



June 2019

RUAWAI RAMBLER

A Newsletter for Ruawai and Surrounding Area
From the Ruawai Promotions and Development Group

This Issue of the Ruawai Rambler Sponsored by

“The Team at Six O Farms”

From the Editor

Thank you to our Sponsor for this issue: “The Team at Six O Farms”. The RPDG publishes the Ruawai Rambler as a service to our Community. We don't make any significant amount of money from it as printing (esp. colour printing) is expensive. Without our sponsors we could not continue. We can do with more advertising, so if you want to promote your business in this area and support our newsletter, please get in touch. The Ruawai Rambler goes to about 400 households in the Ruawai/Tokatoka area and 30 copies go to the Papanoa store for people in that area. So there is good coverage.

On the news we hear regularly about Global Warming. Young people are marching, wanting action, which shows care and commitment. But good actions start at home and that includes keeping our immediate environment clean. And that leaves a bit to be desired. After every weekend empty bottles, paper wrappers, etc. are left around the stop bank area. After any rugby game or practice, bottles and papers float around the grandstand and the rugby field. Locals also have to pick up rubbish on Dun Rd. & Robertson Rd. So we can start right here and not leave rubbish around to be picked up by a few. The question is often asked why there are no rubbish bins at the foreshore. The reason is that some people will stuff bags of household rubbish in these bins. In this newsletter we have some of the usual items such as Sue's book corner, Garden Club report, etc. There are also a couple of new items. One is from Diane House. Diane is a local person and has her own business as a massage and beauty therapist. I have heard that her massage therapy is really good. The second new item is from Carrie Adlington. Carrie lives in Papanoa and does meditation therapy. The third item is very important to anyone (which is probably most of us) who does online banking. Diane McDonald is from Matakoho and she nearly lost all her life savings. So be very careful!

On 26th March the RPDG held its Annual General Meeting. Considering that AGM's don't usually attract many people, we had a good turnout. Interactive discussions took place about some items on the agenda. Bruce Crompton was re-elected as Chairperson. Bruce and his wife, Elaine (who is Treasurer) have contributed a lot of time and effort to our group and to our community. They are the quiet workers that often go unrecognised. So well done both of you!!

As mentioned in the past, we are always looking for articles. Sometimes people have overseas students or workers staying. Hearing about their experiences and thoughts can be interesting. If you know about a local person with special talents (woodworking, carpentry, arts & crafts) we could write about that. I am also looking for someone to be of assistance who is interested in learning about publishing this newsletter. Some computer skills are required. If you think you are interested please get in touch.

For information or advertising, please contact: **J.H.Wessel; Ph: 439 2507; email: jhwessel@xtra.co.nz**

Councillor Curnow's Corner

Council has been going to the dogs over the last couple of months. By this I mean we have been reviewing our Dog Management Policy and Bylaw to check whether it continues to meet the needs of our communities. We developed some overarching principles to guide us. Firstly, we wanted to make sure that all communities have somewhere to walk dogs off leash. In Ruawai, this is along the Stopbank Trail. Secondly, we wanted to ensure dogs, cars and people were safe in urban areas and so suggested that in all urban areas (other than prohibited or off leash areas) dogs were required to be on leash when not on private property. Thirdly, we wanted the rules to be clear and simple to understand, so people could be sure they were getting things right. Our proposed Dog Management Policy and Bylaw was consulted on through April and hearings were held in May. At the time of writing, we have not completed the process, but the final Policy and Bylaw will be adopted at the end of June. Council will ensure that extensive communications are done so that everyone can be clear about what they can and can't do with their dogs.

Some of you may have participated in an online survey, through our People's Panel online system, asking for your input on our Solid Waste (or rubbish) services. This will guide us as we move into a more formal consultation and review of this services. Parts of this service have become more complex, in particular around recycling of some plastics. For example, we are currently stockpiling the plastics that can no longer be sold offshore, while we consider what the options are for a local solution.

You may be aware that at our 02 May meeting, Council resolved to sign the Local Government New Zealand Climate Change declaration. This is a document that was drawn up in 2017 and has been signed by over 60 of the 78 local authorities in New Zealand. It includes some key principles relating to making climate change a focus. We were happy to sign this as it reflects Council's existing position. We already have an active working group that is operating in this area, networking with other Councils in our region and planning our future activities. Some of you may have attended the meeting held in the Ruawai Tokatoka Hall with the Ruawai Community about climate change.

In April we were advised by the Local Government Commission that our proposed changes to Ward boundaries had been approved. This means that for the next election, Kaipara will have four wards instead of three. The new Kaiwaka Mangawhai ward will have two elected members. The Otamatea ward will now extend from Maungaturoto to Tokatoka and will have two elected members. The Dargaville ward will remain as is with two members. The West Coast ward, which is slightly smaller, will now have two elected members. The decision reflects the significant changes in our District over the last few years. The Mayor will continue to be elected at large from across the District.

Continuing on in the theme of the 2019 local body elections, Council will be distributing information about the role of elected members and will be running a series of workshops for those who might be interested. Please do attend if you are interested. Democracy relies on a good range of people stepping up to represent their communities. I have enjoyed the role immensely and am keen to stand again, so it can't be that bad! Visit the Council website for more information: <https://www.kaipara.govt.nz/council/local-elections>

Finally, to register for the People's Panel, please go to <https://www.kaipara.govt.nz/council/peoples-panel>

As always, if there is anything you would like to discuss in particular, please feel free to call me on 1021 667 124 or email cr.curnow@kaipara.govt.nz **Anna**

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I have on occasion put an article in this newsletter about computer and phone scams. Here is a warning from a local person who almost got caught out. **J.W.**

BEWARE INTERNET USERS!!!

Recently I had the misfortune to have my computer hacked. I had no idea this had happened until the bank phoned my home number and left a message for me to call them. I was suspicious as they hadn't left a name so turned on my computer to see if the bank had sent me a message. To my horror I found my bank account had been locked so I could not access it. I then phoned the bank to sort it out and they said "we just wanted to check that it was ok to release the bank transfer you had requested, but we see that you have authorised it so we have released the money". I immediately informed the bank that "I HAD NOT AUTHORISED ANY PAYMENT!". They then advised me that they had sent an authorisation code to my cell phone which I had then entered into my computer

(which gives permission for the payment to be released). I couldn't understand how that had happened and explained to the bank that my phone had been showing "No Service" for the previous 3 days so hadn't received any code. The bank advised me to check with Vodafone as someone had used my phone (even though I still had possession of my phone). I checked the next morning with Vodafone and to my horror found that my number had been given to someone in Australia who had gone to Skinny and purchased a new Sim Card which they then had transferred my number on to it. The hacker was then able to receive all my messages so that when they went into my bank account and requested to change the password, the bank sent the code to them so they had full access to all my accounts. They then withdrew my entire life savings and I had no idea how this had happened. By the time I alerted the bank, I was only just in time to stop the money being released to a bank in India and I would never have gotten it back; which, thankfully, I did!. The person had hacked into my computer by adding a file while I was using Google Chrome. They could then watch everything I was doing and got my cell phone number when I did a top-up on line. That was all they needed to clean me out. I'm writing this as a warning to be very careful when entering any details into your computer and **NEVER OPEN** any strange emails or ads that pop up sometimes. (I am always careful and must have accidentally clicked on something). They could have been watching and waiting for 6 months our "IT" man said. It is very easy for hackers to get your details. **DON'T GET CAUGHT OUT!! DianeMacdonald**

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 We have had some pizzas from the Pizza bar and they were delicious
 Also heard from people that dined here and got good feedback.
 Editor

Moosletter

Well, here we are approaching the season of muddy footprints down the hall – hopefully cat ones, not humans! As always we've had a few changes at the Ruawai Vet Centre - the biggest being our Receptionist, Odette Hall, moving on. Odette had been here for 15 years so she knew so many people and their animals. We will miss her happy personality and knowledge of all things Ruawai. In her place we have Laurrisa Cates, who is a mother of two from Matakoho; so she is now one of the faces that will welcome you into the Clinic. As for the new Clinic, I think planning permission is finally granted - so watch this space; something may happen before too long! Welcome to anyone new to the area, especially those involved in dairy farming. Hopefully we will have a kind winter to set us up for a good calving. Take care **Janine**.

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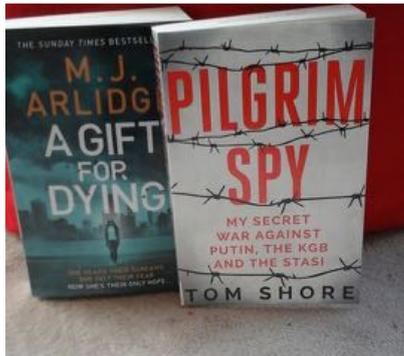
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Sue's Book Corner

Well, the nights are drawing in now, so a good time to get a stack of books in ready for winter. I struggled this time to find some books I thought good enough to share with you. I read about 3 books a fortnight so you can tell I had a real bad spell! Just when I was beginning to despair, along came 4 books that I really thought some of you might like as well. The first to hit the spot was:

A Gift for Dying by M.J Arlidge



The characters involve: A girl called Kassie who can look at you and see how and when you'll die. A forensic psychologist, Adam, trying to help her. A serial killer on the loose. Kassie and Adam are both always around when the murders take place. Can Kassie really foresee their deaths? Is she really trying to save them? Are she and Adam involved in these horrific crimes? You'll have to read it to find out! This is a really good thriller - loved it.

Next on the list is: *Pilgrim Spy* by Tom Shore

A true story of an SAS soldier sent behind the Iron Curtain to find someone who didn't necessarily want to be found. It's full of rooftop chases, terrorist interrogations, spies, gun battles and eventual escape. Unlike the movies, this is real life; and rather than your James Bond hero, it's our Special Service Personnel who work undercover. In this case, if he hadn't succeeded, the Russians would have had an excuse to roll out the tanks, the Berlin Wall would

still be in place and our world would look very different.

It's a fascinating book as you get a real insight into a world we never really know about and the damage it does to the operative that carries it out for our benefit and safety.

Third one is: *Murder at the Mill* by M.B. Shaw



If you like Agatha Christie books, you'll like this. It's modern in setting but very Christie-like in the way it's written. Artist, Iris Grey, is running from her marriage and has accepted a commission to paint a famous author's portrait at his country estate. Amid Christmas celebrations, tensions and rivalries between family members surface - and then a body is found. Was it an accident or murder? Iris finds herself compelled to find out. A lovely light murder mystery, I couldn't put it down.

Lastly: *The Big Ones* by Dr Lucy Jones

How natural disasters have shaped us and what we can do about them. This book explains the science behind disasters and the psychology of the people caught up in them. It goes through 11 different disasters from Pompeii in AD 79 to Tohoku, Japan in 2011. Earthquakes, floods, volcanic eruptions, all are scientifically explained. The human reaction to these tragedies, the author explains, is that throughout history, when these events occur, we look to find a pattern - something to blame, to make sense of it; but that, most times, there is no pattern, no sense. It's nature at its most powerful random self. We choose to live by the sea, river, volcano, in our globally-connected world. These natural disasters strike us down together so it's together we recover and rebuild. This was such an interesting book. I learnt a lot about disasters, history and above all the amazing ability of human beings to cope and recover from whatever nature throws at us. I'm not sure my description of this book does it justice, but I hope some of you will read it and find out how good it is for yourselves. All these books are available at good book shops, from the internet, or your local library.



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ANZAC day in Ruawai

This year ANZAC ceremonies were cancelled in many places but here in Ruawai they went ahead. As in other years it was a lovely ceremony and, as usual, Ruawai turned out in good numbers. The main speaker was Sir Lockwood Smith. Lockwood was born in the Ruawai area and lives with his wife, Alexandra just as you go up Rogan's Hill. He represented this area as a Member of Parliament for the National Party for many years. Lockwood then became speaker of the House and served as High Commissioner for New Zealand to the United Kingdom. The Community Choir, under the leadership of Carolyn Wessel, led in the singing of the hymns as well as a medley of old-time songs of the war era. Many thanks to Alex Stewart for once again organising this annual Remembrance and Mary Stewart and her assistants for the wonderful refreshments afterwards. *Thanks to Gerard Van Der Harst for the photos.*

J.W.



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I moved to Dunn Rd, in Ruawai, with my husband, Simon, 5 years ago to help my Dad on his farm. He is getting older and needs help, especially at calving time. My parents lived on Dunn Rd and worked for Ross Blong and Ted Hart over 50 years ago. I was born in Dargaville Hospital and we moved to Maromaku when I was 3 years old and was brought up on a dairy farm. So have done a full circle, back to where it all began. I am a Beauty and Massage Therapist with 19 years experience. I do facials, lashes, brows and massage treatments. If you have any tension, aches, pains and tight muscles I can get it sorted for you with my magic hands. I can do a one-off or maintenance treatments at my home or can provide a mobile service.



I started making my own natural skincare, lip balms and soaps about 9 or so years ago as I didn't like using products with chemicals in them, and always gravitated towards natural products when working in the Beauty Industry. Now this is my passion. I love creating natural products with organic ingredients without toxins, chemicals, parabens, etc. as natural skincare should be **skin food!** The skin is a sensitive organ that absorbs everything that is rubbed on it. All products which are chemical-laden are toxic to our bodies and our livers. And we only get one body and one liver.

I have a new Organic Skincare line, Bokah Skin, which I have started up with my daughter. She is doing the website, marketing, photography and business side of things. I am creating the formulations and manufacturing the products from scratch. This includes growing and making extracts of herbs and wildflowers from my garden. And I also use active ingredients and organic plant oils to work in harmony with the skin. Our focus is being clean, eco-friendly and 100% vegan. Therefore, our products are made of the most natural organic ingredients possible. We have a small range to

start with including a milky cleanser, moisturiser for dry and combination skins, an anti-aging serum, body lotion and lip balms. I can make products to suit your skincare needs with or without essential oils. For treatments or products, please contact me on 09 439 2003 or 0212930542.

Diane House

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This article was contributed by Debbie Evans; CEO Kaipara Community Health Trust
Dargaville's Fabulous Hospital just got comfier



"Oooh that feels good" was the perfect response from both the Ruawai Lions Club President, Rosemary Webb, and Secretary, Dorothy Simpson, after trying out one of the four new recliner chairs purchased for the Dargaville Hospital at an afternoon tea celebration held recently. The Kaipara Community Health Trust put the call out to the community to help fundraise for the chairs which was the latest item on the Dargaville Hospital Gold Star Wishlist. The hospital grade chairs cost over \$6,000 to purchase with donations gratefully received from the Aratapu Hobson Trust, Northern Wairoa Lions, Ruawai Lions, Dargaville Rotary, Northland Community Foundation Health Fund PLUS and community donations. Debbie Evans, KCHT CEO, thanked the individuals and service clubs who generously donated, saying "these 'gold star extras' make the world of difference when you're sitting beside your loved one in hospital, or

when you're sick and they only way to get comfier is sitting in a recliner. The Kaipara Community Health Trust purpose is to retain and enhance quality health services for our community, so we are constantly working on how we make, what we've got, better. Dargaville Hospital Operations Manager, Jen Thomas, thanked the sponsors from the bottom of her heart for not only providing the funds for the four recliners but also for contributing to the many other fundraising projects that have supported the hospital over the years.

Ruawai Garden Club



Hello to all you gardeners out there. This heading into winter is really starting to get a bit chilly now. Quite Brrr mornings and evenings. The Garden Club have had two local trips in the last two months. One was on the 21st March to Peter & Pat Ward's on State Highway 1 south of Dargaville. Our members were greeted with morning tea, home baking — very tasty. Then a lovely amble round the large section, very parklike; lovely on a fine sunny day. Off to Jo's Cafe for a lovely lunch, then on to Betty Mason's. She has an "oh so interesting garden". Colourful pots, ceramics, mosaics, & statues everywhere, all mingled with group plantings of bromeliads, succulents, & begonias. The day was enjoyed by all. Our other trip was on the 18th April to Whakapirau. Only about 9 of our members went on this one. Maggie Bailey had arranged for us to see three small gardens, and drive round the area a little. It was a fine,

sunny day, beautiful sea views, and the gardens were lovely. Took our own lunches, and Maggie provided the cuppa. The day was enjoyed tremendously, with thanks to Maggie. Don't forget we have our Camelia display on the 20th of July, all welcome. If there are any new people in town wishing to join our gardening club you can phone Noelene on 439-2071. Happy weeding all.

Merle Jackson

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About a “Dally” Family

The following article is taken from a book “Family of Frank and Lucy Martinovich”, a copy of which is held at the Kauri Museum. In the book is a speech given by (at that time) 16-year old, Charlotte Jones, at a speech contest in Ruakaka on 1st August 2000. Lucy Martinovich was Charlotte’s great grandmother. I have taken extracts from this. For many years several Martinovich families lived in Ruawai; and some still live here now.

Of all immigrant groups who came to New Zealand in the 19th century, no other racial group has had so many names applied to them. Austrians, Dalmatians, Dalties, Yugoslavs and Croatians. The Maori called them Ngati Tarara

They brought with them a strong work ethic and a sense of family and fun. After the back-breaking work on the gum fields they set about breaking in farms, building roads, establishing vineyards and orchards and the Kiwi icon, fish and chips

On the 6th of June 1886 in a little village in Dalmatia, a girl by the name of Lucy Zuvich was born. She lived with her parents and six siblings. One day Lucy received a letter, postmarked Dargaville, New Zealand from a Frank Martinovich with a proposal of marriage. She also received a ball of polished kauri gum as an engagement present. Frank had arranged, through Lucy’s uncle, for a “mail order bride” from home. After some careful thought, twenty-one year old Lucy decided to accept this arrangement and declared “I think I go to New Zealand”.

Frank was one of 8,000 Dalmatians who came to New Zealand between 1897 and 1918 to seek a better life. He was in Northland digging for kauri gum. This work allowed new immigrants, with little capital and speaking no English, to eke out a meagre existence.

In 1907 Lucy sold her engagement present, the ball of gum, and purchased a one-way ticket to the country “down under” — New Zealand. After eight weeks she arrived in Auckland and there, on the passenger wharf, Frank was waiting. He wanted to get married immediately as he knew that Lucy was an attractive woman and he did not want her to get snapped up by anyone else. So three days later they were married and set off for the gum fields of Te Kopuru, where the celebrations continued for six heady days.

Although Lucy found the Te Kopuru area dismal, she soon settled into her first residence at a place known as the “Black Swamp”. They lived in a one-bedroom shack lined with sewn sacks and three of their twelve children were born here. Every night Frank would return with his sacks of gum and by candlelight, he and Lucy, would sort and scrape the day’s harvest.



Frank & Lucy
with their family in 1928

After five years they moved into a proper house. Here they started up a store where they sold all the necessities for the gum diggers in the area. Lucy had a family of twelve children, neatly composed of six of each.

Lucy was a pioneer lady. She had no training, but became the District Nurse. She was counted on to deliver the local babies into the world and her house was often treated as a refuge for the sick. Newly-arrived Yugoslav women often felt lost and alone and Lucy would take them into her home and treat them as her own. Lucy would go out of her way to look after anyone needing help. At one stage, eighteen people lived in their

four-bedroom house. And during these times she was cooking, cleaning and making her famous chook soup. In 1953 Frank died and some time later Lucy moved to Ruawai where she was surrounded by extended family. In 1976 at the age of 89, Lucy Martinovich was awarded with the British Empire Medal for Services to the Hobson County over the previous sixty years.

Lucy lived to the ripe old age of 97. This mail-order bride, due to her outstanding contribution to her community, became the Grand old lady of the New Zealand Yugoslavs and was affectionately known as the “Queen of the Dallys”.

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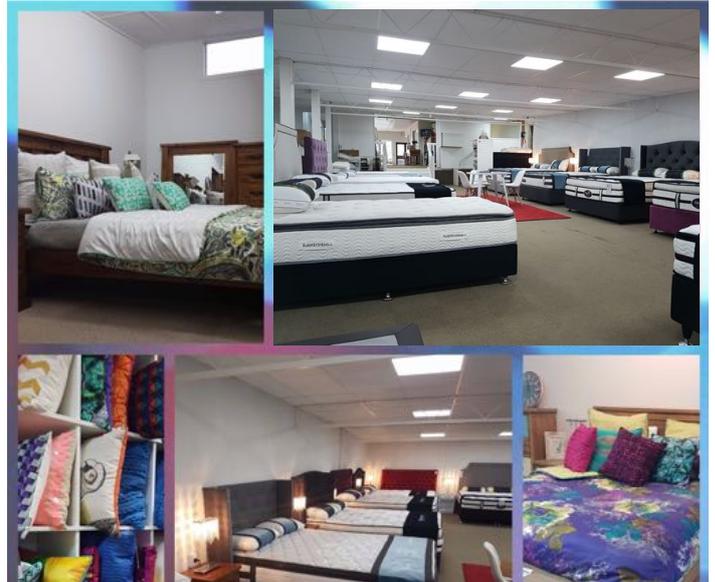


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The Art Studio Ruawai,

Term 2 is almost halfway through & now that the weather is much cooler; all thoughts of "Plein Air" painting have fled. However, members of our group recently did enjoy a lovely day painting outdoors at Pahi.

Firstly, we took photographs of the area before settling down to paint our own view of choice. We lunched under the magnificent Morton Bay Fig Tree & then continued painting into the afternoon. The weather was perfect & the Harbour beautiful. We will certainly do more of this later in the year.

Also planned is a workshop; tutor & theme yet to be arranged. We will, from time to time, be doing Group Exercises but mostly individuals will work on their own projects.

We meet every Wednesday (School Term time) from 10am until 2:30pm. The venue is the Old Church, School Road, Ruawai (adjacent to the Primary School).

Anyone interested in the Arts is welcome. **Enquires to Frances Casey at (09) 439 2554.**



News from The Kauri Museum

TRENZ 2019

A very tired trio returned from Rotorua last week after attending TRENZ 2019, the largest annual tourism gathering in New Zealand. With over one thousand people present throughout the event, it was a real eyeopener into the workings of tourism in our country. Members of Parliament strolled by, top level sportspeople were present (eg members of the Black Ferns), the rugby World Cup was on show and available for photo ops, ex All Blacks Captain, Ritchie McCaw attended. Selling and buying commenced at 8.30am and concluded at 4.30pm, followed by networking opportunities late into the night over the three days of the event. Now into the work of follow-up letters and making the most of what we learnt from our trip.

Matariki

The art boards for our annual primary schools' Art Exhibition have been delivered to the participating schools and will be collected during the first week of June. This year's theme is 'Kaimoana: oranga mai ite moana', *Seafood: sustenance/life force from the sea* and we are expecting some magnificent artworks. The Exhibition opens on Monday June 10 when the children will watch a demonstration of wood carving, view their art and take part in kapa haka.



Terri Donaldson at TRENZ, with Gandalf the Wizzard

Creating with Kauri

Our new Exhibition opening the day before Matariki features works in kauri timber by more than twenty artists and craftspeople. Pieces of kauri from the Museum's collection have been turned into all manner of amazing art works and we are very excited about what we will see when they start arriving at the Museum shortly. This Exhibition is a memorial to carver Ewan Macdonald who lived at Tinopai for a time and taught the skill to numerous locals. It is also the first in what we are calling our 'maker' series of exhibitions which will all feature kauri timber and gum in various different guises. This Exhibition is also open from June 10.

The summer tourist season is now over and the preparatory work for the next season has been in process for some time. Over the winter months we will be hosting a number of speakers who will be giving talks on their specialist subjects. We hope you will find the topics interesting and come to listen. Look out for our publicity and we'll see you at The Kauri Museum.

Mary Stevens

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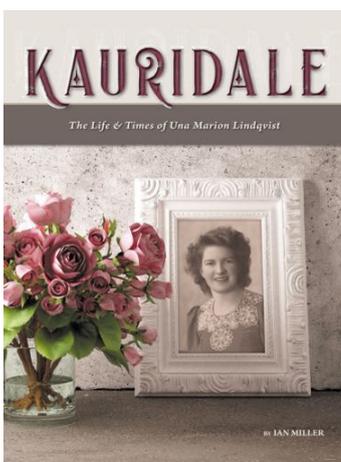
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A new book available now about the Paparoa and Pahi areas, including interesting history about Ruawai: *Kauridale – the Life and Times of Una Marion Lindqvist*.

Kauridale is being published this month and contains amazing insights into the history of this unique part of Northland.

Una Ball (nee Lindqvist) who passed recently, had long been a vital member of the community; a Life Member of the A&P Society and the Pahi Reserve Board, a member of her local church, the mother of three sons, a grandmother, a great grandmother and a great, great grandmother. Una's grandparents came to NZ with the Albertlanders (settlers from the UK) in 1862. They tramped for miles overland to live in primitive conditions in the Paparoa/Matakohe/Ararua areas, near one of the Kaipara Harbour inlets. Una grew up on Kauridale Farm, married and raised her children in Paparoa. In later life she spent many years in Pahi, occupying the same house as her mother before her.

As a land girl she stayed home to work on the farm as she farewelled friends who left to fight overseas in the Second World War, many never to return. She experienced many hardships, including losing her home to a fire, which burnt it to the ground.

Researched and written by Ian Miller, Kauridale's cover and layout was designed by Janet Curle, Wild Side Publishing, Ruawai. Extent: 280mm x 210mm, 140 pages.

Limited copies are available from deniseallardyce@gmail.com

News from Ruawai College

Recently our Kapahaka group performed at the Tai Tokerau Secondary Schools Kapahaka Festival in Whangarei for the first time in many years. This group came together during Term 1 under the tutelage of Whaea Robyn Aloua. Our students put in an incredible effort and huge amount of time over 8 weeks, meeting after school and at weekends to practice their performance. On the day of the Festival they did themselves and the school very proud. A lot of effort, commitment, time and support by whanau helped us to achieve the goal of establishing a Kapahaka group here at the College and to perform at the Festival. Ngā Mihi Nui ki tēnā ki tēnā me tera āhuetanga awhi mo te Kapahaka Rōopū o Ruawai Kāreti. A big thank you to each and everyone that showed support for the Ruawai College Kapahaka group.



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'Live model' Mark with "Tatty"

"Model" Behaviour at the Kauri Museum

It's taken a couple of years of involvement at The Kauri Museum, but now I think I've found my happy place – alongside the four-sided planer in the steam-powered sawmill section. Suitably dressed in vintage shirt and trousers I stand at the end of the plank facing me with a fixed gaze keeping as still as possible while our visitors stroll past. One of my best reactions was from a woman who declared to her companion: "these models are so lifelike, it's almost freaky". As I responded to set her straight on that score, her reaction could be heard around most of the Museum.

Our Museum is not an amusement park, but I do want people to have an enjoyable, memorable experience as well as learning something of the heritage of this area. I find it easy to learn something new every time I visit. I would also like others to have the opportunity to interact with visitors from around the world, and hear the great positive feedback we inevitably get.

If you would like to add to the live experience at the Museum, give one of the team a call on (09) 431 7417, so you can find out if it might be your happy place too.

Mark Vincent Board Chairperson



Why Meditation Is Difficult and How to Make it Easy by Carrie Adlington

The mind loves to wander doesn't it?

You'll be sitting at work while your colleague is telling you about an important deadline and you've started to think about what you could have said differently to an ex 5 years ago... you're lying in shivasana or corpse pose (my personal favourite) at the end of a gruelling yoga session, your mind should be quiet but you're thinking about all the things you've got to get sorted for tomorrow...

Do you get this?

Meditation is great for calming the mind, calming the body and helping you to be more focussed and productive...

But... what if you can't get there? After all, your mind is designed to think. And what if you do get into the zone? Do you ever come out of it wanting to scream at someone, or experience pain? Over the years I've practised a number of different meditations with varying results and varying success and most times it's been really hard and the side-effects of stirring up old emotions have been even harder on me and those around me.

What if there's an easier way?

I believe there is... since using Singing Bowls regularly I've noticed that I

feel calmer, more focussed, I overcome deep emotional disturbances that would have set me back weeks in a day or within hours – this is a big deal for me and I'm sure I'm not alone in battles of depression where you feel stuck in the mire of stories and negative emotions, trapped in a body that feels heavy and sluggish, wanting to become recluse from everyone and everything around you.

How to use a Singing Bowl for Meditation

If you have a Singing Bowl, great! Start using it in a way that helps you feel calmer. Most often, bowls come with a rubbing stick but you might prefer a mallet which enables you to strike the bowl more softly and every so often which allows you time to feel the effects on your ears and body; the less often you strike, the more calming the effects.

Sit upright, lifting from the crown of your head and tuck your chin in slightly. Hold the bowl in front of your heart and strike the bowl gently towards you with a slight upward stroke to create a rich, warm, golden sound. You can also rub, if you find the sound pleasing; rubbing takes a bit of practise, it takes time to know your bowl, to create a steady even flow but as you focus on what you are aiming to achieve, the breath tends to slow and the mind become quiet and focused – the aim of meditation - aha!

No Bowl? Try listening to this free mp3 I recorded with my set of therapeutic Sound Bowls.

7 bowls for the 7 major energy centres of the body (chakras), each one is played for about a minute and designed to soothe each chakra, bringing your body and mind into harmony easily and effortlessly – just like meditation should be :o). Simple instructions and Download here: <https://www.selfnurture.org/sem/free-mp3>.

Use daily for best results, share your experience, or more info: fb.me/soundenergymassage **In Bliss Carrie**

“White Rock” Art Gallery

Have you visited the new Gallery in Matakoho? When renovations for the Medical Centre began at our old premises in Paparoa, we moved “White Rock” Gallery to The Kauri Museum and are thoroughly enjoying the experience. We are located off the verandah at the front of the Museum and fly our orange ‘open’ signs so you can't miss us.

“White Rock” is a co-operative, manned by members who work a shift or two every month. We sell only local arts and crafts so if you are looking for that original gift for someone, please call in and have a look.

From paintings, woodwork and sculptures to patchwork, jewellery, toys and mosaics, there is something for everyone. Open from 10 to 4 every day, except Anzac morning and Christmas Day. We welcome new members so if you have an artistic streak and are interested in joining us phone **Dennise (09) 431 7012**.



Bridge No. 1 Te Ao Marama Hou facts

- Replaces single lane Anderson Bridge and is two lanes.
- Spans Parerau Stream and is 54.8m in length.
- At its highest point, it is approximately 6m above the stream
- Two spans each made up of four concrete, supertee beams.
- Is designed to support 48 tonne overweight vehicles.
- Each beam weighs 55 tonnes and is 27 metres long, with a total beam weight of 440 tonnes.
- The piles which support the abutments go up to 31 metres underground.
- Matakoho Bridge No.1 is designed to resist up to 300 mm ground movement from the Parerau Creek landslide during a major earthquake.
- The total weight of steel is 134 tonnes and concrete is 1152 tonnes.

Bridge No. 2 facts

- Replaces single lane Hardies Bridge and is two lanes.
- Spans Matakoho River and is 191 metres long.
- At its highest point, it is approximately 15 metres above the river.
- Six spans, each made up of five concrete, supertee beams.
- Each beam weighs 55 tonnes and range between 29.5 and 31.5 metres long, with a total beam weight of 1650 tonnes.
- The piles and columns supporting the piers and abutments are up to 30 metres long, including up to 12 metres into limestone rock.
- Is designed to support 48 tonne overweight vehicles.
- The Western Causeway was built up, undercut by two metres and then built up 15 metres using limestone from the local quarry as structural fill.
- The total weight of steel is 369 tonnes and concrete is 3670 tonnes.
- Matakoho Bridge No. 2 is the longest supertee bridge in Northland, consisting of 30 supertee beams.

Earthworks facts

- 2.5km realignment made up of 34,000 tonnes of aggregate rock.
- 3000m² rock revetment (armour)/coastal rock protection.
- 200,000+m³ (35,000 trucks loads) of material cut (excavated) to maximum cut of 12 metres deep. All cut to waste material is being used on site.
- 95,000 m³ (16,500 truck loads) of limestone fill (building up from existing ground level) to maximum height of 15 metres, and 10,000m³ of imported aggregate from the local Hukatere Quarry used for CMA granular fill.
- New alignment cuts through two existing landslides which have been stabilised by excavating and backfilling with shear keys - a soil strengthening solution.
- 175 metres of culverts, over 6000 metres of subsoil drains and over 2000 metres of horizontal bored drains will be installed.
- 90,000 m² of topsoil has been stripped and re-spread.
- 25,000 plants to be planted on batters as part of landscaping.

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Matakoho Bridges Project

The project is nearing completion. Roadsigns are being installed and landscaping of the surrounding area is taking place. Above are some interesting facts about the project.
Thanks to Melanie Norris from Fulton Hogan for the photos.



A Perfect Rainbow over the Stop-bank
Photo by Karen Southey; a Niece of Mary Stewart