

# scene magazine

IT'S ALL ABOUT WHANGAREI

no.105/SEPTEMBER 2017

## 2020 VISION

**CIARA SMITH:  
PATHWAY TO PODIUM**

## PARIHAKA

➤ WHAT'S IN  
A NAME?

## THE US. PROJECT

➤ AT WHANGAREI  
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### 2020 VISION

At the Commonwealth Youth Games in the Bahamas a few weeks ago, 16-year-old Whangarei swimmer Ciara Smith stood on the podium three times. It's a feeling she is not likely to forget anytime soon.

Already an extremely talented and highly motivated exponent of breaststroke, this young lady brings an intelligent and holistic approach to her chosen sport that reveals a degree of maturity well beyond her years.

To succeed internationally requires more than talent, dedication and application to training. It demands that you never give up!

Ciara has had a taste of what it feels like to succeed in one of the world's toughest sports. As her coach Monica Cooper says in our profile of this rising star, "the world standard for swimming is hard to crack".

Go, Ciara! We're all behind you.

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COVER IMAGE: Bryce Zhang

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# MR ED/BLUE ON BLUE ...



STEVE CHALLIS  
EDITOR-PUBLISHER

## Heartache on heartache. So sang

Bobby Vinton back in 1963, when I was too young to vote and wouldn't have bothered even if I had been old enough.

That's how it is for many young people even today. They just don't get politics, or why voting is important once you are considered of an age to 'have your say'.

This general election (Polling Day is Saturday 23 September) is shaping up as one of the most fascinating – and perhaps pivotal – for New Zealand. The actual result could defy all the opinion polls and the media pundits.

As a layman publisher and uninvited social commentator who has never

belonged to any political party (and never will), I think the beauty of our democracy is about to be revealed.

Only one poll matters. It records the sum total of what all voters say and don't say. If you are eligible to vote and choose not to, well, "more fool you", as my mother would often say. If you don't vote, you lose your right to complain.

Many thousands of Kiwi men and women sacrificed their lives and livelihoods in wars overseas to protect all the freedoms we abuse today. Show them and your peers the respect they deserve.

**VOTE.** It will be a Blue Sunday come 24 September. **But who'll have the heartache?**





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# PARIHAKA: what’s in a name?

**RAE ROADLEY** RESEARCHES THE HISTORY OF A MOUNTAIN CENTRAL TO OUR CITY’S HEART

**For a long time it was ‘Parahaki’.** Many residents of Whangarei will recall this word – and the way we said it. ‘Para’ rhymed with ‘parachute’; ‘haki’ chimed in well with a hacking cough. As we walked or drove to the peak, the name rolled easily off our tongues; we paid little or no respect to the correct pronunciation of Māori words and names.

At the end of the 20th century all was not well with this mountain’s name; the issue still rumbled beneath the surface, as it had done for many years. Soon it would burst contentiously into the public domain.

But way back, in 1937, tribal leaders from three Northland iwi had asked the government of the day to change the name to ‘Parihaka’. They were all turned down.

In the fashion of Māori of that era, they didn’t make a fuss, but quietly used the mountain’s traditional (and correct) name within their whanau and at local marae.

In 2003 an opportunity presented itself. Whangarei District Council was working on a management plan for the surrounding reserve and consulted with interested and invested parties. As part of the process, Māori chiefs and elders proposed that it was only right to give the mountain its traditional name, Parihaka. They also said it was recorded incorrectly in Māori Land Court documents and historic records. (Whanganui River is one of several Māori names to suffer the same fate, despite efforts at the time to get things right.)

Parihaka, the Māori leaders said, acknowledges the mountain’s importance as a pa, at one time possibly the largest in Northland. ‘Pari’ speaks of the pa’s embankments and pari (parapets), while ‘haka’ remembers a spectacular haka during a clash of tribes there. In the late 1700s or 1800, Kukupa, the paramount chief of *Te Parawhau ki Whangarei* (the local iwi), led the haka as his hapu defended Parihaka.

In 2003 the proposed name change led to plenty of discussion. Public meetings were held, the meaning of Parahaki was debated, and given as ‘Pa’ – meaning, pa or fortress; and ‘rahaki’, which, according to the Williams Dictionary of Māori Language, means ‘on one side’ (most of the pa’s terraces are on one side).

But there would be no going back. The following year, Whangarei District Council asked the New Zealand Geographic Board to reinstate the correct name and, after research, consultations and considering the evidence, it did just that on 4 September 2005. Minister for Land Information, Pete Hodgson (a former Whangarei boy), did the formalities and the name ‘Mount Parihaka’ was restored.

Since then, the name has been celebrated and affirmed in numerous ways, most notably when a carved rock, *Te Korowai o Papatuanuku* (the cloak of Mother Earth), was unveiled at the summit.

The council has also improved the lookout atop Mount Parihaka, its design inspired by the parapets of the original pa. Visitors can learn the story of the mountain and enjoy the magnificent vista that unfolds beneath them.

Some children even got in on the act and celebrated the name change. When Riverside Kindergarten changed its name to Parihaka Kindergarten, the children sang a special karakia which honoured the mountain and its treasures.

As well as its 3km ridge line, network of walking and mountain bike tracks and bush-clad hills, these treasures include the sites of the homes of the 2000 or so Māori who once lived there, along with their storage pits and defences.

Some may wonder whether, at a mere 241m, Parihaka deserves to be a mountain; but there’s no agreed definition of the word. Parihaka’s key mountainous qualities are that it is steep, it is a volcanic cone that formed 20 million years ago, and it rises high above the surrounding area.

The mountain is the crown of the Mount Parihaka Scenic Reserve, one of just 16 areas in New Zealand to have qualified for a Green Flag Award – international recognition of high quality green spaces. ■



**IMAGES**  
Above, from left: The carved rock, *Te Korowai o Papatuanuku*; impressive views south; the lookout; entrance to tracks.



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# 2020 VISION

SHE IS ONLY 16, BUT WHANGAREI SWIMMER CIARA SMITH HAS HER SIGHTS FOCUSED ON REACHING THE TOP. BY **LINDY DAVIS**

**A childhood ambition to become a** New Zealand representative swimmer has already been realised by Whangarei breaststroke exponent Ciara Smith. And recent performances indicate there's a lot more to come. At the Commonwealth Youth Games last month in the Bahamas, Ciara (pronounced 'carer') scooped medals in the 50m and 100m breaststroke and Mixed Medley Relay. Despite extreme heat and electrical storms that forced swimmers to abandon training, Ciara adjusted to the climate and jetlag without any problems.

"I've become more confident with being away, and the team environment is very close ... just like family. Standing on the podium at the medal awards ceremony was the best feeling," she says.

Highlight of the Games was recording a personal best in the 200m breaststroke in hot, muggy conditions; earlier this season she equalled the NZ Age Group record in the 50m and swam PBs in all her events.

## IMAGES

**Top, from left to right:** On the podium after medalling at the recent Youth Games; holding a treasured medal; with coach Monica Cooper, checking time at training; Ciara devotes about 14 hours every week to training in the Aquatic Centre pool, improving technique, strength and speed.

**Right:** Ciara and her inspirational coach; Ciara with Northwave mates Mia Gordon, Matt Young and Annabell Simpson.



## CIARA SMITH

**AGE:** 16

**HEIGHT:** 1.68m (5'6")

**BODY TYPE:** Meso

**DOB:** 9 December, 2000

**COLLEGE:** Pompallier

**SWIM CLUB:** Northwave

**LIKES:** Swimming, adventuring, rock jumping, beaching, ice-cream, music (Indie/pop/rap)



"One of my biggest fears," she says, "is getting injured and not being able to swim any more. I'm always really careful about what I do and I give myself proper recovery time."

She knows disappointment invariably comes with competition, whether it's being overlooked in a team selection or just not achieving your best result.

"I hate feeling disappointed in myself. It's hard to come back from that point, but you just have to keep remembering there are going to be other opportunities."

Ciara got interested in the sport after her older brother Finn won a school race.

Only three years old when she learned to swim, by the time Ciara turned twelve she had made the decision to fully focus on swimming. All three of her older siblings (Finn, Greagh and Matigan) were coached by Monica at Northwave Swim Club.

Devoting 14 hours a week to training in the Whangarei Aquatic Centre pool, plus three gym sessions, daily yoga and Pilates once a week, Ciara knows what it means to train hard.

"I have moments when I don't feel up to training, but overall it's such a huge part of my life. Being in the water, especially the ocean, gives me a sense of freedom."

Committing more than half her time to swim-related training, Ciara acknowledges the enormous role coach Monica Cooper plays in her life.

"Monica is really inspirational and gives me so much encouragement. I'm very lucky to have her as my coach and I know I wouldn't have come as far as I have already without her," she says.

Monica has been coaching for 30 years, and with Northwave Swim Club since its inception in 1999. Northwave is the only Northland swim club to produce Open National and International winners and representatives.

"There is no smooth pathway to success. The world standard of swimming is hard to crack." – Monica Cooper, coach



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Monica is still passionate about the sport. Her own competitive days were cut short of achieving her goals of competing in the Commonwealth Games and beyond. A prolonged illness put an abrupt stop to her training, but it didn't halt her love of the sport. Coaching has enabled her to put her energy into her swimmers and inspire them not to *follow* their dreams but to *live* them, to make the most of today.

"I want them to be in the moment," she says, "be the best they can be, both in and out of the pool. It's vital to remember that you are working with a person first and foremost, not just a swimmer."

"If they have had a bad day they need to know when they arrive at training they are amongst people who really care. Being a coach of any sport requires you to be nurturing and show empathy. It's a great life skill to have."

Monica coached her own son, Mark, to a high level and has been producing National and International medallists for the past 28 years.

Ciara started swimming under Monica's guidance as an eight-year-old junior, nearly nine years ago. She acknowledges the additional workload that comes with wanting to be an elite swimmer and says that learning to be disciplined and having good time management is crucial.

Unsurprisingly, Ciara's favourite day of the week is Sunday, given it's the only day she gets to rest.

Monica is keen to see Ciara develop her skills, learn from the experiences she's had, and maximise her opportunities competing abroad.



"When Ciara does well she represents all Northland. There's a tremendous 'feel good' factor when a local athlete succeeds on a national or international level."

Ciara is quick to recognise the huge support of her parents, Mike and Tracy, together with her Northwave club and the local community, all of whom have invested time and capital into her.

"Swimming comes at a huge cost and I do have a sense of responsibility to make it work. The Northland community has rallied behind me and it feels like everyone has played a part in my journey so far."

She is preparing for the Australian State Teams Championship in Canberra towards the end of September and the New Zealand Short Course Championships at Albany in October.

Most sportspeople acknowledge inspiration from other athletes who excel in their field. Ciara greatly admires 20-year-old American swimmer Lilly King, gold medallist in the 100m breaststroke at the 2016 Summer Olympics and current world record holder in both the 50m and 100m breaststroke (long course).

Ciara emphasises the importance of having short term and long term goals; her sights are now set on Tokyo 2020.

Just recently, she came across an old writing book from her Year 6 class. On a page entitled 'Goals', there, in her very youthful handwriting, are the words: *'I want to be the fastest breastroker in the world when I'm older.'*

Given Ciara's talent, drive and determination – and the strong support network of family, friends, coach and club – it's entirely possible that her ultimate goal can be achieved. ■



### WHAT HER COACH SAYS ...

Ciara's quiet determination makes her a formidable competitor. She constantly gives her best effort. Her intelligent approach to all aspects of her training and racing is significant in her success to date.

Although we are working to a long term plan, I remind Ciara to have fun and make the most of the opportunities she is given, to be happy in what she has accomplished, to reflect and look forward. She has made excellent progress this season and Ciara is aware that to continue in her quest to succeed in the international arena there will be ups and downs. There is no smooth pathway to success. The world standard of swimming is hard to crack.

Ciara has been selected for the **Sport NZ Pathway to Podium (P2P)** programme for emerging talented athletes, managed here by our regional sports trust, Sport Northland. It provides additional support by offering lectures and advice on Nutrition, Sport Psychology, Athlete Life Management, Strength and Conditioning, and Physiotherapy. Lactate Testing and Anthropometric Tracking are also offered and very useful. Having this available in Whangarei means Ciara does not have to travel outside the region, no disturbance to her training regime, and she can enjoy the comforts of home, family and friends.

Over the next year we have World Youth Development swim meets to look at. The main focus is the Youth Olympic Games next October in Buenos Aires.

Ciara has the desire to compete at an Olympic Games but also wants to enjoy the process. Without enjoyment it is no longer sport. When Ciara walks away from competitive swimming, I want her enriched by the positive memories, and with life skills that empower her – knowing she can succeed in anything she puts her mind to.

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Business briefs

➤ New marina facilities on track.

Work is nearing completion on the new boat haul-out ramp and hardstand facility at Marsden Cove Marina. Final sealing of the hardstand will necessarily be weather-dependent, but owner Marsden Maritime Holdings is hopeful that the facility will be open for business before the end of October.

➤ Retail stores on the move.

Whangarei's former Furniture City outlet opened its doors earlier this month rebranded as Smiths City. The 1980sq m store at the intersection of Porowini Ave and Tarewa Road is the first of three North Island Furniture City stores to be rebranded this way. The new Smiths City store has a diverse offering of retail goods, including whiteware, TV and audio, furniture and furnishings, computers and phones, nursery and sporting goods, plus heating and outdoor products.

➤ Business Awards looming large.

The annual Westpac Northland Business Excellence Awards enter their final phase this month. While category entries have closed, they remain open for the Northern Advocate Business Hall of Fame and More FM Customers' Choice Awards (closing 22 September). Winners of this year's BEAs will be announced at a gala dinner at Forum North, Whangarei on Friday 27 October.

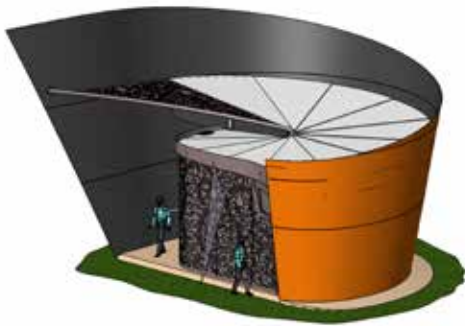
➤ 40 years for Fashion Awards.

The ruby anniversary of the Bernina Northland Fashion Awards will be celebrated at Forum North's Exhibition Hall on Saturday 7 October. Tickets on sale at: [premier.ticketek.co.nz/bernina](http://premier.ticketek.co.nz/bernina)



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# Wood: it's a strong career choice!

**Bruce Larsen**, general manager of Northpine, says there are careers and opportunities aplenty in Northland's wood processing industry

**AN NZIER STUDY PUBLISHED EARLIER** this year suggested the Forest and Wood Products industry is worth around \$238 million to the Northland economy – but the facts also suggest it could be so much more.

This same study reports that in 2015/16 about 10,200m<sup>3</sup> of sawn timber was exported from Marsden Point, while over the same period 2,613,742m<sup>3</sup> of raw log was exported; that's a ratio of about 23:1 in favour of export over domestic use. While a significant proportion of this log was not suitable for domestic processing into structural timber, a heck of a lot of it was!

Analysis suggests the average sales price of processed lumber is around 2.5-3.0 times the price of the raw log. If even half the logs exported were converted to lumber the effect on Northland's economy would be significant.

The 2016 provisional Northland GDP of \$36,531/person is the lowest of all the regions; one way to lift the standard of living here is by

working hard to process more log on shore.

Careers in wood processing are incredibly varied. There are the expected traditional roles of sawyers and yard people, fork lift operators, kiln and planer operators. But what about the other positions?

Accountants, administrators, computer technicians, engineers, salespeople, electricians and a host of other service providers – you name it, and you can probably find one either employed by or contracted to a timber manufacturer. Why aren't we employing more people?

Collectively, our forests are a national strategic asset but, unlike the fisheries, they are in private ownership, so there is no quota system. And unlike dairy farming, there is no large, single selling desk of the Fonterra kind – so the harvesting and sales are relatively uncoordinated and there are many people out there making profits from the uninformed forest owner.

The large multinational forest owners such as Hancocks and Rayonier recognise the need to have a balance of domestic and export markets, but the small forest owner generally only understands what he/she is told by the person offering to buy the standing trees. Many small-lot owners are unaware that in its early-mid 20s of life a forest is growing at its fastest.



Northpine – Training Company of the Year 2016 & 2017 Northland Forestry Awards



Northpine's Nathan Jacoby (R), winner of Wood Processing Excellence, 2017 NFAs

By around 26-28 years of age the grades and volumes are much superior to the return they get when the trees are harvested at an early age.

Many owners are also told that the domestic processor will not pay the same price as export. For some grades this may be true, but for the high-value log grades forest owners should consider the option of assisting the Northland economy.

Northpine, located in Waipu, is a relatively small sawmill in terms of production – you might say a 'boutique' timber processor – but with over 50 people on the payroll it is a significant employer in the tight-knit community of Bream Bay.

Northpine invests heavily in staff training and development. Our approach is to find, train and retain the best people and help them realise their potential. We take pride in recognising outstanding individual and company achievements.

Forestry and wood manufacturing are important contributors to the Northland

economy now, but I don't think Northlanders realise the true potential we have, and just how much better the pine is up here for structural uses. It really is a shame that so much structural log is exported when the forest industry could add jobs and wealth to the region if we utilised more of it locally.

Northland pine may not be the 'prettiest' timber – generally speaking it has more knots and resin than pine grown elsewhere – but it sure is strong! That fact has been scientifically proven by FRI research from 1991 (McConchie and Young).

The future is bright for the wood processing industry here. We just need to make the most of our opportunities. ■

## More information

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"We met Tracey at a couple of open homes prior to selling our two properties. First, we listed our Onerahi rental property with her. It sold at the first open home for the price we wanted. A while later we listed our own home with 12 acres in Parahaki, and to our delight it also sold at the first open home.

We found Tracey to be honest, courteous, friendly and down-to-earth, always happy and cheerful, nothing was too much trouble. She made us feel relaxed, taking the worry and stress out of our hands. We could contact her at any time and she was always available to give advice. The photos and descriptions of both properties were amazing. We tell everyone who is considering selling to give Tracey a call – they won't be disappointed and the fee are a lot less than most real estate companies. **Thank-you once again, Tracey.**"

Dave and Mary Webster, Owhiwa Road, Parua Bay

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# Filaments, not of your imagination, at Marsden Point

Joe Wiid, CEO of Extrutec Ltd, explains to **Steve Challis** what they do, why they're here, and how to enable growth

**IT IS NO SURPRISE THAT EXTRUTEC'S**

CEO Joe Wiid (pronounced 'Veed') has a flair for 'Number 8 wire' thinking, given that his company produces miles and miles of filament. To be clear, it's not exactly wire. But the scope of ingenuity and resourcefulness behind his polymer products is truly impressive.

Extrutec is New Zealand's only manufacturer of commercial fishing line, weed trimming line and biodegradable twine. Future products are already being conceived in Joe's neural pathways as he settles into his new factory at Marsden Point.

Originally located in Silverdale, Joe decided to relocate Extrutec north when his premises couldn't expand any further to accommodate the equipment he designs and develops to make his products.

"I needed a longer building ..." he starts, which sends him into a fervent explanation of the process to make filaments. Long story short – it's complicated. But it's quite clear Joe has a passion for innovation that starts with a great idea and doesn't stop until the final product.



Recently, he's pondering how to make Extrutec's compostable twine products degrade faster, and has a few ideas ready to go into production.

These polymer twines, he points out, aren't synonymous with traditional polymer twine, which typically takes hundreds of years to break down. He's experimenting with different methods to alter the time it takes to degrade, to suit a variety of industries – farming, horticulture and aquaculture products (like tying twine, baling twine and ropes made from these compostable polymers).

Plans are already underway for the next project, to recycle and repurpose plastic waste, which Joe believes is a wasted energy resource to bury in our landfills. Equipment designs for the first stage have recently been completed and will focus on turning the plastic waste into packaging materials. The end goal is to produce food-grade packaging for Kiwi exporters.

Joe feels fortunate to have found a site for his factory to expand as demand grows and his range of products and customers increases – he sells throughout NZ and some Pacific Islands – and is testing the Australian market. He also aims to break into the European market.

"The much lower cost of land and its abundant availability at Marsden Point was the main attraction," he says. "Having a factory this size in Auckland is unaffordable. It would have totally drained my R&D budget!"

The contrast couldn't be greater at Marsden Point, where landowner Marsden Maritime Holdings was "wonderful to deal with", he says.

"The CEO there, Graham Wallace, not only arranged and oversaw the construction of the new factory, but put together a very attractive lease package. Marsden Maritime is also very supportive of my longer term plans to expand operations."

Joe notes the filament industry is very competitive, so innovation is critical for a manufacturer that aims to attract a wide market internationally.



## The lower cost of land and its abundant availability at Marsden Point was the main attraction ...

"In addition to standard filaments, Extrutec is making one-of-a-kind products, but it can be difficult to step onto the international stage."

While he strongly supports central government initiatives to promote innovation, he cautions that insufficient attention is being paid to manufacturing.

"The need to focus on innovation in information and communication technologies is obvious, but we need to prioritise manufacturing and product design, too. New Zealand needs to continue making goods for domestic consumption and export."

Not surprisingly, he says he strongly supports increasing access to innovation grants for SMEs, especially manufacturers.

"New Zealand invented Number 8 wire thinking! It's hard-wired, so to speak, into the Kiwi mindset and there's still lots of untapped potential there. Historically, the ingenuity of tackling problems with Number 8 wire developed out of being isolated and lacking ready resources. There are lots of small-medium sized manufacturers out there who share similar challenges today."

He says making it easier for SMEs to access innovation grants is a win-win.

"Good ideas support the long term viability of small business, which is really important when nearly one third of the workforce is employed by enterprises with fewer than 20 employees. New Zealand

doesn't have the population to support many large-scale local industries, or the markets to consume those products.

"With the right support, small businesses can find really clever solutions to intractable problems. It's part of the culture! Having lots of 'little, really good ideas' – especially ones that can supply both local and export markets – is probably going to cushion the economy a lot more than having one or two great big ideas."

The demands of business don't allow Joe much time to explore his new environment, but he is already forming a strong attachment to his surroundings.

"Before I started looking outside of Silverdale, I had no idea Marsden Point existed. It's an amazing spot – to have the ability to conduct industry and yet enjoy the landscape, or go fishing immediately after work? There's not many places that combine affordable land, appropriate zoning and a stunning natural environment. I just hope whoever moves in next to me doesn't obscure my view of Mt Manaia!" ■

**More information**

**EXTRUTEC LTD**  
Marsden Bay Drive, Ruakaka  
Ph: 0274 621 445  
Email: [info@extrutec.co.nz](mailto:info@extrutec.co.nz)  
[www.extrutec.co.nz](http://www.extrutec.co.nz)



# Raw Cakes entrepreneur now flying high

Angeleen Lewers is a Kamo-based entrepreneur whose healthy raw cakes have caught the eye of Air New Zealand. She talks to **Lindy Davis**

**THE KEY TO RAW CAKES NZ IS THAT** they are gluten-free and dairy-free. They're crafted from ingredients such as cashew, coconut cream, dark agave syrup and desiccated coconut. Sounds exotic and easily digestible, especially when combined with fresh fruits.

Lewers had first sampled a 'Petra's raw cake' in Darwin, when her brother organised one for her birthday. She and her partner were living with her parents in Darwin at the time. Being gluten and dairy intolerant meant Lewers would often have to forego the 'sweet things' that accompany a morning coffee.

So impressed by the texture and flavour of the birthday cake she had sampled, she arranged to fly a box of Petra's Raw Cakes from Darwin to sell at her local market in Nhulunbuy on the Northern tip of Arnhem Land, where she and her mother, Natalie, were nurses at the local hospital.

**BELOW:** Red Velvet, made with beetroot and chocolate, is the most popular so far!

**RIGHT:** Angeleen Lewers with a tray of slices in her purpose-built commercial kitchen.



"We'd work long hours and then come home and crash," she recalls. "We were both so tired all the time. One day Mum said: 'There's got to be more to life than this, Ange. Why don't we just head back to New Zealand and open up a little business selling coffee and cake?'"

The inspiration for the raw cake business was undoubtedly the trigger. Before long, the family moved back to Kamo to look at opportunities for business in Northland.

Lewers contacted Petra in Darwin to discuss her plans to establish a shop and purchased rights to several recipes. She subsequently spent two weeks learning the secrets of raw cake production, and within a few months had her concept running.

"Whangarei needed a cafe where people with allergies could come and eat. There are a lot of people who want an alternative to food with flour and sugar. I was definitely looking for a business that would give me a good work/life balance."

Aged 32 with two young children, Lewers soon found herself busier than ever, but concedes that owning her own business is satisfying. She worked long hours, creating cakes between evening shifts from 8pm until 1am and would drive home to have a few hours sleep before her kids woke.

The Raw Cakes concept was an instant success and before long she engaged her Natalie as kitchen director, freeing her time to focus on marketing, production and sales.

"We were looking to open a new café in the Town Basin and within a few weeks of making the decision I heard we were successful in getting a 12-month supply contract with Air New Zealand. I knew we only had one shot with the airline and that we could open a shop at any stage, when the time was right."

Anticipating business growth, the family had an aluminium shed with a commercial kitchen built behind their home in Kamo. The business now has four staff working fulltime to cope with growing demand.



... our most popular cake so far is the Red Velvet, which is made with beetroot and chocolate ...

The Air New Zealand in-flight catering team have confirmed raw passionfruit and raw peppermint cake will be on their Business Class and Premium Economy menus, from September.

Lewers says she has other interesting flavours on the horizon that may include a Pina Colada cake made from pineapple and lime, and a spicy ginger crunch cake.

"Our biggest accomplishment and our most popular cake so far is the Red Velvet, which is made with beetroot and chocolate."

Some ingredients are locally or regionally sourced, including avocados from Kerikeri, strawberries from Whangarei and Maungaturoto raspberries.

Lewers says she would like to use more local growers for the fruit and support New Zealand business. This energetic entrepreneur doesn't appear to do anything by halves and has long term plans that include creating a raw clothing range!

"I wake up every day knowing I have an exciting future ahead and I'm really keen to take the brand to a whole new level." ■

## More information

**RAW CAKES NZ**  
[www.rawcakes.co.nz](http://www.rawcakes.co.nz)

Ph: 027 864 0410

Email: [angeleen@rawcakes.co.nz](mailto:angeleen@rawcakes.co.nz)




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# New vehicle for mobile library 'an amazing space'

**Steve Challis** with a true story of how Whangarei District got a new vehicle to take the joy and fun of reading to the people

## IT'S A TENDER TALE THAT ENDS WELL.

Everyone lives happily ever after. But like most good stories, it starts with a problem.

Whangarei District Council had the problem: how to replace the old Mobile Library, a big and unwieldy diesel bus that had been second-hand when purchased from Auckland City Libraries back in 2003. It had to go. (The Mobile Library service covers the entire district. It stops at selected city and rural roads, community halls, marae, retirement villages, rest homes, community libraries, pre-schools and schools. It visits almost 100 different places each month.)

Now comes the tender part. WDC put the contract out to tender in the usual way, but cleverly challenged anyone interested in taking on the project to do much more than simply replace one bus with another. Glenn Davidson, council's Team Leader for Library Outreach Services, explains:

"The replacement vehicle needed to be smaller – for manoeuvrability, and so it can

be driven on a standard class 1 licence. But it also had to have at least 9m of wall space for shelving, to be able to carry a full range of about 1500 or more books, magazines and DVDs around the district."

The tender's actual Design Requirements specifically mentioned the concept of an 'amazing space', in the manner of the TV show George Clarke's Amazing Spaces.

"We needed the new, smaller vehicle to have the WOW factor," says Paula Ulrich, WDC's Libraries Manager. "Clarke describes an Amazing Space as 'somewhere that you just think WOW, when you instinctively have a positive reaction.'"

Of course, there was a raft of other external and internal specifications to be met, covering everything from vehicle compliance and safety/security aspects to interior shelving and cabinetry, natural light and ventilation, IT and power requirements, entrance steps, handrails and so on.

All things considered, a stiff challenge! So where did the solution come from? Perhaps surprisingly, the answer was close at hand – at City Motor Homes & Caravans, a locally-owned family business operating from South End Avenue, Whangarei.

CMH managing director Ken Crawshaw says the firm, which specialises in repairs and maintenance of RVs, floats and trailers, did have some prior experience in 'new builds' – but taking on the specifics of this WDC contract was a whole new ball game.

"My business partner and workshop manager, Glenn Hawke, and the team in the workshop here were absolutely fantastic. Apart from the cab and engine (a standard Mercedes Benz D Sprinter 519), our team built it from scratch over a period of seven months. The frame is aluminium, with a retractable five-metre awning."

Glenn Hawke adds: "The unit has stabilising legs to level the library when in use and an amazing LED lighting setup which can change colours and act like a 'disco room' if required. It was painted white in preparation for council signage graphics.



## "We needed the new, smaller vehicle to have the WOW factor ..."

"The ceiling has a mirror finish to help – with the LEDs – make the amazing space."

The snappy new library vehicle, handed over to council on 26 June, is the first of its kind to be built in New Zealand and is already attracting interest from others.

"City Motor Homes were great to work with," says Paula Ulrich.

"People have noted that it feels wider or more spacious than the old Library bus. Children are fascinated by it, and with its clever use of space, clean lines, a mirrored ceiling and optional coloured lights, it truly is an amazing space." ■

### More information

**CITY MOTOR HOMES & CARAVANS**  
8 South End Avenue, Whangarei  
Ph: 09 438 2444  
manager@citymotorhomes.co.nz  
www.citymotorhomes.co.nz



**BELOW:** Rear view of the new vehicle with its impressive signage. **TOP RIGHT:** City Motor Homes & Caravans team. **LOWER RIGHT:** Interior view. Surprisingly spacious, comfortably fits 15 pre-schoolers 'on the mat' for a story reading.



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# Camera Obscura Sculpture project forging ahead

**Diane Stoppard** has an update on the innovative Camera Obscura Sculpture planned for Whangarei's Town Basin

**THE CAMERA OBSCURA SCULPTURE IS** progressing well. All of the final engineering and detailed drawings are complete and we are very lucky to have Howard Harnett and his team take the role as 'Main Contractor'. Plans are out for costing, with an expectation of a full build price to be known by mid-September.

Through the detailed design process the sculpture has got lighter and more fabulous, thanks to the clever minds at Culham Engineering, Richardson Stevens, and our incredible team architect Felicity Christian.

We have been contacting International Obscura and have received some fantastic letters of support. The most famous Camera Obscura in the world is in Edinburgh, Scotland. Their director, Andrew Johnson, has this to say:

"I am writing to you to express our support for your project. I have managed the Camera Obscura in Edinburgh since 1987. Over that time, visitors' fascination for seeing a live, moving, colour image, created simply with daylight, has only increased and it has become one of the city's most popular attractions."



"This is in spite of, or perhaps because of, advances in digital technology. A Camera Obscura takes the creation and manipulation of images with light right back to basics. People appreciate that. I understand your proposed Camera Obscura and CCTV will showcase your celebrated bridge, Te Matau à Pohe, to a world audience on a website. Good luck with it all – it is very exciting!"

We have also had support from Bristol's Clifton Observatory Camera Obscura (installed in 1829), which views their iconic Clifton Suspension Bridge. From their letter:

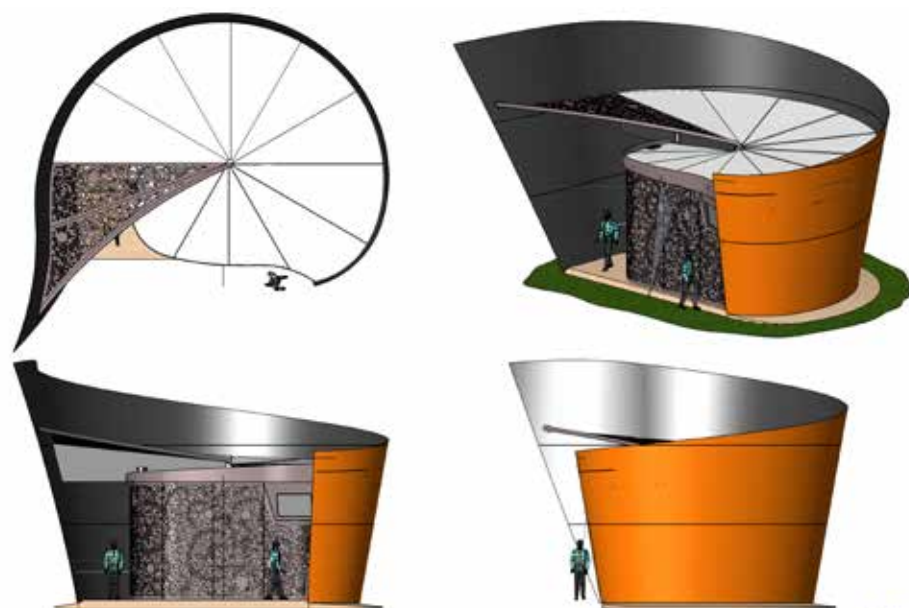
"Our Camera Obscura offers an historic and innovative way to experience this historic vista. With approximately 12,500 visitors in the high season, this popular tourist attraction is an icon of the Bristol area. Our experience is that an obscura is a unique experience – offering a new way to see a view with old technology. Ours in particular is a celebration of the Clifton Suspension Bridge. The obscura is a key drawcard to bringing tourists to Bristol and a must-see experience. We are excited that a 'sister' obscura will be sited in Whangarei, New Zealand, also celebrating a unique city bridge."

We are now in Stage Three of the Whangarei project and are seeking final community and philanthropic contributions before we start the funding applications.

We are delighted to announce that we have been joined in this fundraising endeavour by the Rotary Club of Whangarei Sunrise. They will be promoting the stainless steel name plaques which will be set into the base of the Sculpture.

There are 200 name plates available, which will recognise donations of \$200 or more. This is an opportunity to get behind the project and leave a legacy! Our thanks to Anne Wilson and the Sunrise team!

People are putting their kids' names, business, family, and even their pets' names onto these plaques. We are even offering the option of etching a quote.



## ... an art experience that offers an exciting new destination for locals and visitors ...

Our innovative use of CCTV cameras not only offers security but creates an art experience where everyone within the field of view of the Obscura becomes a performer in the space – making an exciting new destination for locals and visitors. ■

### More information

[www.cameraobscura.co.nz](http://www.cameraobscura.co.nz)

Ph: Diane 021 340946 Anne 027 538 1162

Email: [info@cameraobscura.nz](mailto:info@cameraobscura.nz)

### Model of ingenuity

This 8m spiral steel sculpture reflects the maritime history of Whangarei, within which is a Camera Obscura, and views our celebrated bascule bridge, Te Matau à Pohe. Using HD cameras and surveillance technology, this interactive experience is projected onto a screen on the exterior of the sculpture – and onto the internet. Whangarei's Camera Obscura will join a handful of sculptural obscura in the world.



## Jump on board the Okara loop!

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# The 'Three Es' that will help you choose the right agent

**Leslee Going** from Barfoot & Thompson Whangarei outlines the ‘Three Es’ that will help a seller choose the best real estate agent for them

**ENTHUSIASM**

An employer once said to me: “Leslee, be fired with enthusiasm, or you’ll be fired with enthusiasm!”

As you show a prospective real estate agent your property (‘fixer-upper or not!), and discuss how it might be taken to market, what level of enthusiasm is being shown?

**ENERGY**

Is the person you are considering passionate about you, your property and your situation – no matter what that might be? Are they showing genuine interest in your position and property? How well is he/she listening to you? Do the two of you ‘connect’?

**EXPERTISE**

Does the agent know his or her stuff? Are they demonstrating past and present knowledge of local market activity? Are they



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providing you with a marketing plan to fit your needs and budget, that will attract the buyer who will pay a premium price?

QUOTE: “The world is a looking glass. It gives back to me my own reflection. The secret to correcting the attitude of others is to correct my own.”

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*“Leslee has a passion for real estate, putting in long hours on behalf of her clients. She kept us well informed and was really committed to selling and achieving the best outcome.” – Ian and Gillian*

*I had the best salesperson, Leslee Going. She is so easy to talk to, professional and a genuinely nice person who cares. She listens and communicates. I would not use anyone else ...” – Deborah*

*“Not once did she let us feel overwhelmed or downhearted. At all times approachable, friendly and, above all, honest. Her enthusiasm, energy and communication was excellent.” – Keith and Sue*

**More information**

Ph: 021 554 859  
Email: [l.going@barfoot.co.nz](mailto:l.going@barfoot.co.nz)  
[www.barfoot.co.nz/Whangarei](http://www.barfoot.co.nz/Whangarei)

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**Ed Wilson** operating the twin resaw in the sawmill.



**Richard Wilson** operating the headrig saw in the sawmill.



**Charlene Haver** wrapping timber in the dry store.



**Jared Dobson** filleting timber in the yard.



**Paul Carr, 'PC'** – team leader for the yard.

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# THE COMMON GOOD

**DAVID MUIR** GETS HIS HANDS DIRTY AT THE PERIAWEHI MARAE COMMUNITY GARDEN.

**It's rather obvious, isn't it, that** not all community gardens are the same? That's because each one, in its own way, is a reflection of the needs and aspirations of the community that creates it. How humdrum it would be if all such gardens were identical.

There is nothing humdrum about the community vegetable garden at Pehiaweri Marae, on the northeast outskirts of Whangarei. From a horticultural point of view, it's a hot spot. Very well sited to the sun, sheltered from the prevailing winds, and with free-draining raised beds



filled with compost-rich soil, it produces strong, fast-maturing crops all year round.

But there's more to this story, because from a human point of view, it is *aroha* (love) that makes this garden thrive. Community volunteers who dig, plant, feed, water, and tend the vegetable plants; and chat, share, and give a little of themselves to every other volunteer and visitor. You could say there are a lot of intangibles, in amongst the vegetables. Could this be what makes home-grown garden produce taste better?

Leading the way at Pehiaweri is 'Aunty Mary' Kake, acknowledged as the *kaitiaki o mahinga kai* (effectively, the guardian of food production). Although it's an impressive title, in reality Mary is a friendly, cheerful, and welcoming person who is 'Aunty' to everyone.

Mary explains the simple philosophy behind the vegetable garden – "healthy kai breeds healthy community".

The Pehiaweri Marae community garden therefore becomes an educational resource for the community, a place where all gardeners, regardless of how much experience or skill they have, can learn from each other.



**"September is a great month to plant your 'main crop' potatoes." – Aunty Mary**

Learn what to grow, how to grow it, the lore of the garden, and even a few tricks.

And what is Aunty Mary's advice for home vegetable gardeners for September?

"September is an excellent month in which to plant your 'main crop' potatoes. By 'main crop', I mean the larger crop which is harvested in late summer and stored, then sustains your family next year. For best results, set your seed tubers into the ground about 20 September, the start of the new moon week. Grow the variety you like to eat – never mind what the connoisseurs say. Here at Pehiaweri we get good results from *Agria* and *Red Rascal*, but also amuse ourselves with the so-called 'Māori' varieties such as *Wini-wini* and *Matariki*. These are delicious oven-baked and dressed with melted butter!"

"Have a go! Growing your own potatoes requires minimal horticultural knowledge, a bit of physical effort, and is immensely satisfying when you get to eat your spuds, your way." ■

## THE HUMBLE SPUD

- The world record weight for a single potato tuber is 3.2 kilograms.
- The world record heaviest crop grown from a single seed potato is 167.9 kilos.
- There are about 5000 potato varieties in the world, all descended from a single original wild species from Bolivia.
- About 1100 of those varieties are in New Zealand.
- Realistically, most home gardeners in Whangarei are unlikely to be able to match those performances. But if you want to try, there's no reason why not – we have a benign gardening climate and good soils.
- Don't agonise over choice. Grow the variety you like to eat.

**IMAGES: David Muir**

**Top left:** Winter crops in raised beds at Pehiaweri Marae community garden.

**Top right:** Well-equipped gardeners – Diane Wakefield, David Muir, Mary Kake.

**Far left:** 'Aunty Mary' Kake with fresh subtropical produce from the garden.

**Centre left:** The sentinel is *Haumia-tiketike*, the god of uncultivated foods.

**Left:** Les and Diane Wakefield with 'Aunty Mary' in the garden hot spot.



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## A JUMP TO REMEMBER

**LT. COLONEL GRANT MORRIS,** FORMERLY OF WHANGAREI, PAYS HOMAGE TO THE VICTIMS OF AN ILL-FATED BATTLE OF WW2.

**On an unusually hot summer's day** in the Netherlands last September, a group of mostly military and ex-military men – one from Whangarei – jumped from a plane. We were doing multiple jumps using static line parachutes to mark the anniversary of the ill-fated *Operation Market Garden* in 1944.

It was part of a commemoration that takes place in Arnhem every year, where the operation was seen as the start of the Dutch liberation from Nazi occupation. The parachutists, based at the Dutch National Parachute Centre, take part in

display jumps around Europe every year using planes from the eras of World War 2.

I had decided to take part after researching the operation in which my wife's grandfather had been involved. Signing up to participate was an easy choice. I had done some static-line parachuting some years before, so the prospect of jumping out of a perfectly good aeroplane didn't faze me.

I took part in two jumps, both from a vintage C-47 Dakota aircraft. Both went without a hitch, although exiting the aircraft from 1000 feet directly over the Rhine river during the second jump did cause me to wonder if I'd get wet that day!

Static-line parachuting is common in military operations because of its ability to drop large numbers of troops in a short time. Parachutists are

attached to the plane by a line, and the parachute is deployed automatically.

The group of volunteers, mostly from the UK, were commemorating an operation that began well but went badly wrong. *Operation Market Garden* was part of an Allied attempt to end the war by Christmas 1944; it took place in parts of Germany and the Netherlands.

The plan was to form a pincer movement around the heart of Germany's industry, focusing on taking control of a number of bridges. Troops were deployed by parachute to take the bridges along the Rhine.

The operation began with the mostly British, American and Polish troops taking several bridges at strategic locations along the river. However, the troops encountered strong resistance at the town of Arnhem, causing delays that gave the Germans time to send in armoured divisions and overcome the paratroopers. The lucky ones were evacuated.

The operation was immortalised in a book by Cornelius Ryan called *A Bridge Too Far* (published in 1974) and the 1977 film of the same name. There was not a huge number of New Zealand troops involved in *Operation Market Garden*, but five Kiwis were killed, mostly from the RAF and the RNZAF.

In Arnhem, the scale of remembrance and heartfelt gratitude that the Dutch show is impressive. Over the course of a weekend, several events pay homage to the courage and perseverance of those involved in the battle. The local people turn out in their thousands for commemoration events and decorate their houses with Dutch and Airborne Forces flags.



The group from the National Parachute Centre was joined in these re-enactments by a British Parachute Regiment jumping from a modern plane.

The first jump was at Renkum, just east of Arnhem, and the second at Driel. During *Operation Market Garden* the 1st British Airborne Division jumped from above Renkum, and the Polish 1st Independent Parachute Brigade from Driel.

In order to participate I had to qualify for a Dutch sport parachuting licence, and spent a week revising drills and procedures as well as doing practice jumps. I visited the Airborne Museum and the famous John Frost Bridge.

Although the entire trip was an adventure, the biggest buzz was the pride I felt in being able to represent and honour those who had gone before. ■



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### IMAGES

**Top, left to right:** The 1st British Airborne Division insignia; Lt. Colonel Morris on his remembrance jump; safely back on land.

**Above:** The memorial plaque at Arnhem, looking towards the John Frost Bridge.

## Make a difference for dementia



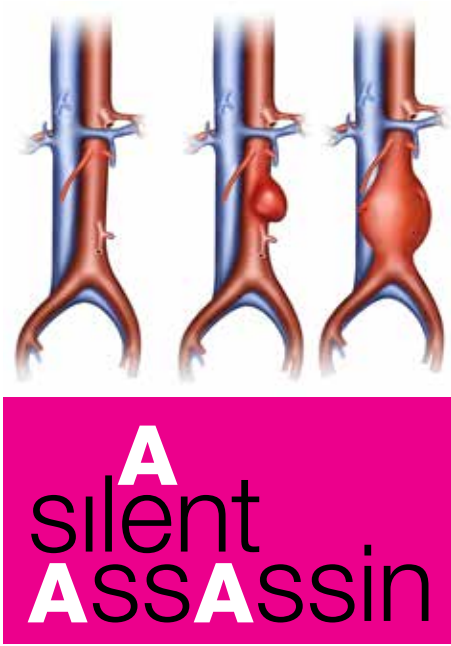
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**ANGELA BROWNE** EXPLAINS A LITTLE-KNOWN, POTENTIALLY DANGEROUS HIDDEN CONDITION.

**Abdominal aortic aneurysm (AAA)** is an abnormal bulging of the main blood vessel that runs through the abdomen, carrying oxygen-rich blood to the abdominal organs and legs.

Some expand slowly, some quickly. At worst, an aneurysm grows so large it ruptures. A ruptured AAA is a medical emergency carrying a high risk of death.

Ruptured aneurysms claim 300-400 Kiwi lives per year (similar figures to victims of melanoma and road crashes). Many could have been prevented if the aneurysm had been detected in time; it can usually be repaired with surgery.



It is not fully understood why AAAs develop, but they have a strong tendency to run in families. Other factors contribute to a person's risk of developing AAA:

- **Age and Sex:** AAAs are present in about 5-10% of men and 1-2% of women aged between 65 and 79 years. The risks of developing AAA increase substantially with age over 65 years.
- **Ethnicity:** Māori have an increased risk compared to NZ Europeans; they also present with the condition at a younger age. Male and female Maori carry equal risk.
- **Lifestyle:** The risk increases greatly if you are a smoker (or have ever smoked), have high blood pressure, high cholesterol, atherosclerosis (hardening of the arteries), or if you have a high cardiovascular risk score (calculated by your GP).

➤ **Symptoms:** As an aortic aneurysm enlarges, the following symptoms may be experienced: *Deep, constant central abdominal or back pain. A pulsating feeling in the abdomen near the navel.*

Signs that an aortic aneurysm has ruptured may include: *Sudden, persistent, intense abdominal pain, which may radiate to the back and legs. Clamminess, sweatiness, dizziness. Nausea, vomiting. A racing pulse.*

➤ **Detection of AAA:** Slow-growing aneurysms can be difficult to detect, especially in larger individuals. Some are found on CT or from x-rays taken for an unrelated reason. For people who experience symptoms and seek medical attention, a doctor may feel the bulging aorta or be able to hear unusual sounds with a stethoscope.

An ultrasound examination is the simplest way of confirming AAA. It can be done quickly and is the most accurate way of measuring an aneurysm, which is especially important when assessing whether it has grown over a period of time.

➤ **Monitoring and Treatment:** Once diagnosed, the way an aortic aneurysm is treated depends on its size, location, the patient's age and general health, and the presence of other medical conditions.

Small and medium-sized aneurysms (30mm-54mm) with no symptoms are usually monitored regularly with ultrasound, and risk factors are mitigated with medication and lifestyle changes.

For aneurysms larger than 55mm, referral to a vascular surgeon is recommended, with a view to discussing surgical repair.

The AAA may be repaired by an open

approach (known as Open Aneurysm Repair), or via a catheter inserted into an artery in the groin to deploy a synthetic graft (Endovascular Aortic Repair or EVAR). The vascular surgeon decides on the best treatment option for the patient.

➤ **Who should get a check for AAA?** Males aged over 65 (or 60 if Māori) and: have had a parent or sibling diagnosed with AAA or cardiovascular disease, are a current or past smoker, have high blood pressure, or high cholesterol.

Women are less likely to develop AAA than men, but have a higher chance of dying from a ruptured aneurysm. It is suggested that women who have a family history of AAA and are current or past smokers may benefit from an assessment.

While AAA cannot be prevented, risk factors can be reduced by controlling pre-existing conditions with medication and maintaining a healthy lifestyle.

Although a national screening programme for AAA is yet to be introduced in New Zealand, people with a strong family history and a raised risk profile may choose to be pro-active in seeking a diagnosis.

*Consult your GP to discuss your degree of risk for AAA and whether a screening ultrasound of the abdominal aorta is appropriate for you.* ■

**IMAGES**

**From far left:** A normal aorta, small saccular AAA and large fusiform AAA; an ultrasound of abdominal aorta is quick, easy and painless.

➤ *Angela Browne is a qualified sonographer and a director of EchoNorth Diagnostic Ultrasound.*

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# IT'S ALL ABOUT US

AN EXHIBITION AT WHANGAREI  
ART MUSEUM BY LOCAL ARTIST  
**MEGAN-BOWER-VETTE**  
TACKLES SEXUAL ABUSE.

**The Us. Project shares photographs**  
and life stories of 30 men and women  
from New Zealand and Australia who  
have experienced sexual assault.

After 28 years of staying silent about  
ongoing molestation of me when I was a  
child, I realised it was all wrong that *I was  
the one left feeling ashamed and guilty.*

The Us. Project is my way of  
normalising the conversation around  
sexual abuse and ending the silence which  
separates we victims from each other.

In collecting these stories I have  
become quite thankful that I now have



a much deeper understanding of so  
many different aspects of the spectrum  
of sexual violation, how it affects a  
person's sense of self worth, mental  
health and relationships with others.  
And how our justice and mental health  
systems both help and hurt survivors.

Another surprising aspect has been the  
depth of understanding I have attained  
around offenders – who they are as human  
beings and what they need in terms of help.

I have to confess that progressing  
through this project has been somewhat  
emotionally traumatic for me as well;  
although I have been lucky enough  
to have considerable healing around  
my own experience of childhood  
abuse, in every story collected I  
have seen a small part of myself.

It's like doing a jigsaw puzzle that you  
think you have completed. Every piece fits,  
but then you find another, and another, and  
suddenly you realise the puzzle is actually  
twice the size you originally thought.

I realise that, because my abuse  
started so early, it truly shaped who  
I am as a person in every way, from  
my view of myself to how I have set  
myself up as a fiercely independent  
person who can be quite difficult to  
support (or even connect with) at times,  
because I have made sure that the only  
person I have to rely on is myself.

Also my reluctance at becoming a  
parent myself, and now the fierce love  
and protection for my beautiful son,  
based on fear that someone will touch  
him inappropriately, or that he will  
grow up in a 'boys will be boys' world  
and feel that he has a right to abuse his  
position for the validation of his peers.



"Show your face, say your name, be  
proud of who you are, speak your truth."

When I started the Us. project I  
decided that the only rule I would have  
for those who participated was that there  
would be no anonymity. Show your  
face, say your name, be proud of who  
you are, speak your truth. Anonymity  
sends a signal that there still something  
to be ashamed about, and that wasn't  
what I wanted for this project.

It is normal and totally acceptable  
to feel guilt and shame about what  
has happened, but I wanted to  
connect with people who had worked  
through that and were ready to  
show up and stand in their truth.

It became important to maintain a  
level of compassion and connection to  
my subjects. I became good at allowing  
myself to become immersed in their world,  
putting to one side the lessons for me.

A lot of people have said "it must be  
hard work for you". But the hard parts  
have only led to more understanding and  
acceptance of my own situation. I have  
learnt to embrace the dark parts of myself  
with forgiveness and love. I have gained  
clarity around who I am and recognised  
that some parts of me still need care and  
attention, and have given me the insight  
to apply that care when needed. ■



#### IMAGES:

**Top:** Whangarei artist Megan Bowers-Vette.

**Top centre and right:** Whangarei social  
worker, Annie (images from exhibition).

**Above:** Burlesque performer and cupcake  
maker extraordinaire, Georgia.

► The Us. Project exhibition, Whangarei Art  
Museum, Town Basin, until 25 September  
► [www.usproject.online](http://www.usproject.online)



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# cars

**DAVID MUIR** WONDERES HOW OLD A CAR HAS TO BE, TO BE CONSIDERED A 'CLASSIC'.

**Japan excels at mass-producing** bland, look-alike, family saloon cars. There are tens of millions of them. But all of the major Japanese manufacturers also create 'halo' cars – that is, cars intended to add a bit of glamour to their brand.

Nissan (or Datsun as it was better known in those halcyon days) produced the first of their halo 'Z' cars, the 240Z, in 1969. At the time, some motoring commentators openly compared it to a Ferrari – because it had a similar weight-to-power ratio, and similar performance, at a fraction of the cost. Nissan have been refining their Z cars ever since.



The fifth generation, known as the Z33, was built from 2002 to 2008. And within that generation, the 2007 model is already becoming desirable amongst enthusiasts. That's because, as a result of continuous refinement, in that year the 350Z had an improved engine, tuned to provide 230 kilowatts (308 horsepower) across a wider and more even power band, coupled with an improved transmission. It stands out as a faster and more driveable version of what is already a notable sports coupé.

Despite being only 10 years old – some would argue that's far too young for a car to be considered a classic – the 2007 350Z is a desirable car. And Justin Wilson of Whangarei has got one!

Here's the thing – Justin got this car from his father, Bob. It's already looking a

bit like a family heirloom, because Justin's sons Leyland (age 14), and Xeryus, 10, have both said they want it in turn.

The story began in 2007, when Bob Wilson, then in his late 60s, espied the 350Z at a Nissan dealer showroom in Palmerston North; a demonstrator car with 500km on the clock. He bought it, and "had a few adventures" on the way home north with it. As one can imagine, with a car carrying only 6.6 kilograms of weight for every kilowatt of power, this is a car to be driven, to be enjoyed!

Over the years, Bob has nurtured the car. A couple of years ago he passed it on to Justin, who also has an eye for fine automobiles. The car has a 3.5 litre V6 and a six-speed manual transmission. It has now travelled 33,000 kilometres, a relatively low annual average distance, and is still on its first set of Bridgestone Potenza tyres.

This car is one of the last of the R33 versions – Nissan have superseded it with the 370Z (R34) cars.

And the registration plate? That's the numeral 3, followed by the letter O, followed by the numeral 8. That's the way Bob obtained a clean-reading plate and avoided the bureaucratic numeral zero-with-a-slash-through-it. Little details like this are a sign of a car owner who cares. The letters 'HP' stand for 'horsepower', of course. Strictly speaking, it's obsolete language, but many of us still think in the old terms.

So, is it a 'Japanese classic'? Or is that a contradiction in terms? Market forces will decide that one. But three generations of the Wilson family here think this snappy white Nissan 350Z qualifies quite easily. ■



## WEIGHT TO POWER RATIO ...

... perhaps the best indicator of the potential performance of a car. In general terms, the fewer kilograms of weight each kilowatt of power has to move along, the faster the car can go. For example, a base model Toyota Camry GL weighs 1460kg and has 133kW of engine power; each 11kg of weight is pushed along by 1kW of power.

By 'weight' I mean 'kerb weight' – driver and passenger weight is extra. Justin's Nissan 350Z is a tad porkier at 1515kg, but it has about 100kW more power to move it. The weight to power ratio is 6.58kgs/kW – 40% less weight than the Camry example.

## IMAGES

**Top right:** A 3.5L V6 fills the engine bay.

**Top centre:** Owner Justin Wilson and father Bob cherish the 2007 Nissan 350Z.

**Above:** A subtle power bulge in the bonnet hides 230 kilowatts (308 horsepower).

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# JAFAS AT THE GATE

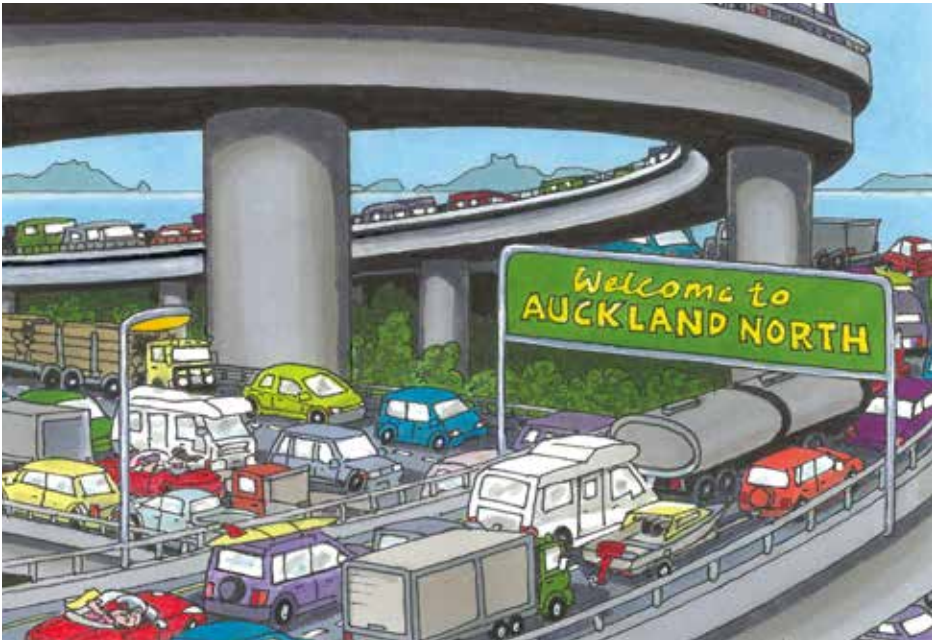
**LAURENCE CLARK** IS AFRAID OF NOTHING. BUT LOOK OUT, YE CITIZENS OF WHANGAREI!

**I'm not going to talk about politics.**

Except in the sense that absolutely everything is political. When you think about it, being in power and holding on to it is a very primitive instinct. It hasn't changed much since way back when we were living in trees and caves. So it's hard to get away from it. But I'll try.

Winter is sticking around much longer than necessary this year. I'm glad I'm not one of the homeless, and getting all worked up about the cost of electricity keeps me warm. But what about those really down on their luck?

I pity the poor immigrants, who might wish they would've stayed home. How must they feel about being the object of so much media scrutiny? New Zealand is flavour of the month right now, so we can't blame anyone



## If the Supercity boundary creeps any closer, Mangawhai will be in Jafaland ...

wanting to come and live here.

I've never been happy about being called a 'Kiwi' though. It sounds like an endangered species.; and I hear it originally came from Australia. But I digress.

It's not the immigrants' fault we haven't got enough houses for everybody to live in, or that there's too much traffic, and a lot of our infrastructure is run down. We can't blame *them* that Kiwis don't want to do low-wage, dead-end jobs. It's also not their fault that large-scale immigration is just like colonisation. Perhaps *pakeha* can now identify with Maori sentiment around the time the Treaty of Waitangi was signed.

No, it's not the immigrants I'm worried about. It's the MIGRANTS, the screaming hordes of Jafas migrating to the glorious North and settling in some of the most gorgeous spots in our country.

Way back before everyone had a 4WD and access to Google Maps, these beauty spots were always located at the end of long, winding, dusty roads. No street lights. No traffic lights. Or parking meters. There wasn't much in the way of shopping, either. You had to be resourceful to live there. Only the bush was crowded – with wildlife and amazing birdsong. Magnificent pohutukawa trees lined the white sandy

beaches, the crystal clear waters were great for swimming and there were fish aplenty. You could see *all* the stars in the night sky.

Among those attracted to these beauty spots were 'arty-crafty' types who sought out the tranquility necessary to do their work. And many places built up a reputation for being 'cool'. Then came a sealed road and a few shops.

The sleepy coastal village of Mangawhai, on the periphery of Whangarei district, is where I'm living now. Once upon a time it was one of these spots.

Sitting on my deck today, with the sun suddenly bursting through the rain clouds and a break in the wind, I hear a cacophony of lawnmowers, chainsaws, power tools and jetskis starting up. Not to mention the traffic noise, roadworks and the odd drone checking out the real estate next door.

At this very moment I'm watching heavy machinery clearing a massive area of land across the river. It looks like sleepy little Mangawhai is going to have a Central Business District (CBD) complete with supermarket, more shops, a school, medical centre, rest home, light industry and 500 more houses (despite our infamous sewage disposal problems). If the Supercity boundary creeps any closer, Mangawhai will be in Jafaland.

But, as always, I'm looking for the positives. We might be getting a movie theatre; and if they build a Sky Tower, my consolation prize will be a really good view of it. (But please, please, please, not a casino!)

Take note, good citizens of Whangarei. The Jafas are already at the gate. ■

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