



March 2021

RUAWAI RAMBLER

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

**This issue of the Ruawai Rambler Sponsored by
Maungi Meats**

From the Editor

Here we are into autumn of 2021 and still dealing with Covid19 off and on. So far Northland has escaped complete lockdown, at least at the time of writing this. One notable change has happened in our town, namely the removal of the oak trees on the Village Green. Not everybody is happy about that but it had to be done because they were interfering with the power cables. Regular pruning was going to be very costly and at Ruawai's expense.

Anyway, the removal has thrown much more light on the whole area and esp. on the mural. This mural, showing how our village looked in the past, was the brainchild of Peter Joynt and became a Ruawai Lions project. Many of the locals at that time donated to the cost. It is now much more visible. One person commented that he was not even aware of the mural. Goes to show you! We are awaiting the removal of the old stage as well. This was used extensively in years past, but not anymore. "The times they are a changin'" as the song says. Another less visible change is that our computers can be hooked up to fibre, which should speed our internet up considerably. The RPDG is having it's AGM this month. You may think that we only had it a short time ago and that would be correct. But last year the Covid 19 interfered with the regular date. which is in March. If you have anything involving our community you want to ask about or discuss, this is the time and the place. Nominations for the Ruawai Promotions and Development Group Committee to be received by the Secretary no later than 48 hours before the start of the A.G.M.

Again, we want to thank our advertisers. Our sponsor for this issue is "Maungi Meats" Did you know that Maungi Meats make the original Ruawai sausages. And are they good!

Also a great big thank you to Wendy Booten and her helpers for delivering the Ruawai Rambler in and around Ruawai free of charge. For information about the Ruawai Rambler or for advertising please contact:

J.H.Wessel; Ph.439 2507, email: jhwessel@xtra.co.nz



Annual General Meeting
The AGM of the Ruawai Promotions and Development Group
will be held on: Tuesday 30th March
Time: 7.00 pm
Place: Social Lounge, Ruawai Tokatoka Hall
All Welcome



Open Hours
Monday to Saturday 8am - 2.30pm
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Dianna Simpson
dianna.goodiesgalore@gmail.com
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Council Mark says: "It's Showtime!"

For about a year now your Council has been working on its next ten-year plan to take effect from July this year. We have been working out how to best serve the needs of our various communities and provide a future which is sustainable and affordable. Assisted by various agencies and the Provincial Growth Fund, we have been able to start addressing the replacement and renewal of some of our ageing utility assets, as well as using your rates to continue the programme. That relates to maintaining existing Levels Of Service (LOS). We also have some ideas for improvements. Over the next few weeks we want to share some options and get feedback from our communities on these.

If you want shiny new assets and services which are better than they have been before, these can be provided where there has been growth through contributions levied from developers to the extent that the need has arisen because of the growth. In practice, that will likely just have the effect of stopping the LOS from going backwards. If you want improvements to LOS, in the absence of growth, there are a couple of options: 1) borrow some more money (which can be seen as a way of spreading the cost to include more of the people who will benefit from the new assets or services). Your council is not keen on taking on much more debt; we are about average in comparison with other councils of a similar size, and we'd like to stay that way. I'd be interested to hear any contrary view.2) The second option for improvements is for community groups to tap funds which are not directly available to council (such as Foundation North and the Lotteries Commission). We have staff who can help such groups with preparing their applications to maximise their chances of success. This way improved assets and services can be provided to our communities without the ratepayer having to foot the bill.

What do you think?

Council Mark: 021 0829 0837

Ruawai Boating Club

Ahoy from the Boating Club. With summer drawing to a close, don't put the boat away just yet,. Fishing, just out from the wharf. is still turning up some nice fish. On that note, this wee article is more about the health of the fishery rather than what's happening with the Club.

We held the Waitangi Fishing Competition, on Sunday 7th Feb., with around 100 entries on the day. With 80 snapper weighed, the average weight was just over 2 kg. The winning fish was just over 4kg; caught by a three-year old girl north of Ruawai is quite something. There was a report of a 20 lb. snapper caught off the stop bank during lockdown.

I remember the late Bob Inglis once commented that the only way to win was to fish the grave yard. How things have changed over time. Hopefully, this trend will continue into the future. The health of the harbour is in everyone's interest. I'm sure Farmers managing nutrient runoff and effluent has had a huge effect - as well as the appearance of Asian Mussels and Mantas shrimp that have been found in the gut of some snapper. Keep an eye out for the next short notice competition we may run an evening; followed with a BBQ at the foreshore. That's enough from me for now.

Thanks Tony Oud, Secretary

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Long time ago I used to have a life, until someone told me to create a Facebook account.

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containers, craft books, magazines, jandals, socks, tights, bikinis, swim-
wear, kitchenware. Pop in say hello, new items are added weekly.
Thanks from Trish Stanley-Hunt @ 32 Franklin Road just up from the
School.

Nelson & Trish Stanley-Hunt

We moved from the Hibiscus Coast in August 2020 to our 'forever home' in Paparoa. Purchasing what was known as 'Franklin Gardens' was just what we needed. Nelson has land to play on his digger & I, Trish, have my own sewing shed. Room for us all.



"Diggers R Us Ltd." is our earthmoving company. Nelson recently sponsored Paparoa School by donating his time & skills; creating the bicycle track around the field & laying lime. I, Nelson, am looking forward to working locally - with over 55 years earthmoving experience & passionate about how I do my job. I have a 6-tonne Cat & a 6-wheeler truck.

Trish is a crafter & is using her sewing shed temporarily as "Once Upon a Thyme" Pop-Up Op.Shop with items ranging from clothing to bakeware - and everything in between. Currently it's open on a Tuesday 9a.m. - 1p.m; but if there's enough interest, will be open on Thursday & occasional Saturdays. In between time Trish is sewing wheat bags, children's clothing, etc. & using the "Marketplace" on Facebook to advertise. When the garages are completed the Op Shop will move and Trish is hoping to run sewing workshops from the shed.



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Dorothy Burton contacted me to see if I could put the following information in the Ruawai Rambler. I think it is a very timely course and we will be attending if enough people sign up.
J.W.

Have you kept up with changes to the road code?

Age Concern New Zealand, together with Waka Kotahi (New Zealand Transport Agency), will be holding free refresher courses for older drivers across urban, rural, and remote areas in New Zealand.

The theory-based programme, called 'Staying Safe', is designed to enhance your knowledge, assess your current driving behaviour, and build confidence.

Staying Safe is four-hours of classroom-based learning and is interactive, answering any questions you might have.



Staying Safe is a driving course for seniors

Everyone who attends will be issued with a certificate and will also be given a workbook to take away. Classes will be rolled out across Aotearoa from mid-February and will take place through the year. Want to learn as a group? You can request larger bookings of around 15-20 people. SuperGold card holders and Maori or Pasifika drivers over 60 are eligible.

N.B. Require at least 15-20 people and a venue. The venue and course will be paid for by Age Concern New Zealand.

Expressions of interest to Dorothy Burton at: dorothy.burton1@slingshot.co.nz

Course and payment of venue "free" (paid for by Age Concern). Also included in the course is a discussion on 'Managing Without a Car'.

Ruawai Garden Club



Hello to all you gardeners out there 😊. The summer is still continuing, though I'm hoping it will turn a little cooler. Gardens have been lovely but now are starting to wilt a bit with the continued heat. The pandemic just carries on overseas, though the vaccine must be making some inroads by now. And the world still has stupid people in it. The Garden Club's plan is to take a short trip to the Onereri Gardens in Kaiwaka on the 18th of March which is our normal meeting day. We are hopeful we can get a bus/van and supplement with cars for the trip. After the garden visit we would have a lunch; maybe Kaiwaka Hotel cos it has yummy food. Then home, so as not to make it too long a day for our oldest members. So that is the plan - and now we play the waiting game. Can we go or can't we? Anyway, it was great to have a meeting and anyone interested in joining the Garden Club, please contact Noeline Gatehouse on 4392071. We have accompanied this piece with a photo taken at our February meeting of our Flower Competition. As you all can see we are not down and out yet!! Happy weeding

Merle Jackson

Sue's Book Corner

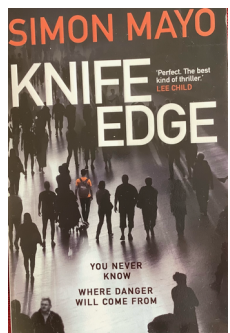
This issue I have 4 books to share with you. I hope you like them as much as I did.

American Dirt by Jeanine Cummins

Lydia Perez lives in Acapulco, she runs a book store, she has a son, Luca, who is 8 and her husband is a Journalist. One day a man, Javier, comes into the shop. They strike up a friendship. Unbeknownst to her, he is the head of a new drug cartel that has taken over the city. Lydia's husband publishes an exposé on Javier. He is so angered by it, he murders all the family members that are attending a BBQ at Lydia's house. Only Lydia and Luca manage to escape. She knows they have to flee the city or suffer the same fate. From a comfy middle class life to fleeing migrants in the blink of an eye. They have to get to safety in the USA and that means boarding moving trains to ride the train tops, a journey where rape, theft and murder is commonplace. This book is based on lots of real-life stories of people having to make this journey. You feel their fear, despair, pain and finally - hope. A riveting read.

Breath by James Nestor

No matter how fit and healthy you are, none of it matters much if you don't breathe properly. James Nestor travels the world to find out what we do wrong and how to fix it. This is not a dry, hard-to-read text book, The author explores the science behind ancient breathing practises. He comes up with and presents research which shows how making slight adjustments to the way we inhale and exhale can improve our fitness performance and halt snoring (this is a game changer for the snorer and the people they share their lives with!). It can help asthma and allergy sufferers. This might not seem possible but James Nestor assures us it is. A must read for everyone interested in better health.



Knife Edge by Simon Mayo

6.27a.m - a lovely day - and, in the last 27 minutes, 7 people have been murdered. The common factor is they all work on the same newspaper as part of the Investigation team. But what were they investigating and who will be next?

A roller coaster thriller that grabs you from page 1 to the end.

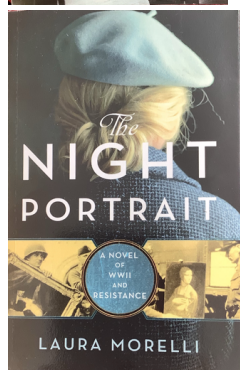
I totally loved this book.

The Night Portrait by Laura Morelli

A novel of World War II and Leonardo da Vinci's Italy.

This is set in dual times. 1) 1462 - when the 16 year old mistress of the Duke of Milan finds herself sitting in front of Leonardo da Vinci having her portrait painted. It becomes one of his most famous paintings - 'Portrait of a Lady with an Ermine'.

2) Munich during WWI - Edith Becker, a conservator, unwittingly puts the priceless Renaissance painting into the hands of a high-ranking Nazi leader. When realising her error, she risks her life trying to recover and save the painting. Working with an American soldier (who is part of the famous Monuments Team who search and locate works of art stolen by the Nazi's to return them to the rightful owners or to museum) the race is on to locate this painting. Two women's stories, separated by 500 years, unfold; with the painting at the centre of it all. A very different WWII story. But the painting and the work of the Monument Men are true; their work continues today. The painting hangs in the National Museum in



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NorthAble is situated in Whangarei. I have had some dealings with NorthAble and thought they only supplied equipment for Rehab, Aged Care and Disability. Some of you may remember one of their people, Kaz Howlett, making a presentation in the Ruawai Hall several years ago. The article below shows that NorthAble meets many needs.

This article is quite long, but interesting and hopefully of use to some of our readers.

NorthAble Matapuna Hauora

DIAS – Disability Information Advisory Service

The NorthAble DIAS consultant provides free information and advice to people with disabilities, their families, whanau, aiga, caregivers, providers, and the public. We are here to assist and answer your questions.

You can like our Facebook page, head to our website, and check out www.firstport.co.nz to access helpful information, news, and events, or sign up to our weekly electronic newsletter by sending us an email - dias@northable.org.nz

NASC – Needs Assessment Service Coordination

Talk to our NorthAble Needs Assessment Service Coordination Team (NASC) if you or someone you care for is aged 0 – 65 and requires long term support due to a diagnosed physical, intellectual, sensory disability or ASD.

You can check your eligibility, download the referral form off our NASC website page (www.northable.org.nz/northable-services/nasc/), alternatively you can give us a call and we would be more than happy to help you with your enquiry.

Transition Services

NorthAble's Transition service will work with **Ongoing Resourcing Scheme (ORS)** funded students as they transition out of education to create a plan that focuses on their wants, needs, aims and aspirations. Our Transition Coordinator will work with you, your whanau, and your school, to identify what you would want to achieve within your life when you leave school, and what steps or supports may be required to enable you to achieve this. We provide Transition Services across Te Tai Tokerau and can meet somewhere that you are comfortable with, and as often as you need us to.

You can check your eligibility, download the referral form off our Transition Services page of our NorthAble Website (www.northable.org.nz/northable-services/transition-services/), alternatively you can give us a call and we would be more than happy to help you with your enquiry.

LYNKZ

NorthAble LYNKZ is a community-based service that works with its clients to improve their life skills and increase employment awareness and opportunities.

Our LYNKZ programme is available to individuals aged between 16 and 64, who have a cognitive, physical, sensory disability, or a combination. We provide daily activities from Monday to Thursday with everything from cooking classes to trips to the zoo or beach. Our aim is to provide opportunities for all our clients to become more confident while learning valuable skills as they engage in the community. Like and follow NorthAble LYNKZ on Facebook. You can check your eligibility, download the referral form off our LKYNKZ website page (www.northable.org.nz/northable-services/lynkz/), alternatively you can give us a call and we would be more than happy to help you with your enquiry.

VHN – Very High Needs

NorthAble provides a Very High Needs (VHN) service funded by MSD, for clients who have Ongoing Resourcing Scheme (ORS) funding as defined by Ministry of Education. Our VHN coordinator works directly with you and your family/whanau or support people to

tailor-make support plans based on individual goals & objectives to engage in everyday social activities and participate in the local community.

You can check your eligibility, download the referral form off our VHN service off our VHN website page (www.northable.org.nz/northable-services/vhn-very-high-needs/), alternatively you can give us a call and we would be more than happy to help you with your enquiry.

EQ+ - NorthAble Equipment Plus

EQ+ is Northland's largest supplier of Rehab, Aged Care and Disability equipment/products that support people who are experiencing a temporary or permanent impairment.

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We also specialise in providing free and informative equipment presentations and training to community groups and organisations, health groups and professionals, and the wider sector.

With an office in Whangarei, a mobile van service, and an Equipment agency at Far-North Pharmacy in Kaitia, NorthAble provides disability support and information throughout Northland.

Check out our website - <https://www.equipmentplus.org.nz/>

Address and Details:

NorthAble Disability Services: 40 John St, Whangarei

NorthAble Equipment Plus: 73 John St, Whangarei

Ph: 0508 637 200 or 09 430 0988

Email: drc@northable.org.nz

Website: www.northable.org.nz and www.equipmentplus.org.nz



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organized
NEXT WEEK!"



News from White Rock Gallery

Did you know that there is an amazing art and craft gallery only 10 minutes from Ruawai? It is full of handmade crafts and a wide range of paintings and photographs; all available for purchase. It is open from 10:00am until 4:00pm every day and is a great place to go if you are looking for a special and unique gift or a treat for yourself.

White Rock Gallery was established in 2015 and is right next to the famous Kauri Museum at Matakoho. The gallery was created to give local artists and crafters a place to display and sell their work. The main criteria is that the artist must have created the work themselves and live in or be a ratepayer of the Kaipara District. The art is changed regularly and the latest exhibition was opened on 7th February.



New Members Wanted

We are currently looking for new members who would like to be part of this supportive art collective. If you love creating any craft work or paint or draw, do get in touch and see what the benefits are of belonging to this local art group. You could either call into the gallery for a member application form (all of the membership criteria is on this), or phone Lorraine on 021 250 8613 or email whiterockgallerynz@gmail.com for more information.

Friends of the Gallery

To be able to keep the gallery open seven days a week, we are looking for special people who would be happy to volunteer in the gallery one or two mornings or afternoons per month. The shifts are 10:00am to 1:00pm and 1:00pm to 4:00pm. You would have to enjoy interacting with visitors to our beautiful area and enjoy the peaceful space surrounded by art and craft. (Full support is provided by a committee member until you're happy to go alone.). The gallery friends pay no fees, receive our monthly newsletter and are invited to all White Rock Gallery functions. If you have some spare time on your hands and you think this might suit you, please get in touch with Lorraine on 021 250 8613 / 09 439 2178 or email whiterockgallerynz@gmail.com.

Please check out the gallery if you can, I'm sure you will be pleasantly surprised.

AGM

The White Rock Gallery AGM will be held on Tuesday 6th April 2021, 7:00pm in the Paparoa Hall. All are welcome to attend.

Lorraine Littler; Secretary

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	<p>DARGAVILLE SALE THURSDAYS 11:30am - Feeder Calves 12:30pm - Store Cattle</p>

A: 18-22 FREYBERG ROAD, RUAWAI | PH: 09 439 2243 | FB: @BEDSNMOREOUTLETSTORE

Rosemary Webb asked me to put this article in the December issue but, unfortunately, the Rambler had gone to print. Rosemary said to put it in the next issue, so here it is

Lions Quiz Night



The Lions Club of Ruawai recently held another very successful Quiz night. All profits from the night are being donated to The Northland Emergency Services Trust (NEST) which is a Charitable Trust established to provide dedicated emergency rescue helicopter service for the people of Northland. A fun filled evening was enjoyed by a large group of people. Alister Banks our Quizmaster presented some challenging questions to which there were an eclectic mix of right, wrong and downright funny answers! Chocolate fish were frequently handed out! This year we were fortunate to have Graeme Skipper set up the screen to display the questions and later, the answers. Prizes awarded for 1st, 2nd and 3rd place all had a bag of Kumara Sweeties added to them, these were generously donated

by Kaipara Kumara. A multi draw raffle offered a selection of plants from Ruawai Plants and a hand knitted blanket donated by Carol Fletcher. Thanks to the hardworking team of Lions and Friends of Lions who planned and presented the night, which was in part about raising funds but also about providing an opportunity for our community to have a fun night out. Feedback from our quizzers was good and they are keen to come to our next one!!

Rosemary Webb, President Lions Club of Ruawai.

ANZAC Service

ANZAC DAY
APRIL 25TH

We Will Remember Them

Last year our ANZAC Service had to be cancelled due to Covid19. RSA Chairperson, Alex Stewart, organised what, I guess, you might call a mini service at the flag post. Alex has informed me that this year he is hoping to have a full service at the Ruawai Tokatoka War Memorial Hall. This will of course be on 25th April 2021. The Parade will be at 10.30 a.m., followed by the laying of wreaths and the indoor service. So, let's hope that "the virus" does not interfere again!



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This is an Ecotank printer. Instead of cartridges it has ink tanks, which last a long time. It will no longer work over WiFi, but will work if connected to the computer with a USB cable. Since I need a wireless connection I bought a new printer
Contact
Jo Wessel
09 439 2507

Carrie Marie Adlington lives in Paparoa. She is a Mindset Coach and a regular contributor to our newsletter. You can contact Carrie at 021 057 6184. Thank you Carrie.

Three Simple and Easy Steps to Improve Your Mood and Healing

Have you ever found yourself needing to perform a task and telling yourself “I can’t do it” or “I’m so tired”? I wonder if you’ve ever stopped to notice your posture, the way you breathe or the expression on your face? “Why”, I hear you ask, “would you pay attention to those things?” Great question. According to Tony Robbins, our state of being (which determines our behaviour) is governed by a combination of two things: 1) Our internal representations 2) Our unique perception of the world and our physiology – including posture, breathing and muscular tension.



So? Why is that important? Interestingly, studies have shown that our posture alone has a powerful effect on our body chemistry. For instance, if you slouch, look at the ground and make yourself really small, stress hormones such as cortisol increase and your “power hormone” testosterone in men and women decreases. This means that vital energy and nutrients are directed away from vital organs and the body is prepared for fight or flight. Notice your breathing, it will likely be shallow and in the top of the chest, and the expression on your face, perhaps a frown? Tell yourself limiting ideas in this state and you’ll, no doubt, believe them; say something positive and it’ll seem absurd. I invite you to try it and once you’ve done that, move yourself into a “Power Pose”. Think Wonder Woman or Superman, stand proud and tall, your head up, shoulders back. Notice how your breathing has changed, what expression you have on your face. Try telling yourself a limiting thought now and I bet you’ll start laughing. Then tell yourself something positive, that you are awesome, and notice how it feels.

When you adopt a Power Posture, your stress hormones reduce, feel-good hormones increase, energy and nutrients are re-directed to your major organs so healing occurs. Testosterone – that power hormone we spoke about earlier – kicks in and you notice that ‘oomph’ and feel like, actually “I can do this” or perhaps “I am energised”...

The three steps to improve your mood and healing are:

- 1) Stand or sit tall, head up, shoulders back, look up
- 2) Deepen and slow your breathing
- 3) Relax your face and even smile

This week, make a conscious choice to have fun, experimenting with different postures and states. Notice how you do depressed, angry, frustrated – happy, peaceful, excited and practice changing your physiology to change your mood.

In bliss Carrie Marie

Liked this article? You may also enjoy the podcast: Conversations Across the Ditch with myself and Kellianne O’Shea as we discuss topics just like this and so much more: <https://acrosstheditch.podbean.com/>



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Ruawai Kindergarten



Northland Kindergarten Association

Ruawai Kindergarten officially began their enviro journey in 2012 when they moved into their new purpose-built kindergarten.

Being in the new space saw them widening their understanding of their sustainable practises as a kindergarten, and led by their passionate Head Teacher, Teresa Robertson, the kindergarten community has begun to live and breathe the sustainability kaupapa. "This has become the essence of who we are" Teresa said.

From recycling, up-cycling, reducing rubbish, their "healthy heart" focus, using less plastic, using reusable bags for wet clothing, to making beeswax wraps, removing all glitter from their resources and using natural resources from the local environment, the change has been all-encompassing.

The kindergarten's orchard, heihei (chickens) and māra (gardens) have become an important part of their action cycle, where they grow, nurture, harvest and enjoy produce. The local whānau/community have all gotten involved and learned alongside. At present, the children are working on pest control, eradicating rats from the Learning Environment, in turn learning safety practises, respect for all living beings, caring for Papatūānuku and learning about Māori perspectives around kaitiakitanga.

Ruawai Kindergarten embraces the concept of Kaitiakitanga by actively engaging children in the protection and nurturing of our environment to ensure a sustainable future.

"Ka whangaia, ka tupu, ka puawai – That which is nurtured, blossom then grow." Kai pai Ruawai Kindergarten!

[#Ruawai](#) [#sustainableliving](#) [#earlychildhooddevelopment](#) (Article from Sustainable Kaipara Feb 10 2021)

Our hours are Monday to Friday 9am - 3pm.

The teachers are Teresa Robertson (Head Teacher), Chanelle McLaughlin, Lisa Matthews, & Kyla Johnson (Office Administrator)

4376A SHWY 12 Ruawai (09) 4392415 Email: ruawai@nka.org.nz or visit the Ruawai Kindergarten Facebook page.

Christmas 2020

Last Christmas is now a couple of months ago, but I do want to step back in time and share with you the winners of the competitions RPDG was having at the time.

Winners in the Float Parade

- 1st Gardens to go
- 2nd Chris Westlake
- 3rd Auburn Free-range Eggs
- 4th Ruawai Auto Services
- 5th Ruawai Lions Club
- Highly recommended - Mgto. Marching Ladies
- Mainly Music

Winners Decorated Mailboxes

- 1st Karen Campbell (see photos)
- 2nd Shirley Gilmour
- 3rd equal Bev. & Ray Balcombe
- Tracy Goodger



Winners of the Raffles

- Christmas Hamper - Faye McCarthy (see photo)
- Farm Source shirt - Winnie Heller
- Bag of Dog Food - Carl McIntyre
- Chemist Basket - Tanya Wallace
- Book Voucher - Tony King
- HiVis Vest - Jason Smith



The new look Village Green



Kaipara Drop-In Clinics

YOU ARE INVITED

Visit our nurse at a time that suits you.

If your baby or child is between the following ages and has not had a Plunket check within that age group, you are welcome to drop in to our clinic.

- 5 to 7 months
- 9 to 12 months
- 15 to 18 months
- 2 to 3 years

@Kaipara Plunket

Visit Events on our Facebook page for more information

If you or anyone in your home has been unwell with coughs, colds, fever, sore throat, vomiting or diarrhoea, we kindly ask you to not attend.

Please phone 09 438 2508 with any queries you may have.

We look forward to welcoming you.

In the first 1000 days we make the difference of a lifetime

Drop-In clinic in Ruawai is at the Community Church, the 3rd Thursday of every month

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