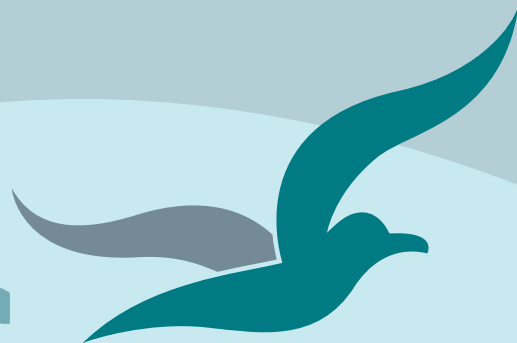


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Ruakākā Solar Farm “a big deal”

Work has begun on the big Meridian Energy solar farm in Ruakākā.

Comprising 250,000 solar panels, covering an area of 170 rugby fields (170 hectares) when completed and costing \$227 million the Ruakākā Solar Farm will be the largest solar farm in New Zealand capable of producing up to 230Ghw of electricity per year – enough to power around half the homes in Northland.

Meridian's General Manager of Development Guy Waipara said, “This project's a big deal, and it'll provide a massive boost for Te Tai Tokerau Northland by increasing the amount of electricity being generated within the region,”

He said it would be a valuable addition to the country's electricity system and Te Tai Tokerau Northland's energy resilience.

Earlier this year Meridian commissioned its 100MW Ruakākā Battery Energy Storage System (BESS) allowing electricity to be stored for high demand periods, helping to smooth out peaks in demand.

A press release from Meridian states the project has “a strong sustainability focus” with more than 79,000 tonnes of construction carbon emissions offset. Meridian will construct a five-hectare wetland, enhance four hectares of existing wetland and carry out 22 hectares of restoration planting. The plan is for sheep to graze between the panels. Local employment will be prioritized. Construction, operations and maintenance contracts have been awarded to renewable energy company Ethical Power, a company with 15 years experience in building solar farms.

Generation is expected to begin in late 2026 with full generation by early 2027. The farm has an expected life span of 35 years.,

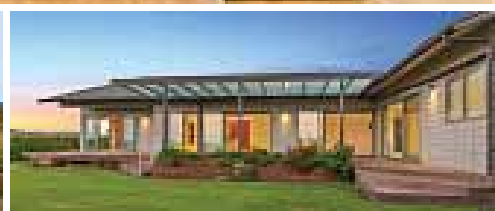
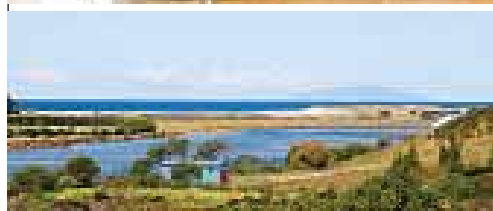
The return of Waipu wearable art

All WAM photos by Jeannet Penney and Karen Unwin.



Fifteen-year-old Kyla Mansell won Best of the Bunch award at Waipu Art in Motion WAM with her creation entitled “Tied Together” which she modeled herself.

More WAM prizewinners on page 7



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What is sunburn?

• Sunburn is your skin’s reaction to ultraviolet (UV) radiation from the sun. Your skin reacts to too much UV radiation by releasing chemicals that swell your blood vessels. This causes fluid to leak and your skin to become red and inflamed – what we call ‘sunburn’.

• UV radiation can pass through cloud, and levels can be as high on cooler, cloudy days as they are on hot, sunny days. That’s why it’s important to cover your skin and use sunscreen when you’re outside regardless of the weather.

• UV damages your skin cells and infrared energy and heat from the sun causes actual burns and blisters. The longer the exposure the greater the damage done. When your skin peels after you’ve been sunburnt, that’s the dead cells peeling off. However, the new cells underneath may have had their DNA damaged by the earlier UV exposure. This increases the chances of developing skin cancers.



Photo by Canva

What is UV radiation?

As well as light and heat, the sun gives out invisible UV radiation. There are 3 types of UV radiation – UVA, UVB and UVC. Nearly all UVC radiation is absorbed by the earth’s atmosphere before it reaches us. UVA and UVB radiation are both involved in causing sunburn.

• UVA – penetrates deeper into your skin and can lead to roughness, dryness, wrinkles and sagging skin.

• UVB – causes tanning, burning, ageing and skin damage and is much more significant in the development of skin cancer.

Levels of UV radiation from the sun are always changing. The Sun Protection Alert (www.sunsmart.org.nz/resources/sun-protection-alert/) is a handy tool that lets you check the time each day that you should protect your skin and eyes from UV.

Who is at risk of sunburn?

The fairer your skin the higher your risk of getting sunburnt. However, while dark brown or black skin rarely burns, skin of any colour can be damaged by UV radiation. It’s important to realise that all types of sunburn, whether mild or serious, can lead to permanent skin damage and lay the groundwork for skin cancers to develop.

Why is sunburn harmful?

Sunburn damages your skin, causing premature ageing, and increases your risk of developing certain types of skin cancers in later years. Skin cancer, including melanoma, is Aotearoa New Zealand’s most common cancer. According to SunSmart, skin cancers account for 80% of all new cancers each year. Melanoma is the most dangerous type of skin cancer, with more than 2000 reported in Aotearoa New Zealand each year. As well as melanomas, over 80,000 other skin cancers are treated annually. Dermnet says that having one blistering sunburn at least doubles your chances of developing skin cancer later.

What are the symptoms of sunburn?

Signs of sunburn can vary depending on skin type and the length of time you were exposed to UV rays. The main signs of sunburn include:

- red skin that’s hot to touch
- pain and/or itching skin
- swelling
- fluid-filled blisters that might itch or break
- broken blisters or peeling/flaking skin that reveals even more tender skin underneath.

Severe sunburn can cause chills and fever, dehydration and serious complications. The signs of sunburn can start in as little as 11 minutes and skin can turn red within a few hours of being burnt. Sunburn continues to develop, sometimes for up to 24 to 72 hours. Depending on how bad your sunburn is, it can take days or weeks to heal

Be Sunsmart. Cover up with clothing, a broad-spectrum sunscreen, a hat, and sunglasses. Remember to SLIP, SLOP, SLAP and WRAP.

EDITORIAL

Let’s go electric

New Zealand spends close to \$24 million a day importing petroleum and diesel fuels for its fleet of (ICE) internal combustion vehicles. In the month of June 2025 the country imported \$739 million worth of these fuels, so do the sums.

For the past five years I have driven an electric vehicle. I think my fellow EV drivers and I are doing our country a big favour.

There is a lot of excitement about the possible Northport expansion (if the import and export figures add up) and the building of a four- lane highway into Northland (if a subsequent Government doesn’t find this is going to cost way too much). We should be more excited about the big new Meridian solar energy farm in Ruakākā. This will supply half of Northland’s energy needs. Construction began last week. Renewable electricity generation offers a bright future.

I don’t think I will ever go back to driving a petrol vehicle. My 2018 Leaf needs hardly any maintenance – a new set of tyres and a new 12 volt starting battery (\$180) are the only expenses I have had to meet.

I never have to visit a gas station. I don’t miss the toxic smell of petrol at the fuel pump and the drips from the nozzle onto my hands. I just plug my car into a power point in my carport and it charges overnight when electricity prices are at their lowest. Even with road user charges for EVs, which came in last year, my Leaf is way cheaper to run than my previous ICE car.

If people struggling with the cost of living were offered subsidies to buy electric vehicles this could really help with the weekly budget.

In Australia there are many Government incentives for people to purchase electric vehicles and to install solar panels on their roofs. We are being left behind.

There is a big expense looming with both our major political parties saying they are committed to meeting the emission reduction targets of the Paris Agreement. For New Zealand this means reducing emissions 50% by 2030. We are a long way off track to do this so will have to purchase billions of dollars worth of carbon credits overseas. Having a higher percentage of electric vehicles would help.

There is a lot of misinformation out there about electric vehicles. People say they are dangerous and prone to catching fire. This is just not true. Have they forgotten gasoline is highly dangerous flammable substance? Out of every 100,000 gasoline cars sold there will be 1,530 fires. Out of the same number of EV vehicles there will only be 25 fires.

There is a unique fire safety risk associated with EV batteries. Lithium-ion batteries contain multiple cells connected together in a module. When a battery cell short-circuits, it begins to heat up, and the heat bleeds into the cells around it. Firefighters need to employ different methods to quell a lithium ion battery fire than a normal battery fire –water rather than foam.

But these fires are very rare. EV batteries are well protected encased under the vehicles body and are set up to disconnect in the case of a collision.

The initial reporting on the fire at the carpark at Whangārei Hospital was annoying. It was reported there were EV vehicles in the carpark and many social media warriors rushed to the conclusion that it was these that had started the fire.

Video footage subsequently showed a diesel Ute backing into a parking space with its exhaust setting alight dry grass it came into contact with. Modern diesel vehicles exhausts can reach temperatures over 800 degrees celsius, due to their diesel particulate filters. This seems pretty dangerous to me.

Similarly the crash in Parnell, Auckland, where the driver of an electric bus was killed when an internal combustion engine vehicle crashed into the front of the bus. The car caught fire. The electric bus batteries were undamaged.

Auckland City Councillor Richard Hills said he was disappointed with the level of “bizarre anti-EV propaganda” circulating on social media in the wake of the crash. “Just like all types of vehicles, there will be times we sadly have EV bus collisions and / or fires, and we know batteries can be harder to put out,” Hills said. “That’s why there are fire safety systems and technology built in and around the batteries.”

As I wrote this on Sunday 2 November there is news an electric bus had crashed into an overbridge on Constellation Drive in Auckland and is on fire with lots of black smoke billowing. I hope all those anti EV propagandists have learned a lesson and hold off jumping to any conclusions about the cause of this fire.

Marilyn

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We have other uses for our beautiful white sand

We have other uses for our beautiful white sand was the message the crowds who turned up to build sand-castles on Ruakākā Beach on Saturday 26 October 2025 had for the sand dredging company McCallum Brothers Ltd and the panel that will consider McCallum's application to dredge 8 million cubic metres of sand from Bream Bay over 35 years.

The McCallum website describes how, "The sand analysed at Te Ākau Bream Bay indicates mineralogical and physical properties that are suitable for use in high strength and specialist concrete mixes of the type used in infrastructure development and commercial buildings."

Family groups turned up to make dozens of sand sculptures. Some were traditional, decorated with shells and flowers while others got creative shaping a Ferrari, a giant crab, mermaids and a hilltop pa with palisades and miniature whare arranged at the summit.

When the sand castle builders all lined up they numbered 485, an unofficial record for the largest number of people on a beach building sand sculptures.

Mary Sinclair of Bream Bay Guardians said she had been nervous to begin with but was delighted that so many people showed up.

The McCallum Brothers website states that as its barge would dredge 4.7km off shore it would be outside what is called "the depth of closure" where beach and dune sand sits offshore after a storm to be brought back in by tides and subsequent easterly storm surges.

However, Malcolm Morrison of the Bream Bay Guardians contends that when big hollows are made by the dredge sand from Bream Bay beaches will wash into them.

"We all know how sand behaves. It moves around and if there is a hole it will move into it.

McCallum Brothers Ltd have been in consultation with Patuharakeke and Te Parawhau.

The company has not yet lodged its application under the Fast Track Bill however the website states

We have nearly completed all of the necessary studies required to investigate what the potential assessment of effects will be if our consent application is granted" so this might not be too far away.

“



A collaborative effort: Marlo Waro and Tai Hayes, both aged 8 years, Levi Hayes aged 6 and Rome and Florence Colthurst aged 1 and 2 lending a hand.



Frankie Head, aged 7 years, decorated her sand castle with shells and flowers.



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Waipu Residents and Ratepayers Association invites MPs to visit farms impacted by proposed four lane highway

The letter concluded, “In the interests of reaching bipartisan agreement on this important section of SH1 we invite representatives of both major political parties to visit Bream Bay and to meet with farmers and others who would be impacted by the proposed route for the new four-lane highway.”

First ten recipients from Meridian Power Up Fund

The next round of funding will be in April 2026. For funding criteria and to find out how to apply, visit [Power Up community fund | Meridian Energy](#). The selection panel awarded around \$20,000 in this first round of grants.

WAIPU LOTTO & POST



Phone 432 0900

Bream Bay College Senior Prizegiving

Photos by Megan Lea



Proxime Accessit - Poppy Wilde



Dux - Henry Pirihi



Dr. McBirney Memorial Trophy - Robyn Ruha



KT Footwear Integrity Trophy - Ana Vinaka

Bream Bay College held its Senior prizegiving Ceremony on Friday 31 October. Major prizewinners were: Whangārei MP’s Award for Contribution to Racial Harmony - Andrea Mosqueda KT Footwear Integrity Trophy - Ana Vinaka, Kuru-rangi Citizenship Cup - Pippi Panui-Park , Marsden Lions Trophy - Levi Watts and Laura McCullough , Waipu Lions Citizenship Cup - Arielle Gibson , Lear Cup for Endeavour - Ashleigh Whyte , Harvey Abercrombie Scholarship - Ashleigh Whyte. George Watt Scholarship Award - Megan Botha, Ethan

Carroll, Arielle Gibson, Rohan Gooseman, Kayden Hall, Kortez Hita-Duval, Jessica Jacobs, Laura McCullough, Andrea Mosqueda, Pippi Panui-Park, Henry Pirihi, Robyn Ruha, Chloe Smith and Poppy Wilde 1 st Year 11 - Harry Setiawan, 2 nd Year 11 - Allyse Porter 1 st in Year 12 - Emily Stuart , 2 nd in Year 12 - Gabriella Uphof Proxime Accessit - Poppy Wilde. Dux - Henry Pirihi Dr McBirney Memorial Trophy - Robyn Ruha

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LETTERS

Rosie’s vision revived

The late Rosie Prickett and I became friends chatting over egg exchanges in my early days in Waipu.

Rosie was full of creative ideas, one of which birthed Waipu Community Arts, a small group led by Rosie organizing art and craft workshops in and around Waipu for children and adults

Sadly after Rosie passed in 2018 Waipu Community Arts came to a standstill as we volunteers all became absorbed in our respective lives. There was however some money left in the kitty thanks to Rosie’s meticulous accounting

Fast forward to this year when Claire Nicholls of the Black Shed told me of her vision for a community art space in an area of the gallery belonging to a separate tenancy. The flexible space, to the left of the front door, lends itself perfectly to artists and craftspeople doing workshops and their own work.

Already the popular Sip and Paint evenings are happening and the space is alive and being used. Thankfully the landlord supports the vision of a community art hub... so let’s make it happen!

We are delighted to be using the funds left by Rosie’s legacy to encourage The Mahara Marimba up to our Coronation Hall to support the project. As it happens in her retirement Rosie spent a year in Zimbabwe working for VSO (Voluntary Service Overseas) running arts workshops amongst other things, she loved it

The Mhara Marimba, an Auckland based marimba band, have learnt and played traditional Shona Zimbabwean songs and rhythms designed to uplift the spirits for the last twenty years. They perform on the festival circuit

In celebration, come along to our fundraiser for the Blackshed community art space and let your spirits soar with the music of the marimbas!

Tickets are available at the Blackshed Waipu and undertheradar.co.nz

Alice Grant
Waipu

WAM an all round theatrical experience

I had the most enjoyable afternoon on Saturday attending the inaugural Waipu Art in Motion. Opening with the quirky video Quest for the Best, the show segued into themed sections with models able to show their costumes to best effect on the elevated stage and two side plinths. Everyone got the best views and the young dancers wove it all together.

After a sumptuous afternoon tea we returned to one sponsor, Kaleo’s, fashion parade and then an in-depth view and description of each costume. Music, lighting and the two side screens meant we got a detailed and all round theatrical experience, with Dave Brown’s measured voice ensuring our journey through the afternoon.

Well done to all involved!

Sue Barker
Waipu

Letters to the Editor are welcome
Email them to: breambaynews@xtra.co.nz
Deadline for the next 20 November issue is Friday 14 November



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Appointed Freemason Grand Superintendent



Grant with his wife Pam. Grant is wearing his full Freemason Regalia

Over Labour weekend a local Bream Bay resident and Justice of the Peace was made the Grand Superintendent of the Upper North Island for Freemason NZ.

There’s an old saying “ if you want something done “ask a busy man and Grant Brown is no exception to this rule. He is a JP working for the Ruakaka - One Tree Point Area. He is also the Secretary for the Ruakākā Ratepayers Association, Project Coordinator for the new shared path underway linking Ruakākā Town Centre and Marsden Cove, Project Coordinator for the revamp of the Whangārei Masonic Centre in Whangārei City, a member the Marsden Cove Fishing club and a life member of the Greenhithe Fishing club, which he helped establish twenty five years ago. In his new role Grant will look after fourteen lodges from the North Shore to Kaikohe, and has established a team to help with the pastoral needs of 420 members and the numerous request for charity from the area.

Grant said Freemasons NZ donates millions of dollars to charity each year but very few people know about this.

A common question he is asked is “Is Freemasonry a Secret society?”

He says while you can find information about Freemasonry on You Tube “beware not all of what you find there is true.” More reliable information can be found on the Freemasons NZ website, or contact a local lodge.

Grant says, “Freemasonry is all about “making good men better”

“Men find it hard to establish long lasting circles of friends, when you join Freemasonry you will make friends for life, men that genuinely care about you and your families.”

As seen on Grand Designs 2019





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WAM prize winners

All WAM photos by Jeannet Penney and Karen Unwin.



The Crow by Caroline Socking and modeled by Joanine Jory

WAM Waipu Art in Motion was held on Friday 31 October and Saturday 1 November (afternoon and evening) in the Waipu Coronation Hall and drew 20 entries in total including a single video featuring little intriguing forest creatures by Elise Koncsek entitled Quest for the Best. Overall winner was 15-year-old Kyla Mansell with her Tied Together creation repurposing a collection of colorful men’s ties. Best Young Designer was Charlie Kate Brown with *The Voice that Cannot Speak*, which she modeled herself. The Model with Attitude was Coralie Betts wearing Canvas It (paintings repurposed from Opp shops) by Pam Crawley and Chrissie Hackett – Cici. Coralie adopted an edgy punk attitude as she danced around the stage joined by Ephriam Ronn Masqueda, whose professional highly adaptable dance enhanced the show. There was also a troupe of young dancers setting the scene for some of the segments and a collection of local actors framed as famous paintings spaced around a gallery where the models wandered. The Workmanship Award went to *The Crow*, with its giant extendable wings by Caroline Stocking, modeled by Joanne Jory. , Kyla Mansell and *Tide Together* also won the Creative Impact Award. Proceeds from the show will go to the Northland Rescue Helicopter trust.



The Voice that Cannot Speak created and modeled by Charlie Kate Brown



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Classics at the Cove

Classics at the Cove with Opera North and guests Ridge Ponini and Alfred Fuimaono at Tahamoana Angora Goat farm is scheduled for 15 November at 7pm – 9.30pm Tickets are available at Eventfinda and Waipu Hammer Hardware. Ridge Ponini is a proud Cook Island Tenor who completed his Honours degree in Music at the University of Otago, majoring in classical voice performance. He was a semi finalist in the Lexus Song Quest in 2022 and was a studio artist with New Zealand Opera in



Alfred Fuimaono and Ridge Ponini will be guest performers at this year's Classics at the Cove

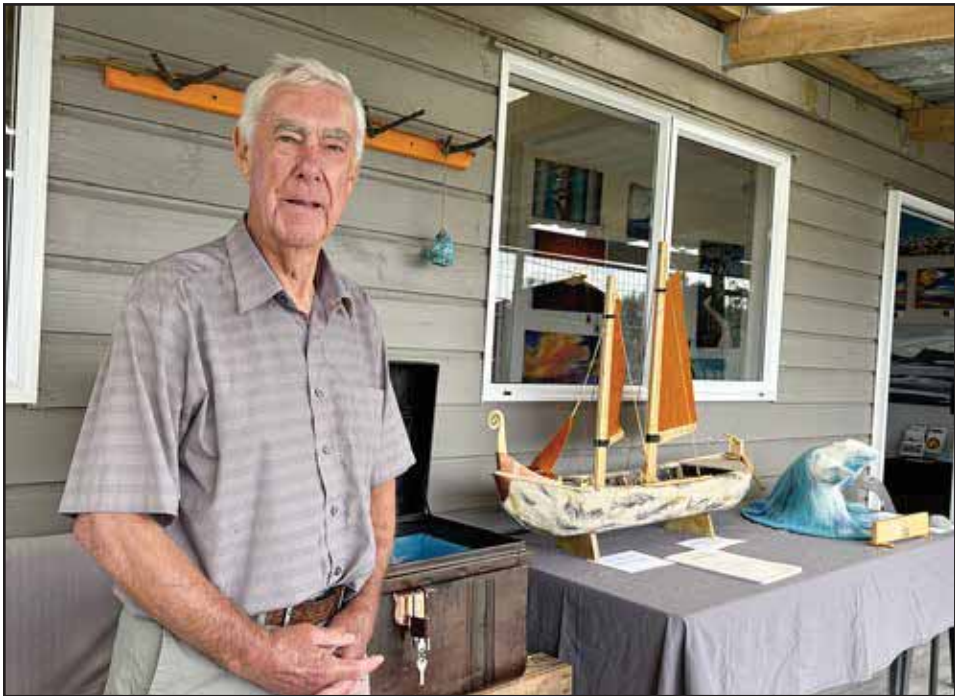
2023. In the last two years he has performed throughout New Zealand. Baritone Alfred Fuimaono is one of the Fonoti-Fuimano brothers who developed their voices singing in church. They have sung at Classics at the Cove over the last three years, and all over New Zealand in many musical events. Samoan born and raised in Flaxmere Hastings, Alfred was a Semi finalist in the 2024 Lexus Song Quest and was the NZ Opera Freemasons Foundation Company Artist who performed the role of Count Caprano in Rigoletto. He sang in Donizetti's "The Elixir of Love" at the Hamilton Arts Festival ear-

lier this year. Local singers Emer Lea, Kaiser Jacoby, Adira Hiku Aperahama and Zoe Pritchard from Bream Bay, Charlotte Bygraves of Mangawhai and Anabelle Tuato'o, Sarah Kent Whittles and Maria Satterfeild from Whangārei will also get a turn on stage. Coming up at Tahamoana in 2026:

- A 21st Century RnB Soul and Blues Revue - 24 January,
- Jazz on a Summers Day – 8 February.
- Barleyshakes and Funky Folk Music afternoon – 21 February

Viking ship a feature of the Bream Bay Arts Group exhibition

Colin Coutts with his boundless creativity has done it again. At the Bream Bay Combined Arts Group sale in the Art Cottage on Lakeside Park Rd., Ruakākā held on Sunday 2 November he had on display a 1.6 metre long replica Viking supply ship with a felted hull and sails and rigging of hand plaited flax. There are bunks at the bow and also at the stern and on deck are rows of barrels storing whisky and water. There is even a rune attaced to the bow . Its in an R like shape which colid said redicts a journey. Colin named the ship The Nordic Bess after a Scottish aunty he describes as



Colin Coutts with his Viking ship with its felt hull and sails and rigging of plaited flax.

"a real hard shot." "After a few whiskies she would be up tapping her foot." He has also written a book on how the boat was made all on hand made paper. In the story The Nordic Bess was build in the Hebrides. Later she will voyage far and wide, even coming to New Zealand but this is a story for Colin to write next

winter. The ship takes up so much space in the spare room of his home that he is hoping to find a buyer but not sure where to look. Some of the BBCAG artists will be at the next One Tree Point Artisan's Market on Sunday 16 November raising funds for the Art Cottage.

A very, very busy Waipu Labour Weekend market

It was very, very busy in Waipu on Sunday 27 October at the big Labour Weekend Market.

Organiser Elijah Purnell said, "We thought it went very, very well."

"We estimate there were around 7,000 - 8,000 people attending. We think it was possibly the biggest ever."

"We had around 190 stalls. We have had 200 stalls before, but this time around there were more big three metre plus sized stalls. We were pretty much at capacity, so may need to open up more areas in future to accommodate more stalls."

The market's eftpos service we gave out \$10,000 in cash to attendees, despite the majority of stall holders having eftpos. The Waipu ATM ran out of cash as well.

There were Morris dancers and Highland Dancers to entertain the crowds and a band Loose Covers on the stage entertaining people as they ate.

Local charities selling raffle tickets and goods profited from the big crowd.

Waipu market organisers have announced a new Christmas afternoon market.

"We have been working hard behind the scenes to bring a new Christmas Market to life, and

This will be held on Sunday December 21st in the Caledonian park from 12pm - 6pm.

Over 100 stalls are already booked in, including food, entertainment/ the market will offer a chance to buy some last minute Christmas presents



Morris dancers at the Waipu Labour Weekend Market

Volunteers in negotiation with Council over slash mess



Surveying the damage: volunteers Coralie Roberts, Dezarae Waetford and Marilyn Humphey

Whangārei District Council staff are negotiating with the volunteer group, which has cleared weeds and planted native trees and shrubs alongside the Waipu Cycle and Walkway alongside the Flagstaff settlement.

The volunteers estimate they had spent 2,000 hours over the past year working on the area, taking away many trailer loads of weeds including wild ginger, which needed to be dug out and planting hundreds of trees.

Despite meeting with a Council representative prior to the pine tree removal and moving plants away from areas they were told would be impacted, the pine removal operation destroyed most of their work.

"It's very demoralizing," said Coralie Roberts.

Council staff have told the group that they are mindful of the expense to ratepayers a complete clean up of the slash would involve but want to know what work is needed to enable the volunteers to get back onto the site to continue with their work and to restore the damage.

At present the area is hazardous with deep holes and piles of pine logs and branches.

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Champion weight lifter Kim Grison

A Bream Bay Sports Trust interview by Lisa Jones

How did you first get involved in your sport?

In 2017 I was encouraged by a couple of women I knew to have a go at Crossfit where Olympic lifting is a component of the sport. At that point in my life I had recently lost both my sister and mother to cancer and was feeling pretty low. Physically I was in a pretty poor state and mentally worse, probably. There was a lot of science at the time encouraging women, especially older women, to engage in resistance training and I knew physical exercise, especially lifting weight, was good so I figured it couldn't hurt. For most of my life, like many women my age, I'd been directed by social media and public opinion to be thinner, smaller, leaner, weigh less and take up less space. Weightlifting blows that kind of thinking out of the water. The only weight that matters is what you put on the barbell. Any-

Who inspired you to start?

A couple of years into Crossfit I attended an Olympic lifting weekend workshop with Richie Patterson, NZ's 3 time Olympic Games Athlete, and really fell in love with Olympic lifting. So, 3 years ago I decided if I wanted to be a real Olympic weightlifter, I'd have to concentrate on Olympic lifting only. So I stopped Crossfit and began the process of unlearning what I thought was Olympic lifting and starting from the beginning. It was frustrating and painful.

What does your sport mean to you personally?

Weightlifting keeps me physically strong with decent muscle mass, which is very important to me as I age, and is a sport that demands a certain degree of perfectionism that I find I do like. It insists that I set goals and if I want to improve and compete well I must follow through and train consistently. Olympic weightlifting is deceptive. The apparent simplicity of hurling a barbell overhead in one or two movements in one or two seconds isn't a true representation of the detail and perfect technical form we strive for. As well as the speed, strength and agility weightlifting encourages, I also like the process and procedure needed to be better.

What has been your proudest moment so far?

Competing internationally both individually and as part of a nz team is rewarding, but being selected to compete in Japan for the nz team and also another time as part of the Oceania team - well, they stand out for me.

Have you won any awards or titles you're especially proud of?

Bream Bay Sportsperson of the Year, of course!!! To be nominated for and to be recognised by the The Bream Bay Sportsperson of the Year event was totally amazing for me and I was honestly stunned to win. There were so many incredible athletes and teams representing their sport and I was utterly honoured and grateful that the judging panel found my story worthy.



Kim Grison in competition

What personal goals have you set for yourself this season?

I'm aiming to compete in the USA at the end of this year and Europe in 2026. Both these competitions are big international events attracting some of the worlds best Masters weightlifters. Exciting - and also scary. Very scary.

What does a typical week of training look like for you?

I train 5 out of 7 or 6 out of 8 days, depending on where I am in a training schedule and what my goals are or what weakness's I'm addressing. Each day consists of a technical portion where an aspect of a lift is isolated and practised starting at a light weight and progressing to heavier and then a section where I try to build strength, like heavy back squats or overhead pressing for example. Then usually some accessory work on smaller muscle groups for joint health and mobility. I have a coach who sets my training program (Cam McTaggart who has represented NZ at both Olympic and Commonwealth Games) and I travel to Auckland for physical coaching, usually weekly, for a few months leading up to a competition. During these sessions my coach trouble shoots issues and makes corrections, assessing and altering my training accordingly.

What's the hardest part of your sport that people don't see?

Sleep, food and recovery are just as important as the gym training but often harder to maintain. Consistency is hard. Motivation isn't always there, but sometimes you just have to slap yourself. For me, living away from an active weightlifting club and weightlifters is difficult. I'm a person who is inspired and motivated by other weightlifters, so daily training alone in an empty gym takes every single bit of my determination. It

can be lonely and boring. I'm currently spending some time overseas and training in a regular gym were I'm an oddity.

Have you ever had an injury or setback? How did you overcome it?

Many!! As a Masters lifter I'm usually working my training around some kind of injury, and the closer I get to a competition the heavier the workload and the weight - so the risk of tearing, straining or overusing something somewhere is high. Plus, I'm just at an age where bodies start to wear out and give up. Arthritis and tendonitis, bursitis and menopause are all constantly out to get me. It's a daily negotiation with my body - what hurts the most today and how do I train around it. I'm not alone in this and it's pretty standard for any sportsperson over 50. I've been carrying a recurring adductor/groin issue for around 5 months - for me that's just par for the course

How do you stay motivated during tough times or losses?

After a bad comp, I usually sulk for a few days, berate myself for whatever dumb thing I did and generally feel sorry for myself and vow never to enter another comp. But that's just a moment, and I know it. I think about what didn't go as planned and consider how to remedy it. My coach usually has the answer,. Then I look at whatever is next, my coach sets the training schedule to have my training peak when its supposed to, and I go to the gym and pick up the barbell. Weightlifting and competing can be fickle and unforgiving. You train for months and deny yourself many fun things that might interfere with training (like boozy social events) and then you only get a few seconds on the competition platform to get everything right.

What’s the best part of being part of a team?

Weightlifters love to support each other at a competition. Everyone is on your side and willing you to lift well. Beating your own previous lift is always more important than winning and all weightlifters know this and want this for other lifters.

How important is community support for you and your sport?

Because weightlifting is largely an individual sport, community support can be limited, so any support or recognition is always highly appreciated

What would you say to young people thinking about taking up your sport?

I’d encourage it wholeheartedly. Aside from the obvious physical benefits, it teaches patience, process and discipline. I believe being strong and developing muscle mass and coordination as a young person is vitally important, especially as we see young people becoming more inactive than is healthy.

What do you do to relax when you’re not training or competing?

I’m a reader. I read a lot.

Who is your biggest supporter in your family or circle?

I’m lucky, I have two. My husband and my sister. They both have a much higher belief in my ability than I do. My sister has learned to ‘run my numbers” at competitions which is quite the thing. It’s more stressful than actually competing and can make or break a performance for a lifter so the responsibility is huge. My husband is resolutely supportive and my biggest fan. He feeds me, funds me and turns himself inside out with nerves when I compete. He can’t be out the back with me when I’m competing because he’s a total wreck.

What’s your advice to young aspiring athletes

Food and sleep are vital to performance. Learn to fuel your body properly and prioritise recovery. Learning how to cook basic nutritious meals that fuel you, hit your macros and support your training needs is your responsibility, not your parents. Stay away from junk food. Surround yourself with the right people - friends

who respect your training and schedules and don’t try to derail you or get you in drug or alcohol trouble are true friends. Consistency beats talent. Show up, do the work. Winning happens when you do the boring stuff, not just the fun stuff. Do the stretches. Do the dumb accessories because they are just as important. Pay attention to niggles and injuries so you’re not

What’s something about you that people might be surprised to learn?

Nothing, really. I’m a fairly dull individual.

Do you have any big competitions or goals coming up?

United Masters Weightlifting Federation World Championships In December 2025 hopefully, depending on my adductor strain, and World Masters Weightlifting Championships in Athens September 2026.

Where do you see yourself in five years with your sport?

Competing in an older age division!!

How would you like to give back to your sport in the future?

Mostly, I want to encourage women to think about strength and resistance training as a daily ‘must do’ that is essential to living a good ‘elder’ life. We NEED muscle and bone density and strength train is one of the best ways to do this.



Summerset Mount Denby Thursday Open Days

Summerset Mount Denby in Whangarei is a growing village with a vibrant community. Our village centre, opening early 2026, will offer a range of fantastic indoor and outdoor facilities for you to enjoy.

A range of modern two and three-bedroom villas are available now. Plus, our serviced apartments, located in the village centre, are selling off the plans. These homes offer the perfect balance of independent living with support on hand.*

We know that moving to a retirement village is a big decision, so why not come along to our **Open Days any Thursday in November**, and see for yourself why our residents love the Summerset life.

Love the life you choose.

Open Days
Every Thursday in November, 10am - 2pm
Summerset Mount Denby, 7 Par Lane, Tikipunga
Call Wendy on 09 470 0282 or 021 246 5086



*Homes sold under licence to occupy, subject to availability. Care subject to certification, availability and eligibility criteria. Summerset does not offer rental accommodation. Images are indicative.

The Marsden and Waipu Lions Junior Citizenship Awards 2025



Bream Bay College recipients were: Isla Jones, Eleena King, Tyler Carbin, Manu Reid, Iopu Kaitu, Harper Staite, Laiken Gray, Kendall Harley, Jasiah Donaldson, Xavier Trofimczuk, Freya Beaton, Lucy Foster Charlotte Palmer, Cheyenne Watts, Absent: Georgia Sharland, Lily Green, Finn Hopkins, Lara Nopa

Photos by Sue Smith

MARSDEN POINT HIGH TIDES				
	AM		PM	
Thu 6 Nov	8.36	2.8	8.53	2.8
Fri 7 Nov	9.28	2.8	9.41	2.8
Sat 8 Nov	10.19	2.9	10.38	2.7
Sun 9 Nov	11.11	2.8	11.31	2.6
Mon 10 Nov	~	~	12.04	2.8
Tue 11 Nov	12.25	2.5	12.58	2.7
Wed 12 Nov	1.21	2.4	1.55	2.6
Thu 13 Nov	2.20	2.3	2.53	2.5
Fri 14 Nov	3.21	2.3	3.52	2.4
Sat 15 Nov	4.24	2.2	4.49	2.4
Sun 16 Nov	5.24	2.3	5.41	2.4
Mon 17 Nov	6.20	2.3	6.30	2.4
Tue 18 Nov	7.10	2.4	7.15	2.4
Wed 19 Nov	7.54	2.4	7.57	2.4
Thu 20 Nov	8.36	2.5	8.37	2.4
Fri 21 Nov	9.14	2.5	9.16	2.4

The Marsden and Waipu Lions Clubs held their annual Junior Citizens Awards Evening in the One Tree Point School hall on Thursday 23 October . Certificates were presented to children from Bream Bay College as well as One Tree Point, Ruakākā and Waipu Primary Schools

The clubs hand out certificates towards the end of year to young people who have demonstrated qualities defined in a Junior Citizenship Code.

The code requires the young people to be: honest in what they say and do, friendly and helpful towards other people, generous with their time and talents

to help improve your community without thinking about personal reward, courteous and well mannered, respectful towards senior citizens, willing to accept responsibility, sympathetic towards those who are sad and those who need support, careful with criticism, generous with praise, determined to improve, care for and not destroy our environment, loyal to their community and country and prepared to accept criticism of themselves and be willing to improve.

All the nominated students received a framed certificate and a small scroll to use in their CV's.

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MARSDEN LIONS CHRISTMAS PARADE AND FUN DAY!

Santa Claus is coming to Ruakaka with a fun filled morning including raffles, float prizes and the very popular 'Funny Money'

Float contact: Maree Gutry
0273226385

SAT 13th DEC 10.30am



One Tree Point School Left to right Sage Russell, Kaizell Magill, Leroy Davies, Ivy-Jay Kaihe, Neeson Olliver-Swannell, Phoenix Star-Leonard, Finn Fergusson



Sabel Marsh, Elmira Khan, Peter Comer, Shania Henry, Zoe Subritzky, Jai Marshall, Tanya Patel
Absent: Irirangi Peters, Te Kaha Leef-Hoet, Anahera Nepia



Kyra Hay, Kipp Andrews, Lucy Hoddle, Kalani Snelling, Hugo Perry, Jaz Long, Willow Broodkoom-Ridge

Gearing up for the Christmas Parades

Its not long now until Santa Claus will be making his annual visits to Bream Bay with his first appearance at the Marsden Lions Ruakākā Christmas Parade on Saturday 13 December. The more floats the better with prizes on offer for first , second and third best floats. Phone Maree Gutry 027 322 6385 to enter.

The parade will follow the same route as in recent years starting at 10.30am in Takutai place alongside the Ruakākā Library and follow a circuit twice around the traffic island on Peter Snell Rd.

There will be raffles and funny money will be issued to spend at the Towncentre shops.

Santa then will make a return visit on 24 December on the fire truck bringing up the rear of the Waipu Christmas Parade. The parade will start from outside the Pizza Barn at 7pm with a prize giving in the Caledonian Park at 7.30pm where the Waipu Pipe Band will play. This year's float categories are:

Best Business Float, Best Community group Float, Best Friends and Whanau Group Float, Best Decorated Car (Individual), Best Decorated Bike/e-bike (Individual) and a Supreme Award - all entries are eligible to be selected for this. There is a cash prizes for each category. This year Promote Waipu is making entering a float more accessible for a wider range of people.

“ We recognise that creating a full float can be a massive task, so we have added two individual categories for those that don't have a group of people they can enter a float with. If anyone has questions, they can contact Dee Field at hello@promotewaipu.co.nz”

Entry forms can be found on the Promote Waipu website

ARTISAN JUNCTION

“Artists Supporting Artists “

Sat. 8th and Sun. 9th November 2025

Christian Camp Hall. 89a
One Tree Point Road.

9.00 AM -- 2.00 PM

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doors open 6:30pm

\$35 Adults \$20 Kids

(includes finger foods)

Cash bar available on the night

Tickets from: undertheradar.co.nz

Reviving the Ruakākā Trappers



Unloading the new traps (left to right) Steve Henderson, (NRC) Trevor Robson (One Tree Point) and Keith Flexton (Ruakaka)

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- Ladies only gym
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- Casual gym \$2 per day
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For events kitchen facility available
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Activities at the Ruakaka Recreation Centre				
Activity	Day and Time	Location	Cost	Contact
Zumba	Monday 8.45am to 9.45am	new centre	\$10	Ali 021592228
Pacific Culture Group	Monday 4pm to 6pm	new centre		Finemoka mokafotu@gmail.com
Fit for life Ruakaka class	Monday 10am to 11am	new centre	\$5	AnnMarie 0211693115
Music club	1st Monday of month 7pm to 10pm	new centre	\$5	Fulco 0274718428
Zumba Gold	Tuesday 9 am to 10 am	new centre	\$9	Roz rozhzumba@gmail.com
Fit for life Ruakaka class	Wednesday 11am to 12pm	new centre	\$5	AnnMarie 0211693115
petanque or indoor bowling	Wednesday 1pm to 4pm	new centre		Sue 021850286
Zumba	Wednesday 5.45pm to 6.45pm	new centre	\$10	Ali 021592228
Zumba Gold	Thursday 9am to 10am	new centre	\$9	Roz rozhzumba@gmail.com
Stretching classes	Thursdays 11am to 12pm	new centre	\$5	Lu 0226541979
Bream Bay United Soccer Club	Thursday 3.30pm to 6pm	old centre		Ken 021 361 375
Sit Fit	Friday 10.15am to 11.15am	old centre	\$6	Christine 027 573 6346
Zumba	4th Friday of month 4.45pm-5.45pm	new centre	\$10	Ali 021592228
Zumba	all other Fridays 9.15am - 10.15am	new centre	\$10	Ali 021592228
60's up	4th Friday of month 10am to 4pm	new centre	\$12 annually fee	Joy 021491887
Casual gym	Mon to Fri 8am to 2pm, Thur to 6pm	new centre	\$2	RRC 4327962
Unisex & Ladies gym	24/7 gym	new centre	\$10 per week	RRC 4327962
New centre address	3 Peter Snell Road Ruakaka	Old centre address		9 Takutai Place Ruakaka

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

When Cheryl Laurie of Bream Bay Coastal Care Trust asked NRC about funding to replace a few old predator traps, she didn't really expect to end up with 13 new ones and another 4.5 k to walk.

However, Steve Henderson, Biodiversity Officer Northern regional Council, had the bit between his teeth and was keen for an 'out of office' experience. He came to Ruakaka Wildlife Refuge (North Side) armed with a map, GPS tracker and plenty of good advice on the best placement to protect our nesting shorebirds. He was also keen to bushwack a way through the mess of gorse and climbing asparagus behind the racecourse to create a loop track, which became a bit of an adventure for the small trapping team.

Steve returned another day with slasher and tape to clear and mark this track. "There are some massive possum trails in there" he said, "Maybe they're eating horse food from the stables".

As well as the DOC 200 style trap which deals to mustelids, rats and have even been known to catch hedgehogs, NRC has supplied new possum kill traps which can be mounted on the manuka growing in there. "I did also see a tomtit," said Steve.

Cheryl said, "We have been catching weasels and rats close to the spit where we currently have dotterel and oystercatcher chicks and nests" So it is good to extend the line and get those predators before they get that far. We also have native shore skinks. They are a beautiful grey speckled colour , like sand".

Unfortunately, just as we have all these new traps, we have lost two of our trappers. So now it's down to myself and Trevor Robson from One Tree Point. We really need a couple more people to lighten the load. That way we can divide the line and make it a shorter walk".

If you can spare time to help with this project, you can text Cheryl on 0223552191, email breambaycoastalcare@gmail.com or send a message through the Bream Bay Coastal Care facebook page.

Junction Art and Craft Fair this weekend



Painting by Wanda Beehre

The Artisan Junction art and craft fairs aim to showcase local artists. On Saturday 8 and Sunday 9 November from 9am to 2pm. Ceramics, Jewelry, Resin Wooden boards, Outdoor Art, Oil, Acrylic, Pastel, Watercolor and Glass Paintings will be on display and up for sale in the Christian Camp Hall at 89a One Tree Point Rd. Organiser Maree Gutry said this will be, “A wonderful opportunity to source beautiful Christmas Gifts.” Raffle tickets will be on sale and a coffee and cake stall will be on site. Admission is free.

BREAM BAY

link

THIS SERVICE RUNS ON THURSDAYS

EFFECTIVE 1ST AUGUST 2025

Bream Bay - Whangārei

Bream Bay to Whangārei (Morning - AM)

THURSDAY ONLY

Depart Kaiwaka (Bus stop below St Paul's Church)	9:00
Mangawhai Village (Village Shops Bus Stop Outside Bennetts)	9:15
Mangawhai Heads (The Club)	9:20
Langs Beach (Corner of Wairahi and Cove Roads)	9:35
Waipu Cove (Opposite Beach Car park)	9:40
Waipu (Vet Centre Bus Stop)	9:50
Ruakākā (Peter Snell Road - opposite Takutai Place)	10:10
Arrive Whangārei (Rose Street Bus Terminus)	10:50

Whangārei to Bream Bay (Afternoon - PM)

THURSDAY ONLY

Depart Whangārei (Rose Street Bus Terminus)	3:00
Ruakākā (Peter Snell Road - opposite Takutai Place)	3:40
Waipu (Vet Centre Bus Stop)	4:00
Waipu Cove (Opposite Beach Car park)	4:10
Langs Beach (Corner of Wairahi and Cove Roads)	4:15
Mangawhai Heads (The Club)	4:30
Mangawhai Village (Village Shops Bus Stop Opposite Bennetts)	4:35
Arrive Kaiwaka (Bus stop below St Paul's Church)	4:50

Fares

	ONE WAY	RETURN
Kaiwaka	\$7.50	\$11.00
Mangawhai	\$7.50	\$11.00
Mangawhai Heads	\$7.50	\$11.00
Langs Beach	\$7.50	\$11.00
Waipu Cove	\$6.50	\$9.00
Waipu	\$6.50	\$9.00
Ruakākā	\$5.50	\$8.00

THESE ARE APPROXIMATE TIMES AND WE SUGGEST ARRIVING 5 MINUTES PRIOR TO ADVERTISED TIMES

ROUTE DESCRIPTION

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

ALTERNATE STOPS

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

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WHAT'S ON IN BREAM BAY

- **SUNSET MARKETS MARSDEN COVE** First Friday of the Month 4pm -8pm. Next on 7 November.
- **KIDS FISHY FRIDAYS** Run by Marsden Cove Fishing Club Frist Friday of each month . Next on 7 November. Kids fish from pontoon from 5pm to 6pm. \$2 per child. Up to 12 years. Must be accompanied by a parent or caregiver. Prizes. Sausage sizzle and bait supplied.
- **ART JUNTION ART FAIR** Saturday and Sunday 8 and 9 November 9am to 2pm each day. At the Marsden Christian Camp Hall 89a One Tree Point Rd.
- **VILLY DAY OUT** Saturday 15 November 10am to 5pm on the reserve next to the Bream Bay Ambulance Station. Free fun day for children and adults. Service providers stalls with free advice.
- **CLASSICS AT THE COVE.** Saturday 15 November at 7pm - 9.30pm at Tahamoana Farm, Cove Rd., Waipu. Tickets \$44.30 from Waipu Hammer Hardware or from Eventfinda
- **ONE TREE POINT ARTISAN MARKET** Third Sunday of each month. Next on Sunday16 November. 9am to 2pm. One Tree Point School. Fund-raiser for children’s ward at Whangārei Hospital.
- **AFRICAN RHYTHMS FROM MHARA MARIMBA** Nine piece ac-cunstic band. Saturday 22 November in the Waipu Coronation Hall. Doors open 6.30p, Adults \$35 Kids - \$20. Tickets from: undertheradar.co.nz
- **RUAKĀKĀ CHRISTMAS PARADE** Saturday 13 December from 10.30am in Takutai Place aongside the Ruakākā Library. Phone Maree - 027 322 6385 to register your float.
- **CHRISTMAS AFTERNOON MARKET** in Waipu Caledonain Park on Sunday 21 December from 12 noon to 6pm.
- **WAIPU CHRISTMAS PARADE** Christmas Eve Wednesday 24 De-cember Starts at 7pm from the Pizza Barn , Travels down the main street of Waipu, up St Mary’s Rd. into the Caledonian.Park . Register on the Pro-mote Waipu website.
- **BREAM BAY MUSIC GROUP** First Monday of every month starting at 7pm At the new Rec Centre in Peter Snell Road, Ruakākā. Contact Ross or Fulco on 0274 410 584
- **COMMUNITY CONNECTIONS** Fridays 10.30 -12noon, Bream Bay Community Trust Hall, Takutai Place, Ruakākā
- **COMMUNITY BINGO** Last Wednesday each month (except Decem-ber) Every one welcome. Raffles, restaurant and Bar open from 5 pm. Calling starts at 7.pm 15 games and 2 jackpots open to the public. At the Waipu Citizens and Services Club - The RAZZA
- **WAIPU MUSEUM** 36, The Centre, Waipu. Open seven days 10am- 4pm
- **THE KAURI MUSEUM.** . The Kauri Museum is open 9am-5pm every day except Christmas Day

FIFTY YEARS AGO FROM THE BREAM BAY NEWS November 1975 EDITION

A wheel barrow derby preceding the Waipu Parade

Radio Northland will be in Waipu on Friday 19th December from 11am to 1pm and Santa will be with the radio car for the two hours. Christmas Parade will start on Christmas Eve at 7pm with the running of the Wheelbarrow Derby from the Waipu Post Office to the Caledonian Park Gates. If there are enough entries secondary school and ladies heats will be run as well as the men’s. There is no entry fee for the ladies and the prize is a bottle of bubbly. Entry is 50c per barrow for Secondary school children and \$2 per barrow for men 20 years and over. There are entries already: No.1 Watts and Solomon. No 2 Creed and Pausina. There’s the challenge! Prizes of refreshments at the tape. Wheelbarrows not supplied. The race will be followed by a parade of floats.

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Safeman Safe family Men's Centre

Safeman Safefamily offers a safe place for men to talk privately without judgement and with complete 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 Barber 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 Holiday Programme
- Counsellors
- Community Connectors
- (Connecting community to various services)
- Free Whanau Ora Medical Clinic with Ki A Ora Ngatiwai. Fortnightly Wednesday mornings 10am-12noon, by appointment only phone 09 435 4586
- Free Budgeting Service -fortnightly on Thursdays 10am-1pm, by appointment
- Mana Wahine Ki Wahine Toa & Ha Tane groups
- Community Gardens behind our main building please help yourself
- Pataka Kai/ Food Pantry located outside our reception door.

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 The deadline for all copy is 4pm on
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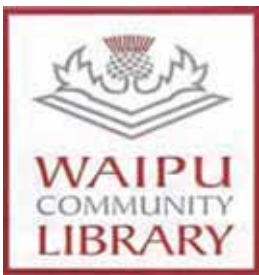
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0210515581

JUSTICES OF THE PEACE



JUSTICES OF THE PEACE

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Ken Orr	09 432 8215
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Jules Flight	0274 777 210
Sir John Goulter	021 612 442
MM Jolley	027 415 9486
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Grant Brown	027 248 7126
Sharon Carroll	0272653227
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
Mary Abercrombie	021 598467

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Marsden Cove Medical Centre
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**We will be closed from 3pm - 5pm on Thursday
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New patients welcome

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BREAM BAY BRIDGE CLUB

Notice is hereby given
that the
Annual General Meeting
of the Bream Bay Bridge Club
will be held at 7.00pm
on Tuesday, 18th November 2025
at the Coronation Hall,
47 The Centre, Waipu

**THE ANNUAL GENERAL MEETING OF
THE WAIPU TO WAIPU COVE CYCLE
AND WALKWAY TRUST**
will be held
on Wednesday 5 November at 7pm
at the Waipu Cove Surf Lifesaving Club
All Welcome

BREAM BAY SUNDAY
CHURCH SERVICES

Presbyterian Camellia Ave, Ruakaka:
8.45am. The Centre, Waipu: 10.15am.

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

Anglican - ST PAUL's Church, 25 Kar-
awai St, Ruakaka 1st and 3rd Sundays
9.30am
ST. PETER'S CHURCH, 8 Nova Sco-
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Auction – 21 st November (unless sold prior)

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- Master bedroom with ensuite and walk-in wardrobe
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- Stylish kitchen with walk-in pantry
- Generous deck and fully fenced section
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Lyndie Mullins 021 101 6389
Maxine Suvalko 021 0326 333



3 Argyle Street, Waipu WAI2887

On-Site Auction – 21 st November at 2pm (unless sold prior)

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New Listing



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Set Date Sale 27/11/25 | [#4266](http://bbrealty.co.nz)
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Price by Neg | [#4264](http://bbrealty.co.nz)

KIM BROWN
Mob: 027 545 1208

New Listing



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Offers Over \$749,000 | [#4265](http://bbrealty.co.nz)

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