

N Bream Bay News

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28 May 2020

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Back to school

Most of Bream Bay's children were back at school last week after weeks at home in Lockdown.

Julie Turner, Principal of Waipu Primary said it was lovely to welcome them all back.

Ninety two percent of the children had returned last week although some parents had decided that they enjoyed the experience of home schooling and were intending to continue with this.

During the two weeks of Level 3 at first nine children, whose parents were working in essential services attended but this grew to 19, which Mrs. Turner said was good because they could split the children into two groups, one junior and one senior.

Back at school under Level 2 there were a few new arrangements in place. There is a lot of hand washing going on. Drinking fountains cannot be used. Children are asked to bring their own water bottles.

Parents waiting after school to collect children are asked to social distance on the footpath outside the school and teachers take the children outside to meet them.

Lists are kept of children getting on and off the school buses.

Some of the children were a bit anxious so teachers are making sure to get routines up and running again. Most however were happy to be back and excited to see their friends again.

Val Klink in the office at One Tree Point Primary said the school had "hand sanitizer for Africa."

Children were being spaced out as much as possible and parents entering the school had to sign in.

Some parents had said their children were "not quite ready to return" to school yet. On Monday of last week

Continued on page 9

Bursting their bubbles



From left Jema Walsh, Levi Costello, Lukas Wilson and Aron Cooper in front seated on the new swing with their bubble wands

There was a special bubble bursting celebration at Ruakaka Primary on the morning of the first day back at school after the COVID 19 lockdown.

At an assembly in the playground on Monday 18 May, Principal Mrs. Marilyn Dunne welcomed the children back and issued them each with a bubble wand. She said she had stood in a long queue of people self distancing to purchase the bubble wands.

Pretty soon there were thousands of bubbles floating above the children's heads and out over the school playing field.

The children came back to some other surprises. Work resumed under Level 3 Lockdown on the installation of some new play equipment. A four-person swing and a big yellow climbing frame with a tubular slide from its highest rung.



Photo taken by beach access, not view from site

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This Issue

- Page 4 .. Police Report
- Page 5.. No Ruakaka Racing until January 2021
- Page 6..A farm access road or link to SH1?
- Page 7...LVL workers facing multiple redundancies
- Page 11..Bream Bay swimmers back in training
- Page 13..A downsized version of the Waipu Labour Weekend Market
- Page 18..Tides .
- Pages 15,16 & 17 Trades and Services
- Pages 18 & 19 Classified advertising.

EDITORIAL

Battling over mangroves - another local sport to get up and running after Lockdown

Is this another popular local sport, which people can engage in now that the strictest regulations of the COVID 19 lockdown have been lifted. I mean all the arguing over the subject of mangroves – should they stay or should they go?

I have friends and people I like and respect on both sides of this battlefield

I think both groups have genuinely held beliefs but if anything I have to come down on the side of the mangroves. I understand they are spreading and taking over places they never grew in the past. Look at how widespread they are at Oakleigh! But they are there for a reason. They are an example of Mother Nature doing her best to put right the damage us humans have caused.

Mangroves grow in silt and they help hold back the nutrient laden silt that flows down our rivers and streams and into the sea.

If mangrove proliferation is a problem then cutting and plucking them out at the estuary is at best a short-term solution and could have some negative consequences. Its hard to find a definitive explanation as to why all that red seaweed forms in large rafts with increasing frequency in summer in Bream Bay and then washes up in a thick, smelly mess covering the sand at Waipu Cove but a likely cause is an excess of nutrient run off from the land.

As I made my way out over the mud flats to take the photo of the mangrove pluckers last Saturday morning I noted how densely little mangrove plants are

coming up amongst the glasswort and seagrass. The Ruakaka Estuary is obviously a prime hab-

itat for this species. Keeping the mangroves at bay is likely to take many working bees over many, many years.

I think the cause of the mangrove spread and the ultimate solution lies inland along the banks of our rivers and streams. We need some comprehensive riparian plantings and revegetation of eroding hillsides. This could be a project to gainfully employ some of the local people who will lose their jobs in all the post lockdown restructuring of local industry. But where would the money come from? The Northland Regional Council is cutting its proposed rate increase from 4.6% to 2.2% so will have less money to spend on projects to safeguard our environment.

These are uncertain times. The COVID 19 epidemic was one thing but now we have to face some of the economic fall out. Our two biggest local employers the Marsden Point Refinery and the Carter Holt Harvey LVL plant are both looking a bit shaky. To be fair both of these plants were facing problems before COVID 19 but the lockdown seems to have pushed them over the edge. I hope people who lose their jobs as these two industries restructure can find new perhaps more purposeful occupations. It was interesting to talk to Garth Mortensen the force behind the North Sawn Lumber timber processing plant in Ruakaka. He said as his company is smaller and not as specialized as the LVL plant he can find opportunities and niche markets in this post COVID environment. This is certainly a time of change and if we are to be successful and thrive we need to be adaptable and nimble on our feet.

Marilyn

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The battle of the mangroves - back on

The perennial mangrove battle is back on. Six years ago the Ruakaka Parish Residents and Ratepayers Association gained Northland Regional Council consents to chainsaw mature mangroves and pluck out baby ones from a defined area between Princess Rd. and the Ruakaka Beach Holiday Park.

Last Saturday after receiving a notice from 25 May members returned with weed eaters to cut out clumps and a team of supporters to pull out the small mangrove plants, which are coming up thick and fast amongst the glasswort and seagrass.

When they arrived they were met by a group of people holding placards.

Roberta Jones of Bream Bay Coastal Care and the Royal Forest and Bird Protection Society is strongly opposed to what she sees as destruction of native trees and habitat in a designated wild life refuge.

Warren Daniel, secretary of the Ruakaka Ratepayers argues that mangroves never grew here in the past, is spreading rapidly and are taking over a salt marsh area that provides habitat to specialised species.

He sent out an email notice to supporters with a copy going to Mrs. Jones expressing glee that the group could once again get to work on the mangroves after the COVID 19 lockdown (with approved hygien and distancing rules).

He said in the notice, "We feel that the results of the work we have done in our permitted areas have been very worthwhile. The saltmarsh grasses and other plants are really thriving, and there has probably been 150 to 300mm of muddy silt washed out with a more sandy stream bottom and sides becoming apparent. We do not believe that we have ruined any bird habitat - in fact, it is probably enhanced."

Mrs. Jones has asked the Department of Conservation to put a moratorium on the mangrove destruction and spent Saturday morning acting as a watchdog on behalf of the Forest and Bird Society. She had a clipboard with a map showing a shaded area the Ruakaka Ratepayers consent related to and was checking no mangrove removal occurred outside this area.

Up near the bridge on Ruakaka Beach Road the protesters held up their banners for passing traffic to see and argued with the mangrove pluckers working below alongside the river under the bridge.

Their placards proclaimed that mangroves have been here for at least 19 million and that they have an important role to play in cleaning the river water before it enters the sea.

The Ruakaka Residents and Ratepayers plan more mangrove control working bees are for 6 and 7 June and 21 and 22 June.



Protesters from left: Lu Cummings, Nigel Paora, Lydia Draper, Nikki Cowan, Simon Ellison and David Lourie



Mangrove pluckers: From left Annalise Rickey, Sharon Booth and Glenis Rickey



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THE NEXT PUBLICATION DATE

of the Bream Bay News will be Thursday 11 June

The deadline for all copy is 4pm on

Wednesday 3 June

LETTERS

Thanks for your support Waipu Community

Many in Waipu would have noticed that we at Waipu Pharmacy moved into our beautiful new building over the weekend and on Monday

. We did need to close for the day, and unfortunately had very late notice from the Ministry of Health about whether we could actually move on our planned date, so we apologise for any disruption or delays this may have caused for our customers.

We are very excited to be in our gorgeous new premises and would like to invite all Bream Bay residents and visitors to come in and say hi. We will be stocking up on lots of gorgeous gifts, top brands of natural health products, over-the-counter medicines, skincare, and cosmetics as well as continu-

ing to provide great advice, and a fast and friendly pharmacy service.

We'll be having a moving party too - so please keep an eye out for the details once we're settled in!

We would like to thank our amazing community for all the continuing support and look forward to serving you from our brand new pharmacy at 25 The Centre, Waipu

*Brenda, Deb, Cally, Rachelle, and Lisa
The Waipu Pharmacy*

How do people justify leaving their dog's poo on the footpath?



Can someone help me understand how people think or don't think when they go out for a run or walk with their dog and are happy to leave their dog's poo on the footpath or grass verge? The footpath at the intersection of The Braigh/Shoemaker Rd/The Centre and near the Whaihoihoi Bridge is littered at times with dog poo."

*Glenice Lyon
Waipu*

LETTERS TO THE EDITOR ARE VERY WELCOME

- Email them to:
breambaynews@xtra.co.nz,
- Drop them off at the Waipu or Ruakaka Lotto shops
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Footpath blockade to stay until Level 1



This blockade across the footpath outside the Waipu Four Square will remain in place until the Government announces a move to Level One in its COVID 19 response plan. Jodie Ansell the Four Square owner said under Level 2 the store was required to have no more than 10 customers inside at one time and if people queuing outside in the opposite direction they would be blocking the delivery truck entrance to the east of the store. Jodie said she understood the blockade forced people to walk behind angle parked vehicles which needed to back out onto the road, but said there was not much which could be done about this until the move down to Level One.

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No Ruakaka Racing until January 2021

It appears there will be no more racing at the Ruakaka track this year.

Bill Colgan, General Manager of the Whangarei Racing Club said, "Given the circumstances, every sport is facing a different second half of the year than in previous years, with many dramatic changes to the calendar of sporting fixtures. NZ thoroughbred racing is no different, and for the Whangarei Racing Club it appears there will be no more racing this year. The Club had its last meeting on January 4th.

He explained the sport of racing is now under the leadership of a body known as the Racing Industry Transition Agency which has replaced the NZ Racing Board, and this body has recently circulated a draft racing calendar for the period 1 August 2020 to

31 July 2021. The Whangarei Racing Club has not been allocated a race meeting in the 2020 period. However what he says is "a very pleasing six" meetings are allocated from January to the end of July 2021.

"The Club believes that allocation ensures its future."

The challenge now however will be maintaining the facility and training centre over the rest of 2020 without the income generated from race meetings and race sponsorship.

Charities such as Hospice and local school and sports clubs, which fundraise by helping to run race meetings will also be impacted.

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A farm access road or a link to SH1?

A long running neighbourhood dispute at Takahiwai took another turn last weekend when some local people protested with banners and claimed, on a Maori Television News item, that farmers Jim and Don Fraser had unlawfully formed a farm track into a "two lane metal road."

A facebook page entitled *Takahiwai Road Extension, We Say No* has been launched with photographs of people holding placards at the protest. The Facebook Page says the formation of a road from the farm track has linked Takahiwai Rd. to the Fraser farm access at Cotton Rd. and from there to State Highway One and warns this would have a number of negative impacts on the Takahiwai community.

"Our generally quiet rural area will be impacted on by traffic flowing back and forth from Cotton Rd – State Highway One connection to One Tree Point all day long."

"Rate increases will immediately come into effect and impact on all landowners at Takahiwai to account for upgrading, road widening and footpaths."

But Don Fraser said he and his brother have no intention of linking the farm road to Cotton Rd. The road the work was carried out on remains as one lane and it was classed as a restricted farm road before his family took ownership of the land it sits on in 1992.

The Hilton family, who own two blocks of land accessed over the road in question, have been at loggerheads with the Frasers for many years.

Leigh Butler (ne Hilton) has made multiple applications to the Maori Land Court regarding the status of the access road and a block of land the Frasers purchased from Wati Tito (an uncle of the Hilton family). In 2005 Mrs. Butler took a case to the Maori Land Court claiming that the road, remained Maori Land in her family's ownership. However, Judge D.J. Ambler ruled that the road was part of the block the Fraser family company had purchased with an easement across it to the Hilton's land.

In another claim, Mrs. Butler said the block purchased by the Frasers from her uncle was Maori Freehold Land but Judge Ambler ruled this became General Freehold Land before it was sold to the Frasers.

Mr. Fraser said he is getting too old for all this conflict and would like to sell the land but the protesting and Maori Television coverage is not making this easy. He has sought legal advice about claims being made, which he says are simply not true.

The Fraser family, which arrived in New Zealand as migrants from Nova Scotia, has owned land in the Takahiwai/Cotton Rd. area for 106 years. 319 hectares of farmland in nine titles, owned by the Frasers is now being advertised for sale on Trade Me. Don



Has this image been photoshopped?

Fraser said his preference would be to sell the land to a farmer and a possible house site sits alongside the upgraded road.

Last month Bream Bay Police received a complaint that under Covid 19 Lockdown Level 4, work had been carried out on the road, which was graded and that metal had been trucked in and spread.

Sergeant Simon Craig acknowledged receiving the complaint but said Police did not act on it as farm related activities were allowed to continue under Lockdown Level 4.

A call was also made to Heritage New Zealand to alert this organization to the possibility that the excavations involved in grading the road may have disturbed archaeological sites. Mrs. Butler told the Bream Bay News that Heritage New Zealand had advised every landowner in the vicinity that earthworks should not be carried out without an archaeological survey first being undertaken.

Mrs. Butler said she suspected the work was being undertaken when no one was around to witness it. But Mr. Fraser said the upgrade of the road was necessary so a water supply to cattle could be maintained. He said the work was simply maintenance of an existing farm road and the machinery used went nowhere near a pa site on the property.

He said aerial photographs being circulated and included in the television item, which appear to show extensive earth works on the pa site and over the whole property may have been photoshopped as the pa site is currently covered in green grass.

Bill Edwards Area Manager of Heritage New Zealand in Northland said, as with many coastal areas in the north, there are numerous sites of interest on the Takahiwai coastline. Once COVID 19 Lockdown rules eased to Level 2 he had engaged an archeologist to inspect the roadworks. The archeologist had reported back that no damage to a site had occurred with the recent work.

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"Tina was very professional and gave us all the facts about the property followed up with anything we wanted to know..." *Graham and Tillia*

"Tina is friendly, professional and knows her market. She goes the extra mile." *Carol Forsyth*



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Waipu Pharmacy staff tired but happy to be in their new shop



From left Cally James, Brenda Wells (Pharmacist) Rachelle Bell and Debbie Logan opened their new shop to the public on Monday afternoon after working all weekend and all morning to set it up.

It's been a long haul since the former Waipu Pharmacy burned down in the fire in central Waipu on 30 September 2018.

Before a temporary pharmacy was set up in a relocated building purchased for the purpose by local business property owners Rick and Angela Stolwerk and Louise and Paul Wickham, Brenda made daily trips to a pharmacy she also owns in Russell to make up prescriptions and then deliver them around Waipu on her return in the evening.

Although tired after working hard all weekend on the relocation, Brenda said it was wonderful to be in the beautiful new shop and she is very grateful to the Solomon family, who own the building, for going to such lengths to make sure the shop, which has stone cladding on its street frontage fitted in with the rest of the town. No sooner were the doors of the new shop opened then people came flooding in to have a look around.

LVL plant workers facing multiple redundancies

One of Bream Bay's biggest employers, the Carter Holt Harvey Future Build LVL plant announced last week it would be cutting back production at its Marsden Point plant which would likely result in redundancy for around half of its 325 workers.

Carter Holt Harvey (CHH) chief executive Prafull Keshu said on an RNZ News report, the LVL export business was unprofitable and the plant would concentrate on its domestic market. Exports accounted for around 70% of the plant's production.

He said Carter Holt Harvey had started its consulta-

tion process and was working closely with the union and affected staff.

This news comes on top of an announcement by another big local employer NZ Refining Ltd. that its operations are under review with the possibility that the company could cease refining and become a fuel importer and distributor.

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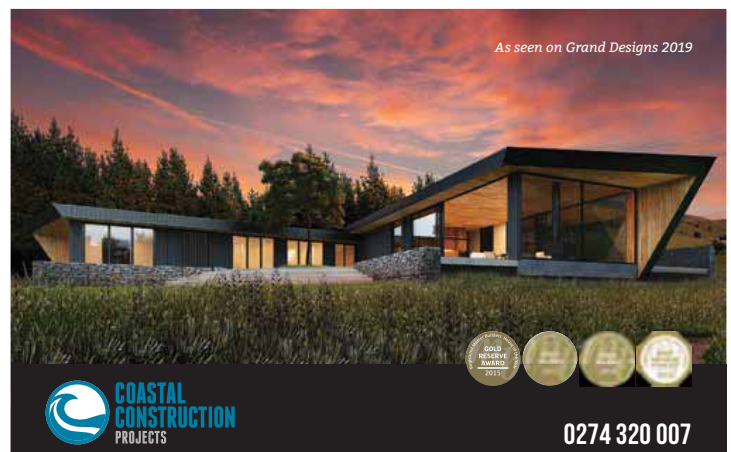


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ANXIETY

It is normal to feel anxious from time to time, however when those feelings interfere with normal daily life it is time to seek help.



Anxiety facts

Anxiety disorders affect about 15% of the population and 'generalised anxiety disorder' is the most common. The other types of anxiety disorders include:

- Panic attack
- Phobias
- Obsessive compulsive disorder
- Post-traumatic stress disorder

People with generalised anxiety disorder get extremely worried about things, and may feel overwhelmed with fear and anxiety even when there is no reason to worry.

Other signs of this anxiety disorder include feelings of restlessness, a sense of dread, feeling irritable, having difficulty concentrating, headaches, irregular heart beat and poor sleep. The signs can come on slowly or quickly and left untreated, the feelings can build up so much that people lose their confidence and avoid socialising out of fear or dread.

The feelings of anxiety may be a sign of some other underlying condition so it is important to talk to your doctor. There are a variety of options for treating the signs of anxiety including:

- Talking therapy or cognitive behavioural therapy by a psychologist or mental health specialist.
- Anxiety management and relaxation techniques such as hypnotherapy, meditation, breathing exercises and counselling.
- Anti-anxiety medication may be required for a short time but they are not recommended for long term use. Depending on any other signs and underlying conditions, other longer term medications may be recommended.

Tips for self-management

- Exercising regularly can improve mood and wellbeing.
- Cut down on caffeine, sugar, and energy drinks. These can speed up the heart and interfere with sleep.
- Cutting out or reducing smoking and alcohol, as these have been shown to make anxiety worse.
- Talk to your friends and family for support, and ask us about support organisations in the area.
- Read books, use online programmes and anxiety apps that help you learn about anxiety and how to overcome it.

Check out www.beatingtheblues.co.nz. It is really good online programme for helping people overcome anxiety and depression.

If you suffer from anxiety talk to a pharmacist. We are here to help.

Second Auckland Ferry Terminal berth on its way from SPIND workshop

A second berth and gangway built in the SPIIND workshop in Marsden Point Rd. for the Auckland ferry terminal extension was barged to Auckland on Tuesday. This will be berth 5. Berth 6 also built at SPIND and sent to Auckland in October is already in use.

This will leave five more sections of the new terminal still to go, with two already underway in the workshop.

Paul Hebberd SPIIND Managing Director said the COVID 19 lockdown slowed things down with the workshop shut with just a few people working on essential maintenance engineering projects for the duration. Level 2 distancing requirements continue to make things difficult as only a few tradesmen can be at work on an project at any one time.

"But it's a necessary evil", he said.

The ferry terminal work is expected to be completed in October and the next big project is a training simulator for the Australian defence force. Mr. Hebberd said he could not be too specific about what this was.

Refinery continues to operate at reduced capacity

The Marsden Point oil refinery will continue to operate at a reduced capacity for at least another week and people living nearby will see a change in flaring.

Due to lower demand for fuel, the refinery is operating in a cyclical mode, where process units are operated in turn.

Ellie Martel the refinery's Government Relations Manager said, "This 'stop-start' mode is a rigorous process which will result in some flaring for safety reasons."

She said, "Refining NZ works hard to minimise our impact on the environment and the community, and to keep flaring as short and as infrequent as possible."

Two oil tankers remain out in Bream Bay unable to come into the refinery wharf to discharge their cargoes of crude oil. The Ocean Lady arrived on 11 April and is not due to come into Jetty 1 at the refinery until 4 June.

The coastal tanker Matuku has been in the bay since 21 April and on the Northport website is not scheduled to come into the refinery jetty until 10 June.

Refining NZ is currently undergoing a review with four options on the table:

Continuing the current "refinery model", altering this "model" through adjustments to processing and distribution agreements, separating the refining and infrastructure assets, or converting to an import terminal.

The company says some of its assets and capabilities could help New Zealand's transition to a lower carbon economy, for example in the production of liquid hydrogen and biofuels.

The company's profit margins have fallen due to new competitive refineries coming on stream in South Korea, China, Singapore and India.



POLICE REPORT

Bream Bay Police are getting busier with a lot more traffic on the roads as things start to get back to normal after the COVID 19 lockdown.

No Lockdown spike in family harm incidents

Surprisingly the number of family harm incidents they have been called out to has remained pretty consistent with 12 recorded in the first two weeks of the Level 4 Lockdown and 11 in the two weeks from Saturday 11 May to Saturday 25 May.

Another burglary of a Ruakaka industrial site

There has been another burglary from an industrial site in Ruakaka. On 9 May two batteries were stolen from a forklift in Innovate Road, off Marsden Point Rd. This is the eighth in a series of reported thefts of batteries and scrap metal from Ruakaka industrial sites.

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Back to school *Continued from 1*



Hope Maine of Ruakaka Primary making bubbles and bursting them to celebrate the first day back at school.

(18 May) the roll was down by 30 but by Tuesday there were just 21 absences. During level three four children whose parents were working in essential services came to school.

Ruakaka primary had just one child and one teacher attend school during the two weeks of Level 3. Last Tuesday (19 May) 60 children had still not returned and as at Waipu Primary, some parents had decided they quite liked the home schooling idea. To home school a child in New Zealand you must apply to the Ministry of Education for an exemption from enrolment at a registered school. The Ministry will then assess your application to see if it meets the legal requirements that your child will be taught as regularly and as well as in a registered school.

All parents and visitors coming into Ruakaka school was asked to write their name and time of arrival in a book at the entrance to the school office.

Wayne Buckland Principal of Bream Bay College reports that on Monday 18 May, 510 of the school's 580 students attended. The morning assembly, which was held via a zoom link with students watching in their whanau classrooms. Students are asked to sit at assigned desks and the desks are being frequently wiped down. Rolls are being kept of students riding on the school buses and no standing on the bus is allowed.

The school grounds are being kept closed for the first two weeks under level 2 for everyone but staff and students.

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A viral pandemic hasn't stopped Max competing in the game he loves

By Julie Paton



Max Whitehead getting in some practice ahead of his semi final game in the Auckland and Northland Football Federations online football competition.

A young One Tree Point footballer hasn't let a viral pandemic stop him competing in the game he loves.

Max Whitehead, 15, a year 11 student at Bream Bay College was looking forward to his first year playing for Bream Bay United's senior men's football team in the Northland premier league – but instead of kicking a ball on the field, he's started the season beating the competition online.

When New Zealand went into Level 4 lockdown and all football games and training were cancelled for the foreseeable future, the Auckland and Northland Football Federations organised an E Sports competition with three age groups: junior, youth and senior in both PS4 or X-box divisions.

Max was one of 48 players entered in the PS4 youth (14-19 years) division and has so far won all his games reaching top four in his grade, with a semi-final game scheduled for this week.

Max says his competitive streak and online gaming experience stood him in good stead for the competition but even so is slightly surprised by his success. "I went into it with high hopes," he says. "And I thought I would be pretty decent but assumed there would be someone really good out there."

All players compete in the game FIFA 2020, and can choose any country's team to play with. Each team's players are graded equally, so games rely on a player's skills and strategy rather than having a team loaded with top players. Max has played with his favourite team, the French National team in each game, and has enjoyed taking them to victory every time. "I think in one of the games I was down 2-0 but came back to win 3-2 which felt pretty good."

An avid follower of the French team for about five years, Max hopes to one day see them play live, maybe at the World Cup in 2022 in Qatar. "That would be amazing, it would be a dream come true."

Max hopes to take the French team all the way to the top in this competition. His semi-final on Wednesday against Auckland player Jacob Woolford from Bay Olympic will be live-streamed so an audience can watch, but Max is not putting too much pressure on himself. There are no prizes up for grabs, just the glory of winning. "I haven't been too nervous so far – it was just for lockdown fun," he says. "I don't think anything can replace real football."

He says what he has missed most about football is the fun of being part of a team. The main drawcard of getting back to school last week was the chance to kick a football around at lunchtime with his mates – although they have to disinfect the ball regularly – and last Friday Max had the good news that real-life football training would start up again this week.

Linking Hands back on the road

The Linking Hands service, which drives people with no other means to medical appointments, is back in action after closing down for the duration of the Level 4 and Level 3 COVID 19 lockdown.

Wayne Wrack, chairman of the Linking Hands board, said the service could not operate under the lockdown, as it was not deemed essential under the terms of the COVID 19 Level 3 and 4 rules. Linking Hands holds no contracts with the Ministry of Health and people who needed transportation for urgent medical attention could use the ambulance service. Also, it would have been impossible for drivers to keep the required safe distance from passengers.

Linking Hands is based in Maungaturoto and operates in Mangawhai, Maungaturoto, Kaiwaka, Waipu, Ruakaka and One Tree Point. The service has seven vehicles, one of which has a hoist for wheelchairs. Two cars are kept in Bream Bay, one in a garage at the Ranburn retirement complex. Linking Hands is currently in search of garage to house its Ruakaka vehicle. There are a total of 70 Linking Hands volunteer drivers. New volunteers are always welcome, and are particularly needed at present in Kaiwaka, Maungaturoto and Mangawhai.

Anyone interested in becoming a volunteer or in booking a ride to a medical appointment should phone 09 431 8969 between 10am and 4pm week days. It is best if people book their rides as soon as they are given an appointment they will need transport to.

NORTHLAND HEADSTONES



Andrew Robson has launched a new business from a purpose built workshop & showroom alongside his home in One Tree Point.

Andrew is Managing Director of Northland Headstones, he has a team with many years' experience in the industry, and together they can help you navigate through the process of arranging a headstone to truly reflect the life of your loved one.

He invites people to call him to book a time to visit his showroom and beautifully set out display of over 60 headstones with more on the company website.

Andrew will give you a friendly welcome and guide you through the process of choosing a design and arranging for the engraving and installation. The company offers a comprehensive service and can also carry out maintenance if this is required.

Most headstones are made from granite, but glass, wood or local stone are other options. They also have a range of Memorial bench seats available. Catch up with Andrew for a cup of coffee or tea and make your way through the various design ideas. There is everything from the simple through to traditional decorative styles. Bespoke headstones, reflecting the character of the person being memorialised are also possible and they are happy to help with the design. "If its structurally possible we can do it", said Andrew.

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Bream Bay swimmers back in training

By Julie Paton



L to R: Samantha Dutton, Kiera Carroll, Amy Swanson, Abby Wright, Fidel Poulson, Rebecca Reade, Ryan Andrews, Lawrence Reade

As soon as New Zealand moved into Alert Level two, Bream Bay's swimmers leapt back into the pool. Coach Richard Dunkerton is thrilled to have his swimmers back training, and says it was hard to see them miss national competitions they had worked so hard to qualify for.

Training stopped under Alert Level four in March, and all the country's top competitions - the National Age Group Championships, Division II Age Group Championships and New Zealand Opens - were cancelled. "It was devastating they didn't have that opportunity; it was just terrible. I really felt for them."

Throughout lockdown, Dunkerton kept himself busy in the garden, and monitored his swimmers as they worked to keep their fitness levels up at home. They emailed him their week's activities and he sent them back comments. With the season's one remaining competition in their sights, NZ Short Course Championships scheduled for October in Auckland, that dry land training over lockdown has kept the swimmers' fitness levels up to a reasonable standard, he says. Dunkerton hopes to take 10 swimmers, all his top squad, to the October competition. Twenty-eight swimmers are now back training, keeping to bubbles of ten swimmers or fewer.

"They were all excited to be in the water, they really were," he says of their first training session after lockdown. "And it was huge for me."

Dunkerton trains two squads of older swimmers, while his daughter Tiana Birchall trains a junior development group. He and Birchall worked with Sport Northland and Sport New Zealand on the best way to manage coaching under Alert Level Two

and Dunkerton says holding training at a private pool makes it easier to control than if they were at a public pool. Bream Bay Swimming Club's annual prizegiving, usually held in May, is postponed until restrictions on group gatherings ease.

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Fresh Choice donates to local foodbanks

Earlier this month (15 May) Fresh Choice Ruakaka gave away \$1,000 worth of groceries to local food banks. The donation went to three recipients: The Lifepoint Church, The Bream Bay Community Trust and Phil Paikea who has been working with the Salvation Army to give out food parcels to people in need. Phil says close to 400 people came up his drive in Peter Snell Rd. in Ruakaka to collect food parcels.

"We asked them to stay in their cars and just gave them a big smile and an elbow bump.

Many of the recipients were people who had been laid off work for the COVID 19 Lockdown.

Phil said these people were finding the sudden drop in income hard. The Government wage subsidy paid 80% of people's wages with rents and feeding their families to cope with.

Five Filipino men who worked for a subcontractor at the refinery called in for parcels.

They told Phil they had been fishing everyday to feed themselves and had wide smiles when they were each handed a food parcel.

Phil purchased a trailer with sidewalls to transport all the supplies from Whangarei. As well as the Fresh Choice contribution he received regular donations of unsold buns from Ruakaka's Country Bakery.

The Paikea family bundled the food up into packs for singles, couples and families. People came from Mangapai, Ruakaka, One Tree Point and Waipu. A woman from Waipu collected food packs to deliver to elderly members of that community.

Phil said, "There was no need for people to be embarrassed about needing help. There have been times when me and my wife have stood in that line."

Phil belongs to an organization called Safe Man Safe Family, which works to stop family violence, and each food pack contained a leaflet with the phone number 1737 for people to call if they needed to talk to someone.

The demand for the parcels is slowing down now that people are back at work.



Michelle Alison, owner of Ruakaka Fresh Choice, hands over a donation of groceries to Phil Paikea for his food bank

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Climbing asparagus, a killer of our native bush

Climbing asparagus is one weed that just ruins the native bush said Piroa/Brynderwyn weed action co-ordinator Sara Brill.

"While it climbs, it winds its way around tree trunk and stems stopping their growth and causing weak points where the tree will break in a wind. Not content to kill the big trees, it also smothers the ground and any small seedlings trying to come through. A real forest killer."

Climbing asparagus has small berries in late spring and the seeds are happily dispersed by birds.

This doesn't happen over night though. Back in the days of the first few batches and gardens in Waipu through to Mangawhai it was a popular garden plant providing a soft green backdrop for more colourful flowering plants. Owners could leave it for months at a time it and it would still survive. The latest drought has made much of it look dead – but its just waiting for the autumn and winter rain to burst into life and begin its devastation again through spring and summer.

Weed Action Piroa Brynderwyn is asking residents to keep an eye out for this in their gardens and properties and take action to destroy it.

"Check your neighbours too and form a neighbourhood group to 'find and destroy' it in your area."

Climbing asparagus plants have a 'crown' - where the stems join the roots. Small plants and infestations can



Climbing asparagus

have the crown cut out and hung in the tree to die. This can be done at any time of the year.

Herbicide is much quicker and easier solution for larger areas. During autumn and winter in coastal areas is the best time to control with herbicide. Weedbusters recommend glyphosate at 10mls per 1 litre water with no penetrant if you need to spray against tree trunks. In spring and summer you will need to double this rate. Make sure there will be no rain for 24hrs after treatment.

For more information or to get hold of some herbicide call Weed Action co-ordinator Sara Brill on 0220104092 or email at sarabrill30@gmail.com

New dance and fitness studio ran 'Isolation Workouts' in lockdown

Dance and fitness instructor Briar Taylor says she experienced every emotion under the sun in March when New Zealand shut down to deal with the Covid-19 virus. On 16 March, after months of planning and anticipation she was thrilled to open her new dance and fitness studio at Marsden City.

"Then we closed it literally a week later. It was definitely a bit of a challenge; it was a little bit hard."

Taylor, an Otago University physical education graduate, started up her DCPA dance classes in Bream Bay and Whangarei in April 2019. Holding classes in multiple locations proved challenging so she decided to take the plunge and invest in her own studio. While the pandemic threw her plans in disarray, Taylor kept herself busy, setting up a facebook page called "DCPA Isolation Workouts" offering free high intensity interval training (HIIT) workouts.

More than 100 people joined, writing updates, and posting photos of their progress through lockdown.

"It was great for keeping connected with other people outside my household bubble," she says. Her online dance classes for children also proved a hit.

"It gave the kids some sort of normality, and it kept me sane as well."

Classes resumed on 18 May, and Taylor is thrilled to reopen the studio for business. "Everyone is so happy to be back doing what they love – and what I love."

She is keeping class numbers low for now in line with national guidelines and allowing time between classes to clean.

"It's a little bit scary to think about what might happen if we go backwards and go into lockdown again. I'm trying not to think too much about that but to focus ahead."

Taylor offers a range of dance and exercise options for all age and fitness levels, from toddlers to seniors. A full list of classes is available on her website www.dcpaorthland.com.



Briar Taylor

A downsized version of the Waipu Labour Weekend market

The Waipu Labour weekend market will go ahead on Sunday 31 May but it will be smaller and split into two locations to help with social distancing.

Organiser Graham Boulton said, "We want to support as many of our local vendors as we can and give local people a reason to come into town and go to the cafes and shops."

The mini markets will be located on the grass alongside the monuments and in the Salt and Pepper car park at the other end of town.

Most of the stallholders will have their own gazebos to help define the space they occupy.

The market will run from 9am to 1pm.

Graham said having the usual format with stalls in the barn was just too difficult with all the cleaning and social distancing required.

But he felt it was important to get some kind of market up and running. He had attended the Mangawhai market the previous weekend and helped at the gate limiting the number of people entering at any one time.

"Everyone seemed so happy to be out and about talking to other people and spending money at the stalls."

WAIPU

Mini Market

Queens Birthday
Sunday 31st May | 9:00am - 1:00pm

Both ends of Centre

- 📍 On the Grass by the Monument car park
- 📍 In the Salt N Pepper car park



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

*For travel within Whangārei see CityLink Whangārei timetable
www.citylinkwhangarei.co.nz
or get your timetable from the Rose Street office.

AFTERNOON

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



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Waipu Cove	\$6.00	\$8.00
Waipu	\$6.00	\$8.00
Ruakākā	\$5.00	\$7.00

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Ruakaka Ratepayers hoping to resume meeting next month

The Ruakaka Parish Residents and Ratepayers Association is hoping to get back into its normal monthly meeting routine in June. The association is tentatively proposing to hold our AGM on Tuesday, 30 June - COVID-19 willing.

Ships expected at Marsden Point



The coastal tanker Kakariki loading refined oil products on Jetty 2 at the Marsden Point Oil refinery.

Photo by Peter Grant

- *Ocean Lady* arrived in Bream Bay on 11 April is not expected to depart until 4 June. She has a cargo of crude oil.
- *Matuku* a coastal oil tanker arrived on 21 May and is not scheduled to depart until 10 June. She is also loaded with crude.
- *Milky Way* 11 ETA 23 May ETD 28 May. Loading woodchip for Japan.
- Yangtze Brilliance ETA 25 May at 12 noon. ETD 27 May at 4pm. Loading logs.
- *Blue Cecil* ETA 25 May at 12 noon. ETD 28 May at 11.59pm. Loading logs for China.
- *Seaqueen* ETA 26 May at 11am. ETD 31 May at 6am. delivering crude oil.
- *Aotearoa Chief* ETA 26 May at 11pm. ETD 29 May at 12.30am. Loading cement at Portland for Auckland.
- *Torm Kristina* ETA 27 May at 6am. ETD 28 May 10.45am delivering crude oil.
- *Asian Bulker* ETA 30 May at 6am. ETD 31 May at 11pm. Loading logs.
- *Aotearoa Chief* ETA 30 May at 2pm. ETD 1 June at 3.30pm. Loading cement for Napier.
- *Portland Bay* ETA 30 May at 5pm. ETD 1 June at 11am. Loading logs for China.
- *Olive Bay* ETA 30 May at 11pm. ETD 4 June at 10am. Loading logs.
- T Symphony ETA 31 May at 3pm ETD 1 June at 11.59pm Loading logs.
- *Daiwan Leader* ETA 2 June at 4am. ETD 3 June at 7pm. Loading logs.
- *Ken Jyo* ETA 2 June at 9am. ETD 4 June at 11am. Loading logs for China.
- *MSC Astrid* ETA 4 June at 5am. ETD 4 June at 5pm. Loading containers.
- *Kokako* ETA 5 June at 6am. ETD 6 June at 11am. Coastal tanker loading with refined oil products for Lyttelton.
- *Aotearoa Chief* ETA 6 June at 4.30am. ETD 8 June at 9.30am. Loading with cement at Portland for Wellington.
- *Xing Zhi Hai* ETA 8 June at 1am. ETD 10 June at 7pm. Loading logs.
- *Chuetsu Spirit* ETA 9a June at 1pm. ETD 10 June at 11.55pm. Loading woodchip.

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Activities at the Ruakaka Recreation Centre

Activity	Day and Time	Cost	Contact
Bream Bay Music&Play	Tuesday 9.30am to 11.30am	gold coin	Deirdre 0211761760
Light Circuit Fitness class	Monday 10am to 11am		\$4 AnnMarie 0211693115
Light Circuit Fitness class	Wednesday 11am to 12pm		\$3 AnnMarie 0211693115
Tai Chi	Monday 11am to 12pm		\$2 Annette 4327897
Chi Kung	Wednesday 9am to 10am		\$8 Alice 02102480569
Aerial Yoga	Tuesday 6.30pm to 7.30pm, booking essential		\$18 Barbara 0212998840
Stretching classes	Thursdays 11am to 12pm		\$3 Lu 4328541
Karate	Thursdays 4pm to 7.30pm		\$5 Pam 4320760
60's up	4th Friday of month 10am to 4pm	\$10 annually fee	Robbie 4327329
Music club	1st Monday of month 7pm to 10pm		\$2 Holly 021 842 060
Squash casual	Weekdays-booking essential 8am to 1pm	\$5 ph	Rec Centre 4327962
Pilates	Tuesday 5.15pm to 6.15pm booking essential	\$12, concession (10x)	Barbara 0212998840
Pilates	Thursday 8am to 9am booking essential	\$12, concession (10x)	Barbara 0212998840
Zumba	Monday 8.45am to 9.45am		\$6 Janine 021437840
Zumba	Wednesday 5.45pm to 6.45pm		\$6 Janine 021437840
Zumba	Friday 4.30pm to 5.30pm		\$6 Janine 021437840
Cardio Drumming	Friday 5am-10am		\$10 Nadya 0278660334

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

What's On in Bream Bay

- **A MINI MARKET IN WAIPU** on Sunday 31 May, Queens Birthday weekend from 9am - 1pm. Stalls in the Salt and Pepper car park and on the grass by the monument.
- **THE KAURI MUSEUM**, 5 Church Rd., Matakoho is open. Hours are 7 days. 9am - 5pm.
- **THE WAIPU SUNDAY MARKET** Unless rules around the number of people allowed at a gathering are relaxed before then, there will be no June market and the next Waipu Sunday Market will be held on Sunday 14 June.

- **RUAKAKA RACING.** There will be no racing at the Ruakaka track for the remainder of 2020. The next race day is scheduled for January 2021.
- **THE RED DOOR GALLERY** in Waipu. Vicki Nicholas said she will be re-opening her gallery on June 27 with a big launch of new art and new artists, along with with "a glass of wine and a long overdue get together with friends." At present she is doing a bit of repainting and fixing up the interior

There are still not many entries in our usually full **What's On in Bream Bay** guide. If you would like a free mention of a local community event you are organising or even if you want to let people know about a regular annual event that will not be going ahead, please email the details to: breambaynews@xtra.co.nz

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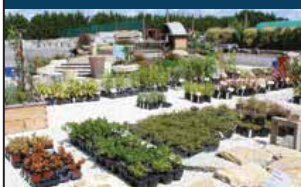
of the Bream Bay News will be Thursday 11 June

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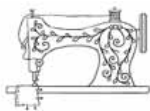
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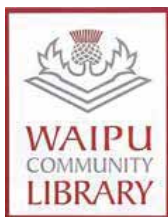
We are running out of yarn to knit. Do you have
wool, synthetic, cotton or any yarn tucked away
that you will never use and could give to us?

We are a small group who meet every second
Tuesday of the month at 10am at the Apple Basket
shop in Kaiwaka. We knit various items for the
children in Ward 2 and dialysis patients at
Whangarei Hospital.

Although we have had generous amounts of yarn
already we need more in any quantities

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Monday, Wednesday,
Thursday, Friday &
Saturday 10am - 1pm.
Tuesday 10am - 4pm.
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To inquire about joining,
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TIDES

MARSDEN POINT TIDES

	AM		PM	
Thu 28 May	11.54	2.5	~	~
Fri 29 May	12.02	2.6	12.23	2.5
Sat 30 May	12.54	2.6	1.18	2.5
Sun 31 May	1.50	2.6	2.18	2.5
Mon 1 June	2.47	2.6	3.21	2.5
Tue 2 June	3.46	2.7	4.24	2.6
Wed 3 June	4.44	2.7	5.25	2.7
Thu 4 June	5.41	2.7	6.23	2.8
Fri 5 June	6.37	2.7	7.17	2.8
Sat 6 June	7.31	2.7	8.09	2.9
Sun 7 June	8.24	2.7	8.59	2.9
Mon 8 June	9.15	2.7	9.48	2.8
Tue 9 June	10.04	2.6	10.36	2.8
Wed 10 June	10.53	2.5	11.23	2.7
Thu 11 June	11.41	2.5	~	~
Fri 12 June	12.12	2.6	12.29	2.4

PUBLIC NOTICES



Phone 09 432 0209
breambaynews@xtra.co.nz

Publication schedule

• 11 June	Deadline for advertising 3 June
• 25 June	Deadline for advertising 17 June
• 9 July	Deadline for advertising 1 July
• 23 July	Deadline for advertising 15 July
• 6 August	Deadline for advertising 29 July

Advertising Prices

Full page advert	\$699.90 GST incl.
Half page advert	\$350.70
Third page advert	\$240.90
Quarter page advert	\$175.50
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Eighth page advert	\$87.90
Ninth page advert	\$71.00
Twelfth page advert	\$57.00
Eighteenth page advert	\$38.50

We offer a 10% discount for six or more insertions in consecutive issues. Classified advertising costs \$5 for up to 20 words and 20 cents for every extra word. A small boxed classified advert (1 column by 3cm) cost \$16.50 gst incl.

The Bream Bay News is circulated to 6,700 homes and businesses in Ruakaka, One Tree Point, Waipu, Mangawhai and Maungaturoto. It is also read by tourists who pick up copies at garages, camping grounds and local stores.

The Bream Bay News is also published on the Bream Bay News website

If we receive your copy prior to the deadline we can design your advert free of charge and send you a copy to check prior to publication.

Regular advertisers in the Bream Bay News get a free listing in our online Trades and Services directory. The Bream Bay News is locally owned and operated. We have our own delivery network to insure our paper is properly distributed in its circulation area.

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JM Archibald 021 227 4355
Wayne Buckland 09 432 8226 Ext 703
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BREAM BAY SUNDAY CHURCH SERVICES

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

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

Anglican 1st and 3rd Sundays - St Paul's Ruakaka 2nd and 4th Sundays - St Peter's Waipu, 5th Sunday - St Nicholas Mission to Seafarers'. Marsden Point All services start at 9.30am.

Catholic Holy Family Church, Ruakaka, 10.30am. Mass
Lifepoint 300 OTP Rd, 10.30am.

Bream Bay Community Support Trust

Takutai Place, Ruakaka Phone 09 432 7197

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

The Bream Bay Community Trust offers:

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

THE NEXT PUBLICATION DATE

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

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