the Pasifika tutor at Bream Bay College.

At the conclusion of the performances each girl was presented with a certificate and a lolly lei.

Rebecca Cook gave Moka a big bouquet and spoke about how, having moved to Waipu from Auckland with her Pasifika husband and their children, she was pleased and surprised to find the children could continue involvement in their culture here.

Then as Moka said, every good Pacific occasion is accompanied by food. After the show participants and audience alike were invited to a shared kai in the supper room at the back of the hall.



After their performances the dancers posed for photographs in their matching Pasifika motified skirts and blouses



After presenting each of her 50 Pasifika dance students with certificates and lolly leis, Moka herself was presented with two big bouquets in recognition of her hard work and in appreciation of her bringing Pacific Island culture to Bream Bay and Whangārei.

### THE NEXT PUBLICATION DATE

of the Bream Bay News will be Thursday 19 October  
The deadline for all copy is 4pm on  
Wednesday 1 October

## Marsden Bay Garden Club



### Spring Flower Show

27<sup>th</sup> & 28<sup>th</sup> October 2023

### Venue

in the Ruakaka Hall, Cnr Sandford Road & SH 1, Ruakaka.



### Public Viewing Hours

12 noon – 4pm Friday 27<sup>th</sup> October 2023

9am – 2pm Saturday 28<sup>th</sup> October 2023

**Plant Stall, Produce, Raffles**

**Crafts & Refreshments**

**Admission \$2 per person, Children Free**

**NO EFTPOS AVAILABLE**



Members of the public are encouraged to enter the Schedule of Classes.



Enquiries to: President - Lee Stanbridge - 022 353 8523

Secretary - Glenn Nicholson - 021 0515 581

Show Steward - Maureen Donaldson - 027 607 3427

Email: marsdenbaygardenclub@gmail.com



WHAT’S ON  
IN BREAM BAY

- **WAIPU BOUTIQUE SUNDAY MARKET** Next on Sunday 8 October . From 9am to 1pm in the Coronation Hall
- **ONE TREE POINT ARTISAN MARKET** Next on Sunday 15 October Fundraising for Whangārei Hospital Children’s Ward. Sunday 18 June from 9am-1pm. One Tree Point School quadrant and field.
- **WAIPU STREET AND PARK MARKET** Sunday October 22nd 9am -2pm Huge Market in the Little Town over 170 stalls. Something for everyone.
- **BREAM BAY COMBINED ARTS GROUP SALE AND EXHIBITION.** On Sunday 22 October between 10am and 3.30pm in the Art Cottage in Lakeside Park Rd., in Ruakākā. Signposts to the cottage from the Ruakākā Towncentre. Eftpos available.
- **WAIPU MUSEUM** 36, The Centre, Waipu. Open seven days 10am- 4pm .
- **THE KAURI MUSUEM.** . The Kauri Museum is open 9am-5pm every day except Christmas Day. 5 Church St., Matakoho. See more at [www.kaurimuseum.com](http://www.kaurimuseum.com)

Waipu Madly Indian Restaurant  
a family affair



From left: new owner and head chef at Waipu's Madly Indian Restaurant Balveer Singh with daughters Kasum, Kajul and Pari and second chef Dharvendar Singh.

There are new owners at the Waipu Madly Indian restaurant. Balveer Singh and his family took over three weeks ago and have now opened the restaurant seven days a week, from 11am to 2.30pm for lunch as well as for dinner from 4.30pm to 9.30pm.

Mr. Singh has been living in New Zealand, working here as a chef for the past 14 years, but his wife and three daughters joined him just seven months ago. Kusum (aged 20) said they all lived in Northern India in the home of their grandmother – their father’s mother - only seeing their dad on the occasions every few years when he made a trip home to see them all.

The three sisters now have a new baby brother named Jack, born just a month ago. Pari, aged 10, and a pupil at Waipu Primary, is particularly excited about the new baby and shows everyone photos of him on her phone.

A middle sister Kajal, aged 13 is a student at Bream Bay College where she says the teachers are very kind and help her with her English.

Both the older girls help their father in the restaurant. Kusum working the breakfast shift and coming in on evenings when the restaurant is particularly busy and Kajal putting in some hours after school

“Pari just eats”, joke the two older girls.

They all miss their grandmother and hope when the family is more settled she can come to visit, although Kajal worries that she is getting pretty old.

The girls have an uncle, their father’s brother working as a chef in an Indian restaurant in Whangārei, so having two sons as well as a daughter-in-law, three granddaughters and a new baby grandson might be enough incentive to bring their grandmother to New Zealand

Before arriving in this country Balveer worked for 20 years as a chef in India. He says he is familiar with a wide variety of cuisines including Hindu, Chinese and Kiwi style food.

The restaurant employs a second chef Dharvendar Singh.

The phone number to order takeaways or to book a table for lunch or dinner is 09 432 0103.

Waipu Rugby Squash Club presents

WAIPU TOUCH 2023

Thursday 19 October - Thursday 7 December  
at the Caledonian Park, Waipu

JUNIOR MIXED TEAMS

- 4pm – 6pm
- \$10.00 per school student per team
- Year 1 – 3 grade
- Year 4 – 6 grade
- Year 7 – 8 grade
- 7-a-side (minimum of 2 females on field)
- 30 minute games
- Each team must provide a referee for their own game
- Each team must provide a Touch ball for their own game
- Fees to be paid in full by Thursday 26 October 2023
- Children 8 years and under must be actively supervised by a caregiver 14 years of age and over

SENIOR MIXED TEAMS

- 6pm – 8pm
- Super Social grade \$200.00 per team
- Social grade \$200.00 per team
- 7-a-side (minimum of 2 females on field)
- 30 minute games
- Each team must provide a referee each week
- Each team must provide a Touch ball for their own game
- Minimum age for senior grade is 13 years old
- Fees to be paid in full on Thursday 26 October 2023
- This is a fun, family friendly, social event.
- Alcohol is not permitted on Caledonian Park (only upstairs in clubroom)

Register team with Lisa Jones 021 163 0237 or  
Email: [waiputouch@gmail.com](mailto:waiputouch@gmail.com)

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## Flower and gift shop a long held dream



### Shiree Tapper at the door of her flower and gift shop Bleu

Shiree Tapper has realised a long held dream by opening a flower and gift shop in Waipu.

The business named Bleu occupies once of the new shop spaces alongside the local produce store Origin Northland at The Centre.

As well as bunches of fresh flowers the shop sells locally made and imported gifts and artwork.

Soaps and bath oils by of Sharlene Russell's Waionehu Wild business based in South Rd., books by local writer Claire Scott.

There is a collection of sisal hand woven baskets from in Kenya with profits going to the makers. some upmarket children's clothing such as a grandmother might buy., a collection of linen bound journals with bright floral hand printed designs. Shiree said she is proud to have been chosen by the artist who makes them as one of just a few shops these are sold in.

There's an assortment of cards and some kids sunnies with wild designs.

It's an eclectic mix of whatever has taken Shiree's eye.

From 6 October Bleu will be open from Wednesday to Saturday 10am to 3pm with late night until 6pm on Thursdays.

Shiree reserves Mondays and Tuesdays for hunting out new stock.



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 if you know of something interesting going on in Bream Bay.

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## Deadline for next issue - Wednesday 11 October



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## PERSONAL

**TIDY SINGLE MALE PENSIONER** 68 seeks an-  
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Claire | 021 272 2294  
Kate | 021 064 5698  
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## SOCIAL SERVICES

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

**THE NEXT PUBLICATION DATE**

of the Bream Bay News will be Thursday 19 October  
The deadline for all copy is 4pm on  
Wednesday 11 October

## SOCIAL SERVICES



**Safeman Safe family  
Men's Centre**

Safeman Safefamily offers a safe place for men  
to talk privately without judgement and with com-  
plete confidentiality.  
We are peer led and professionally supported and  
offer a range of services and support for men and  
their families.

The services we provide are as follows:

- Advocacy Navigator
- Court support
- FGC Support
- Probation Community Service Provider
- Legal Advice
- Marriage Celebrant
- House and property blessing
- One to one counselling
- Drug and Alcohol support
- Anger management group sessions
- Supervisor for court ordered access
- Work brokers/ help with employment opportunities.

No appointments are necessary, we have an open  
door policeu - if you need help or know someone  
that does just come on down to: **9 Takutai Place,**  
**Ruakākā.** We are right next door to Jimmy's Bar-  
ber Shop or I can be reached by phone  
021 121 0763 - Phil Paikea

**Bream Bay Community  
Support Trust**



Takutai Place, Ruakaka Phone: 09 432 7197

**Services we provide:**

- Registered Social Workers
  - Family Support Workers
  - Youth Workers
  - Youth Hangout Space (watch this space...)
  - Youth Holiday Programme
  - Community Connectors
- (Connecting community to various services)
- Free Whanau Ora Medical Clinic with Ki A Ora  
Ngatiwai. Wednesday mornings 10am-12noon, by  
appointment only phone 09 435 4586
  - Free Budgeting Service – Tuesdays 10am-12pm  
by appointment
  - Mana Wahine Ki Wahine Toa, women's group
  - Ha Tane – men's group
  - Listening Ear – need to talk? Mon-Fri 9am-4pm  
no appointments necessary, cuppa and a listening  
ear available

**Waitata Sessions** 12:30pm every Wednesday, in  
our hall, come along for a sing along.

**Community Connections** 10:30am-12pm every  
Friday in our hall. Hot soup and cuppa available.  
The purpose of these sessions is for the community  
to get together and partake in different activities to-  
gether, getting to know one another, sharing talents/  
hobbies/passions creating connections in the com-  
munity, building friendships. The session topics are  
driven by interests of participants.

**Coming up:**

Friday 6th October – Thai Cooking demonstration  
Friday 13th and 20th October – Storytime Sessions  
Follow us on social media – Facebook and Insta-  
gram for updates on what's happening here during  
the week.

www.bbtrust.co.nz



## SITUATIONS VACANT

**WANTED - A PERSON TO LOOK AFTER AND MAINTAIN A COLLECTION OF CLASSIC VEHICLES.** Old school mechanical knowledge needed. Flexible working hours. Full or part time. Please contact Dave 021 947 710



### We are looking for staff

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- Retail Administrator
- Weekend staff

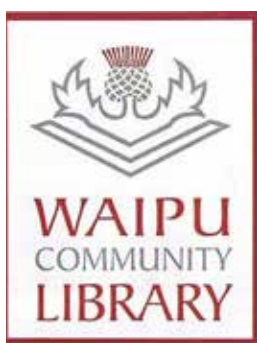
For more details please email: [manager@waipumuseum.com](mailto:manager@waipumuseum.com)

## PUBLIC NOTICES

### NORTHPINE COMMUNITY LIAISON COMMITTEE

This committee meets periodically to review the environmental performance of the Northpine timber manufacturing plant in Waipu, in consultation with representatives of the local councils. Any Waipu resident with concerns about the environmental effects of the Northpine plant should notify the Northpine office (432 1155). Concerns will be recorded, considered and subsequently reviewed by the liaison committee. The Independent chairperson of the liaison committee is Steve Goldthorpe 0274 849 764.

## LIBRARY HOURS



Monday, Wednesday,  
Thursday, Friday &  
Saturday 10am - 1pm.  
Tuesday 10am - 4pm.  
Phone 432 0375



RUAKAKA COMMUNITY LIBRARY  
Takutai Place, Ruakaka  
432 8406  
Mon - Fri 9:30am-3:30pm  
Sat 9am-1pm

JP Service available  
Saturdays 10am - 11am.

### Marsden Bay Garden Club



Monthly Meetings held  
3<sup>rd</sup> Thursday of the  
month.

**ALL WELCOME**  
1:00 pm – Ruakākā Hall  
– Sandford Rd  
Contact – Secretary –  
0210515581



### Not sure? Ask us!

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## PUBLIC NOTICES



### Bream Bay Medical Centre Ltd. Ruakākā Town Centre, Ruakākā

Monday - Friday: 8.30am - 5pm  
Saturdays: 9am - 12pm

### Marsden Cove Medical Centre 1A Ngawaka Lane, One Tree Point

Monday - Friday: 8.45am - 5pm

Please advise at time of booking  
if you require an extended consultation

**Ph: 432 8060**

**New patients welcome**

### BREAM BAY 60's UP

WHERE: Ruakaka Recreation Centre  
9 Takutai Place

WHEN: the 4th Friday of the month  
At 10:00am for games, indoor bowls etc.  
Speaker or Entertainer at 1:30 pm

Monthly bus trips.

New Members Welcome

EMAIL – [breambay60sup@gmail.com](mailto:breambay60sup@gmail.com)

Or phone Secretary 021 491 887

## 100th Birthday



On Saturday November 4  
there will be a celebration  
for the 100th Birthday of Julie Brown.  
This celebration will be held in the Waipu  
Presbyterian Church Hall  
between 1.00pm and 3.30pm.

If you are an old neighbour, friend or  
colleague and feel you would like to pop in  
and say "Happy Birthday",  
Julie would love to see you.

### BLESSING OF THE ANIMALS ON THE FEAST OF ST FRANCIS



Bring your four-footed, furry, and finned  
friends to a celebration of their lives and the  
love you share with them!

Saturday, 7 October, 10:30 am,  
St Paul's Anglican Church, Ruakākā  
All animals must be on leads, caged, in bowls,  
or otherwise securely restrained.

Your stuffed animal friends  
are also welcome!



### Waipu Cove Surf Life Saving Club 2022/23 Season

## AGM

Sunday, 15 October, 1pm  
@ Waipu Cove SLSC clubrooms

Please forward any nominations  
for election of club officers  
and any items for business by  
Sunday 1st October



## ALL WELCOME

Followed by Potluck dinner

### 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.

## CLASSIFIED ADVERTISING

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additional word.

Boxed, classified adverts cost \$16.50 gst .inc.

Phone your advert through to 432 -0209  
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Post to: Bream Bay News, RD 2 Waipu 0582  
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the Ruakākā Gift and Lotto Shop





# Harcourts Waipu



**Serenity and Charm** WAI2563  
**SET DATE OF SALE**  
 Closes Wednesday 1st November, 4pm (unless sold prior)  
 • 3019m2 site, established with a pond  
 • 3 bedrooms – master with ensuite  
 • Modern open plan kitchen, dining and living area flows out to deck and lawn  
 • Friendly and attractive sub-division  
 • 5-minute stroll to the river. Bike or walk along the Waipu walkway to the village  
**Open Home** – Sun 8th October 12-12.30pm  
 22 Seascope Crescent, Waipu  
 Lyndie Mullins 021 101 6389



**Summer at Waipu Cove** WAI2556  
**SET DATE OF SALE**  
 Closes Thursday 2nd November, 4pm (unless sold prior)  
 Jaw dropping sea and island vista  
 • 940m2 site, in the heart of the Cove  
 • 2 bedrooms, open plan living on top floor  
 • Self-contained bedsit downstairs, perfect for guests or Air BnB opportunity  
 • Huge double garage for the toys  
 • 5-minute walk to the beach  
**Open Home** – Sun 8th October 11-11.45am  
 17 St Anne Road, Waipu Cove  
 Judy Guy 027 221 5623



**Discover Your Dream Family Oasis** WAI2567  
**Price by Negotiation**  
 • Immaculate 3-bedrm/2-bathrm home  
 • Beautifully manicured 820m2 site  
 • 1-bedroom sleepout for the teenagers  
 • Large windows flood the home with light  
 • Fabulous indoor/outdoor flow via ranch sliders from living area and main bedroom  
 • Easy walk to Waihoihoi Park and Waipu  
 • Must view – will not be disappointed!  
**Open Home** – Sun 8th October 11-11.30am  
 25 Shoemaker Road, Waipu  
 Lyndie Mullins 021 101 6389

Harcourts Waipu | 7 The Centre, Waipu | 09 432 4000  
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**Harcourts Waipu**

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**Mob: 021 317 775**

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**OPEN HOME—SUNDAY 12.00—12.45pm**  
 35 Karo Street, Ruakaka

**SITTING PRETTY ON KARO**  
 This desirable family home is well situated for all day sun with good size living & dining having pride of place with views of the surrounding area. There's 4 bedrooms, the main with ensuite & good size family bathroom services the other 3 bedrooms.  
**Price \$825,000 | [bbrealty.co.nz](http://bbrealty.co.nz) #4161**  
**JOANNE DEWSON AREINZ**  
**Mob: 021 780 622**



**OPEN HOME—SUNDAY 1.00—1.30pm**  
 76 Tamure Place, Ruakaka

**BRICK 'N TILE TO MAKE YOU SMILE**  
 This beautifully presented home is on the market for the first time. 3 good sized bedrooms, 2 bathrooms. All bedrooms are kept cosy with a smart vent system & heat pump in the living area. A short drive to beach, shops or school.  
**Price \$845,000 | [bbrealty.co.nz](http://bbrealty.co.nz) #4157**  
**FIONA SOUTHERN MNZM**  
**Mob: 021 317 775**



**CENTRAL 10 ACRE BLOCK**  
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**Price \$700,000 + GST (if any)**  
**FRANCIE STOKES**  
**Mob: 022 656 0165**



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**Price \$995,000 | [bbrealty.co.nz](http://bbrealty.co.nz) #4151**  
**JANINE GOLDSMITH AREINZ Mob: 021 432 793**  
**OPEN HOME—SUNDAY 1.00—1.45pm**  
 160B One Tree Point Road, One Tree Point

