

BAY BUZZ

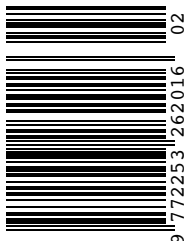


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Yoga

CHANGING LIVES / DRINKING WATER FAILURES
TANK TO THE RESCUE / YULE v. LORCK
FINDING HB'S ART / SAVING ENERGY



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BAY BUZZ

MARCH/APRIL 2017

This Month

Yoga in Hawke's Bay ... practised well in every style. Ambitious proposal for HB Sports Park aims to fight obesity and elevate sports talent. Drinking water investigation paints picture of failures. What's TANK and why should you care? Yule v. Lorck, round one. Region's energy conservation needs prod. Plus health lessons from Alaska, super sculptor, super caterer, theatre challenge, where to see art in Hawke's Bay, and more.

Cover photo: Doris Blum by Tim Whittaker
Above: Te Matatini by Sarah Cates

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Art Deco splendour. Photo: Tim Whittaker



FEATURED CONTRIBUTOR:
BRIDGET FREEMAN-ROCK

Bridget Freeman-Rock is Hawke's Bay grown. Lived abroad in Australia and Germany before returning with young family in tow in 2009. She has a fairly eclectic, free-range writing vocation, freelancing as a writer, copy-editor, translator and occasional performance poet.

Bridget loves research, reads voraciously, and would like to call this 'work'. She is trying to finish a thesis (in English) on contemporary German literature; more specifically,

on postmemory Holocaust representation in novels by third-generation women writers. Whew!

What she likes about *BayBuzz* is the opportunity to interview a diverse array of people, and to hear myriad perspectives on key local issues. And as *BayBuzz's* proofreader for the last five-plus years, she gets paid to read the magazine from cover to cover!

Bridget also co-curates an online hub – opening soon – for reviewing Hawke's Bay arts events: thehook.nz

BAYBUZZ REGULARS



MARK SWEET
Napier-born, Mark worked in Hong Kong and Scotland, before returning to Hawke's Bay, and establishing Pacifica restaurant. Re-creating himself as a writer, Mark's first novel *Zhu Mao* was published in 2011; an extract from his next novel, *Of Good and Evil*, has been short-listed for the Pikihiua Awards.



LIZZIE RUSSELL
Lizzie is writer, project wrangler and arts promoter. She's been living and working back in her home ground of Hawke's Bay for five years, initially with Hastings City Art Gallery and more recently as a freelancer. She also co-ordinates the Wildflower Sculpture Exhibition and Pecha Kucha in the Bay.



MANDY WILSON
Mandy Wilson manages advertising and store sales for *BayBuzz*. She's worked in print media in the Bay for 20 years or so (wow!). In her leisure you can spot Mandy walking or cycling one of the numerous tracks throughout Hawke's Bay or sipping hot chocolates in any number of cafes. 027 593 5575

TOM BELFORD: FROM THE EDITOR

Food for Mind and Body



OUR LAST EDITION WAS DEVOTED mainly to food for the body. This edition gives more emphasis to food for the brain, looking at a number of challenging issues facing Hawke's Bay.

That said, Mark Sweet's feature, *Yoga*, profiling some of the region's leading teachers and their styles, could properly be said to address the integration of mind and body.

As for issues, still dominating the region's agenda is water, and two of our feature articles deal with that subject.

Sophie Price reports on the Government Inquiry into Havelock North drinking water at its mid-point. All the evidence has been presented and cross-examined, and the Inquiry's own counsel have delivered their observations to the panel, pointing out nearly one hundred flaws in the physical and institutional systems that were supposed to ensure safe drinking water. Sophie's article summarises their final critique, identifying failures on the part of all relevant players.

Looking further into the future, the broader fate of water supply and quality for the large majority of Hawke's Bay's population, centred around Hastings and Napier, is in the hands of TANK (a stakeholder group whose acronym stands for Tutaekuri, Ahuriri, Ngaruroro and Karamū).

Many of the biggest concerns residents in our population centre have about water management and competing needs – long-term water supply for drinking and irrigation; industrial uses like water bottling; ecological health of our freshwater and estuaries; cultural and recreational values – will be addressed by the multi-year work of TANK. Bridget

Freeman-Rock's article, *Water in the TANK*, introduces the issues and decisions before this group, which will start making its recommendations to the Regional Council later this year.

Still in the resource management realm, Keith Newman continues his series on energy issues in the region, this time focusing on energy conservation in *Obstacle Course to Energy Saving*.

Another massive community project, already winning the buy-in of several of Hawke's Bay major institutions – the DHB, EIT, Sport HB and a region-wide assortment of schools – is the initiative led by Sir Graeme Avery to lift the health welfare of the region, along with its sports excellence.

This project involves a \$15 million investment in facilities at the HB Sports Park, complemented by a range of community-based education and participation programmes aimed at improving eating and fitness habits, combating our obesity epidemic, and offering development pathways for our talented young athletes. Described in my article, *Changing Lives*, it's a holistic approach, largely focused on our children and youth, where behaviour change is most critical and achievable.

And with respect to health promotion, read Sarah Cates' *The Nuka System*, relating how the DHB is adopting best practices from an Alaskan model programme owned by and serving native peoples.

Action has begun in the political arena, with the various parties sorting out their candidates for the September 23rd parliamentary elections. *BayBuzz* begins its coverage of the candidates and issues with in-depth interviews of National

candidate for the Tukituki, Lawrence Yule, and his Labour opponent Anna Lorck. The interviews, excerpted herein, were videotaped and can be viewed at www.baybuzz.co.nz. More to come, of course, as the campaigns develop.

This edition is rounded out by a full menu of lifestyle and arts coverage.

Meet Ricks Terstappen, sculptor of steel. Jenny Parton, the culinary impresario behind leading caterer DISH. And Annabelle Flood of the Napier Music Academy.

Consider the challenge posed by playwright Roger Hall – why doesn't Hawke's Bay have a professional theatre group? – and responses from some locals in the know, as reported by Michal McKay.

Lizzie Russell offers a comprehensive guide to where you can view art around the Bay, as well as her 'picks' for the key events and performances you can enjoy in March and April.

Plus columns from *BayBuzz* regulars David Trubridge, Mary Kippenberger and Matt Miller ... and other morsels.

Food for the mind and body. Enjoy!

A handwritten signature of Tom Belford in black ink.

tom@baybuzz.co.nz

Tom is a HB Regional Councillor. His past includes the Carter White House, building Ted Turner's first philanthropic organization, doing heaps of marketing consulting for major nonprofits and corporates. Tom writes an acclaimed blog for professional NGO fundraisers and communicators in North America and Europe.



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BEE IN
THE KNOW



WINNING FARM

Congratulations to Greg and Rachel Hart, owners of Mangarara: The Family Farm, who are recent winners of the national 'Good Food Boost' competition run by the Sustainable Business Network and Auckland Tourism, Events and Economic Development.

Their winning product is The Meat

Box – a fortnightly or monthly delivery of 10kgs of regeneratively-farmed local meat, grown on the Harts' 610 hectare property near Elsthorpe.

The competition sought to find the food businesses which are taking 'good' seriously – keeping things local, seasonal, healthy, tasty, culturally-connected or organic.

The Family Farm fits that bill across the board, with its commitment to

healthy food, ethical animal husbandry, regenerative land stewardship and building local community and economy. The Harts have also developed an eco lodge at the farm, offering visitors a chance to learn about sustainable farming and regenerative agriculture while taking a break in a piece of rural paradise.

Find out more about The Family Farm at mangarara.co.nz

HAWKE'S BAY WELLNESS INDEX

Jobs on Seek.co.nz
24 October 2016

379

UP 40 FROM AUGUST

Homes For Sale
24 February 2017

808

(REALESTATE.CO.NZ)

Lamb price at Stortford,
average, per head

\$80.69

22 FEBRUARY 2017

Homes Sold
in January 2017

181

(REINZ)

Burglaries
November 2016

361

UP 77 FROM NOVEMBER 2015

Assaults
(Family violence indicator)

253

IN NOV 2016 (UP 40 FROM NOV 2015)

HB Hospital Emergency
Department presentations
24 October 2016 to 21 February 2017

15,287

(UP 203 FROM SAME PERIOD LAST YEAR)

Napier Port Cargo, Tonnes, December 2016 - January 2017

377,180

(UP 49% FROM SAME PERIOD LAST YEAR)

Illicit Drug Offences
in November 2016

247

UP 67 FROM NOVEMBER 2015

Visitors to MTG, January 2017,
Including FREE children

4,051

Visitor nights, commercial & private,
compared to year end November 2016

+4.3%

Giant jaffas given away
by Pipi in February 2017

3,250

Bay Espresso coffee sold
January 2017, kg

1,786

Gigabytes of data downloaded, in
January 2017 on average, by NOW
residential customers.

151GB

HOT & NOT

What's Hot

Truth
Water Inquiry
Manuka trees
"Biodiversity"
Batteries
Graeme Avery
Jessica Maxwell
Dry cricket field
Apple profits



What's Not

Alternate truth
Water bun fight
Pine trees
"Pest control"
Power grids
Wayne Jack
Wayne Jack
Velodrome
Sheep profits



BEE
IN THE
KNOW



Vertical farming is on the rise. Clockwise from top: Brooklyn Grange; Sky Green, Singapore; FarmedHere, Chicago; one of the many proposed schemes, this one in Paris

TIME TO GROW UP

Beware John Bostock!

Chicago indoor farming company FarmedHere is creating city jobs, minimising environmental impact and providing fresher vegetables in the Midwest.

In suburban Chicago, FarmedHere runs the nation's largest indoor organic vertical farm inside of a 16,000 square foot space, growing basil and microgreens, all of it hydroponically.

The company is also moving south to

Kentucky, where it has just announced a large indoor vertical garden installed in part of a 24 acre campus in Louisville.

The company's CEO Matt Matros says this is only the beginning, "This new location will bring us one step closer to reaching our goal of building vertical farms in 18 cities across the country and feeding 75% of the United States population."

Indoor vertical farms are viewed

as a potential solution for the growing population around the world — as farm land is converted into urban landscapes and climate change alters growing and harvesting seasons.

Indoor farms are predicted to be ultimately more efficient and productive, requiring less resources to produce more vegetables.

Maybe the solution to revitalizing Hastings CBD!



BEE
IN THE
KNOW

WHO DO YOU TRUST?

The 2017 Edelman Trust Barometer – a global annual study – reveals that trust is in crisis around the world. Two-thirds of the countries in the survey are now “distrusters” (under 50% trust in the four mainstream institutions – business, government, media and NGOs – to do what is right), up from just over half in 2016.

The reverberations of the global economic meltdown of 2008 are still being felt today, and this is said to be the root of the trust crisis.

Consistent with the plunge in trust, the 2017 study also shows a continuing, growing divide between the informed public and the mass population. What began as a nine-point gap in 2012 has now grown to a 15-point gap in trust between those with higher levels of income and education (60%), and the less trusting mass population (45%).

Highlights from the study:

- Media declined the most: Media is distrusted in 82% of countries. In only five – Singapore, China, India, Indonesia, and the Netherlands – is media trust above 50%.
- Trust in government further evaporated: Government is now distrusted in 75% of countries.
- Business is on the brink of distrust: In 13 of 28 countries, business is distrusted.
- Trust in NGOs dropped: For the first time since the Edelman Trust Barometer began in 2012, trust in NGOs has fallen to nearly the same level as trust in business. In the GDP 5 – US, China, Japan, Germany and UK – trust in NGOs fell below 50%.

Government

IS DISTRUSTED IN

75%

OF COUNTRIES

Business

IS DISTRUSTED IN

In 13 of 28

COUNTRIES

Media

IS DISTRUSTED IN

82%

OF COUNTRIES

IN US, CHINA, JAPAN, GERMANY AND UK TRUST IN

Non Governmental Organisations

FELL BELOW

50%

TRUE HONEY

There's a lot of buzz right now about mānuka honey, and the latest to join the growing industry is the True Honey Company, which is partly based in Dannevirke, where founder Jim McMillan hails from. The True Honey Co. now has 5,500 hives situated on land throughout New Zealand, from the North Cape to Golden Bay. Remote 'marginal land' sites, often only accessible by helicopter are chosen, this ensures the honey's high Mānuka content and quality. Honey production is heading hi-tech, the THC having developed

its own web-based programme called True View, which allows the landowner to capture what is happening with the hives in real time.

So, what's so special about mānuka honey? Massive methylglyoxal. The methylglyoxal (MGO) is a sugar molecule which is found in most honeys in small quantities. The MGO rating number for honey is directly proportional to its antibacterial potency. In mānuka honey, MGO can be up to 100x higher than the more common honey varieties.





BEE
IN THE
KNOW



SINK OR SWIM

And now for the latest in shocking-but-not-shocking global climate news: According to NASA and NOAA, 2016 was the hottest year in 137 years of record keeping – and the third year in a row to take the number one slot.

2016 is a “data point at the end of many data points” that indicates long-term warming, Deke Arndt, chief of the monitoring branch of the National Centers

for Environmental Information, said.

Of the 17 hottest years on record, 16 have occurred in the 21st century (the exception being the strong El Niño year of 1998). While El Niño played a role in bumping up global temperatures during 2015 and 2016, the bulk of the warmth was due to the excess heat trapped by greenhouse gases emitted by humans over the past century, particularly carbon dioxide.

The 2015 Paris climate agreement cites

a goal of keeping global temperature rise “well below” 2.0 degrees Celsius (3.6 degrees Fahrenheit) above preindustrial levels by the end of this century, with a limit of 1.5 degrees Celsius as a more aggressive goal.

To show how close the world already is to surpassing those limits, analysis of the NASA and NOAA numbers shows that 2016 was 1.2 degrees Celsius (2.16 degrees Fahrenheit) above the average from 1881-1910.

LUCKY 13

InterNation's Expat Insider 2016 survey has New Zealand at number 13 in its ranking of quality of life for expats, and sixth for personal happiness of expats, adding evidence to the idea that the land of the long white cloud is a haven for disillusioned northern hemisphere folk.

The survey called on expats to rate elements of their living experiences, including their safety and security, their health, and their personal happiness, as well as the leisure options available to them, and the quality of transport and travel available.

The twelve countries beating New Zealand right now are:

1. Taiwan
2. Austria
3. Japan
4. Spain
5. Costa Rica
6. Malta
7. Czech Republic
8. Singapore
9. Germany
10. Switzerland
11. South Korea
12. Canada




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SHE'S APPLES

Pipfruit New Zealand is picking a massive 2017 apple and pear crop, which will eclipse previous records. Estimates just completed show a 2017 forecast of 584,000 tonnes.

“The days of boom and bust cycles are over, year on year we prove that New Zealand is the best country in the world to grow and market apples,” Pipfruit NZ boss Allan Pollard said.

“This is a phenomenal time for New Zealand’s apple and pear industry. 2017 is shaping up to be a season to celebrate and we continue to strive for even greater success.”

“New Zealand apples are fantastic in colour, texture, eating quality and flavours, and we are seeing growing demand from across the world,” Mr Pollard said.

The 2017 crop, produced from 9,500 hectares, shows huge productivity gains compared to the previous record season in 2004 grown on 13,500 hectares.

“It’s more great news for provincial New Zealand, leading to increased employment opportunities with more skilled labour demand in Gisborne, Waikato, Hawke’s Bay, Wairarapa, Nelson, South Canterbury and Central Otago.

“Industry support services and businesses will also see the benefits from this growth, with millions of export returns injected back into the local economies.”

In 2012 New Zealand Apples and Pears set a goal of becoming a billion-dollar export sector by 2022. It is the first of the larger primary sectors to achieve the Government’s export double goal, increasing from \$341 million in exports in 2012 to approximately \$720 million last year.

The industry expects to achieve its billion-dollar export target much earlier than forecast, and is already looking towards setting a \$2 billion goal.

El Salvadorian fair-trade coffee heads to market



COFFEE- LOVING MILLENNIALS

As worldwide supplies of coffee tighten, the insatiable thirst of millennials is pushing demand to record levels.

Recent US research shows that young people are developing their caffeine habits at an increasingly earlier age. Younger millennials, born after 1995, started drinking coffee at about 14.7 years old, while older millennials, born closer to 1982, began at 17.1 years, data from the US National Coffee Association show.

Datassential reports that Millennials – young people now aged about 19 to 34 – account for about 44% of US coffee demand. In the eight years through to 2016, daily consumption among 18- to 24-years-olds rose from 34% to 48%, while it climbed from 51% to 60% among those aged 25 to 39, according to the National Coffee Association in New York. At the same time, adults 60 and older saw a drop

from 76% to 64% and there was also a decline for the 40-to-59 age group.

Heightened demand means that in the 12 months to the end of September 2016, world consumption outpaced production for a second straight season, according to the London-based International Coffee Organization.

Coffee has posted the fifth-best return so far this year among the 22 raw materials tracked by Bloomberg Commodity Index.



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CANNABIS PRICES GOING TO POT

As cannabis propagation emerges from basements and attics and into the light in certain states in America, growers are seeing prices plummet, and the medicinal use door is opening a bit in NZ.

Cannabase, which operates Colorado's largest market, says in that state the average wholesale price has fallen 48% to about \$1,300 a pound since legal sales to all adults started in early 2014.

Supply is flooding the market and dropping the price as growers expand and install the latest agricultural

technology. Troy Dayton, chief executive officer of California-based Arcview Group, a marijuana investor consortium, says: "The agricultural technology space is already booming, and now they get to lay their hands on the cannabis industry." God bless innovation.

In NZ news, there's little movement on the recreational front, but Peter Dunne announced in February that applications to prescribe non-pharmaceutical grade cannabis-based medicinal products would no longer require his approval as Associate Minister of Health. He also

announced that he would be advising medical authorities of a list of known such products that were of a sufficiently reputable manufacturing standard to be available for prescription for New Zealand patients.

This is an evolving area internationally, Minister Dunne says. "There are potential benefits for certain categories of patients. We need to be open to facilitating these possibilities, with falling prey to the emotionalism, misinformation and self-interest of those with a wider pro-cannabis agenda."



A typical day in a typical Nordic nation

ANY DAY NOW

The 2017 Bloomberg Innovation Index (surveying the world's most innovative economies) has recently been released and shock horror, those Nordic nations are still punching well above their weight and setting the example for the rest of us little guys.

South Korea has held the number one spot, and of course Germany, Switzerland, Singapore and Japan are right up there, but New Zealand has cracked the top 20 with a three-place jump into 19th.

The rankings go like this: South Korea, Sweden, Germany, Switzerland, Finland, Singapore, Japan, Denmark, US, Israel, France, Austria, Belgium, Norway, Netherlands, Ireland, UK, Australia, New Zealand, Canada.

Russia was the big loser this year, plummeting from 12th position last year to 26th, having been battered by sanctions and the after-effects of subdued energy prices over the last couple of years.



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Changing Lives

Sir Graeme Avery has the bit in his teeth. Again.
Tom Belford

JUST AS WHEN HE SET OUT decades ago to build a world-class medical publishing business.

Just as when he launched Sileni Estate in 1998, sending winemaker Grant Edmonds a cheque book with the instructions: “I want to see the first vineyard purchased and planted as soon as you can possibly do it.” Not quite 20 years later, Sileni sells wine to over 80 countries, with Graeme as the roving ambassador.

Just as when he initiated the Hastings Farmers’ Market and the “Wine Country” branding for Hawke’s Bay.

Just as when he launched a world-class athletic, fitness and sport science centre in Auckland, the AUT Millenium.

And now, as he sets out to change lives in Hawke’s Bay by capitalising on the experience and success of AUT Millenium to bring new energy, capacity and collaboration to tackling our region’s fitness, nutrition and sport development challenges.

His new project: The Hawke’s Bay Community Health and Sports Centre.

Avery’s vision is to combine the magnet of a first-rate community fitness facility (the \$15 million ‘bricks and mortar’ centre, to be located at the Hawke’s Bay Sports Park) with a concerted, grassroots-based programme delivering evidence-based nutrition and

fitness education and services to the community ... with a special focus on children.

So what’s new or unique about this?

The problem

NZ has an obesity epidemic.

In a country with the third-highest obesity rate in the OECD, Hawke’s Bay is one of the worst regions – 33% of HB adults are obese, with Māori at 48% and Pasifika people at 64%. Made worse by the fact that 55% of adults in HB do not engage in recommended minimum physical activity levels.

Obese people have many times greater risk of developing diabetes, whose complications affect their eyes, heart, nerves, feet and kidneys, with a greater chance of premature death. The cumulative health effects cause lower work productivity and generate enormous costs on the health system ... costs that will become unbearable in Hawke’s Bay as elsewhere.

The stakes are huge. The direct and indirect costs of obesity in New Zealand are estimated to be between \$1,200 and \$3,600 per obese person per year. In Hawke’s Bay alone, the regional cost of obesity is estimated to be between \$60 million and \$180 million per year ... at the lower end, more than \$1 billion over the course of a generation.

An investment to address obesity today has the potential to improve thousands of lives directly, greatly reduce health costs for society, and create a generational step-change in the region’s wellbeing.

Seems like a no-brainer. So what’s the investment strategy?

Invest in children

Of course, increased physical activity and healthier eating can improve lives at any age.

However, the evidence shows that people develop a propensity towards obesity from their earliest years (even the nutrition of pregnant mothers has a bearing), particularly in lower socio-economic families and communities.

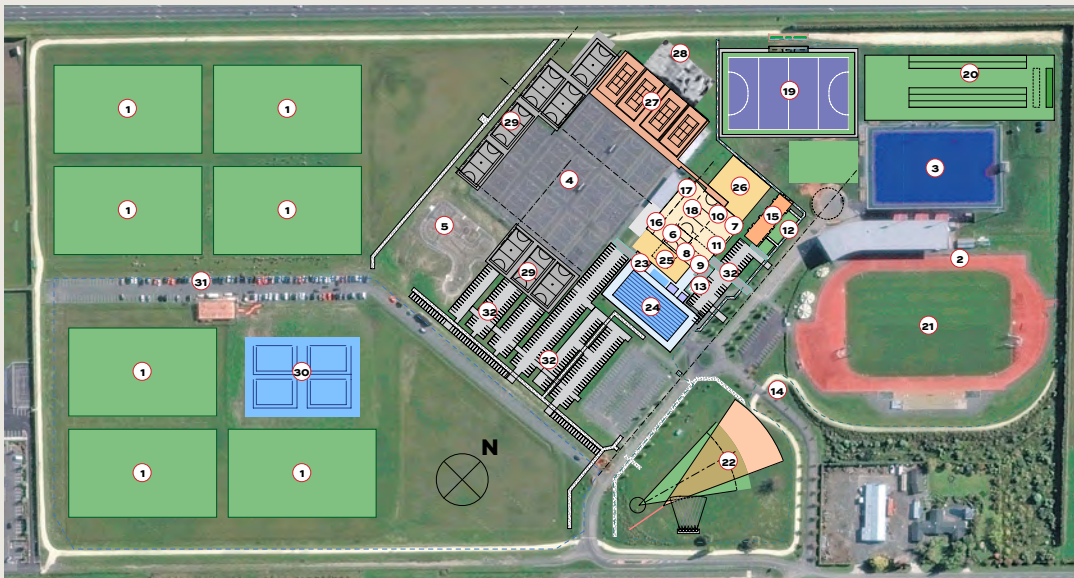
The bottom line: there’s far greater ‘bang for the buck’ in attempting to improve the nutrition and physical activity habits of children (up to ages 8-10) than trying to persuade any obese readers of this article to change their ways (sorry, to those readers).

Topping off the direct health benefit, more physical activity and better nutrition have been shown to improve learning ability and educational attainment in children.

So the goal – and challenge – is to change the activity and eating behaviour of children. And that’s what the Centre and its partners and programmes will chiefly

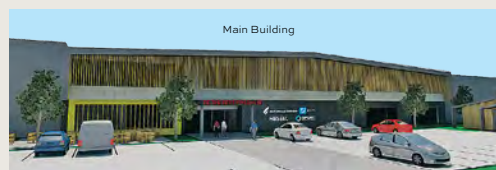
Hawke's Bay Community Health and Sports Centre

SITE PLAN
DEVELOPMENT
STAGES AT
HB REGIONAL
SPORTS PARK



Existing:

- 01 Sports fields
- 02 Athletics, track and stadium
- 03 Hockey pitch
- 04 Netball courts and pavilion
- 05 Cycle skills



NEW - stage 1 (community health and fitness):

- 06 Indoor recreation hall (schools especially)
- 07 Community health and fitness gym plus wellness centre
- 08 Medical centre
- 09 Cafe and living well-shop
- 10 Health and sports science research laboratory
- 11 Health and sports business IP innovation hub
- 12 Wellness exercise park (adults and children)
- 13 Children play area
- 14 Fitness trail with exercise stations
- 15 Accommodation lodge

NEW - stage 1 (Schools and sports groups):

- 15 Accommodation lodge
- 16 Strength and conditioning gym
- 17 Sport climbing walls (for training)
- 18 Sports Hall (for training)
 - Athletics / pole vault / sprint & speed testing track
 - Sports gymnastics
 - Court sports (netball / basketball / futsal / volleyball)
 - Indoor cricket nets
- 19 Extended full size hockey pitch
- 20 Archery range
- 21 All-weather recovery field
- 22 Athletics throws training field

NEW - stage 2 (community health and fitness):

- 23 Learn to swim / water safety education pool
- 24 Aquarobics / recreation swimming
- 25 Future extension (medical centre / living well centre)
- 26 Future extension (community health and fitness gym / health and sports science research labs)

NEW - stage 2 (Schools and sports groups):

- 24 Olympic pool (swimming / water polo training and competition)
- 27 Clay court tennis centre
- 28 Sport skateboard bowl (for training)
- 29 Netball courts (additional)
- 30 Canoe polo provision / triathlon (training)
- 31 Criterium circuit (cycling / triathlon training)
- 32 Car parking (additional)

As important as these new 'bricks and mortar' facilities are in providing a 'hub' for community fitness and sporting excellence, they represent the tip of the iceberg.

set out to do. And the icing on the cake ... a better pathway for progressing our most talented young athletes.

And although the focus is heavily on reaching young people, the Centre and its programmes will serve all age groups.

The Centre - bricks and mortar

Avery's Centre has two incarnations.

First is a set of physical facilities, all located at the Sports Park – a health and fitness gym, an indoor sports and recreation hall, climbing walls, an eight-lane indoor track, a strength and conditioning gym, an additional hockey pitch, a fitness trail with workout stations, an athletic

throws training area, a health science lab, and more. Even a 43-bed, self-catering lodge to accommodate school and sports groups using the other facilities. A Stage II envisions a 55-metre swimming pool, a freshwater pond for canoe polo, clay tennis courts and other facilities.

The purpose of these facilities is to cater to a wide range of fitness needs and aspirations for community users of all ages.

Having said that, the Centre will also provide in-region coaching and facilities to advance the skills and development of our most talented local young athletes. Avery puts the "sports talent" as about 15% of the users and beneficiaries of the facilities and associated programmes.

For the region's aspiring young athletes, the Centre will provide the now-missing training facilities that can further develop their talent with proven coaching programmes, while also exposing them to career opportunities in the sport, fitness and nutrition sectors.

The Stage I facilities will cost \$15 million, with about \$1 million in annual operating costs when fully in service. Avery says about \$12 million of this amount is already committed or in sight. The Avery Foundation, Pak'nSave and Ngāti Kahungunu have

contributed. The Hastings District Council has committed \$2 million from current funds, and is consulting with ratepayers this year to add another \$2 million.

A return on investment (ROI) analysis has been completed for the capital project that indicates a social payback of \$58.6 million over 25 years, a 4:1 return, with the initial investment recovered in four years. To realize that benefit, it is assumed that 55,000 individuals would participate in Centre programmes per year, yielding a 10% lifetime reduction in their obesity (and assuming 50% return to unhealthy lifestyles). This analysis is publicly available.

As important as these new 'bricks and mortar' facilities are in providing a 'hub' for community fitness and sporting excellence, they represent the tip of the iceberg.

The Centre - in the community

Avery and everyone involved in the current planning actually give more emphasis to the second aspect of the Centre – the hands-on nutrition and fitness educational programmes that will be delivered both at the hub facilities but well beyond that through pre-schools, schools, sports clubs and community groups, and existing health promotion networks.

As Graeme puts it: “The primary thrust and the predominant programmes will be all about community health and wellness, through highly structured programmes on healthy eating, health cooking, healthy food shopping and active recreation for life.”

According to one presentation: “... the Centre’s true impact will be through professional staff working with pre-schools, schools and community networks to promote greater knowledge, change attitudes and create new behaviours to achieve healthy lifestyles.”

And: “Community health and fitness programmes will be professionally developed and delivered based on best evidence from research, and supervised by certified instructors/coaches.”

I interviewed two of the ‘advance troops’ already working to give substance to the Centre’s on-the-ground programme. Both work at the coal face, and are passionate about the broad beneficial impact they see physical activity programmes have on the children and youth they work with.

Wendy Pirie has 20 years experience in exercise training and health science, and a master’s degree in child development. She currently runs TimberNook, which offers nature-based child development programmes, and previously was early childhood development officer at Sport Hawke’s Bay. She knows how to get kids moving!

Wendy’s been tapped to help research existing local and national programmes and educational tools that are working best to foster physical activity and sound nutrition for young children. She notes that roughly 90% of young children nationally are participating in an early learning facility of some sort. “We need to get the best available, evidence-based information into families using all channels, from books to social media.”

“We have some great organisations working alongside young children and their families, whānau in Hawke’s Bay across health, sport and social welfare. We’re identifying what’s in place and what we will need to provide ... and we’ll pull together all the agencies doing this work into one united group ... this hasn’t been done before.”

As Wendy sees it, the pathway – a broad “physical literacy” programme – extends from in-utero support to developing elite sport talent, with the ‘bricks and mortar’ Centre offering every child in Hawke’s Bay access to facilities to achieve their fullest potential without needing to leave the region – “the opportunity to aspire”.

Wendy is in the ‘inventorying’ stage of her work, but plans are to have the Centre’s first pilot programmes – both physical activity and nutrition-based – into place by year’s end, working with selected early childhood centres and primary schools.



Photo: Sarah Cates

“We’re identifying what’s in place and what we will need to provide ... and we’ll pull together all the agencies doing this work into one united group ... this hasn’t been done before.”

WENDY PIRIE, TIMBERNOOK

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Photo: Sarah Cates

“I talk to sports coordinators in schools and they are just swamped with juggling day-to-day tasks ... they don’t have the specialist training or the time”

MARCUS AGNEW, SENIOR TUTOR, EIT RECREATION AND SPORT PROGRAMME

With Wendy Pirie focused on the early childhood end of the spectrum, Marcus Agnew is focused at the other end – identifying and nurturing the talent of our most promising youth athletes.

Marcus has been a senior tutor in EIT’s Recreation and Sport programme since 2008, and holds a masters in health science. In his role for the Centre, he is building relationships with secondary schools and sport groups who want to ‘up their game’ in terms of physical conditioning programmes and sport training.

Already, schools like Havelock High, CHB College, Taradale, Wairoa College and Lindisfarne are working with Marcus in areas like fundamental movement training, healthy lifestyle and nutrition education, strength and resistance, and athletic development. Hastings Girls, Hastings Boys and Woodford are slated to join in as well. Hawke’s Bay Netball and HB Rowing are involved, as are emerging talented athletes from hockey, BMX, athletics and triathlon.

Marcus sees the Centre as offering schools throughout the region assistance in bringing best-practice into their own in-school physical activity and sports

programmes and improving training regimes and coaching skills in sport groups. “I talk to sports coordinators in schools and they are just swamped with juggling day-to-day tasks ... they don’t have the specialist training or the time” to be on top of the latest developments in sport science or skill development.

The Centre will come into the schools to identify and work with high potential athletes, as well as provide tailored programmes for them using the Centre’s facilities. Schools will participate on a user-pays basis.

In working with individual athletes, Marcus sees firsthand proof of benefits far beyond better sport skills and performance – attitudes change about work ethic, school achievement, sound nutrition ... even career aspiration as youth are exposed to possible futures in health science, health promotion, coaching, fitness and nutrition training. He emphasizes, “I see this work, it’s not conceptual to me.”

He points to his work with rugby athletes from Wairoa College, four-hour sessions held alternately in Wairoa and the HB Sports Park, where a ‘pop-up’ conditioning gym is already in place. “They love to learn about lifting weights and strength movements and that gives us the chance to talk about school work and proper eating.” The idea of busing kids in from Wairoa and CHB to use the Centre’s facilities is baked into the scheme, and is one of the reasons the Centre includes a 43-bed lodge with cooking facilities – proper training and proper eating go together.

Stakeholders on board

Without question, Graeme Avery is the catalyst for and leader of this endeavor. “Sport and health have been my life,” he says. Now he’s sounded the bugle, asking for help.

Says Sport HB chief executive Mark Aspden, “Graeme’s a remarkable combination of skills and experience spanning business, health, sport and philanthropy almost impossible to replicate in one person. Given his proven track record of getting it done in Auckland on a bigger scale, when he comes along and says I’ve done this and I’ll do it in HB, no one can say it can’t be done ... Combine that with his passion for wanting to make a difference, you have someone uniquely able to pull the pieces of the jigsaw puzzle together.”

While Marcus and Wendy represent the ‘grassroots’ side of the Centre team, the Hawke’s Bay DHB, EIT and Sport Hawke’s Bay represent the major local institutional partners, joined by Auckland’s AUT Millennium Institute of Sport and Health, which Avery also co-founded.

Their attitudes – enthusiastic in every case – and collaboration are crucial to the success of the Centre. Chief executives of

EIT and Sport HB, Chris Collins and Mark Aspden, sit on the HB Community Fitness Trust that is overseeing the initiative, and the Trust has signed a MOU securing the participation of the DHB.

The DHB presently puts the most resource into health promotion, spending about \$500,000 per year on programmes focused on healthy weight in children. These range from nutrition and physical activity advice provided to pregnant women, to nurse checks on kids four years old and under (B4SC), to encouraging water-only schools (i.e, no fizzies). To deliver these programmes, DHB partners with groups like Sport HB, Plunket and Te Taiwhenua o Heretaunga.

But as DHB chief executive Kevin Snee notes, much of the underpinning for good health in the community involves the broader environment – such as proper housing, safe drinking water, education, income inequity – and the institutions responsible in those areas.

He says: “We’re dealing with complex problems that are difficult to crack, like obesity and poverty, and one of the best ways to help the community is to have the key organisations lined up and working to agreed programmes. Hawke’s Bay over a long time has been bedeviled by not being able to get those organisations working well together ... Any opportunity that comes along that provides the focus for collective action should be viewed positively.”

EIT views itself as a “key regional stakeholder” in the initiative. “It will only work if the entire community gets behind it ... we need each other,” says Mark Oldershaw, EIT’s deputy chief executive. He emphasizes the hands-on role EIT can play in the long-term research meant to inform community wellness interventions and document outcomes.

EIT can also contribute by training the talent required to meet the specialist needs envisioned by the Centre. Finding the professional talent is critical to Avery. EIT presently graduates about 100 students with certificates or degrees in the areas of health science, fitness, sport and recreation, and nearly another 100 in nursing. It has expertise in high performance athletes. Oldershaw sees “fantastic opportunities” for EIT to work with secondary schools to open students’ eyes to health promotion career options ... the Centre, from facilities to research, being a “magnet” for local and international students alike.

Sport Hawke’s Bay brings 60 staff and a \$3-4 million budget to the region’s sport and fitness sector, including some programmes complementary to the Centre’s goals. Mark Aspden is looking forward to the Hawke’s Bay-specific research envisioned by the Centre to inform more effective and better-tailored local interventions. “We need to

“If we don’t get it right at school academically and with the whole child, these kids will cost the country an absolute fortune. We have multi-million dollar families at this school through health and social welfare costs.”

MATT O'DOWDA PRINCIPAL,
KIMI ORA SCHOOL

take each other’s learnings and go from there to develop a unified programme.”

Snee, Oldershaw and Aspden each emphasize that the challenge of lifting health and fitness outcomes and, in particular, curbing obesity in Hawke’s Bay is both long-term and beyond the capacity of any single organisation. They welcome Avery’s catalytic role, see huge opportunities for their organisations and the community in the proposition, and are eager to play formative roles in developing the detail of what the Centre will offer.

Says Graeme simply: “What we’re doing now is fragmented, not integrated, and it’s not working.”

Too elitist?

Is a Centre aiming – in part – to bring out the best in our top athletes too elitist?

Marcus Agnew responds, “We have no supporting dollars in the region to support our best athletes ... Why should our best kids have to leave Hawke’s Bay in the fourth form if they want to excel? That’s a blight on our



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Fitness advocate, Sir Graeme Avery, at Kimi Ora. Photo: Sarah Cates

“What we’re doing now is fragmented, not integrated, and it’s not working.”

SIR GRAEME AVERY

region.” Why wouldn’t we want to produce Olympic qualifiers on our home ground?

But he notes that producing Olympic qualifiers starts with the community programmes. “The wider the base, the higher the pyramid.”

Moreover, what might be ‘elitist’ is prizing only ‘academics’, to the neglect of healthy bodies and life skills.

Matt O’Dowda would echo that. He has no problem with a Centre that nurtures excellence. He’s principal at Kimi Ora, a Flaxmere decile 1 primary school with an 80% Pasifika and 20% Māori (plus 1 Pakeha) student population. Students making massive strides academically under his team.

“Health and wellbeing is massively important,” he says. His school places an extraordinary emphasis on physical activity and sound nutrition. Every child participates in a half-hour of ‘whole school fitness’ to begin the day, breakfasts and \$1 lunches are provided (only 6 kids out of 130 bring their own lunch), and the kids even learn to prepare healthy menus, shop for and prepare healthy meals.

As Matt sees it, as a teacher you’re here to make a difference. “It’s not a 5-year-old’s fault if he comes to school without eating breakfast or with no lunch ... you don’t have a very good mum, tough.” Meeting the most basic physical needs of his students

is an absolute prerequisite for progressing them academically. “What kind of academic outcome are you going to get in the afternoon from a kid who just had a packet of biscuits for lunch ... kids who are on sugar highs or have no energy at all?”

Moreover he notes, “Learning is about a helluva lot more than reading, writing and maths. For our kids, learning about life and how to look after yourself is way more important ... there’s not much point to reading, writing and maths if you’re not alive at 25 because you’ve had a heart attack or you’ve got diabetes and you’re sick.”

“If we don’t get it right at school academically and with the whole child, these kids will cost the country an absolute fortune. We have multi-million dollar families at this school through health and social welfare costs.”

Matt looks to the future benefits. “We need to fix this age group of kids ... life skills for these kids is really important ... what can you cook for a dollar a day per person that’s healthy? Within ten or fifteen years, quite a few of the kids from here will be parents and if we can get some good sense into them now, then that kid is going to affect the next generation.”

What else needs to be done? Matt notes that most of his kids don’t get driven to Saturday sport or swimming and dancing

classes; most of their families can’t provide participation opportunities that require a car or cost money, so it falls to the school to step in. At Kimi Ora, two young multi-lingual teacher aides are on staff to give the kids high quality PE and sport skills. “These kids love playing sports, they’re big and strong, they have great potential and we can provide the groundwork, but what’s the next step?” Matt asks.

He sees the Centre as “the next level, giving our top kids access to the best facilities and coaching ... there’s more potential in these kids than there are from lots of the top decile schools”.

“If we don’t have a top facility, then our Flaxmere elite kids are going to miss out on the opportunity to get themselves out of a place like this ... that’s a huge life chance our kids will miss out on ... it could mean a massive future for those kids.”

What next?

The institutional stakeholders are rallying to Graeme Avery’s bugle call. All give him high marks for his collaborative style, and all are committed to digging in and using their expertise to co-develop programme and research details and implementation plans. Some of the most important planning involves research.

Committed to results, Avery is determined to measure and document the effectiveness of the Centre at changing lives. The Centre plans two large-scale, long-term research projects, costing \$5 million per annum in total and requiring separate funding. One is a longitudinal study to document lifelong benefits from healthy eating and activity in HB. The other is a pre-school to intermediate school study to benchmark the relevant behavioural habits of the region’s young students and measure programme impact. EIT, DHB and AUT will be the key players here.

Graeme himself will focus on capital fundraising over the coming months. With \$12 million already in the pipeline, he’s pegged construction to start mid-2017, with ‘doors open’ in early 2019. In the meantime, pilot programmes will be trialed with clusters of schools in Flaxmere and Havelock North, as well as Wairoa and CHB.

At its most obvious level, the Centre is about healthy eating and fitness. Worthy enough.

But what really motivates Sir Graeme Avery is the need and opportunity to change lives. He describes a conversation Marcus Agnew had with a ten-year-old already participating in the Centre’s Wairoa programme. He asked the boy what he wanted to be. “President”, the boy replied. “President of what?” Marcus asked. “The Mongrel Mob” said the boy.

Avery and his mob are really out to change that life.

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The Nuka System of Care

SARAH CATES

TRACEE TE HUIA WAS FRUSTRATED.

As general manager of Māori Health at Hawke's Bay District Health Board, she said, "I couldn't understand it. We have integrated teams, committed staff, and great leaders. We are working hard to form strong partnerships within our communities, and yet we are still struggling to get on top of some persistent health issues."

In 2015, Te Huia and other health executives from around the world were invited to Alaska to learn how the Southcentral Foundation (SCF) developed a highly successful, internationally renowned, tribally managed health care system called the "Nuka System of Care" – 'Nuka' is an Alaska Native word for strong, giant structures and living things.

The Nuka System of Care is managed and owned by Alaska Native people. Te Huia said, "I felt honoured to be invited and have the opportunity to learn from Alaska. The similarities were striking between us in Hawke's Bay and when they first introduced the new system in 1982. Back then they were experiencing alarming rates of diabetes, child abuse, mental illness, domestic violence and increased presentations in the Emergency Department. I felt we could learn from them."

SCF is a nonprofit health care organisation that manages services for 229 federally recognised tribes serving around 65,000 Alaska Native and American Indian people living in Anchorage, Matanuska-Susitna Valley, and 55 rural villages. It is recognised as one of the world's leading models of health care redesign. The system is based on a whole care or 'wrap around' approach where departments and programmes work interconnected with each other and the community, in order to achieve physical, mental, emotional, and spiritual wellness of the people.

Much of their success is attributed to the change of ownership from a bureaucratic, centrally controlled system,

to self-determined, customer-ownership. With this change, Alaska Native People were put firmly in the driver's seat for all the decisions and administration. The responsibility of caring for their people became solely theirs. This initiated a complete redesign of health care delivery, philosophy and values. Starting with an operating budget of \$3 million (\$US) and a staff of 25, three decades on they have grown these figures to \$210 million (\$US) and a workforce of 1,500.

What do they do differently?

Tracee comments, "The Nuka System of Care is built around meeting the needs of the customer-owners. The customers are equals. The system is based on three basic beliefs – Customer Ownership, Relationships and Whole System Transformation. There is a sharing of power between the doctor and the customer, allowing the customer to have complete ownership of their own health. The customer is assigned to a primary care team made up of a doctor, a nurse, behavioural experts and an administrator. The philosophy is one of collective responsibility shared between the specialists and the customer."

The Nuka System of Care did not simply spring from the ground; with ownership came a sense of autonomy that freed them to be innovative, creative, and truly address the real challenges of their people. They initiated an aggressive campaign to find out what their customer-owners needed to enable them to take charge of their own lives. These findings became the blueprint of a system that prioritised the needs and values of the community. The research also highlighted low staff morale, high staff turnover, and a general feeling of 'us versus them'.

Tracee continued, "importantly it is not just the customers this system focuses on; it has a strong emphasis on the wellness and

development of its employees. Wellness is literally lived throughout the staff, they all know one another's unique 'stories'. This is carried on through to the customers."

SCF places high value on building, and nurturing strong, effective relationships among the employees. Through a culture based on trust, SCF goals, objectives, and work plans – across the organisation – are efficiently accomplished. This element of trust is demonstrated to the staff from the executive leaders. The leaders are required

"Back then they were experiencing alarming rates of diabetes, child abuse, mental illness, domestic violence and increased presentations in the Emergency Department. I felt we could learn from them."

TRACEE TE HUIA, GENERAL MANAGER OF MĀORI HEALTH, HBDHB

to share personal experiences, actively invite discussion and questions, openly admit mistakes, and celebrate successes. All new employees attend a three-day mandatory core training lead by the CEO.

Te Huia commented "many of the employees are Alaska Native and American Indian customer-owners, this includes 60% of their management staff, and both clinical and non-clinical roles. The board of directors and advisory board members are solely comprised from customer-owners – the organisation is literally a microcosm of its community. This results in a better understanding of what the customer really needs to create positive and long-term change in their lives. Ultimately this has

Values related to patient self-responsibility reflect the Nuka System of Care, as embraced by Gary Martin, HB Hospital psychiatric nurse and other DHB caregivers. Photo: Sarah Cates



an effect on the use of resources, as people, and their families, stay well.”

SCF is well-known for its accountability. Their commitment to performance measurement and utilization of data has won them international awards. SCF feel this commitment has played a huge role in the continuing successes of their organisation. In 2003 SCF established the SCF Data Mall. This enabled front line employees to access aggregate and individual data. Individuals and primary health teams can compare their performance against their peers, and nationally-accepted bench marks. Access to the higher performing employees and teams, supported with training, has resulted in tremendous gains across the organisation.

Te Huia realised that there is a problem within our system. She came to the awareness that the answers to the persistent health problems lie within our own whānau and how HBDHB operates, and communicates with both its employees and the community. In an attempt to address this DHB has developed its own

Transform and Sustain initiatives that incorporate some of SCF’s values.

A big part of this initiative is customer engagement. An example of this is the Partnership Advisory Group (P.A.G). P.A.G works hand in hand with mental health services. They are a group of volunteers who speak with lived mental health experiences. They had valuable input into the redesign of the new inpatient Mental Health Unit – Nga Rau Rakau – and services.

Debra Grace, chairperson of P.A.G, said, “While I admire the intentions of the mental health policies and the new initiatives, we have a long way to go before we can achieve what our Alaskan friends have. All DHB employees wear core values on ID lanyards that sit next to their hearts every day. However, there is still a corporate disconnect from Joe public”.

“P.A.G is a good example of how customers can have an influence on services. The structure is all there. But sometimes the great intentions of management do not get through the layers,

to the people on the wards, therefore the patient misses out. I do believe the answers are on our own door step. Just ask the right questions of the right people.”

The Nuka System of Care was developed through a change of ownership, listening to the people, and prioritising the needs of those people. Words became actions. Tracee is confident HBDHB can incorporate some of the learnings from Alaska and greatly improve services. But, with three decades on us, we have a long way to go.

Royston Hospital is pleased to sponsor robust examination of health issues in Hawke’s Bay. This reporting is prepared by BayBuzz. Any editorial views expressed are those of the BayBuzz team.



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Yoga

MARK SWEET



IN THE LATTER YEARS OF THE 1960s, *Time* magazine ran an article on yoga which featured a teacher in Sydney named Michael Volin.

At the time my father was experiencing severe lower back pain. His doctor in Napier recommended surgery.

Time magazine claimed yoga could alleviate, and in some cases heal, injuries of the spine, so dad packed his bag and spent a week with Michael Volin in Sydney.

He returned a yoga devotee, and every

morning he would exercise in the sitting room, finishing up in a headstand. And he shared with anyone who was interested, and many who were not, the benefits of controlled breathing, postures, and cleaning the tongue with a spoon first thing. We had a notice pinned on the kitchen wall – people who stand on their heads are bloody minded – a reminder to dad that his enthusiasm for yoga bordered on the obsessive.

His back was fixed.

Later he studied with Richard Hittleman

in California and our whānau turned vegetarian at his behest. As a teenager, I often followed my father doing his asanas (postures), and pranayama (breathing): the 1-4-2 breath, alternate nostril breathing, the cleansing breath, and a hissing through teeth that left me pleasantly dizzy.

After leaving home I never did yoga again, so it was with nostalgic trepidation that I sat on a mat for the first 2017 Beginners Class, Yin Yoga Napier, instructed by Carol Neilson.



Silke Whittaker from Heartspace Yoga takes a class at The Space in Hastings. Photo: Tim Whittaker

“And he shared with anyone who was interested, and many who were not, the benefits of controlled breathing, postures, and cleaning the tongue with a spoon first thing.”

YIN

The practice room is pleasantly proportioned with a high ceiling and is situated on the first floor of an art deco building in Napier.

After an introduction, Carol guides the group through a series of postures explaining the technique and their purpose. We are asked to hold the postures at whatever degree of difficulty we reach and breath into the places of resistance in our bodies.

Later Carol explains. “Yin is about slowing right down and finding the shape

and form of the posture that fits your body. Yin asks that you be present in your body with whatever sensations are going on, physical and emotional.”

The word, Yin, comes from Chinese philosophy, and is the passive female principle of the universe. The yoga style was developed by American martial arts master, Paulie Zink, in the late 1970s as a way to bring flexibility to the strong (yang) but tight muscles of the martial artist. Zink’s technique was to hold traditional



“Yin works with meridian lines in the body, and when the postures press on the organs, the meridians are activated releasing a flow of energy. Some people finish a session a bit out of it. I call it yoga stoned, because of the release of energy.”

CAROL NEILSON,
YIN YOGA

seated and supine asanas for three to five minutes, stretching connective tissue (fascia) around the joints.

And Carol points out, “Yin works with meridian lines in the body, and when the postures press on the organs, the meridians are activated releasing a flow of energy. Some people finish a session a bit out of it. I call it yoga stoned, because of the release of energy.”

In the forward bend my lower back and shoulders ache. Carol instructs to breath deeply and rhythmically into the points of discomfort, and imagine the breath dissolving the pain. I do as I’m told and it works, but alas, no yoga stone.

Carol Neilson was born in England, emigrating to New Zealand aged seven. She first trained and practised nursing. Later she had a career in education and personal development.

“My work has always been with people, communication, and healing.” Yoga seemed a natural fit with her fascination of “neuroscience and mind-body connection, which we’ve known about for centuries, but now have the science to support.”

Carol is referring to mBraining, and its therapeutic capacity mBIT (Multiple Brain Integration Techniques), based on the

concept that intelligence lies not only in our brains, but in our hearts and stomachs also. And she references ancient knowledge of chakras when she says, “Our emotions are held in our bodies; grief in the lungs, anger in the liver, fear in the kidneys.”

Integrating the latest neuroscience discoveries and ancient knowledge into yoga practice is exciting territory for Carol Neilson. “We can change our wiring. We can change our DNA, and the lineage we’ve arisen from.”

BIKRAM

In contrast to the slow-paced gentility of Yin, Bikram yoga is a serious workout, consisting of twenty-six connected postures, performed in a room heated to around 40C degrees.

In his studio above the old State Theatre in Hastings, Jack Smith, runs a busy schedule beginning at 6am. Hastings born, he was an HR manager at Wattie’s Industries, and later with Goodman Fielder Wattie, based in Auckland.

When, at the encouragement of his wife and daughters, he “tried yoga”, at first he “made a joke of it as most men do,” but soon the benefits to his wellbeing were obvious, and he decided he wanted to teach.

In 2008 Jack undertook a nine-week intensive Bikram teacher-training course in Mexico. Founder of the style, Bikram Choudhury, supervised the class of over three hundred students. Jack’s first qualified Bikram teaching was under the patronage of Dave Edwards in Auckland, and when he returned to Hastings, he taught at Pettigrew Green Arena, before opening his own studio in 2012.

Bikram Choudhury’s system of yoga, developed in the 1970s, begins with pranayama breathing followed by eleven standing asanas. They are traditional yoga poses, as are the fourteen asanas performed on the floor.

In the class, Jack Smith guides his students through the poses in a rapid delivery of instructions, reminiscent of an auctioneer. “Breath, breath, pull, stretch, breath, breath, eyes open, lock your knees, lock your knees, last chance, lock your knees”

It’s part of the full-on Bikram system and Choudhury has a reputation for treating his students harshly. He pushes his students “for a purpose, to take them further than they thought possible,” says Jack.



Photo: Tim Whittaker

“I see how flexible my own grandchildren are, I tell my students, when you were a kid you could do these poses, which means you’ve still got it in you to return that state of flexibility.”

JACK SMITH,
BIKRAM YOGA



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Photo: Tim Whittaker

“A lot of people think yoga is the asanas, doing the exercises, but they are just one aspect of an eight-fold process ending in enlightenment, and it’s up to the teacher to introduce pranayama breath control.”

LUCINDA SHERRATT,
IYENGA YOGA

Now sixty-two years old, married to Rama for forty-four years, and a devoted family man, it’s not in Jack Smith’s nature to bully. Rather he borrows from his life experience in encouraging his students. “I see how flexible my own grandchildren are,” he says. “I tell my students, when you were a kid you could do these poses, which means you’ve still got it in you to return that state of flexibility.”

Jack calls it the Benjamin Button syndrome after the character who grew younger as he aged.

His experience also informs him that resistance to going further in postures is often “a blockage in our brain telling us we can’t do it, but much of that is fear-based, because the last thing we need is to injure ourselves and put our work at risk.”

Bringing a gentle touch and wisdom to his Bikram teaching style, Jack Smith offers a vigorous yoga workout designed to improve flexibility, general fitness, and wellbeing.

IYENGA

In her house on the beachfront at Te Awanga, Lucinda Sherratt has a studio where she teaches private clients in Iyenga yoga. She also conducts regular group sessions at different locations.

A feature of Iyenga is the use of props. “To help those who are less flexible get into a

pose, or for people who are more flexible to get deeper into a pose,” says Lucinda. And she shows me by winding a strap around my arms to assist her pulling me into a backward bend, over a bolster, while kneeling on the ground, a position I could not achieve without help. What surprised me was how happily my body accepted assistance.

What distinguishes Iyenga teachers from others “are the very strict guidelines of teaching different levels of poses,” Lucinda explains. “To become a top Iyenga teacher takes thirty years, and a teacher cannot take students, or themselves, beyond those poses, the idea being you are guided through poses that suit your stage of development.”

Lucinda Sherratt attended her first yoga class in Auckland in 1999, but she was working in the film industry at the time, and it wasn’t until she traveled to India en-route to France did she do “lots of yoga”.

As if fate was guiding her, opposite her apartment in Paris was a yoga school. “The teacher was a blind woman who only spoke French, so it was hard core listening to understand what she was saying.”

Returning to India, Lucinda spent five weeks at Sivananda Ashram in Uttarkashi, and “really got hooked”. Deciding to deepen her practice and knowledge, Lucinda attended Wellpark College of Natural Therapies in Auckland, where, among other

disciplines, including Ayurvedic medicine, she studied the philosophy of the eight limbs of yoga.

“A lot of people think yoga is the asanas, doing the exercises, but they are just one aspect of an eight-fold process ending in enlightenment, and it’s up to the teacher to introduce pranayama breath control.”

The first limb are the Yamas, rules of moral code that include non-violence, truthfulness, not stealing, and sexual restraint. The Niyamas are rules of personal behaviour – purity, contentment, discipline, spiritual study, and devotion. Asanas (postures) and Pranayama (breathing) rank third and fourth of the limbs on the path to merging with the divine, Samadhi.

The classical purpose of physical yoga is to prepare the mind and body to attain perfection of the limbs preceding enlightenment.

Pratyahara is withdrawal of the senses. Dharana is concentration. And Dhyana, the practice of meditation.

Passionate about the philosophy and the practice of yoga, Lucinda Sherratt returned to India in 2012 to further her study of Iyenga yoga. She was already teaching, first in Auckland then Hawke’s Bay, and had “practised many different yoga styles, but the only one that speaks about alignment in such detail is Iyenga.”



Photo: Sarah Cates

In her holistic approach, Rachel Chapman's aim is to "reduce the stress during pregnancy, and in the early years, so we create an easier space for the child to grow into themselves."

RACHEL CHAPMAN, PREGNANCY YOGA



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Photo: Tim Whittaker

“We encourage our students to try out the different styles until they find one that suits them,” says Urs. “We’re all looking outside for things to make us happy,” Doris says, “but it’s being in the moment, being in the breath, then you will discover something different.”

URS AND DORIS BLUM, HATHA YOGA

B.K.S Iyenga was ninety-two years old when Lucinda attended his ashram in Pune. He was no longer actively teaching. His granddaughter, Abhijata, had assumed that role, but the old man still attended, practising for three hours a day.

Explaining the focus on alignment, Lucinda says, “Mr Iyenga talks about the skin of your palm; how is the skin of your palm sitting in downward dog? The deeper you go into how the spine, joints, muscle structure, and organs are aligned, the deeper you become aware of different levels beyond raw physical matter.”

There are five levels of Iyenga certification. Lucinda Sherratt is Junior Intermediate Level 1, the highest graded teacher in Hawke’s Bay.

Being a keen promoter of yoga, Lucinda has helped organise a two-day introduction programme at the Bostock Edible Garden Show, being staged at the Showgrounds in Hastings. Five teachers will take half-hour classes from 10am to 12.30pm, 25 and 26 March.

PREGNANCY

The day we meet is the tenth anniversary of Rachel Chapman’s arrival in New Zealand. She came as a volunteer for DOC, joining a conservation project on Tiritiri Island in the Hauraki Gulf.

Born in Yorkshire, Rachel first practised yoga at university, and after graduating to a stressful marketing management job, “found yoga as a way to relax and unwind”.

Today she is a graduate of the International Yoga Training Association, and specialises in yoga for pregnancy, pre and post natal, which she trained for in London. Rachel started teaching yoga to pregnant women when she was herself pregnant with her first child. She met her partner on her working holiday.

Soon after the birth of their daughter, the family moved back to Rachel’s home in North Yorkshire, a rural community, where she taught yoga with the support of Sure Start, a government programme assisting parents and children from pregnancy until four years old.

On returning to live in Havelock North five years ago, Rachel saw that, “nobody was offering consistent weekly classes,” so, she did.

Her teaching of pre-natal women is “physical, emotional, and spiritual preparation for birth”. Asanas include, “physical support of the pelvis which opens for birth,” and, “breathing helps with the fear and anxiety. The breath is the constant,” says Rachel. “No one else can do that for them.”

Encouraging “women to make a connection with the baby,” is a focus, and as Rachel points out, “babies can hear their mother’s voice from eighteen weeks”. From her own experience she recalls, “I did a lot of chanting while pregnant with my first child, and after the birth, one day I chanted, and my daughter obviously recognised.” In post-natal classes Rachel teaches mother’s “to use chant or the breath to calm their babies”.

In her holistic approach, Rachel Chapman’s aim is to “reduce the stress during pregnancy, and in the early years, so we create an easier space for the child to grow into themselves.”

Rachel also teaches adult classes in a meditative yoga termed ‘hidra’, which brings deep relaxation to the body, and calming of the mind.

HATHA

“All yoga is hatha,” says Doris Blum when I meet with her and her husband, Urs, in their studio in Havelock North.

I asked because the class I’m attending

with Doris is described so, and I assumed hatha was a separate style of yoga, but I discover this resourceful couple have a holistic approach to teaching where, “a student shouldn’t have to fit the practice, the practice should be designed to fit them.”

Urs explains. “All modern yoga comes from the same source, that is, Krishnamacharya (1888-1989). He taught B K S Iyenga, Pattabhi Jois (Ashtanga), and many others, including Mohan.” A feature of Krishnamacharya’s approach was that every student is absolutely unique and should be “taught according to his or her individual capacity at any given time.”

Krishnamacharya’s respect for the individual was informed by his practice as a doctor in Ayurvedic medicine, which recognises the unique composition of each person, yet fitting one of three general physical/mental/emotion types; the doshas – Vata, Pitta, and Kapha.

Doris and Urs have blended their knowledge of Ayurvedic medicine with their yoga.

“I find it very helpful to look at individual personalities from an Ayurvedic perspective,” says Doris. “It allows us to look at issues from a wider perspective – from a therapeutic yoga perspective,” Urs adds.

It was Doris who initiated the journey into yoga. After a dinner party with friends one of the guests demonstrated some poses. She

was Napier yoga teacher, Claire Woodham, and Doris was impressed, so she attended her classes.

The Blums settled in Napier in 1995 after “falling in love” with New Zealand on a holiday five years earlier. “Switzerland is very much career oriented and you just go, go, go and don’t deviate from that path,” says Doris. “We wanted a life where we could spend more time together and not just work, work, work.”

However work did not escape them. On emigrating, the couple established and operated The Masters Lodge, an upmarket BnB on Bluff Hill. “It was 24/7,” says Doris, and only after selling the Lodge in 2001 did she have time to follow her passion for yoga.

Doris studied in Cairns with renowned yoga teacher, Nicky Knoff, and later found a man she considers her “prime teacher”, John Scott. “I fell in love with his personality and the way he teaches from the heart.”

Urs was attracted to yoga, ‘After seeing the positive changes it was having on Doris.’ “I wasn’t so nasty,” says Doris with a chuckle.

Their interest in Ayurvedic medicine saw Doris study at Wellpark College, and Urs follows the teachings of A G Mohan, founder of Svastha Yoga and Ayurveda. The Sanskrit meaning of Svastha is ‘to stay in one’s own abode’ – the Eastern sensibility to the Western adage, ‘Know thyself’.

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Photo: Tim Whittaker

For twenty-one years, starting in 1985, Peter followed a course of study under the late Sri K Pattabhi Jois (1915-2009) the father of Ashtanga Vinyasa yoga. Ashtanga means eight limbs (of yoga), and Vinyassa, is movement.

PETER SANSON,
ASHTANGA YOGA

the different styles until they find one that suits them," says Urs. "We're all looking outside for things to make us happy," Doris says, "but it's being in the moment, being in the breath, then you will discover something different."

The class is full, and starts with a sitting meditation, focusing on the breath. Soon we move to asanas both standing and sitting. Some students are familiar, gliding fluidly with the routine. A few are not as adept, though none as inflexible as me. Doris helps with instructions, but I'm too much a novice to keep up.

Doris and Urs Blum have a loyal following in their evolving holistic approach to yoga, and they generously share their Breath studio with other teachers.

ASHTANGA

When I asked Doris and Urs what their style of yoga was, they said "Ashtanga", and were quick to point out that Hawke's Bay is privileged to have one of traditional Ashtanga yoga's most respected exponents residing and teaching here.

Peter Sanson was in Mysore, and I didn't speak to him, but his reputation is well documented. Google his name and there are over five pages.

For twenty-one years, starting in 1985, Peter followed a course of study under the late Sri K Pattabhi Jois (1915-2009) the father of Ashtanga Vinyasa yoga. Ashtanga means eight limbs (of yoga), and Vinyassa, is movement.

In the flyer to a workshop he is teaching in Barcelona in June, Peter Sanson is introduced as "a very good opportunity to practise with one of the oldest students of Pattabhi Jois who has maintained the purity of practise with devotion and humility." The Copenhagen workshop of his 2017 European teaching tour says, "Peter is from New Zealand and a rare and genuine teacher with long term relations to Mysore and Guruji's teachings."

Having missed the opportunity to speak with Peter, and witness his teaching, instead I attended a one-on-one demonstration at the Shri K Pattabhi Jois Ashtanga Yoga Institute in Mysore, courtesy of YouTube.

What I viewed was a series of repeated asanas, often linked with jumps, then held for a count. The session ended with pranayama and meditation. The practitioner was skilled and graceful and the overall image was a dance of meditation in movement.

From Doris's class, and earlier observing the beginning of Urs guiding two students, their influence from Ashtanga is obvious.

What distinguishes Mysore style is strict adherence to patterns and forms which do not allow for deviation, and like Iyenga, takes decades to pass through the layers of complexity.

Peter Sanson holds Advanced B teaching certification from the Mysore Institute, a rare accomplishment for a Westerner. His studio is above Chantelle in Napier. Classes are held daily, except Friday and Sunday, and the next workshop is four days over Easter long weekend.

Returning to yoga after fifty years has been a journey in memory and discovery. The postures I learned as a teenager are mostly unchanged, and that the breath is a core of practice, is the same. What I didn't appreciate then was that yoga as a portal to physical, mental, and emotional wellbeing.

In Hawke's Bay we are fortunate to have teachers of many yoga styles offering regular classes. Whether it's physical fitness you're after, or something deeper, there's a style to suit every aspiration.



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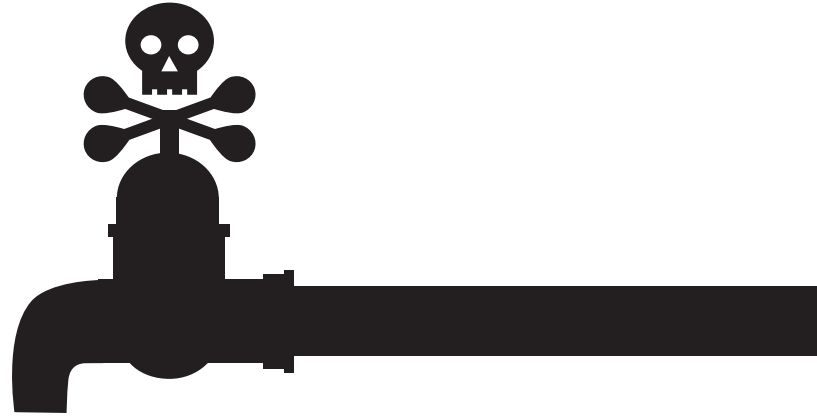
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What happened in Havelock North on August 12 last year was without precedent. A rainstorm flooded this pond near a municipal bore field, filling it with sheep faeces, which led to 5,200 people becoming ill from campylobacter.



Half-time at the Havelock Water Inquiry

SOPHIE PRICE

So grave was the situation, New Zealand's Attorney General, Chris Finlayson, called for a Government Inquiry.

THE INQUIRY, WHICH STARTED LAST OCTOBER, was set up to look at how the Havelock North water supply became contaminated, how this was subsequently addressed and how local and central government agencies responded to the public health threat that occurred as a result of the contamination.

Investigating in two stages, a panel of three was set up comprised of public health specialist Dr Karen Poutasi, professional engineer Anthony Wilson and retired Court of Appeal Judge, the Honourable Lynton Stevens QC, who is chairing the process.

They are due to report back to Finlayson on March 31. Stage one concluded on February 15, with Inquiry counsels assisting (effectively the staff to the Inquiry) – Nathan Gedye QC and Fionnghuala Cuncannon – presenting their closing submissions to the panel.

Between them they addressed almost 100 “faults, failures or inadequacies” of the main actors in the crisis – Hastings District Council, Hawke's Bay Regional Council, Hawke's Bay District Health Board and the Drinking Water Assessors.

It is important to note that these closing submissions from the Inquiry's own counsel should not be taken as conclusive. Rather, they are one step in the inquiry process for the panel to consider. “We accept that none of the faults or failings to be submitted had a direct or approximate or a substantial causative effect on the outbreak and the harm flowing from it,” Gedye said.

The parties involved had the chance to respond in written form, documents which were not available at the time of press.

During the presentations to the panel, Gedye and Cuncannon said some problems were recurrent over years, becoming systematic. Others were simply a lack of willingness of people to be educated on the processes that should have been in place to prevent such an incident.

The panel heard that, at their worst, these faults led to breaches of consent and laws not being followed, all of which led to the 12 August crisis.

HBRC

The regional council was first authority under the microscope during closing submissions by the counsels assisting. Gedye listed for the panel twelve areas where he felt HBRC fell short.

This included the staff failing to educate themselves about the aquifer, especially around the time the HDC's 10-year water take consent was issued for the Brookvale Road bores in 2008. He said this lack of information seemingly led to poor consent monitoring.

“In 2008 at the consent assessment relating to HDC's water permit application insufficient information was obtained specific to contamination risk,” he said.

“Further the regional council failed to identify the risks arising from the proximity or possible proximity of livestock to the bore field, these bores being mere metres from paddocks and roadside drains.”

Gedye explained that when the consent was issued, the regional council believed it had no responsibility for the protection of drinking water sources.

The council's monitoring of the water take consent was also called into question, with Gedye submitting that the regional council did not check for compliance with conditions.

“In addition, the regional council reports



AUTOPSIES HAVE BEEN COMPLETED ON THE CULPRIT BORES, NARROWING DISAGREEMENT ON WHAT HAPPENED

Gedye submitted to the panel that much closer to the August 12 crisis, the regional council failed to take the October 2015 Brookvale bore 3 E. coli contamination event seriously enough and did not exercise its consenting powers.

about monitoring were misleading,” he said.

This, the Inquiry heard, led to the council failing to meet section 35 of the Resource Management Act duty to monitor the exercise of consent – which he labelled as a “fundamental” function of the regional authority.

“As it turned out, there were poor relations between the two councils,” he said, citing evidence that the HBRC’s enforcement role interfered with its willingness to liaise with the district council.

Gedye submitted to the panel that much closer to the August 12 crisis, the regional council failed to take the October 2015 Brookvale bore 3 E. coli contamination event seriously enough and did not exercise its consenting powers.

Moreover, although the council found out about the event through the media it failed to liaise adequately with the Hastings District Council about the event.

“The email approach [to the October event] was very informal, effective use was not made of the information obtained, it was not transmitted adequately back into

other departments of the regional council and basically the regional council didn’t really engage as it should have.

“The regional council was obliged to take appropriate action where necessary in response to monitoring and the implementation of resource consents,” he said.

Gedye said while there was a meeting about the incident the following February, the dialogue was desultory and ineffectual and that there were serious aquifer issues and drinking water issues which may have been relevant under the National Environment Standards that the regional council “simply didn’t pursue”.

“A contrast could be made with the regional council’s reaction to the...August 2016 event, where upon becoming aware of a contamination event at Brookvale [bores] 1 or 2, the regional council deployed massive resources to investigate,” he said.

“It was a potentially serious and significant matter involving an untraced, unknown contamination of the aquifer [yet] there’s a dearth of liaison or correspondence or effective engagement.”

DHB

In relation to the health authorities, some inter-authority communication issues were raised in regards to the Hawke’s Bay District Health Board by Cuncannon. However, it was the Drinking Water Assessors (DWAs) – officers who determine compliance with requirements of the drinking water legislation – that Gedye labelled “generally insufficiently probing and insufficiently inquisitive” when it came to monitoring the Hastings district’s drinking water.

DWAs are appointed by the director general of health, but employed by DHBs and slotted into the DHB’s reporting and accountability structure – in this case, the DWA reported to Dr Nicholas Jones, DHB’s medical officer of health.

Gedye said DWA Joanne Lynch’s 2013 report on the adequacy of Hastings City and Havelock North Drinking Water Supply’s Public Health Risk Management Plan was little more than a box tick on risk assessment, whereas “any sort of challenge to that assessment might have led to many enquiries”.

He also noted the DWA’s responses to the “unusually high transgression rate” was inadequate. “The Inquiry has heard of a period of some six years from February 2010 where transgressions occurred and recurred without any holistic review and no satisfactory resolution of the reason for the high rate of transgression.”

He said the DWAs were not inquiring enough about the transgressions, their reporting on them was too ad hoc and were too easily satisfied by HDC explanations.

“There was a pattern in the evidence of HDC seeking to justify the transgressions by things such as higher rate of sampling and backflow issues.

“The DWAs fell short of the required standard by being too easily satisfied by small picture responses. They failed to be concerned enough about it.”

HDC

The counsels assisting spent more time on HDC than any other party, listing no less than 52 “failings” of the organisation charged with delivering safe drinking water to its community. Not all are addressed here.

Gedye told the panel that he found fault with the council not retaining a level of ownership of its Water Safety Plan, which he said “is fundamental and drives much else, there was a general failure to recognise the level of risk attaching to contamination”.

He said that beyond this, HDC had no system for complying with the water take consent’s condition 21 (requirements regarding the build and upkeep of the bores), something he noted the DWA repeatedly pointed out when they said there was

no inspection and maintenance plan or programme. “HDC acknowledged the need to put the inspection and maintenance programme in the [asset management] Hansen System; the DWAs had repeatedly pointed out the need to do that.”

Not only did the council not do this, staff failed to inform the DWAs that it had not been done, despite the fact that all other water assets were in the system, except the bores themselves.

Gedye noted “a governance or management failure in this connection. A failure of reporting and accountability. The district council as a body has legal duties to carry out all of these things.”

Another fault listed by Gedye was that HDC failed to obtain a ‘secure’ classification. That is, the HDC failed to meet criteria to ensure its water was free from surface influences, with a bore head demonstrated to provide protection from contamination ... something Gedye said it should have done by the end of 2014.

“You have heard evidence how the classification of ‘secure’ was no more than a grandfathered continuation of HDC’s own categorisation and that the DWAs never actually classified this supply as secure,” he said.

“HDC was not justified in assuming that the water was secure. It had repeated references to the aquifer being likely unconfined or at best semi-confined.

It should be noted that the first time a drinking water assessor advised this water source was not secure was after the August 2016 outbreak, and that the HDC was taking steps to obtain a secure rating prior to the outbreak.

That being said, however, Gedye put forward that this failing was not “just a mere technicality”, it was something that was required by law.



ALL PIPING AND FITTINGS REMOVED FROM BORES WERE SUBSTANTIALLY RUSTED AND CORRODED, IN SOME CASES PERFORATED

The counsels assisting spent more time on HDC than any other party, listing no less than 52 “failings” of the organisation charged with delivering safe drinking water to its community.



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All parties have 'lawyered up', with HBRC's counsel for the Inquiry, Mai Chen (pictured with HBRC chief exec Andrew Newman) already receiving \$400k

Cuncannon tackled the more immediate issues surrounding the August 12 crisis – the authority's immediate handling of the crisis.

She submitted that the HDC was not proactive enough in its response to a phone call from DWA Joanne Lynch at noon on August 12, a phone call that she said was described as unusual and exceptional.

"This was not a customer ringing to complain because their doctor had said it might be the water," she said.

"This was a DWA who'd never made a phone call like this before and that's why it required a degree of urgency and a degree of inquisitiveness which in my submission was not the way it was received."

She submitted that if the call was treated with urgency, then the chlorine contractors would have been contacted before the 2pm meeting that was held to discuss the issue.

Cuncannon also found fault with the council's failure to have a single and effective contingency plan, as required – one that the council had been working on since 2008 in one form or another. She said that despite the events of August 12, "we still do not have a contingency plan in place that is effective".

Cuncannon said as the crisis unfolded there was a lack of transparency in communications and that the desire to assure the community that their water was safe was not in fact accurately reflecting the information available to the council at that

time in terms of the water testing results that it was receiving.

"There should have been a clear and direct discussion with the district health board as to who was doing what on August 12," she said.

"Given there was no written contingency plan with tasks and delegations, it was even more important that there was a very direct discussion about who was doing what. And in my submission it was ultimately HDC's responsibility to ensure that this happened."

Another communications fault presented to the panel was that the council failed to have at the very least a list of its vulnerable constituents – the elderly, schools, cafes – meaning that they were not contacted directly as soon as they should have been about the outbreak.

"The Ministry of Education only [found] out about the crisis via Facebook on the Saturday afternoon, and only called formally on the Sunday," she said.

The boiled water notice also came too late and, Cuncannon said, was poorly worded. "It did not tell people to boil water, it urged them to do so. Given the important public health message that a boil water notice has it should have been as directive and clear as possible."

Moreover, she said the HDC was too reliant on social media in getting the message out.

"As I have already said, there was no proper

communication plan for the boil water notice and we heard from Ms McKay [HDC's marketing and communication manager] that, essentially, the plan was an undocumented scattergun approach," she said.

"In my submission, that broader approach would have been appropriate that Friday night and, as I have already said, we have heard from Ms McKay that there is still no written communications plan in place."

Cuncannon said it was the HDC's responsibility, as the water supplier, to take the lead on the situation as it unfolded: "...any failure by the DWAs or DHB is no excuse in respect of HDC. They are the water supplier," she said. "It is for them to understand their network. It is for them to consider whether or not a boil water notice is appropriate and this situation has shown, in my submission, the importance of having a water safety plan and having staff aware of the risks and being prepared to ask the right questions and understand the answers they are getting."

"In my submission, the primary responsibility, no matter who decides to take the lead role for a particular incident, the ultimate responsibility must always be with the water supplier."

Following the conclusion of stage two of the inquiry – which will deal with systematic issues and lessons to be learned – the panel is set to submit its finding to the Government on March 31.



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“People have got to have options. There must be a plan that allows for complexity; it has to have nuance, sensitivity, not be a blunt universal tool.”

BRUCE MACKAY,
HEINZ WATTIE’S



Photo Tim Whittaker



Water in the TANK

For a long time we've believed in the miracle of the aquifer: a limitless and self-replenishing source of pristine water. But as our gastro crisis, chlorinated water and sprinkling bans have shown, neither the plenitude of water nor its purity is any longer a given.

BY BRIDGET FREEMAN-ROCK

AN INTRICATE WEB OF WATER ISSUES surrounds the Hastings/Napier population centres of Hawke's Bay, from the confluence between soil erosion in the hill country and declining fish stocks in the bay, to the correlation between surface takes and groundwater levels, to the interplay between historic solutions and troubled streams. To address these issues, a collaborative, stakeholder-led decision-making process, initiated by the Regional Council in 2012, the TANK Group, is on a 'heroic' timeline to put forward their recommendations by the end of this year for a plan change that would direct future water (and land) management within the greater Heretaunga and Ahuriri area.

On one hand, understanding the water bodies encompassed within the Tutaekurī, Ahuriri, Ngaruroro and Karamū catchments (TANK), and their connection to the Heretaunga Plains aquifer system, is as complex as untangling global politics. On the other hand, the binding question is pretty basic: how do we ensure enough clean water for us all?

Ko wai koe? Nō wai koe? Mā wai rā?

Who are you? Where do your waters flow from? Who are we doing this for?

The Ngaruroro is the lifeblood of Hawke's Bay, its waters running clean from mountain springs in the Ruahine Ranges, nourishing orchards, crops and vineyards on the plains, and, on its way out to sea, recharging the underground aquifer through the shingle river beds between Fernhill and the Expressway. In the past this braided river traversed the whole plains unimpeded, from Roy's Hill and the Gimblett Gravels to the Sleeping Giant; its tributaries flowing through Bridge Pā, Paki Paki, Hastings City itself, and out to the coast, periodically flooding the Pākowhai and Clive settlements.

Over the last century many of these tributaries, such as the Karamū Stream, have been confined and channelled, redirected, over-allocated, and used as drains for urban stormwater. And it's these historic 'solutions' that have created, by and large, many of the localised predicaments. While the water quality



“The aquifer is not just an underground water body, it’s a taonga.” MAREI APATU, TE TAIWHENUA O HERETAUNGA

of the main-stem Ngaruroro itself is very good by NZ river standards, the Karamū Stream is in a sorry state, with aqua health indicators such as MCI (bug and insect) values extraordinarily low; basically, there’s not enough flow and oxygen, too much weed, sediment and nutrient. Similarly, the Tutaekuri River is generally ok, but its tributaries struggle.

All ultimately discharge into the estuaries, and both the Ahuriri and Waitangi are in poor condition. Sediment is the biggest problem here as soil loss in the high country makes its way down the rivers, along with streambank erosion, clogging the estuarine ecosystem with fine sediment and accumulated phosphorous. In the case of Ahuriri the issue is compounded by contaminants from Napier’s urban and industrial wastewater.

Within the TANK catchment, the relation between quantity (river flows) and quality is key, with debate centred primarily on which principles of allocation will best balance economic, environmental and cultural considerations.

Hastings itself sits fairly squarely over the confined aquifer (which stretches out to Awatoto) – this is where the water is deep and pure, protected by layers of rock. The semi- and unconfined aquifer beneath the plains is

porous – it both receives and releases water through springs and other seepages.

In the past it’s been assumed that surface water flows only affected the semi- and unconfined aquifer, which is why Twyford growers in the 2013 drought faced brutal water restrictions when the Raupare Stream ran low, whereas municipal, irrigation and industry water takes from the confined aquifer remained unaffected. And why this summer, Hastings District residents face sprinkler bans due to pressure on overburdened infrastructure, while users drawing straight from their own access bores continue irrigation.

Currently there are no allocation limits on the confined aquifer, but the science now clearly indicates that it is not, in fact, a bottomless tub – indeed it looks to be fully allocated – and that all water in these catchments is interconnected. New modelling of the groundwater and surface water relationship reveals that within the TANK footprint, in which 85% of Hawke’s Bay folk live and work and from which 87% of our GDP is derived, virtually all water extraction, no matter the zone, ultimately has an impact on river flows and the overall aquifer level.

This comes as something of a shock, with the implication that we are all, without doubt, in this together, and will all have to

shoulder the burden of limits in the future. The need for a renewed look at prioritising water use beyond the ‘people, stock and fire fighters’ tier, and how we go about framing that, is on the table for discussion, along with prioritising strategies and standards for environmental mitigation.

At that table already, sit 30-some members of the TANK Group: community representatives from the primary sector, Hastings/Napier councils, tangata whenua, environmentalists and other interest groups, who are into their fifth year of working through an iterative process of connecting up the dots, supported by sound science, as they seek an agreed way forward.

TANK explained

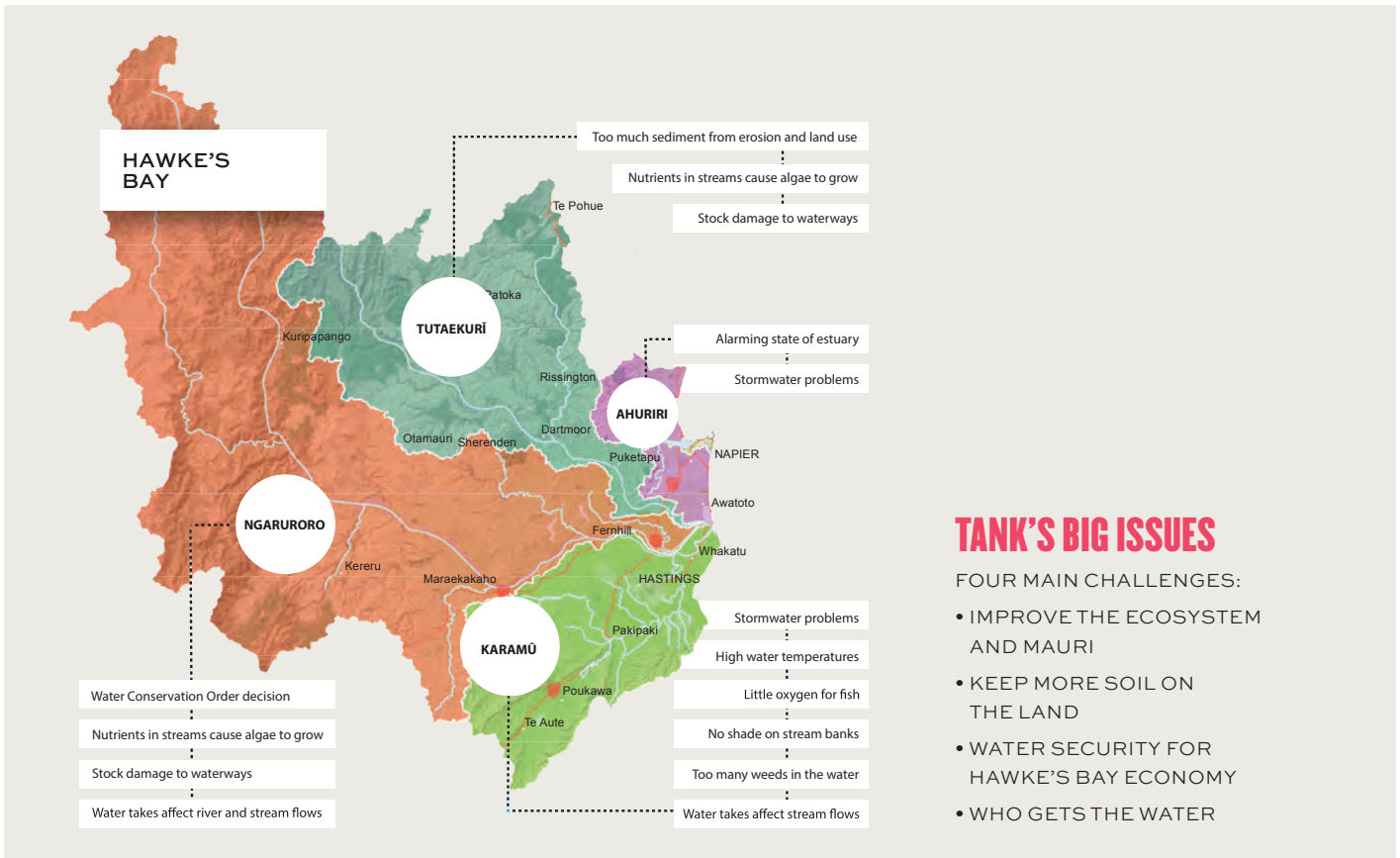
The biggest driver is a plan change that will determine allocation of water take consents, underpinned by several pressing factors: expiring water permits (with permits drawing from the Tutaekuri up for renewal in 2018, and 2019 for Heretaunga Plains consents); the government’s National Policy Statement for Freshwater Management, which requires councils to set limits and water management objectives for all water bodies by 2025; HBRC’s own Long-Term Plan; new evidence of lowering water levels in the aquifer; and the community’s need for certainty and clarity around quantity and quality.

Once the TANK Group reach a consensus on direction, a plan change will be drafted and submitted to the Regional Planning Committee (a separate entity comprising nine HBRC councillors and nine representatives of Treaty claimant groups) for their review, who will then recommend it (or not) to the regional council. This process will include a back and forth of reviews and opportunities for public feedback – before it’s adopted and notified for formal submissions.

HBRC’s senior planner, Mary-Anne Baker, explains the hope for TANK’s collaborative process: “If people are working together, the results will be more robust, durable, more inclined to succeed than the ‘Dad’ approach: ‘decide and defend’, then head for the Environment Court. The plan is only just the beginning of talking about what we want with the water. It’s not just about the words in the plan; it’s about the commitment to the outcome and the stakeholder involvement in the process. Collaboration allows for innovation and trust to be built up across parties, and the synergies of many minds.”

Baker believes TANK will result in a more integrated approach to water and land management, which is more outcomes focused.

The regional council, for its part, “has invested quite a bit into understanding the catchment system and predicting



TANK'S BIG ISSUES

FOUR MAIN CHALLENGES:

- IMPROVE THE ECOSYSTEM AND MAURI
- KEEP MORE SOIL ON THE LAND
- WATER SECURITY FOR HAWKE'S BAY ECONOMY
- WHO GETS THE WATER

outcomes,” says Baker, modelling the interconnections, complexities, and management scenarios on a ‘super computer’ that links surface water and groundwater levels, calibrated by direct observations. The long-awaited model has recently been completed, and the TANK Group is now wrapping their heads around the science so they can come to crunch-time decisions on allocation, limits and management scenarios.

She says TANK participants “mostly subscribe to the ‘maintain and improve’ state of water quality – there’s no appetite at all for reducing quality, that’s a clear message. The need for limits are clearly recognised, and

water users are keen to explore innovative ways of working within limits; they’re looking for flexibility and innovation.”

Allow for complexity

Bruce Mackay, senior crop supply agronomist at Heinz Wattie’s, with a good “finger on the pulse” of the primary and secondary production sectors in Hawke’s Bay, has been involved with the TANK group since its inception in 2012, and believes it’s the right process, although “difficult, fraught”.

“People need to take the time and effort to understand everyone’s perspective” – there have been “lots of cups of coffee” – but the facilitated process has created a

conducive environment for cross-sector engagement on a matter in which everyone has a stake, he says.

“The principle in the room is that we want to make this place better when we leave it. We want to maintain our position socially, economically, and improve our position environmentally.” The pathway there is where views differ, but “the strength of TANK is always going to be the sum of the collective.”

The real difficulty, as Mackay sees it, is converting consensus into a plan, then the plan into policy, with rules and consequences. It needs to be a workable plan, reflecting realistic conditions and

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Glazebrook believes “storage in one form or another” is the only solution to water security, but thinks distributed ‘offline’ storage rather than a mega dam is the way to go.

MIKE GLAZEBROOK,
NGARURORO IRRIGATORS,

circumstances. For instance, when river flows hit minimum levels in 2013, irrigation was cut off at a critical time. Peach crops were lost, about \$1 million in Wattie’s revenue, Mackay calculates, not to mention the economic dividends that flow from that, such as jobs.

Off-river storage

Mike Glazebrook, representing Ngaruroro Irrigators, understands the river intimately. His land in Raukawa has been in the family since his grandfather bought a block of the original Maraekakaho Station in 1910. They were one of the first irrigating in the 1960s, and Glazebrook says fencing and low-flow limits have been the norm here for decades.

Given the reality of water bans and drier summers, Glazebrook believes “storage in one form or another” is the only solution to water security, but thinks distributed ‘offline’ storage rather than a mega dam is the way to go. To this end, in 2000 he put in a private dam with enough capacity to “get us

through a six-week event”.

Glazebrook’s entire consented river take goes into the dam, which is filled out when the river is at higher than normal minimum flow levels (above 12,800 L/s). “We continue to draw our irrigation take during summer and then when water bans come into effect, when the river dips below the minimum flow of 2,400 L/s at Fernhill, we take from the lake.”

Glazebrook’s Te Tua Lake, which sits above the flats, stores half a million cubic metres of water, but engineers have advised him that it “wouldn’t take an unreasonable amount of work” to expand capacity to 5 million m³ – “far more than what I need” – which leads him to a novel proposal: “It’s such a sweet spot for storage” that excess could be released through gravity flows into the Karamū system via the Paratua Stream that flows behind Bridge Pā and then joins into the Karewarewa that winds around Paki Paki and into Irongate – these settlements all experience water issues, with bores and

streams drying up in summer.

By “sending pulses of water down, it would certainly enliven the streams and relieve any effects of irrigation” says Glazebrook. He’s “put the idea out” to largely positive response. “If the rules enable that kind of thing, people will find innovative solutions; the river won’t be adversely affected and people can get the water they need.”

Global consents

Over 50% of Twyford landowners have formally combined their water consents for the unconfined and semi-confined aquifer under one name, Twyford Cooperative Company. While water rights remain with each landowner, the global consent allows them to collectively stockpile and release water, giving a degree of control in summer, something they didn’t have during the 2013 drought. “Crisis created for us the impetus to look for solutions,” says Twyford

Irrigation Group and Horticulture NZ representative, Jerf van Beek.

The Raupare Stream usually falls below the low-flow limit in summer, but through the global consent model, growers can keep above the 300 L/s minimum flow by coordinating their takes and by releasing bore water back into the stream without going over their total consent value. This has meant that over January-February, by full-time augmenting river flows, “We have been able to avoid three weeks of bans which would have been critical for our irrigators.”

With water sensory equipment reporting data in real-time to the web and HBRC via telemetry, the Twyford co-op “can see exactly who’s using what, how much we release to mitigate effects, and how effective that augmentation is,” says van Beek. “It’s not perfect, but it’s clearly where we want to head. It’s almost a must that this will have to happen.”

“If we continue to see summer lowering the aquifer table,” which appears to have dropped 1.5 metres, says van Beek, “then we have to look at how much we take. Personally, I do believe we have plenty of water, we just have to be more sensible about it.”

In his view, dairy isn’t feasible in the TANK footprint, and “we won’t mention water bottling”, but “horticulture can get even smarter: what crops we grow and how we grow them; we’ve got wriggle room.” And we should be talking about urban consumption, too, he says.

Van Beek was “horrified” to hear that Havelock North has the highest water-use per capita in the country - that’s “shinier cars and greener lawns at no cost and for no economic benefit to the community”. On average, a Havelock North resident uses 700 litres per day; the national NZ average is 250-300 litres; the Netherlands 119 litres. It’s certain that a lot more attention will be paid to urban water-use over the upcoming



“If we continue to see summer lowering the aquifer table, then we have to look at how much we take. Personally, I do believe we have plenty of water, we just have to be more sensible about it.”

JERF VAN BEEK,
TWYFORD IRRIGATION
GROUP

months, with potential municipal water by-laws also on the table.

A better living space for all

Environmentalists such as Vaughan Cooper, representing Forest & Bird, are interested primarily in water quality and the ecosystems.

They’re seeking a commitment to “maintaining and improving the rivers to a point four level [0.4 nitrate maximum] – it all ends up in the estuary, that’s why” – and a significant reduction in sediment, as well as minimising periphytum (algae). “But we’re

not just seeking to maintain what we have today, we’re seeking higher levels of quality because only then can we improve the overall ecosystem.”

And this entails setting sustainable water flow levels and regulating allocation so that the aquifer itself is not compromised: “Over-extraction leads to ecosystem failure.”

He sees reason for concern in the depletion of fish stock in the rivers and bay itself. “The fish disappearing is an indicator that something’s wrong, which will ultimately impact on everybody.”

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“The fish disappearing is an indicator that something’s wrong, which will ultimately impact on everybody.”

VAUGHAN COOPER,
FOREST & BIRD

Cooper says “it’s not just a farmer or producer group problem, it’s an urban issue.” He cites independent research that shows stormwater getting directly into the aquifer at Omaha Rd; industrial wastewater discharging into the unconfined aquifer, the Ahuriri Estuary, and into the Karamū Stream at multiple points in Whakatū, Hastings, along with Havelock North urban run-off.

Stormwater and urban stream management is a difficult, ‘big issue’ area that will need to be addressed: how do we go about retrofitting the existing system, and for the future, how do we manage for new development in industrial sites and urban subdivisions?

Cooper says TANK won’t have all the answers; further improvements may still need to be found. “Some of those rules are going to have to be aspirational and brought in over time... but it’s clear a step-change is required.”

He is optimistic that TANK will deliver in the long-term “a better living space for all of us.”

Rivers first

Marei Apatu, of Te Taiwhenua o Heretaunga, is more cautious. In mātauranga Māori (the Māori wisdom body, or world view), the river comes first, then people, then industry etc. The reverse of the RMA model, Apatu says, which is “promulgated by science and economics.... When we get a merging of science and mātauranga Māori, whoah! Then things will really start to change”, but that’s challenging under the current paradigm.

At present the TANK Group and Māori are developing two value-based approaches and finding points of convergence and overlap. The central values inherent to Māori are kaitiaki (cultural guardianship) and mauri – the “vital essence of life” expressed through the health, wellbeing and natural character of rivers and ecosystems.

This means taking a precautionary approach, and respecting waters for their intrinsic qualities and not simply as a utilitarian resource: the aquifer must have the chance to recharge, tamariki to swim in the rivers and streams, hapū to gather food from the estuaries, and there must be an intent “to ensure sustainability and security for future generations.” Tangata whenua are especially concerned with the state of the Karamū and Ahuriri catchments.

“The bar has to be aspirational,” says Apatu. “But I have the confidence and vision that we can turn this all around. We just need the willpower.”

Water conservation order

Complicating TANK’s mission, some environmental, recreational and iwi groups, fearing a deterioration of water quality in the Ngaruroro catchment, have applied for the river to be placed under a Water Conservation Order, which would set a statutory bottom-line focused on ecosystem values. The Minister for Environment, Nick Smith, has accepted the application, to be heard by a Cabinet-appointed, five-person tribunal.

HBRC has made a counter submission that the WCO process be applied to the upper reaches of the Ngaruroro, in the Whangawhanga-Kuripapango catchment, but leaving consideration for the lower Ngaruroro and Clive rivers to be made once TANK has completed its own comprehensive investigations and recommendations.

However this plays out, it is apparent that the status quo on water and how we use it will not survive in the TANK catchment. Water issues are being addressed systematically, and changes will be made ... hopefully with all TANK members on board.

Concerned about water?

Whether you live in Hastings, Havelock North or Napier, whatever aspect of water management concerns you the most, it’s touched upon by TANK:

- Do we have enough for ALL users – irrigators, municipal and residential users, bottlers/exporters, other industrial users (e.g. Watties)? If not, what is the fairest way to allocate it?
- Should we be storing water – if so, where and how? Who should pay?
- Should anybody be paying for water – bottlers? all commercial users? no one?
- Is it safe to drink?
- Is it adequate for eels and fish and other aquatic life?
- Can we swim in the various TANK rivers?
- Who should bear the cost of any remedial measures ... and how much cost are we willing to impose?
- Are we damaging our coastal estuaries?
- Are we damaging the ecosystem of the Bay itself?
- Finally, extracting from these points, do we have action plans for specific hot spots or flashpoint issues – bottling, safe drinking water, Ahuriri Estuary, Karamū Stream?

TANK will begin rolling out information and options for addressing these questions in the coming 12-18 months, with opportunities for public engagement and feedback.

Discussion notes, science presentations and other online resources can be found on the Hawke’s Bay Regional Council website: www.hbrc.govt.nz/hawkes-bay/projects/tank/resources/
Inform yourself!



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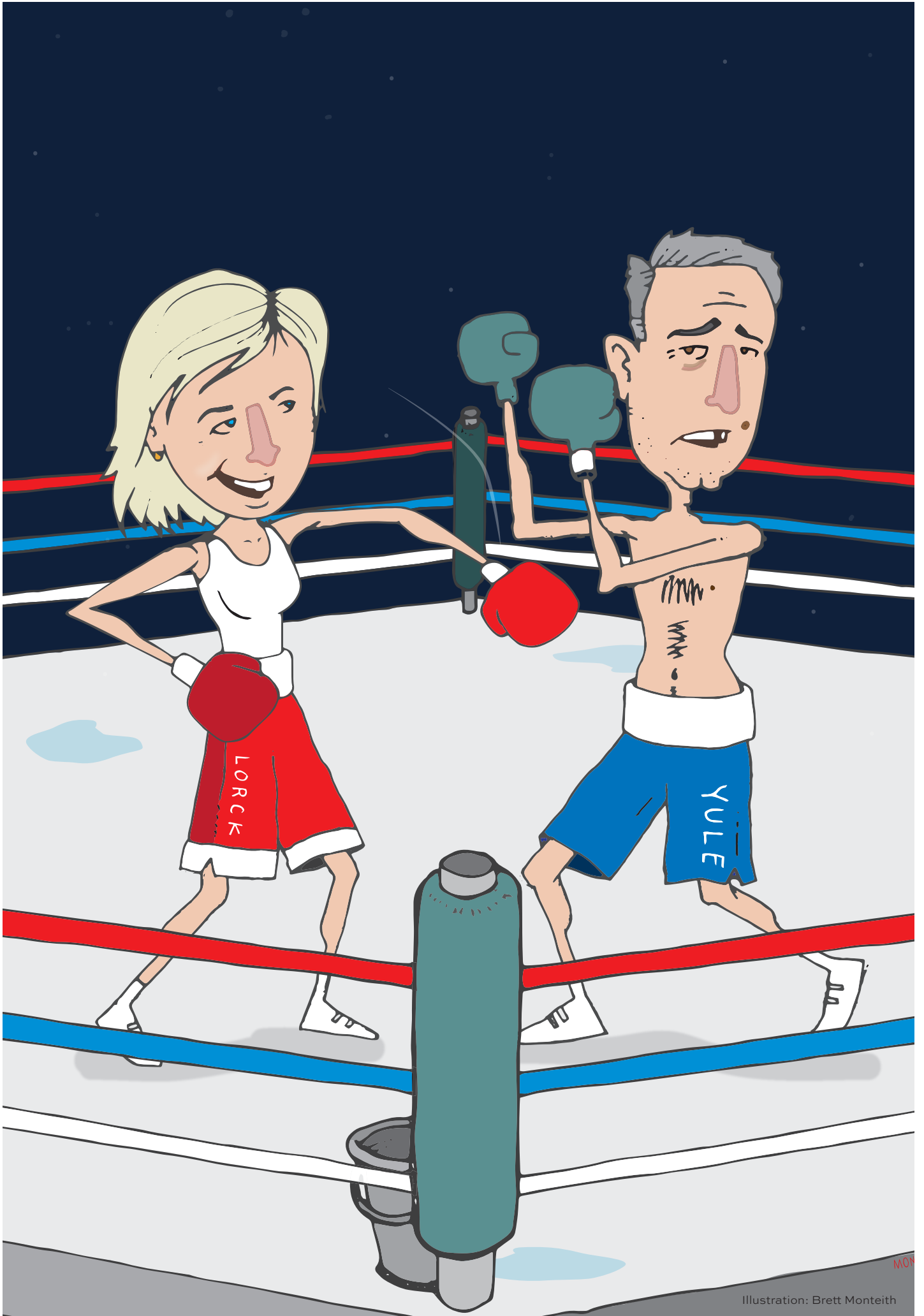
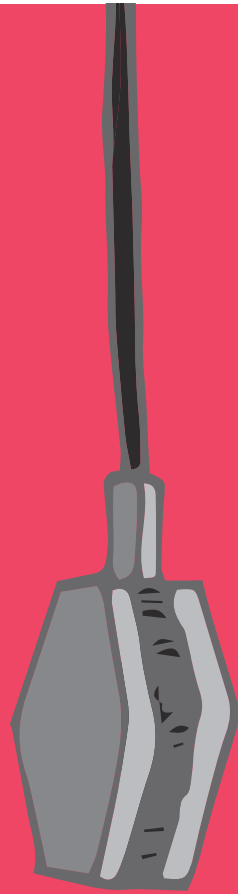


Illustration: Brett Monteith

Yule v. Lorck



Round One

BayBuzz editor Tom Belford and reporter Sophie Price conducted 30-minute video interviews with Tukituki parliamentary candidates Lawrence Yule and Anna Lorck in late February. Excerpts follow; the full videos are available at www.baybuzz.co.nz

We need to find a way of doing water storage in central Hawke's Bay and on the Heretaunga Plain. The Ruataniwha dam in its concept, the theory behind it I agree with; the execution of it has been poorly done.

LAWRENCE YULE



First up, Lawrence Yule, National Party

• **BB:** *Lawrence, you've been an elected official for over 20 years now, and presumably looking for another 10 or so. What makes you want to do this?*

• **L:** I do enjoy public office. What I like about it is every day I see people where I can make a difference to their lives. I get asked to help people with a lot of things, whether they're corporates or private individuals, and I can do some things to make a difference and that gives me a sense of satisfaction, and I enjoy it. I enjoy public service, I think, more than I ever would the commercial world.

• **BB:** *Some say you're more focused on your political career than you are on the people of your electorate. You told the people of Hastings that you'd be their full-term mayor.*

• **L:** I accept that I was asked a direct question at the mayoral forum, would I serve out my three years? And I said yes. And I accept that this is a change in circumstances, but before I reached that position I'd been asked to consider standing against Craig Foss. I talked to him about it. He said he was standing for another three years. I took him at his word and I made my decision to stand for the mayoralty. And, equally, I've given a lot of service to this district: 15 years as the

mayor. I now have an opportunity to work in a different environment for the people of the same district, so I'm not going into a corporate job or walking away. I have the ability to use my skills to advance the lives of people that live here.

• **BB:** *What are our biggest issues with water here in the Bay?*

• **L:** Water is going to be the biggest issue for the next decade or so. The Havelock North water crisis is a terrible thing to happen to any community, but actually it could happen anywhere in New Zealand, and our defence against water quality for human consumption has largely been reliant on chlorination. The places that don't have chlorination, there is a real risk in terms of contamination of the supply or the network.

But as we've got further into this, and looked at what is happening with our aquifers, and we've found new water, that to me is the biggest issue, particularly on the Heretaunga Plains. So, understanding where that new water might be coming from poses real issues that we don't understand yet. I think we've got a pretty good handle on the surface water, even though we want to improve the water quality, but I don't think we know enough about what's happening in the ground water.

• **S:** You did say you were going to fix the Hastings water issues by the mid-year. How?

• **L:** The people here do not want chlorine in their system. We have young water potentially getting into our aquifer somewhere, the risk of that is you've got protozoa in there which are not treated by chlorination. So, where we found young water, we're gonna have to put UV treatment plants. They are probably a million dollars per plant. I would put Brookvale Road at about \$800,000. So, the conversation we'll have with the community is, if you don't want chlorination, we can make the water safe by doing this and here is the money that's been allocated. I'm pretty confident we can make all those decisions by 30th June.

• **BB:** *You've campaigned before on your own personal appeal and record. Now you have a party to defend as well. Will that change how you present yourself?*

• **L:** It will be very different because running for a party, the party vote is everything. So, it will be different and I have to learn the difference of running under a political slogan, for want of a better word, or a party, but I'm going to a party that I strongly support, that I believe most New Zealanders strongly support, so I don't think it'll be too much of an issue.

• **BB:** *Your Labour opponent says that the National Government has let Hawke's Bay down in areas like housing, education and police. What do you say?*

• **L:** I disagree with that. I think the fundamentals of what the National Government has done have been to get us through, in really good economic health, the financial recession. They made some decisions around things like policing that meant that they were actually forcing efficiencies out of the police force, and I was concerned about some of that in terms of less police on the ground etc. They've now addressed that and are gonna add 1,000 extra police over a period of time to deal. So, I think they've responsibly handled that.

Housing, yes, I'm worried about housing, but housing is actually an issue that has spawned out of success. You know, in a recessionary time housing wasn't really too much of an issue, but since the economy started booming again, there are people that don't have access to accommodation, we can't find enough builders, enough sections, all those things that go with that.

Pseudoephedrine and all the impacts of P in ruining lives in our communities, and I want it eliminated. I cannot get my head around why P is so readily available, it's destroying so many lives, and I want to be a strong advocate within the government of finding policies that'll harden that up.

LAWRENCE YULE

• **BB:** *What disagreements might you have with the National Party?*

• **L:** I haven't gone in there to disagree. I've gone in there to try and change some things which I fundamentally believe in. For instance, I think we need to be really careful in how we manage the economic growth of New Zealand versus the management of our environment, because the two are intrinsically linked. And I wanna make sure that whatever decisions we make, we understand the holistic picture. I also want to encourage and give strength to the government to deal with climate change.

• **BB:** *What are your top three policy goals if elected?*

• **L:** We need to find a way of doing water storage in central Hawke's Bay and on the Heretaunga Plain. The Ruataniwha dam in its concept, the theory behind it I agree with; the execution of it has been poorly done. But if you look at climate change, then somehow we need to find a way of storing water. I think there is a way of storing water, keeping the environmental aspects of that managed, and working with the iwi interests.

I do not accept that we spent 25-odd million on the Ruataniwha dam, not a sod of dirt's been turned and we're gonna walk away from it. I want to reset that conversation. I also think we need to reset the conversation about whether we need water storage to supplement and support the Heretaunga Plains aquifer as well.

Second, I'm really worried about P. Pseudoephedrine and all the impacts of P in ruining lives in our communities, and I want it eliminated. I cannot get my head around why P is so readily available, it's destroying so many lives, and I want to be a strong advocate within the government of finding policies that'll harden that up.

Third is how we look after the social issues we face. We have a whole, big part of this community who are not connected with education, have poor quality housing arrangements, have poor family lives and they're ending up as a constant drain on the rest of society. And if you look at the labour demands for this region going forward [these people] actually need to be successful. I strongly support the intervention of the state in an absolutely targeted way to try and fix this.

• **BB:** *How would you bring down the region's unemployment rate?*

• **L:** It's about making some of these people that are not engaged and work-ready, work-ready. We have a whole lot of people that could work, and for a whole lot of reasons they're not, and it seems amazing to me that we would bring in people from out of the region to do some of our work, and we've still got people on the unemployment benefit.

I support strong job growth that is fundamentally underpinned by a strong economy, which I'm hugely praising of the National Government for, and as we're booming, those numbers should drop. If they don't, we have a fundamental and systematic unemployment issue, which I think we do have in some parts of our community that needs to be addressed.

• **BB:** *There are people who say you're 'old news' at this point. How do you deal with people who want change?*

• **L:** Yes, some people will want change, but they need to weigh that up with what they're getting. Those people that wanted Craig Foss gone, they now have somebody new to vote for. They need to make the



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Labour has a great policy that we will pay the equivalent of the dole to any school leaver or young person who is taken on as an apprentice. That's a way that we can work with businesses to build apprenticeships, which is something that I have close to my heart. I learned my skills on the job.

ANNA LORCK



assessment as to who is the best person to deliver the best outcomes in Wellington. I think I bring a unique blend of skills that the others don't, and I'm well connected to this electorate, I know this electorate well, I've been the leader of it for 15 years. I've had massive experience already in the parliamentary system even though I haven't been in it as an MP, and the blend of that, I think, is a very strong thing to advance this region.

• **BB:** *Your position in 20 words or less.*

Taxing sugar?

• **L:** No, I don't support that. I think that's an education thing.

Assisted dying?

• **L:** Yes, I do support that. I've seen a number of people who have died in agonising circumstances and I think there needs to be a different option for them.

Charging for water?

• **L:** No, I think if you charge for water you need to charge everyone, and I think that may well be where we end up, but I think it needs to be consistent.

GMO-free Hawkes Bay?

• **L:** Yes, I've supported that and I will continue to do so, but if I can't convince my parliamentary colleagues - should I get into the caucus - if that's what they want, then the party line will be the one that's adopted.

Ruataniwha dam?

• **L:** I support water storage and I think we need to find a way of irrigating the Ruataniwha Plains, but I don't think the current model actually works.

• **BB:** *In closing, take a minute to tell folks why they should vote for you?*

• **L:** I'd be proud to be their member of parliament in Tukituki. I love this region, I've lived here all my life. I see immense opportunity on the back of a very solid economic performance at the moment. I think we can do a lot of other things way better. As an MP, I'm offering to work tirelessly for the people of this electorate and spend some time in Wellington to make a difference in terms of policies.

People know how I operate. They know that I won't let people down, that I'll work hard for them, and I have very good connections, both locally and in Wellington.

They are a unique set of skills, and I just ask that people would think about their party vote, in particular, which is the number one vote, they should support National, and if they judge my performance on what I've done and know my abilities, then I humbly ask they support me to be their elected MP as well.

And now Anna Lorck, Labour Party

• **BB:** *What inside you as a person makes you want to run for office?*

• **A:** I've got a self-determination to stand up for the region that I have lived and grown up and worked in all my life. I get my self-determination from being somebody that's always felt a need to stand up for those people whose wings are clipped.

I know first-hand when I was 17 in my last year at school, I had all the dreams in the world of going to university. I can't say I was probably a very good student all the time but I thought I tried hard. My principal in the 7th form class was talking about mediocre and he said, "If you want to know what mediocre looks like, look at Anna." I thought to myself then, did I hear it right? I went home and I said to Mum and Dad, "I'm no good to go to university, I'm not good enough." So I said I'm going to leave school, and Dad said I couldn't leave school unless I had a job.

The next day I went down town and I thought where can I get a job? I found myself outside the local community newspaper. So I thought well, I could be a community journalist. I walked in, asked to speak to the editor and an hour later I'd convinced him I was the next Lois Lane,

and he said start Monday. It just happened that the local reporter was due to have a baby. They were desperate and I came in at the right time.

• **BB:** *So you had something to prove?*

• **A:** When people put you in a box or tell you what you can't be, you need self-determination to go further and in today's society we're seeing more and more people being put in boxes. We're seeing children that are standardised from the age of five, they're told that they are standard or below standard or above standard, and who are we to say what standard is? I don't think anybody is mediocre.

• **BB:** *What would be your top policy or programme goals if elected?*

• **A:** Well I've got a big thing around education, and Labour has a real desire to see smaller class sizes. Education is seen as a real indicator of economic and social success, and when you're talking out in the community, parents are concerned about these mega-schools and large class sizes. We're seeing children being taught in corridors, in makeshift halls, in music rooms. Now we're talking about class sizes of 40 ... I'm really committed to seeing the promised school for Havelock North, which I think will now need to look at encompassing parts of Hastings as well potentially, with the huge rolls that we're experiencing in the areas closer to

Under a Labour policy, we have policy around letting the local communities make local decisions that impact on their environment and impact on their economy. Now, what I'm interested in is seeing how we could possibly allow the community to have more say on water locally.

ANNA LORCK

Havelock North.

• **BB:** *So education is one. What else?*

• **A:** I've taken a real passionate interest in the challenges around getting a driver's licence. Here in Hawke's Bay we're told that it's going to cost around an average \$800 to get your driver's licence. There's about 15,000 people that haven't progressed through the system. I've calculated we're looking there at a \$15-20 million social

and economic challenge, because I want to make sure that we've got people on a road to independence and to work, and driver's licences are a huge issue in our region.

The third one ... I am passionate about housing. We've got these large sections with state houses on them with a lot of land that appears to be the quarter acre section that nobody is wanting anymore, but we need more social housing and we need to find ways for affordable housing.

I'm staunchly opposed to selling state housing, but we need to come up with a way that makes our state housing warm, safe and dry. The biggest landlord in Camberley is the State. When you look at the condition of a lot of those houses that are the responsibility of the State as the landlord, it's embarrassing.

• **BB:** *Some people complain that you jump on every issue that comes along just to milk publicity. What do you say to that?*

• **A:** I think someone who is across their community and in touch with all the issues, that's part of being a good local MP. I also bring it back to my own experience as a community journalist, where you had to be across all issues because there was nobody else reporting on the issues in your community. So I've got a good grasp of what's going on, and I'd rather be seen as somebody that is across everything than not be.

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LAWRENCE YULE

• **BB:** *What do you and your party want to do about unemployment?*

• **A:** One of the things that we're working on is getting young people into work training or education. We've got a policy that's working on the first year of tertiary education being free for anybody that has not gone on, having left school, into education. For upskilling and also for those people that are losing their jobs and don't have any tertiary qualifications to get a new job.

Labour has a great policy that we will pay the equivalent of the dole to any school leaver or young person who is taken on as an apprentice. That's a way that we can work with businesses to build apprenticeships, which is something that I have close to my heart. I learned my skills on the job.

I do a lot of work with industry and when you look at the apple industry, where they are growing more full-time jobs, that there are opportunities there that we can get more and more people upskilling and into work.

• **BB:** *What are our biggest issues with water in the Bay?*

• **A:** The first thing is to get a real understanding about the priorities for water. We need a far more ground level approach; we need to look at a local level at prioritising who needs the water, and it should be a local decision on whether people should be paying for it or who should pay for it.

Under a Labour policy, we have policy around letting the local communities make local decisions that impact on their environment and impact on their economy. Now, what I'm interested in is seeing how we could possibly allow the community to have more say on water locally.

We will be having a mayoral by-election, and there could be an opportunity to perhaps even have a referendum ... Should locals be able to prioritise on who needs the water, and whether there should be a local decision-making process around whether people should pay for it or not.

• **BB:** *Prioritising water, what do you mean by that?*

• **A:** There are priorities for water. The first of course is safe fresh drinking water; the second is making sure that animals have water to drink, livestock; the third is fighting fires; and I think there's possibly another one in there around protecting the environment and environmental measures. What I'd be interested that we go out to the community and say, "if we were to look at the priorities for water, where would they be and at what point should we be looking at charging for water?"

• **BB:** *What's your view on the Ruataniwha dam?*

• **A:** I lived in Central Hawke's Bay for thirty years. I know they need security for water. I would support that type of water storage project if it stacked up environmentally and economically. We're still to see that business case, and everybody's having this cup of tea and I'll have a cup of tea with anyone to get to that that conclusion.

• **BB:** *Are there one or two areas where you think the current National Government has let Hawke's Bay down?*

• **A:** Taking away our local democracy when it comes to wanting to be a GM-free region. That shows how they want a top down approach, they want to take away our local decision-making powers. And that is something I think Labour is completely different on. We are embracing far more local decision-making.

Selling off state houses when there are families in sheds, caravans. We've got one of the worst overcrowding statistics in the country, and we have empty state houses. Now it took me 18 months to fill one state house, all for reasons that were just insane, it was just wrong. That's something that I would be passionately advocating against.

• **BB:** *You managed past Yule campaigns, so obviously you've thought highly of him, but here you are standing against him.*

• **A:** Over 20 years Lawrence has done his best, but the question now is whether his best is good enough.

• **BB:** *You've criticised him for abandoning the people of Hastings, who he committed to serving as mayor. But what's wrong with ambition? I mean, you're an ambitious person?*

• **A:** Well I think we have different ambitions. I'm not a career politician; I'm not climbing the political ladder looking for the next job. My ambition is for the region. My ambition is to do more for the people here, and I think that offers a very big difference.

• **BB:** *Some say you're a fairly aggressive, noisy individual and it doesn't seem to go down well with some people.*

• **A:** I'm a very enthusiastic and energising person who is really positive about making a difference. At times you do need to be outspoken. But I play with a straight bat

If you want an energetic, dynamic local MP who is standing up for the issues that matter to the people of Tuketuki here, who you know won't let you down, who will fight with a straight bat, who will stand up for what she believes in and who will take this region forward, then you should give me your vote.

ANNA LORCK

and I'm not afraid to say what I think at the time, and I will stick by what I say. I don't expect everybody to always agree with me, but I think people can believe me. I want to be a politician that people believe, that they know when Anna Lorck stands there and says this is what I'm going to do, that I will do that.

• **BB:** *Your position in 20 words or less.*

Taxing sugar?

• **A:** Tax the sugar out of it and then I would tag all of that to education and obesity, working in those areas.

Assisted dying?

• **A:** I think that everybody should have the choice around that, and that's a conscience vote.

Charging for water?

• **A:** We need to give the community that right to prioritise and, on charging for water, that again needs to be looked at by the community.

GMO-free Hawke's Bay?

• **A:** Let's grow GM-free and keep it that way.

The dam?

• **A:** We're all having a cup of tea on that.

• **BB:** *In closing, take a minute to tell folks why they should vote for you.*

• **A:** If you want an energetic, dynamic local MP who is standing up for the issues that matter to the people of Tuketuki here, who you know won't let you down, who will fight with a straight bat, who will stand up for what she believes in and who will take this region forward, then you should give me your vote because I'm all for Tuketuki, and when it comes to that, that means being all for you. And may the best woman wins.

THE HAWKE'S BAY SHARE MARKET

Getting in housemates to pay off the mortgage

Twenty-something Hawke's Bay wanna-be home owners seeking to take their first step up the property ladder should buy a house and bring in housemates to help pay off their mortgage, according to a property expert.

And the figures add up... those struggling to enter the residential property market could find themselves paying less than \$20 a week in mortgage repayments by taking a 'business approach' to their property purchase.

National residential manager for real estate agency Bayleys, Daniel Coulson, said buying a four-bedroom dwelling in suburban Napier and splitting the mortgage with housemates was more cost-effective than trying to repay the mortgage on a typical entry-level apartment.

This method could help prospective Hawke's Bay home buyers save money and achieve their ambitions of buying a home in the suburbs, he said.

"Ever-increasing house prices and the expense of solo renting mean that many people are left with no other choice but to share a house or flat long after they would have expected. It's common for people to still be in a house-share in their mid-thirties," Mr Coulson said.

"For many in Hawke's Bay, living in a house-share situation is a rite of passage. It's also the best way they can save money for their first home.

"Although an apartment may be the cheaper option upfront, buying a house will set them up nicely when they no longer want to share and wish to settle down and start a family."

He added: "The news will be especially heartening for parents who want to help their children onto the property ladder. If the parents have equity in their own home, they can use it to help their children with the deposit, or act as guarantors on the loan."

Bayleys' research calculated mortgage repayments using a 4.85 percent six-month fixed rate home loan from Kiwibank – the lowest in the home loan sector at the time of writing – stretched over 30 years, with a 20 percent deposit.

Next, Bayleys overlaid Hawke's Bay property value information from the Real Estate Institute of New Zealand for December 2016 - showing median house values in Napier were \$412,000, while median house values in Hastings were \$345,000.

A Kiwibank loan to purchase a \$412,000 Napier home – minus the 20 percent deposit – required weekly repayments of \$400. Meanwhile, a Kiwibank loan to purchase a \$345,000 Hastings home – minus the 20 percent deposit – required weekly repayments of \$319.

Latest statistics from the Government's Ministry of Business, Innovation and Employment which records bond lodgements from landlords and tenants shows how the flatmate option can work. "By leasing out their remaining rooms at the current market rate – which in both centres is around \$133 a week mark depending on the size of the property and suburb location – the house-buyer could pass on much of the burden of their mortgage bill to their housemates," Mr Coulson said.

"In fact, the owner-occupier of a house-share in Napier could find their share of the mortgage bill as low as around \$20 a week – considerably lower than the amount needed to repay the mortgage on an average two-bedroom apartment."

Mr Coulson said: "When you factor in the

savings you'd make from sharing utility bills with three other people, it's clear that those buying a house will come out significantly ahead than those renting over the long-term."

He added: "The financial benefits outweigh the privacy drawbacks over the long-term. The rental income would go a long way to not only reducing the home-owner's mortgage but also bringing it to a manageable level when they wanted to 'go it' alone and look at raising a family.

"Those who buy freehold land now in suburban Hawke's Bay will be sitting on healthy capital growth as the location of their abode increases in desirability due to such factors as improving social infrastructure."

Napier Residential Rental Market*	
1 bdrm apartment	\$292
2 bdrm flat	\$265
4 bdrm house	\$400
Renting 1 bdrm in a dwelling	\$130
*Median weekly rental amounts	
Hastings Residential Rental Market*	
2 bdrm flat	\$295
4 bdrm house	\$430
*Median weekly rental amounts	





Photo: Sarah Cates



Obstacle Course to Energy Saving

Unless a convincing business case can be made – with more tangible incentives than ‘doing your bit for the environment’ – conserving energy will continue to slip down the priority list of many New Zealand businesses.

BY KEITH NEWMAN



“It takes a deliberate effort to change the way an organisation thinks about energy use, e.g. providing good information, teaching new practices, and learning to think from a different perspective.”

GREG VISSER, EECA GENERAL MANAGER

IN ITS ANNUAL SURVEY OF BUSINESS PRIORITIES, the Energy Efficiency and Conservation Authority (EECA) says energy conservation and reducing carbon emissions never makes it into the top three or four areas of importance.

Greg Visser, EECA general manager, says businesses and agencies seem to be too busy simply keeping the wheels turning with additional responsibilities, including health and safety compliance, pushing energy considerations further down the list.

Without an external price on climate change and carbon emissions, says Visser, there's a problem. “If it was really expensive not to comply it might make businesses sit up and take notice.”

While Hawke's Bay local authorities have been slow to engage, some larger organisations, including Hawke's Bay District Health Board (DHB), Ravensdown and Napier Port, are taking the challenge seriously, recognising that even small savings have a long-term impact on their bottom line.

EECA offers energy efficiency audits for businesses, councils and other public entities, targeting 10-20% savings, typically starting with its web-based Energy

Management Journey (EMJ).

‘Customers’ initiate the process by ticking boxes and filling out forms which benchmark them against 450 other businesses in their sector.

They end up with a set of recommendations about where to focus, depending on whether they're just starting out, committed but uncertain, have a plan but need help, or are mature but not sure of the next steps.

Low hanging fruit

The ‘best practice’ tool is based on over 2,500 audits of New Zealand companies, where experts have determined where the ‘low hanging fruit are’ and integrated those findings into the EMJ tool.

Visser says many countries have made a start but EECA is leading the way in bringing it all together, providing recommendations and suggesting which partner to call.

There's been a mixed response to its efforts to bring energy conservation “up the pile” of priorities, and it has to keep reinforcing the fact that it's free.

It prefers some resources be committed by customers, but says many are “constrained on

capability and capacity and can't focus”.

The latest EECA Strategy for 2017-2022 confirms behavioural barriers are an obstacle to engagement: “It takes a deliberate effort to change the way an organisation thinks about energy use, e.g. providing good information, teaching new practices, and learning to think from a different perspective.”

The pitch is, that when plant or buildings operate more efficiently, this reduces both the energy bill and carbon emissions. Timing is all important; if EECA's programme doesn't get into the annual budget process “you get one cycle behind again”.

Visser says businesses typically respond to market signals, “but if there's no price signal then it's pretty difficult.”

Long-term thinking

While escalating production or adding another machine may deliver commercial efficiencies, hospitals and councils have a different funding model with longer term imperatives.

HB District Health Board's team of engineers and project managers integrate energy efficiency into the design of all projects and make daily improvements.



Photo: Sarah Cates

“It may be as simple as investing an extra 6% in the correct building cladding to give us 10-20 years more life, reduced cost and maintenance,” says facilities manager Gavin Carey-Smith.

After creating the space and time to evaluate efficiency measures at its Omaha Rd hospital, the DHB has become “passionate about reducing its carbon footprint, energy use and lifecycle costs”.

Carey-Smith’s team undertook a major energy performance contract with Honeywell for a new building management system to control, monitor and report

on the performance of air conditioning, motors, drives, refrigeration systems, chilled and hot water and lighting.

The contract began after guidance and some funding from EECA, and like its other partners, Honeywell guaranteed return on investment within a given timeframe or they’d pick up the difference.

“We made significant savings – a 5% improvement annually in kilowatt hours, about \$70,000 annually,” says Carey-Smith.

A team effort was required with staff engaged in training and one person committing 50% of their time to the project.

“It may be as simple as investing an extra 6% in the correct building cladding to give us 10-20 years more life, reduced cost and maintenance.”

GAVIN CAREY-SMITH,
HB DISTRICT HEALTH BOARD
FACILITIES MANAGER

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Photo: Sarah Cates

“If it starts with a consultation draft put together by technocrats then the direction is already set... by whoever has the loudest voice in the room, often finance or engineers.”

CHRIS PERLEY, STRATEGY CONSULTANT

Payback was promised within 6.5 years and while Honeywell didn't quite make its target and had to refund the difference, the ongoing partnership benefits both parties.

Carey-Smith recommends the 'performance contract' approach but says the contract needs to be set up carefully; "if you do it right the contract company has to deliver the changes promised".

Energy savings are captured by current upgrades to older buildings, including work on the mental health and endoscopy areas, having full insulation in the ceiling spaces, double glazed windows and LED lighting. "It's part of our culture now."

Councils lag

Meanwhile Hawke's Bay councils appear to have been late to the game, with EECA's regional account managers only recently invited by Hastings and Napier cities to audit their energy use.

It has been in discussion with both councils "around some of their operations" and how it might help. "We're still working

this through ... when they're ready to engage we can help them on their journey."

Visser says councils can start to show leadership by looking at building lighting, heating and cooling, "pulling businesses and communities along with them, and showing they're using ratepayer dollars more effectively".

No takers for loans

One way to progress conservation projects is through EECA's interest-free \$2 million quarterly Crown loans; the latest round closed in February. No applications have been received from local councils, schools or public institutions in over a year.

Around 40 loan projects achieved cumulative savings of \$9 million and carbon reductions of over 5,000 tonnes each over the past five years.

Visser says the opportunity should be taken more seriously by Hawke's Bay, which is still at the start of the journey. "Some other regions are far more mature in their energy conservation efforts, so we're looking

to get traction."

A successful scene-setter has been the Hastings and Napier council-owned Omarunui Landfill project with Pioneer Generation, commended at the EECA award in May 2016 "as an outstanding example of renewable energy with multiple benefits".

The \$1.8m project transforms biogas (methane) from the 70,000 tonnes of waste compacted annually, generating enough electricity to power 1,000 homes.

EECA joined Hawke's Bay Regional Council (HBRC) and several local businesses looking at regional energy needs over a year ago, as part of the Regional Economic Development Strategy (REDS).

While HBRC wants to provide leadership, "businesses do what's good for them," says Visser but it's not just what benefits their "back pocket" but what's good for the public, as "tax payers need to see benefits too".

HBRC's energy stakeholders group is preparing a long-term strategy for energy use, efficiency and reducing the region's carbon footprint, with promotion of electric vehicle use high on the agenda.

Hawke's Bay consultant Chris Perley remains concerned at the way regional challenges such as energy are approached, believing strategies need to be resilient, less centralised and flexible enough to accommodate new technology and adapt to unforeseen changes.

He says bureaucrats often work out all the options beforehand, leaving those who are consulting to tick the boxes, with little room for fresh thinking.

"If it starts with a consultation draft put together by technocrats then the direction is already set...by whoever has the loudest voice in the room, often finance or engineers."

If its left to engineers, he says, they'll often stick with the most efficient way to solve a problem, which results in situations like heavy traffic using Marine Parade as the quickest way to Napier Port while ignoring the multifunctional use of that road.

In economic development, says Perley, who's a vocal advocate for rethinking our energy use, the best results may come from thinking more creatively and putting culture ahead of structure. Otherwise, he warns you end up "building a supertanker that's hard to turn around".

Where you start is all important, and before anything is written down the process should start at the grassroots, "canvassing and talking openly with people, like Hastings mayor Lawrence Yule did with the GMO and fracking issues."

Perley says the first thing is to figure out how to use less, whether it's a milking shed, factory or house. "Reduce your energy needs then start looking at passive systems and building design, and the cool things that are happening with sustainable technology including micro-hydro."

And while some have dismissed solar, wind and even electric cars as not being economically viable, he says the 'threshold effect' needs to be kept in mind; in other words, what happens when the technology matures, becomes affordable and reaches critical mass?

The EECA Strategy, which sets the overarching policy direction for government support and intervention, states New Zealand's emissions are mainly from agriculture and energy (including transport), with the energy sector making up nearly 40% of gross emissions.

It asserts that, as climate change issues become more important, export markets are likely to start focusing on "embodied carbon in imported goods and perhaps even services".

EECA's Visser believes great opportunities for savings exist in the meat and dairy sectors, including horticulture and wineries. He cites wood processing as another area of "significant opportunities". The goal for these sectors is to wean them off fossil fuels to gas as a "transitional fuel" then "renewable energy where it makes sense".

Industrial use

Based on "current technology and without reducing existing economic activity", the EECA Strategy suggests process heat and transport sectors provide the greatest

potential to reduce emissions.

An average "decrease in industrial emissions intensity of one per cent per annum between 2017 and 2022" is suggested.

However, Environmental Defence Society (EDS) director Professor Barry Barton, claims that target is simply "business as usual" – if the government was serious it should aim higher.

He wants economy-wide and sector-specific targets and details about how targets would be met. "We need to get to zero net emissions of greenhouse gases by mid-century and that will require fundamental shifts in energy use."

While the target is 2% of the vehicle fleet being electric by 2021, EDS is concerned there's nothing in the strategy to improve internal combustion vehicles that'll be on our roads for years to come.

Barton calls for urgent action on promised mandatory fuel efficiency standards, similar to those imposed in other developed countries.

The EECA Strategy says process heat makes up a third of our energy use, contributing 9% of gross emissions; 60% of that from fossil fuels, mainly coal and gas, with the industrial sector contributing 80% of that.

It says the switch to renewable energy offers a cost-effective opportunity to improve energy efficiency by 4% to 12% between 2010 and 2030.

Process heat is used to heat schools, universities, offices and other buildings; creating steam for sterilisation in hospitals; and in the industrial and commercial sector to heat water, and with hot gases, power boilers for processing raw products including milk powder.

The Ravensdown fertiliser plant at Awatoto prides itself on reusing the heat and gas it generates to power a lot of its needs.

The heat from its sulphuric acid manufacturing process runs a 6.5 megawatt generator which at full production can meet all its energy needs and put enough spark back into the national grid to power an eighth of the houses in Napier.

Kieran Murray, Ravensdown's Napier works manager says the acid plant (used to process the fertiliser for use on farms) uses gas to steam, gas to gas and gas to water heat exchangers for cooling and heating.

"The gas to water heat exchanger reduces the need for other forms of energy to pre-heat water for the boiler and the gas-gas heat exchangers cool and heat up the opposite sides of the gas flow meaning the whole process is self-recovering."

While it takes 100,000 litres of gas to warm the plant up, once it gets going it burns sulphur which is "exothermic" or self-driving, virtually providing free heat. The plant can produce up to 32 tonnes of

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Authorised by Andrew Kirtan, 100 Willis Street, Wellington



Photo Sarah Cates

“While it takes 100,000 litres of gas to warm the plant up, once it gets going it burns sulphur which is “exothermic” or self-driving, virtually providing free heat.”

KIERAN MURRAY, RAVENSDOWN'S NAPIER WORKS MANAGER

superheated steam every hour, says Murray.

The site can also retain 600 tonnes of storm water for its processes.

Murray says Ravensdown's process engineering team continually look to improve energy performance and is currently considering LED lighting to further reduce the energy footprint.

What about transport?

EECA's Visser says the strong focus on reducing transport emissions needs to be realistic. It's working closely with companies to understand the drivers and constraints, but admits the best outcome doesn't always

align with “the theoretical ideal”.

While KiwiRail's controversial decision to return to diesel is “not an ideal outcome”, he says, people miss the fact it's “a diesel hybrid that runs on an electric motor”.

That's “really efficient compared to having trucks on the road” and allows KiwiRail to make better use of spur lines. “If we're too evangelical about what we promote we end up getting nowhere.”

Ports are big energy users, including ships that use diesel generators while docked.

“We need to look at more renewable and green solutions,” says Visser, including other power sources for refrigerated containers.

“Some real innovations are happening and we're working with ports to see if they stack up and hopefully have these rolled out across the country.”

Napier Port has a number of high level aspirations and ongoing projects to further reduce its carbon footprint and save energy and is looking at a range of new technologies and approaches to progress this.

It's about to appoint an environmental advisor to pull its various energy projects into an overarching plan.

The Port's 2016 annual report says electricity consumption dropped by 2.5% during 2016, greenhouse gas emissions reduced by 0.8% and since 2010 it has cut the amount of waste it sends to landfill by

76% or 478 tonnes.

Strategy consultant Chris Perley believes getting buy in from Hawke's Bay businesses and individuals for energy conservation requires a more integrated and strategic way of engaging and making policy; in other words, a culture change.

He says there's plenty of knowledge around but it's not being captured. Those with the best ideas, whether a junior or a Māori kuia, are often not listened to or constrained by old school thinkers who hold fast to “this is what we do ... this is how we do it”.

Perley says incentives for changing practice have to be cultural and financial with a clear value behind them, whether that's using public transport or planting trees. “It requires working deeply with communities and it takes time – people aren't loners.”

Unison is pleased to sponsor robust examination of energy issues in Hawke's Bay. This reporting is prepared by *BayBuzz*. Any editorial views expressed are those of the *BayBuzz* team.



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Health!

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Knowing your numbers! Well most of us know our age, but do you know your % of muscle mass, hydration level, pH level, bone density, blood sugars, blood pressure, cholesterol, zinc and iodine levels, stress and sex hormone levels, liver and kidney function, even the % of protein, fats and carbs you have with every meal- just to name a few of the many numbers!

Get to know your body and learn to read the messages it sends you, no one else can do this for you! How often are you bloated, tired or thirsty? Check the toilet bowl before you flush, amazing what you can discover from what the body eliminates. Notice even the simple things like how you breathe, how you eat, how you sleep. Then research any deficiency's using trusted professionals. Never feel shy about seeking wisdom from others. Treat the world as your class room; soak up the lessons to fuel your path forward. Build a strong foundation of knowledge from parents, coaches, friends, mentors and even idols that motivate from pages of magazines or books who share wisdom and advice. Not all the advice will sit well with you filter through to find the gems.

Review your progress at least 12 monthly, bullet point your notes from your research or your trusted professionals and make a realistic plan. Create daily health habits; here are a couple to get you started. Begin the day with your natural body rhythm get up when you wake and **drink water** with lemon or apple cider vinegar to set up your digestive juices for breakfast later. **Build some muscle** the greater your muscle mass the higher your metabolic rate (rate you burn fuel) and the less likely you are to gain body fat. Muscle mass naturally declines from around age 30 onwards. Try Squats, lunges, press-ups and planks 10 x each exercise continuously for 10 minutes as fast as you can with good form. (Plank is held for 10 breaths) Find yourself any form of movement that you enjoy and that fits easily into your daily schedule. **Then just DO IT!**

I am not an expert, but I am a compulsive note taker and am privileged to have had **Dale Carnegie, Tony Robbins, Joseph Pilates, Paul CHEK and the lovely Libby Weaver** as my coaches and mentors, through various courses workshop and books throughout the years.

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Lengthen spine to sky while tucking tailbone to floor.

Purpose: Lengthen thigh and hip flexor muscles to unload lower back.

Start- As above resting back foot on wall. (Kneel on folded towel and rest back leg on floor if too challenging)

Focus- Hold for 10 long slow breaths, grow taller and tuck tail deeper with each breath. Maintain soft open shoulders.

Adding CORE muscles - With each breath-out lift your privates up through the centre of your body towards your naval. Imagine walking into icy cold water, the next step your privates will get wet. Once your privates are lifted add in a hollowing in of your lower tummy muscles, like tightening a seatbelt across your hip bones. **LIFT & HOLLOW**

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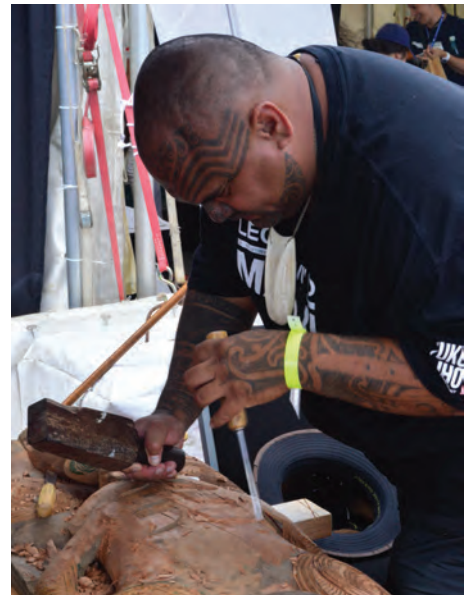
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Te Matatini

It's not often that 40,000 Māori come to Hawke's Bay. But they did indeed for the Te Matatini Festival, February 23-26 at the HB Sports Park, named Kahungunu Park for the event. 47 teams and more than 1,800 performers competed for the top kapa haka honours in New Zealand, with Te Kapa Haka o Whāngārā Mai Tawhiti from Gisborne emerging victorious.





Photos: Sarah Cates

The Great Collaborator

LIZZIE RUSSELL

To drink coffee with sculptor Ricks Terstappen is to hear stories.

His art-packed cottage adjoining the workshop just outside Havelock North is a cosy space filled with stories – some tall, some true, and some so colourful and gorgeously mad you just don't care whether they're for real or not. If these walls could talk, it would probably be with a thick Dutch accent and the unique vernacular absorbed over decades of yarns spun around his solid kitchen table.

Since emigrating (accidentally – but that's another story) from Holland aged 21 in 1978, Ricks has been making art and making his name here in Hawke's Bay. His work is distinctive for its strong, rustic aesthetic. While he started out as a wood carver in his twenties, these days the material of choice is more often steel – Corten, mild, rusty or galvanised, often recycled.

Recycling has always played a big role in Ricks' work, right from his first exhibition in his hometown Venlo, where the eleven-year-old budding artist showed a body of work made from bottle tops he'd been collecting from bars.

In 1991 another act of recycling took centre stage in Ricks' life as he and fellow HB artist David Guerin heard the railway building on Napier's Monroe Street was to be demolished. The Wellington owners of the property were calling for tenders for the demolition and Ricks was so excited by the materials to be salvaged and used for sculpture, he talked David into going halves with him in an offer of \$1,000. He was soon informed by a friend that you don't pay to do a demolition, you charge, so he left the figure at it was and entered the tender.

Weeks later he and David were informed that they had been successful, though the Wellingtonians were interested to know how these two were going to be able to complete the demolition for \$1,000, when the nearest other tender was for \$78,000! Equipped with a crowbar, a hammer, a chainsaw and a little car towing a trailer

not long enough to remove any of the beams they had been so keen to get their hands on, Ricks and David called in all their favours and got the job done, only four months late.

The wood from the great demolition is still making its way into new sculptures twenty-six years on, so it was worth it, clearly.

Almost any group show here, from charity auctions to EAST, will likely feature a piece from Ricks. And the work of other exhibiting artists will often have his fingerprints on it too, because Ricks is a collaborator and an ally to many, sharing his knowledge and his collection of tools with anyone who asks.

Ricks was helped along in the early days by Para Matchitt and Jacob Scott, who set up the art centre at Otatara in the late seventies. He then went on to the Polytech (now EIT) and completed the two-year diploma course followed by two years of studio practice. It was useful, he says, for collaborating, taking time to learn and explore new techniques and media, and beginning to build up the supply of tools.

Collaborating is still his preferred way of working. It brings out the best in him, he says, and there's never a lack of people to work with around here.

"I get more done with others, because we're all keeping up together."

He's a central and beloved character in the close-knit local art community. This community, Ricks comments, is "small enough that we all know each other, we all respect each other. We like to help each other."

There's always someone to call on for help or to figure out a challenge posed by a particular work, he says. "It used to be William [Jameson] of course, but I'm working a lot with others still."

Right now Ricks, Jacob Scott and others are putting the finishing touches on a large-scale sculpture – a ruru atop a tower, named Kohupatiki Pou – that will adorn the cycleway near the Tucker wool store just outside Clive, a site of cultural significance for local iwi.



Ricks Terstappen with *Life Goes On, but Not Forever*, his sculpture from 2016/17 group exhibition EAST. While he was working on it, he told his friend William Jameson it would be called *Life Goes On*, and William remarked, "But not forever."



Photo: Tim Whittaker

The Big Bay Art Trip

LIZZIE RUSSELL

Culture vultures may have to cover some serious kilometres to take in the breadth and depth of visual art on offer in Hawke's Bay, but the variation of media, style, setting and the characters you meet along the way will make an arty road trip around the Bay worth the effort.

For a regional population of around 150,000, we're actually pretty spoiled for choice when it comes to venues to see art, and the number of galleries is growing. From south in Central Hawke's Bay to Wairoa in the North, here's where to see art:

Electra Gallery

Volunteer-run and now well-established in Waipukurau's Ruataniwha Street, Electra Gallery shows mostly work from Central Hawke's Bay artists.

thefestival.org.nz

Artmosphere Gallery

Painter Sally Maguire and photographer Helmut Hirler first opened Artmosphere in Woodville in 2008. In 2012 they headed north to Waipawa and in a relocated homestead have developed Artmosphere as a gallery and sculpture garden showcasing over 70 artists.

artmosphere-gallery.com

Hastings City Art Gallery

Hawke's Bay's public art gallery has an ambitious exhibition schedule, offering local, nationally significant and international work across three spaces. There's also a growing focus on public programmes and events. The current exhibition in the main gallery is *Iwitoi Kahungunu* – presenting the work of a recently formed collective of established artists from the visual, performance and language disciplines, who either whakapapa to Kahungunu or reside in the iwi.

hastingscityartgallery.co.nz

Hastings Community Arts Centre Gallery

Run by Arts Inc Heretaunga (previously known as Creative Hastings), the community gallery in Russell Street offers a range of group and solo shows, changing every two weeks. Emerging and established artists show here – almost every artist with a connection to the Bay has had work on the walls of the beautifully airy two-story, high-ceilinged gallery.

artsinc.co.nz

Parlour Projects

Hastings' answer to the big city dealer galleries, Parlour Projects is cementing itself as a beacon of contemporary art, nestled in behind the new Opera Kitchen in Eastbourne Street. Director Sophie Wallace is building a stable of exciting young artists on the rise, including Ben Pearce, whose exhibition *Everything Remote Intermingles* is on until March 18.

parlourprojects.com

Paper-Works

Formerly of Tennyson Street, Napier, Annabel Sinclair-Thomson's gallery still focuses on works on paper from a wide range of international and New Zealand artists, including many well-known names and emerging talent, but is now based at 268 Clifton Road, Te Awanga. Paper-Works also sports a comprehensive website showing off the collection.

paper-works.co.nz

Muse Art Gallery

The latest addition to the Hawke's Bay art scene, Muse opens in early March in Havelock North's new Village Exchange. Owner artist Kaye McGarva Tollennar sums up the Muse role as, "A fine art gallery and art leasing," and it looks set to help fill the gap left by the closing in



Lizzie Russell demonstrates current 'art trip' best practice. Photo: Sarah Cates

recent years of Wine Country Gallery and Black Barn Gallery. The opening exhibition, *EAST Extract*, features eight works from the regional Hastings City Art Gallery show *EAST*, now for sale, and *Dark Horse*, a body of work from painter Neal Palmer.

museart.nz

Boyd Dunlop Gallery

One of the cluster of galleries in central Napier, Boyd Dunlop Gallery exhibits New Zealand and international artists and also shows work from the secondary market. Richard Boyd Dunlop has



been exhibiting as an artist himself in Auckland and around New Zealand for many years.

[facebook.com/boyddunlopgallery](https://www.facebook.com/boyddunlopgallery)

The CAN (Creative Arts Napier)

Napier's community gallery is housed in the old museum discovery and education centre which was relocated to Byron Street in 2014. The centre host events, workshops and exhibitions – mostly by local artists, but occasionally from international artists such as German painters Moritz Gotze and Rudiger Giebler, who are showing their

work during early March as part of their world tour.

thecan.co.nz

Tennyson Gallery

Formerly Statements and more recently A+E Gallery, Tennyson Gallery, now under the tutelage of this writer, Lizzie Russell, continues to show a range of paintings, prints, ceramics, glass and small sculpture from around the country and a large selection of contemporary New Zealand jewellery.

tennysongallery.nz



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SPA_CE

Now in its third year, SPA_CE has recently moved from Cathedral Lane into a new space upstairs at 116 Tennyson Street. The gallery is home to the work of Martin Poppelwell (and is run by Megan Poppelwell) and hosts a series of solo and small group shows. Currently on show is Freeman White's exhibition *East Coast* (until March 18).
thisisspace.co.nz

Viva Gallery

Another recent arrival to Napier central, Viva started out in Ahuriri and the collective moved over the hill last August. The collective is made up of a dozen artists whose work spans ceramics, painting, photography, glass, metal, stone and mixed media.
vivagallery.co.nz

The Rabbit Room

Karin Strachan's Hastings Street gallery opened last year and has a focus on contemporary nationally-recognised artists. Showing until April 7 is a photography exhibition by Richard Wotton, *Marking Time: portraits of the inked*. All images from the show are also available to view online.
therabbitroom.nz

MTG Hawke's Bay

Home to the Hawke's Bay Museums Trust Ruawharo Tā-ū-Rangi Collection of some 100,000 objects including artworks, MTG presents exhibitions of the publicly-owned treasures alongside touring shows, and solo and group exhibitions. Highlights right now include *Out of The Box* (pieces from the collection usually in storage) and *Indira's Bow* – a collaborative installation work

by Auckland-based Tiffany Singh and Napier's Jo Blogg.
mtghawkesbay.com

Quay Gallery

Quay Gallery in Ahuriri has been presenting 2D and 3D work (including jewellery) by New Zealand artists since 2008. Artists of note in the line-up include Ann Verdcourt, Gary Waldrom, Kate Mackenzie, Sue Schaare and Keith Grinter. Regular group exhibitions ensure the gallery is always fresh and interesting.
quaygallery.co.nz

Red Peach Gallery

Nestled in Ahuriri village, Red Peach is a friendly gallery boasting an illustrious list of artists working across all media. There is a focus on Hawke's Bay practitioners, like Ema Scott, Katherine Quinn, Susan Mabin, Morag Shaw and Michael Blow.
redpeachgallery.com

Orphic Egg

Artist Tish Scott has a gallery in Bay View which she opens on Saturdays and for special events, where she hangs her own mixed media work and the work of other artists she admires. In August Orphic Egg will host the 2017 *Egg Matchbox Auction*, featuring tiny artworks made from matchboxes.
facebook.com/orphicegggallery

Waiohiki Arts Village

The Waiohiki Community Charitable Trust operates this artistic hub on the outskirts of Taradale. Painters, carvers, potters, sculptors and mixed media artists work from the studios at Waiohiki and the shop selling these local artists' wares is open seven days.
waiohikiartsvillage.com

Long River Gallery

Located on Wairoa's Marine Parade, Long River Gallery is managed by Upstream Wairoa Inc. and provides space for local artists of all levels working in all media to show work in a gallery context.
facebook.com/longriverwairoa

Open Studios

You get interesting insight into an artist's process and background when you visit them in the studio. The Hawke's Bay Art Guide lists artists who open their studios to the public. Many are open by appointment only, so be sure to do your prep. Highlights of a trek around the studios include lush resin and gold leaf works by Rae West in Clive, detailed oil paintings of local land, sea and buildings by Joshua Weeks in central Napier, stunning stone work at Stonepeace in Haumoana (Ema Scott and Stephen Wheeler), and a warm welcome at Up Muddy Creek in Clive (ceramics by Annette Bull and paintings and prints by Natham Crossan).
hawkesbayartguide.co.nz

Sea Walls

In addition to the public art in our urban spaces (see the Hawke's Bay Art Guide for details on sculptures dotted about the place), murals are becoming BIG in Napier. Organised by the international conservation non-profit, PangeaSeed Foundation, *Sea Walls: Murals for Oceans* returns this month for the second consecutive year. A merry band of local and international artists will be painting from 19 to 26 March. See pangeaseed.foundation/sea-walls/new-zealand/ for the map of 29 murals painted last year, and all the details on the action this time around.



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The Play's the Thing (or is it?)

At the much applauded Hawke's Bay Arts Festival last October, Roger Hall – in his Readers and Writers session – threw out a challenge to the audience. “Why do we not have a professional theatre group in Hawke's Bay?”

MICHAL MCKAY

AS PROBABLY NEW ZEALAND'S best known playwright – and a part-time resident of the Bay – he has a point. There are of course many amateur groups in the region which produce remarkably good works, but the drawback for a professional group is finance.

Regular theatrical production requires funding ... on a large scale. Take the Auckland Theatre Company. A prime example with its huge administrative staff, vast programme including education, and a juggling of performances to ensure the offbeat is balanced by the mainstream. Plus a multimillion dollar budget to go with it.

This is not what Roger has in mind. He is realistic about what's achievable. “Tadpole in Auckland is quite a good model. Two shows a year at the Pump House Theatre – a regular venue which provides identity for both. There is a large pool of actors to choose from, including name ones that bring in the audience, which helps. Six in the cast is affordable, four is better, but even then it still can be hard to make a profit.”

His concept is to start small with plays that have proven box-office appeal to the main theatre-going audience, “which tend

to be older middle-class.” The secret he feels is to cast well, maybe invite a ‘name’ actor – someone such as local Stuart Devenie would do that. “And don't try avant-garde risky plays. A single box office flop can set a company back badly.”

“Most, like Downstage, have started with a group of individuals committing to a particular sum. A 500 Group for instance, approaching many to support with \$500, can capture interest. Keep committees small and workable. Invite council support once established, not too soon.” He subtly avoids voicing the unsaid obstacle – the (in)ability of the Napier and Hastings councils to join forces in the area of the arts. So far this has proved to be an elusive objective; aspired to maybe, but achievable? It remains the elephant in the room.

With this as the challenge, when put to three of Hawke's Bay's arts aficionados it certainly proved provocative. And staged a dialogue about a much broader vision – not simply about a theatrical group, but the general status of the performing arts as a whole, with the suggested company as part of that entity.



Puti Lancaster.
Photos: Tim Whittaker





“With the centre of Hastings having been killed off by the Big Box commercial centres, it needs a revitalisation. A vibrant arts centre operating 24/7 involving all sectors and all ages of the community would go a long way to bringing life back into the city.” KEN KEYS

Ken Keys

Founder of the National Youth Drama School, director of Hawke’s Bay Youth Theatre, guest tutor at the Shakespeare Globe Theatre in London and the International Theatre Festival in Maryland, Ken Keys is now an established Bay resident of some decades. Well qualified and informed about the NZ theatrical scene. His immediate reaction? “This is a subject which should not be looked at in isolation. Rather view it in conjunction with the Opera House as part of a performing arts centre. A professional theatre group would fit perfectly within that concept.”

He has been promoting such an idea since the beginning of the nineties, when EIT set up a drama course and needed a venue. “I proposed this venue as a hub for all of Hawke’s Bay. A catalyst for the arts community in general. A single overall performing arts and recreation centre with such things as yoga and pilates

joining forces with all the other creative arts – the marvellous large spaces where Hutchinson’s used to be are perfect. And if there are places for regular tenants, there is a surety of income.”

“But it goes beyond that. With the centre of Hastings having been killed off by the Big Box commercial centres, it needs a revitalisation. A vibrant arts centre operating 24/7 involving all sectors and all ages of the community would go a long way to bringing life back into the city.”

“However, it needs a sea-change in thinking from those in charge. One in which the complex is seen as a vital community facility not just a corporate or commercial venue. Of course the Opera House would do the big shows; after all, it is one of the best venues in the country. But that model, which it has blindly pursued for the past 20 years, is not the future.”

Ken strongly believes philosophical conflicts during the past management

regimes has hindered progress. “New initiatives began during Megan Peacock’s time – notably the Black Box Theatre – and discussions with those involved in local theatre and schools were instigated in relation to connection and venue use. And Glen Pickering also envisaged the need to change the focus from commercial/corporate to the community.”

“But it comes down to finance. Maybe if we could look at the figures which relate to how much use the various rooms in the complex have had over the past 20 years – the Shakespeare Room, the meeting rooms, the stage itself, the foyer and the plaza? And then there is the ratepayer issue. What are the costs for the maintenance of the other municipal facilities in the general infrastructure of the city – parks, playing fields, roads, water etc., etc. versus the arts?”

“To me the concept of a performing arts and recreation centre (in this case the Opera House) should be included as part of any dynamic civilised community’s infrastructure. So much is happening now in community arts – the arts festival, the art gallery, the National Youth Drama School and they are being supported. But there is the question of available space. The Opera House is a ‘gift horse’ that should not be ignored.”

“Roger’s idea of a professional theatre is timely and should be seriously considered as part of the new Opera House Centre. Since the demise of Group Theatre in the 80s there has been a gaping hole. Playhouse does a great job with small scale musicals and light comedy and Little Theatre is producing really good challenging straight theatre. But otherwise?”

“With a population of 150,000 or so we should be able to support a professional or at least a semi-professional theatre of some kind. Centrepoint in Palmerston and The Fortune in Dunedin confirm this. As have people like Jose Aparicio with his high quality opera. The successful mixing of professional leads with local amateur groups can also lend itself to straight theatre. And there is no doubt the hunger is there, as Pitsch Leiser’s arts festival has shown. 12,350 people over two weeks with a wide range of theatrical productions drew many who are rarely seen at local events.”

“The attraction was the variation in choice – challenging, innovative, thought provoking. A performing arts centre with a theatre company project which has its base in the complex is the perfect combination. And with Roger as the public face of it? Now that is a thought.”

Puti Lancaster

Puti Lancaster sees herself as a maker. As the director of the River Seeds Collective – a performance group which gathers in Heretaunga to bring local stories to life – she has high standards and insists the fresh pieces they create must have

a strong arts value with high quality art pieces. "The common point is telling a story. There is a lot of beauty in the local areas in our country but these are also very fragile qualities and they must be portrayed with care." *Edge of a Raindrop*, which was produced for the arts festival and was part of Te Matatini, typifies this philosophy, telling the tale of a water world filled with streams, rivers and lagoons which lay below the Heretaunga Plains.

So it should be no surprise, given her strong convictions regarding her heritage, that when she heard of Roger's challenge her immediate response was "what would it look like, not just as a theatre group, but as a group unique to this region?" So, her choice would be an arts performance collective which focuses on Hawke's Bay's legacy, hence bringing an identity to the Bay's arts force based solely on its cultural history.

Having gained her Masters in Theatre Arts at Victoria Uni, Puti has been closely involved in Māori language production ever since. "I feel it is so important to retain a sense of who we are." Having been accepted at the MTA was a huge step in this process, "where I started testing things and expanding my vision as an artist and a director in all art forms - design, visual, storytelling. I was a more mature student," she says laughing, "but it united who I am and me as an artist because I had the freedom to explore. Because I was older (at least 20 years) I knew what I was hunting for and what made sense." The beginnings of her interest in the theatrical presentation of her heritage began when she was a youth worker, which led to social counselling. "The stories all around me shaped my thinking; a reflection of the place we lived putting the small tragedies and struggles into perspective."

River Seeds focuses on finding like-minded artists interested in making a piece of work

"Tadpole in Auckland is quite a good model. Two shows a year at the Pump House Theatre - a regular venue which provides identity for both. There is a large pool of actors to choose from, including name ones that bring in the audience, which helps."

ROGER HALL



Photo: Toaki Okano

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“There has to be an audience. The Arts Festival has shown that mainstream is easy, but something like contemporary dance with unknown performers is hard. It’s important to encourage an audience to stretch its interest with quality productions and explore new fields.” PITSCH LEISER

with local lore as the core. It includes actor Pereri King, designer Marama Beamish and lighting designer Janis Cheng. The collective then collaborates with others who can bring structure and truth to a particular production – as they did with Moana Munro (who is a local researcher) for *Edge of a Raindrop*, to depict the Heretaunga Plains’ history. Authenticity is paramount to the group. “We work together as theatre makers, but it is finding diverse groups within the region that is the test. The last two or three years have been good, we get ideas for stories and have produced five pieces recently. The year before it was four works.”

“It is also wonderful to work with the young through the Arts Festival; they are so inspiring. A group of ambassadors who show the potential which is innate in all of us. And really it is amazing to

see how they find a loving soft beautiful story emerge from a background of abuse, neglect, self loathing. It may be all there but it is finding the underlying value in all of it, remembering it, and being able to overcome it through acting which is so powerful.”

Her concern with performance art production is “the challenge of understanding the framework of different theatre forms. My values are traditional and I see the best in people and want to see this in the theatre. River Seeds Collective is a platform to communicate ... seek a relationship with the audience ... find a way that brings everyone into a sense of involvement that is non-confrontational. The stories that are all around us reflect the place we live and its context; small things, tragedy, love, struggles. Our group finds a way to align all that.”

Pitsch Leiser

The concept of local story telling through theatre to provide the region with a unique approach to performance arts may be Puti Lancaster’s dream. But it was Pitsch Leiser, who enabled the group to portray this belief during the Arts Festival in October, 2016.

As Creative Hastings’ community arts advisor Pitsch’s brief is broad. The fact someone with his skills holds such a position is proof that the region’s diverse creative sector is bubbling with emerging and established artists, plus a hugely supportive arts-focused audience.

But says Pitsch, the caveat is understanding Roger’s challenge. “Let’s try to grasp the word ‘professional’. To me it is a legal entity employing actors, directors, technicians, producers being paid a wage they can live off that produces a body of work. If that is the challenge we are a wee while away from that.”

His belief is that it is not the actual enthusiasm of actors and performance artists that needs harnessing into a professional theatre group – “We already have a fertile ground full of creatives who have a passion for their work.” The issue is support – meaning strategic vision by councils to provide the infrastructure to make it happen.

“The Arts Festival pledged to produce local work and stories which created opportunities for actors to be part of that programme. A programme which would touch the souls of those who live here, eager to investigate the arts.”

So for Pitsch it is more a question of what we need in Hawke’s Bay to provide the platform on which to work for the profusion of talent available. “There are a lot of amateur groups. The Playhouse, Napier Repertory for instance, which attract good actors. But the infrastructure is fragile. Funding in particular. The threshold to be eligible for grants is high and rightly so, but maybe a different pathway is needed for unknown entities to break through. I’d like to see more for new emerging, unknown talent. What is our educational offering? Have we run out of pathways for young performers to develop a career here and stay here.”

“There has to be an audience. The Arts Festival has shown that mainstream is easy, but something like contemporary dance with unknown performers is hard (the eternal Napier/Hastings conundrum could also be fingered for this). It’s important to encourage an audience to stretch its interest with quality productions and explore new fields.”

Which again comes back to infrastructure. And the Opera House. “I’m not sure it has the capacity to house the festival, but it certainly has the capacity

“It is also wonderful to work with the young through the Arts Festival; they are so inspiring. A group of ambassadors who show the potential which is innate in all of us. And really it is amazing to see how they find a loving soft beautiful story emerge from a background of abuse, neglect, self loathing.” PUTI LANCASTER

to attract. There is that wonderful sense of occasion the building brings. People are drawn to it; it has a sense of romance like the Spiegel tent ... and an aura. It comes back to who is going to commit to it as an essential part of our lifestyle and wellbeing in the region – having the access and opportunity to produce, create and consume the performing arts. Three or four groups like River Seeds Collective, HB Youth Theatre and let us not forget the incredibly talented Project Prima Volta should have the opportunity to be seen in this beautiful venue.”

“But we need courageous leadership, ongoing education and audience development programmes so that when we get the Opera House and spaces we want, we have the support. The balance between calculated risks and sustainable outcome forms a fine line. And don’t forget the Opera House has 900 capacity, so whatever you put on there is a high baseline cost, which is fine with blockbusters, but there has to

be planning to allow other works with less surety to be produced.”

The word infrastructure is voiced frequently. “Napier has theatres. Hastings has theatres. There are nonconventional performance spaces. And there are groups out there – a mix of art, visual performing artists, design. How can we find an effective way so there’s a constructive outcome. That needs assurance from those with the perspicacity to support individuals and groups. Creative NZ, foundations, trusts and lotteries are already milked.”

“Local councils need to work together on a strategy that enables smaller entities to perform; local bands, dance, pop, cultural shows. The skills and talent are there, but if you don’t have a strategy, no priorities or budget it will never happen. And unless we connect individually and as a community to produce shows in which people can see their dreams and stories on stage, it’s just not relevant.”

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NZIA
PRACTICE





Photos: Tim Whittaker

A Great Dish

MICHAL MCKAY

CAPTURING THE CATERING QUARTER in a pretty competitive market could be a daunting prospect. Particularly in Hawke's Bay which harbours a plethora of talent.

So when Jenny Parton set out on such a mission some fifteen years ago she was clear-eyed about the challenges. Her latest coup is the contract for the Napier Conference Centre. Sure proof she and her company, Dish, have the magic ingredients when it comes to making moments memorable.

Food wasn't at the forefront of Jenny's ambition list when she left school. Fashion was her love. And she admits she still has a passion for design.

But following a course in graphic art she took off to see the world and found herself working in a ski chalet in Europe. "I thought I could cook," she comments wryly. What that experience did do though was guide her creative streak onto another route. "I attended Battersea Park College in London which provides a very practical curriculum, so much so not that many students stayed the course. We had a lot of tutors who were French-based, which isn't necessarily my most favourite style of cuisine but it gave me a great grounding."

In fact, her taste buds were awakened

by the flavours she discovered while later travelling in Asia and certain parts of Europe. Once back in Auckland she worked with well-known chef Paul Jobin for several years. "Paul was Japanese-trained so that too heightened my interest in Asian food. I love the rather crisp effect it has and as I am dairy intolerant I was never into the rich creamy sauces of the more traditional cuisines. Currently I am dabbling in Moroccan; I really like strong flavours. And also I instinctively lean to the health side of food preparation, coming up with new salad combinations. And juicing."

Though she enjoyed working in the big city, an opportunity as a sous-chef with Vidal's drew her to Hawke's Bay. "I had never been before so it was a leap in the dark. But I loved it and since then I have cheffed in a lot of wineries including Sileni, where I ran both the fine dining and the more casual restaurants." Her experience in such kitchens also opened up an invitation to be guest chef at the prestigious world gourmet summit in Singapore ... further adding to her love for Asian food.

Despite the fact that as a restaurant chef she had the chance to be truly adventurous with her menu, Jenny wanted a new challenge. She had never done catering

before. But undaunted, she found the opportunity to produce a fabulous event allowed her creative streak a fresh outlet as she designed special settings, put together amazing menus and harnessed all the essentials that make a marvellously memorable occasion. "My greatest pleasure comes from being able to suggest a concept to a client who may not have ever considered it before or thought it possible, and to see their eyes light up and a sense of relief in knowing they are talking to someone who is as inspired about that moment as they are."

With 59 staff on her books, this is obviously something on which she thrives. "Though it is more predictable, with a higher volume and by necessity a more conservative range of dishes, there is still a wide vista of opportunity to create something special – lots of small plates, sharing plates, offering the unexpected ... it's just a matter of imagination. And this is what the catering side can do which cheffing can't. And it is probably why so many chefs move around looking for something fresh to whet their appetite."

However, she is the first to admit it was hard starting out. "I was so used to working nights, prepping till 11p.m. And



a new venture is always a learning curve. But this is much more predictable. It's all about budgeting and forecasting and definitely good organisation. You do spend a lot of time juggling because often there is more than one event on the same day. Our record is four weddings in one day! I allocate competent staff to each job and I do oversee all the food preparation. And every other aspect – particularly service – is discussed in detail well beforehand.”

“We do have a list of preferred suppliers and resources. I love the Farmers’ Market and have huge respect for Graeme Avery who started it. We use Mardigras Event Hire a lot and have a close working relationship with them. And for flowers we prefer The Flower Studio. We work alongside the very talented Rachel Stewart for all design and styling. Actually we do as little or as much as clients require; you have to be very adaptable. And venues can definitely influence the style of food and presentation. Barbeques in the middle of paddocks are a far more realistic approach than a three-course fine dining experience in a tent, which can attract swarms of mosquitoes.”

Weddings are a big part of the Dish business. And obviously hold a particular appeal for Jenny because of the chance to communicate with clients and create

something unique and unforgettable.

But she confesses that the new contract with the Napier Conference Centre really has her salivating. “We had the Opera House which I loved and then the doors closed, so this is really great. Our base is still there in the Opera House complex and our main kitchen is there too. It was tough when it closed as I was trying to keep everyone employed because having loyal staff is a huge part of this. After all you are only as good as your team. I have chefs who have been with me for 15 years on and off, and it is hard to find good staff. We advertise on Trade Me a lot and on international sites, so we have people from as far as South Africa and Vietnam. Word of mouth in the hospitality business is a huge help.”

Jenny’s aim is for Dish to be known as having one of the most capable and comprehensive catering companies within the area, so her attention to building and maintaining an efficient and effective team is understandable. As they say, it’s all in the mix.

The Pop-Up Dish at Red Barrel Winery was initiated this past summer “because the owners wanted to bring some life and vitality to the winery”. Serving lunch Thursday to Sunday and dinner Friday to Sunday, it has achieved its purpose. Her long-time colleague Brent Cameron is head chef. “He used to run Sky City where he was

doing 1,000 covers a day, but he wanted to get out of Auckland. And he ran Te Awa for a number of years, so we know each other well.” Dish (the company) also runs Church Road Cellar Door and Restaurant, which again provides stability for the organisation, “so important when balancing books to have reliable revenue”.

With two small children of five and eight – “who are absolute foodies; they were into blue cheese and mushrooms before they could talk!” – Jenny acknowledges that much of her determination and ability to carry on – “though I have had a few sick days spent under the kitchen table” – is due to a very strong group of women, both friends and employees, who support each other. “I also have huge support from my partner and a team of mothers who roster school pick-up and drop days.”

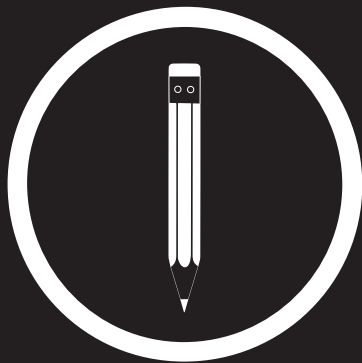
Art Deco was looming large on the horizon when we spoke; Dish was doing twelve different functions. As was the opening of the Napier Centre on March 4th with huge pre-bookings – “In fact at this stage I haven’t even put them into the calendar ... it’s too scary”.

So Jenny and her colleagues at Dish are hitting the ground running this year. She puts it all down to her remarkable team. No doubt they put it down to having an equally remarkable boss.



“My greatest pleasure comes from being able to suggest a concept to a client who may not have ever considered it before or thought it possible, and to see their eyes light up and a sense of relief in knowing they are talking to someone who is as inspired about that moment as they are.”

JENNY PARTON



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CULTURE &
LIFESTYLE

Art Deco: the Facts

A hit with visitors from near and far, the 2017 Tremains Art Deco Festival was a success despite the rain. While some events were moved under cover due to the wet weather, and the vintage planes were kept away because of the lack of visibility, most of the jazz-age fun went off without a hitch. Here are the numbers:

88%

OF TICKETS TO PAID EVENTS SOLD

36 of 55

TICKETED EVENTS SOLD OUT

105.4mm

OF RAIN OVER THE WEEKEND
(the first time heavy rain has affected the festival in 17 years)

About 30,000

ATTENDEES OVERALL

286

INDIVIDUAL EVENTS IN TOTAL

280

VINTAGE CAR PARADE ENTRIES

45

SOAP BOX DERBY ENTRIES

27 dogs

IN THE DOG PARADE

560 of mugs of soup

AT THE DEPRESSION DINNER

164 hours

OF ENTERTAINMENT
ACROSS ALL EVENTS



Photos: Tim Whittaker

Hawke's Bay's new music academy

LIZZIE RUSSELL

"I think there are a lot of adults who want to learn an instrument, but don't know where to start."

ANNABELLE FLOOD
NAPIER MUSIC ACADEMY



Napier Music Academy's co-founders Rosie Langabeer, Annabelle Flood (centre) and Brad Gamble

Napier Music Academy's Annabelle Flood has shared her voice and her music all over the country and across the high seas, and now she's back in the Bay, inspiring others to give music a shot.

Annabelle and her co-founders Brad Gamble and Rosie Langabeer offer a list of musical education opportunities from their central Napier headquarters – individual and group lessons, holiday programmes, band mentoring, plus they head out to schools and teach instrumental music too.

Annabelle says on returning to Hawke's Bay after years living and working as a high school music teacher in Wellington and singing and playing on cruise ships, she was surprised to discover that while

the region boasts lots of talented musicians, there was no formal structure for sharing and teaching. So she set about changing that, with one of her main focuses being adult music education.

"I think there are a lot of adults who want to learn an instrument, but don't know where to start," she says. While kids in schools have access to curriculum music and instrumental lessons with itinerant tutors, adults need the chance to have a crack too. The academy is the place to go if you want to learn an instrument, brush up the vocal chords, or even figure out how to read music. Two adult classes, 'Adults Only' Ukulele (Annabelle promises this is suitable for total beginners) and The Insiders' Guide to Music sound like a good start

for anyone with untapped musical yearnings.

Another important facet of the academy is band mentoring. While there are some terrific young bands forming and playing in the Bay, young musicians often need the guidance of a seasoned hand to help them figure out the discipline and structure of keeping a band going.

Having only opened the doors in early February, and already with 150 students on the books, Annabelle has big plans for the future of the academy.

"There are so many things we want to do – there may be an opportunity to offer tertiary level study, with recognised credits and qualifications – but we need to take things step by step."

"It's going to take time, but we're going to get there."



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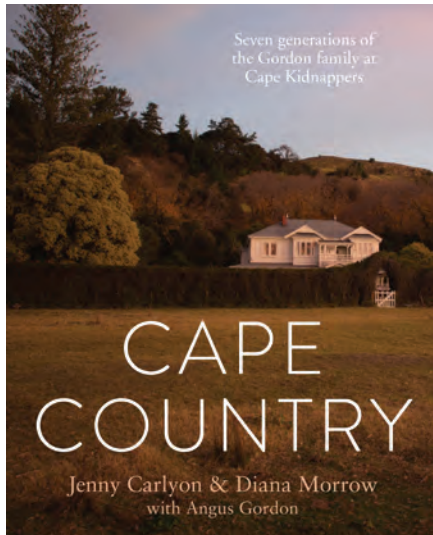
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Good Reads

MICHAL MCKAY



Cape Country

With a PhD in History from Auckland University and a Licence d'histoire (French equivalent of a BA), Dr Jenny Carlyon (nee Gordon) is well known in the field of New Zealand historians. Together with Dr Diana Morrow, similarly recognised, she has already written three books relating to NZ's past.

Cape Country, her latest, written again with Diana, also includes a collaboration with her brother Angus Gordon. For good reason - the book is about Clifton Station in Cape Kidnappers where the Gordon family has farmed for seven generations and where Jenny grew up along with brother Angus.

Known as Hawke's Bay Establishment, the Gordon family have been at Clifton since 1861. Just 20 minutes drive south of Napier, it is an icon in the region set in a spectacularly beautiful environment right on the coast. Cape Kidnappers may have become a landmark on the New Zealand landscape but it was the Gordons who brought it to life.

James Gillespie Gordon first set eyes on the land that would become the family home and farm when he came out from Scotland at the age of 60 153 years ago. His history in itself is captivating enough - having lived in India for most of his life, he chose to jump on a ship knowing nothing about farming, to come to NZ to buy a farm. Which he did - some 13,000 acres which included the whole of the Cape in one

direction and reaching Te Awanga village in the other. Since then blocks have been carved off for family - and the vast Cape block ultimately was sold off by Angus's grandfather Frank to become Cape Kidnappers Station. Some 810 hectares forms the core of Clifton today.

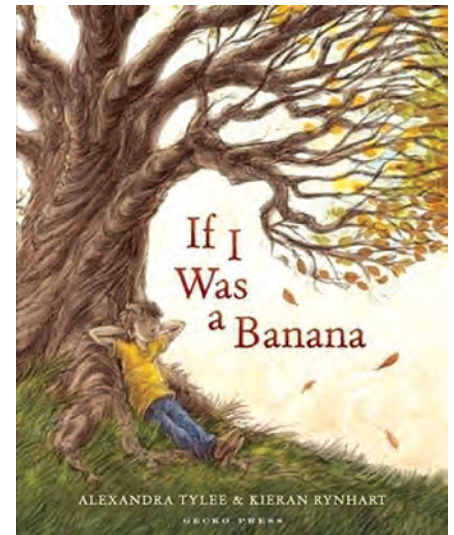
But the story of the generations that followed James is equally as compelling - one of hardship and success, happiness and sorrow, warmongering and friendship (including the Hauhau rebellion), floods, droughts, economic downturn and of course prosperity. It is a story of a family's deep love and connection to that land and their determination to hand it on intact and thriving to succeeding generations. Six generations of Gordons have enjoyed living there, and the seventh has just been born.

Clifton itself was originally built very much as an Indian homestead - low, bungalow-like with one storey and many verandas. That burnt down in 1899 and a new big two-storey Edwardian home took its place. This was where Angus and Jenny (fifth generation) grew up. Angus and (his wife) Dinah's son Tom who farms Clifton with them is sixth and now there is another family waiting in the wings ready to take over. Angus's relationship to Clifton, where he and Dinah live, and the part he has played in the ongoing family saga of this land, to this day is central to his identity and wellbeing. His narrative is like a passionate ode to a family life which quite obviously bears his own heartbeat.

Cape Country by Jenny Carlyon and Diana Morrow, with Angus Gordon.
Penguin Random House.
www.penguinrandomhouse.co.nz

If I Was a Banana

Alex Tylee is best known to locals as the owner of the renowned Pipi, a local iconic eatery with particularly good food. But there are many facets to this remarkable wife and mother of four that probably explain in even more detail why her restaurant is so popular; for she knows much about family, fun, nurturing, sensational seasonal food and especially love. Her love of cooking



came from providing meals for workers on the Hawke's Bay farm where she lived. Enormously creative, which is obvious in her cooking - she is the author of the much vaunted *Pipi The Cookbook* and *Pipi At Home* and has self-published *Walking with Gay Friends: a journey of informed compassion*. But given her eclectic range of interests and life's experiences it really should be no surprise that this interesting and compassionate woman has now written a book for children entitled "*If I Was a Banana*".

This magical epistle with illustrations by the imaginative Kieran Rynhart, explores a child's sense of wonder - the enthusiasm for life which has not yet been thwarted by the passage of time and experiences - and the constant expectation that even if it is a dark rainy day, there is something within that will offer optimistic hope. Beginning with "If I was a banana I would be that one, all yellow and fat and full of banana", upon looking through a fruit shop window display - each page explores and shares another thoughtful notion. They are poetic, tender and very, very funny. They also provide an insight into a little boy's life which despite the dreaming and the "ifs" in no way indicates he is unhappy or discontented. And the ending is incredibly heart warming.

If I Was a Banana by Alexandra Tylee with illustrations by Kieran Rynhart.
www.geekopress.co.nz



MATT MILLER: ONLINE TRENDS

Visiting Digital Ground Zero

THE DIGITAL WORLD is moving too quickly for a lot of people. Business models are changing fast, and lifestyles are struggling to keep up.

My wife George and I recently got the chance to see what was happening at Ground Zero in the tech world: San Francisco and the greater Bay area in California.

Just landed

Friday night, San Francisco International Airport. Just landed. It's cold and raining. I open the Uber app on my phone, it instantly senses my location (and it gets it wrong,

The founder of the conference introduces the event by apologizing profusely for the Trump travel ban, which has prevented more than 50 attendees from countries like Iran and Syria from attending. The Californian tech industry relies so heavily on immigration to mitigate its huge labour shortages that there is a real feeling of despair at the travel ban.

of course). The app shows a map with Uber cars moving around the airport concourse, looking like slaters under a pile of damp firewood. Uber tells me the nearest driver is three minutes away and the ride will cost US\$31 dollars. I assume this is a fair price (I have heard horror stories of passengers getting charged hundreds of dollars at peak times). I pay instantly with Android Pay and Uber tells me the model of car and the licence plate

number I need to be looking for.

A few seconds later, a white Prius pulls up and a Chinese driver who can barely speak a word of English jumps out to grab our suitcases. We get into the brand-new hybrid vehicle and enter the traffic at 75mph (120 kmh) in four lanes of Friday night traffic on the rain-slick US 101 motorway as his dashboard-mounted iPhone calmly reads instructions like a female Mandarin-speaking rally co-driver.

Despite all the apps and gadgets in the car we get lost. The driver is so busy showing me his Sirius XM satellite radio that he's barely watching the road, and we miss a turn and then he asks me where we should be going. I tell him that we're not from around here and then he asks me if we are from Australia. Finally I see the sign for our hotel. I don't tip the driver.

Meeting the high priests

The purpose of our trip to the US is to attend a huge software conference called SaaStr, a three-day extravaganza in a vast auditorium in downtown San Francisco. This year more than 10,000 people from 47 countries have descended on the city to meet the high priests of the digital economy, the Silicon Valley venture capitalists, and to learn from the most successful SaaS founders, who are often rolling the dice on their third or fourth company.

The founder of the conference introduces the event by apologizing profusely for the Trump travel ban, which has prevented more than 50 attendees from countries like Iran and Syria from attending. The Californian tech industry relies so heavily on immigration to mitigate its huge labour shortages that there is a real feeling of despair at the travel ban. No one wants to fund a start-up company with no skilled engineers, and all the good ones have already got jobs paying \$200,000 at Facebook or Google.

As expected, the conference is the most

digitally-enabled event I have ever seen.

It all revolves around a mobile app for the event with a comprehensive interactive schedule of all the speakers, sessions, after parties, sponsors, and vendors. A huge force of volunteers scrambles to keep everything moving, and without the digital transport provided by Uber and its archrival Lyft, I have no idea how most of the attendees would have got there.

These digital car services are really fast, cheaper than taxis, and incredibly easy to pay for. All the drivers are pleasant and courteous. We even had a ride in a fully-

It's transforming the lives of the people here faster than any other place on the planet. From what I saw, be prepared for some big changes coming soon to our own Bay.

pimped boy-racer Honda Civic. The exhaust was so loud my ears were ringing afterwards. If this is the future of taxis, then it's great ... for the customers. I'm not so sure it's all that good for the drivers. Most of them are doing it to eke out more money. A lot of them have at least one other job, and are registered for more than one online car company. Eventually autonomous cars with no drivers will probably replace them. Such is the digital life.

Like most online services, Uber and Lyft are always asking for you to give a rating out of 5 stars. The ratings are vital for the drivers. One driver tells me the best way to get good ratings is to keep silent. Another driver offers us chewing gum and bottled water. One has a huge bag of bottles of iced coffee on the floor and tells us to help ourselves.



Digital dining

The dining experience is changing rapidly too. In American cities, it can be really hard to reserve tables at decent restaurants. OpenTable is a phone app that shows you all the restaurants around you that have tables available. You just enter the number of people in your group and pick your time. You choose your restaurant and a few seconds later, you're all booked.

Like most self-serve online reservation systems, this only causes problems when you're not paying attention, and then it can lead to bizarre results. For example, we accidentally chose 7am instead of 7pm

for a dinner reservation. In Hawaii we accidentally booked a restaurant that was on a different island.

In San Francisco I used a mobile app called UberEats to order delivery food from a restaurant. As you might expect, UberEats is an offshoot of Uber. When you've got all these drivers cruising the city ready to pick up people and drop them off, you might as well use them to deliver all sorts of other stuff too. I picked food from a menu in the UberEats app, with photos of all the dishes (and ratings out of 5 stars, of course). As the delivery was happening, the app gave me continuous updates of the

estimated delivery time and updates of how the process was going.

Now I have had a snapshot from the forefront of the global digital economy. It's transforming the lives of the people here faster than any other place on the planet. From what I saw, be prepared for some big changes coming soon to our own Bay.

Matt Miller co-owns web company Mogul Limited, based in Havelock North, but serving clients around the world, including BayBuzz. His beat for BayBuzz is online trends and best practice.

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TIM WHITTAKER

PHOTOGRAPHY



DAVID TRUBRIDGE

Whose Water is it Anyway?

AT THE END OF LAST YEAR I came home to Havelock North to see signs banning sprinklers . . . in December!

Thinking about all those water bottling consents recently issued in Hawke's Bay, my hackles rose and I quickly put up a Facebook post. In defiance of the ban, it showed my sprinkler going, along with the statement that I would continue the protest until a commitment had been made that no further bottling consents would be issued. The post went viral in a way I could never have anticipated – there were over 2,000 shares, which is a lot by any standards, but amazing considering it is only a local issue.

I was immediately criticised that the rationing had nothing to do with the bottling. There was a shortage simply because HDC had to pump water from Hastings and the pumps could not keep up with demand. Higher on the hill some taps were running dry. Having made my point with unexpected success, I quickly called off my protest, not wanting to encourage others to follow suit and cause more distress.

It is absolutely true that even if all the current bottling consent holders were extracting water (which they are not – hardly any water has been taken to date), it is highly unlikely that they would deplete the supply. (I was told that one Canterbury dairy farm uses as much water as the whole of Christchurch city!) We are not yet ready to discuss how much water we can sustainably draw because there is just not sufficient data known about the aquifer. The research is under way and hopefully the community will be suitably informed.

Nevertheless there is a lot of righteous, even if ill-informed, indignation about the morality of water bottling in Hawke's Bay, whether or not there is sufficient supply. By all means, let New Zealand share what we have with those in need around the world. But if water is to be shipped surely it should be taken from the West Coast where it pours down in abundance, not from a drought-prone region?

No-one in New Zealand should need to drink bottled water. Single use plastic bottles, supermarket bags, etc should be banned here.

If it was a case of real need for water, I am sure we would be more sympathetic. But we all know that the water bottling industry is the biggest rort and con. It is not being shipped to desperate parts of Africa, but to places like New York, where they happen to have the best supply of potable, untreated water anywhere. The power of advertising, from companies such as Pepsi and Nestlé's, persuades gullible consumers that they should only drink their purest of waters, not that dirty stuff out of the taps (so ironic now!). These bottlers are not driven by anything remotely humanitarian, only by the promise of enormous profits.

We are constantly told that we need these things for national prosperity, but invariably the benefits fail to reach us, only the fall-out and the clean up. Meanwhile the profits are syphoned off by big business, mostly going offshore, with no subsequent responsibility.

And so we get mountains of plastic bottle waste piling up in every corner of the planet, such as the shoreline of the Dead Sea I saw recently. Do we want Hawke's Bay to contribute to that?

I have been asked, what if the bottlers were charged, would that make it OK? That would at least mean that bottling businesses are not profiting from a free resource. No, it does not make it OK for all the above reasons, but the question is rhetorical because the Government will make sure it cannot happen.

The Waitangi Tribunal has ruled that, according to the Treaty, Māori have the rights to water. The Government cannot accept this because they are understandably frightened that all irrigators will be charged. So their stance is that NO ONE owns water –

to charge a bottler is an implicit recognition of ownership.

What matters for me, and has done right from the start of my protest, is the bigger picture. How do we manage our water? I say 'our water' but who owns the water? What right do we have to water? What right does the Council have to give it away, purely for private profit?

This all comes back to the interface between local communities and big business – between what is derogatorily called 'nimbyism' and what we are told are wider economic benefits. Should we be forced to accept, against our will, GM crops? Or fracking, even if it threatens our water supplies? Or more intensive dairy farming, which pollutes our rivers? Or offshore oil prospecting, which destroys wildlife? What price are we prepared to pay for the mostly empty promise of jobs? For the money that never seems to trickle down?

We are constantly told that we need these things for national prosperity, but invariably the benefits fail to reach us, only the fall-out and the clean up. Meanwhile the profits are syphoned off by big business, mostly going offshore, with no subsequent responsibility.

If Pepsi did set up a massive water bottling plant here, lured by the free resource and the nearby port, then what would happen if it went seriously wrong? They would walk away and we might be struggling with the mess for decades. This has happened many times before with many different industries. However if the community owned the resources, we would be much more careful, because we would suffer the consequences if we do it wrong . . . and the profits would stay here.

The issue of ownership is at the crux of this, and it is where I would like to introduce the notion of the commons. As the world becomes more and more dominated by fewer and larger multinational companies, who are often more powerful than even countries (especially under the, hopefully defunct, TPPA), then it becomes imperative that we draw some lines in the sand.

Traditionally the commons are owned by everyone and no one. British villages



used to be surrounded by grazing land that everyone could use until new laws, made by landowners, allowed anyone (i.e., them) to fence it off and own it. That encroachment continues today. Who owns the ocean, fresh water, the air?

The commons is egalitarian; it is not just the asset but also the community. If we share in the asset we deepen our connection to the land, sea or water, but also to each other, which is far better

than just being passive, disconnected consumers. It forces government to place more priority on community needs rather than on corporations.

There are certain resources which should be in the commons and water is definitely one of them; so are the oceans. What about fresh air – what right do we have to that, or conversely what right does a company have to pollute it?

Some land should be common too –

maybe it already is under DOC? But if the Minister for Conservation can go to the Supreme Court to insist that DOC can release parts of its estate for development (as with the Ruataniwha dam), then what is DOC really worth?

As I have said here in the past, we have to stand up for our own community in the face of ever-greater profiteering encroachments, and asserting the commons is a good way to start.



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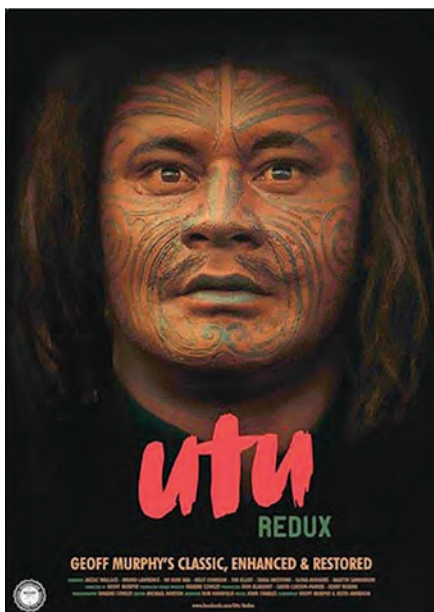
March 18 at Duart House, Havelock North

Take in the civilized garden setting while experiencing a wide range of beers from some great craft breweries including Brave, Garage Project, Giant, Tuatara and Zealandt. Plus there's cider from Edgebrook, Paynter's and Three Wise Birds. beerappreciationday.co.nz

Maraekakaho Country Market Day

March 18 at Maraekakaho Sports Grounds

Head for the hills for a day of crafts, fresh fruit and produce, old-fashioned lollies, hot food, and community stalls, live music, games, rides, displays and demonstrations. eventfinda.co.nz



Napier Prison Film Evening: Utu

March 18 at Napier Prison

See this New Zealand cinematic classic in the spooky unique setting of the old Napier Prison. eventfinda.co.nz

Waitangi Regional Park Opening Ceremony

March 20, 7am at Waitangi Reserve

Celebrate the completion of the Waitangi Regional Park rejuvenation project. This is the long coastal park between Napier and Hastings that covers an area of 300 ha where numerous streams and rivers - Muddy Creek, Karamu-Clive, Ngaruroro, Tutaekuri, Grange Creek and Tukituki River meet the sea. hbrc.govt.nz



Bostock New Zealand Edible Garden Show

March 25 & 26 at the Hawke's Bay Showgrounds

There's something for everyone at the Edible Garden Show – workshops, demonstrations, shopping, yoga, panel discussions, children's activities, earth building and loads more. And entry is free! showgroundshb.co.nz

Africa Entsha

March 28 at Napier Municipal Theatre

This is the slick a capella 5-piece who performed at the World Cup opening ceremony last year and also won three awards at the Edinburgh Fringe. They blend western pop influences with traditional African elements to create a distinct act. napiermunicipaltheatre.co.nz



Alliance Française French Film Festival

March 29 – April 12 at Cinema Gold, Havelock North

New Zealand's premier French event will this year feature over 30 of the finest films from France and French-speaking regions. frenchfilmfestival.co.nz

Festival of Hockey

March 31 – April 9 at Hastings Regional Sports Park

Hawke's Bay plays host to world-class international women's teams including New Zealand, Australia, Japan and the USA as they battle for the Hawke's Bay Cup. Top schoolgirl teams from here and Auckland, Palmerston North, Hamilton and Gisborne vie for the Furnware Cup, currently held by Iona College.

Napier Port Harbour to Hills

April 2 at Perfume Point, Ahuriri

If a sheltered 2km ocean swim with Napier Port as its backdrop, 95km on the bike looking out over Cape Kidnappers, sweeping through the Tuki Tuki valley and back to Napier, and then a 21km run (two laps of the Rotary Pathway) sounds like a good day out, sign up at harbourtohills.co.nz

East Coast Farming Expo

April 5 & 6 at Wairoa Showgrounds

Check out trade sites, seminars and demonstrations of leading-edge products and services in the agricultural industry. Areas of interest include water systems and fertiliser options, cloud-based farm recording and stock handling systems. eastcoastexpo.co.nz



Dixie Chicks

April 8 at Mission Estate

There may still be a handful of tickets left to see the American trio who have thirteen GRAMMY Awards, six Billboard Music Awards, four American Music Awards and countless Country Music Association Awards. Looks like The Mission concert might be back in a big way. missionconcert.co.nz

Freeman White Painting Masterclass

April 8 & 9 at the CAN

Renowned Hawke's Bay painter Freeman White offers a two-day still life painting class. Places are limited. To book, contact Creative Arts Napier. bookings@thecan.co.nz.

Pecha Kucha

April 11 at MTG Cetry Theatre

If you're not already hooked on PK, come along and see what the lovely fuss is about. 8 - 10 Hawke's Bay people tell their stories of adventure, art, travel, politics, passions and pedantry, all within the international 20 slide/20 seconds each Pecha Kucha format. facebook.com/pechakuchahb

The Little Easy

April 14 at Russell Park, Waipukurau and April 16 at the Wairoa Lighthouse

A warm-up event in CHB and a cool-down event in Wairoa, these 12km and 10km rides are a cruisy way to get into the spirit of Easter cycling. thebigeasy.co.nz

The Big Easy

April 15 at Chalk & Cheese, Havelock North

The perfect antidote to an excess of seasonal chocolate, the Big Easy is now an Easter tradition in Hawke's Bay. The big bike ride heads out on River Road to the Hawke's Bay Trails, finishing up 42kms later at Church Road Winery for the finale party and concert. thebigeasy.co.nz

Swan Lake - Moscow Ballet La Classique

May 7 at Napier Municipal Theatre

Take in the most splendid ballet of all time, brought to life by Petipa & Tchaikovsky's spectacular score masterpiece and the dancers of the Moscow Ballet.

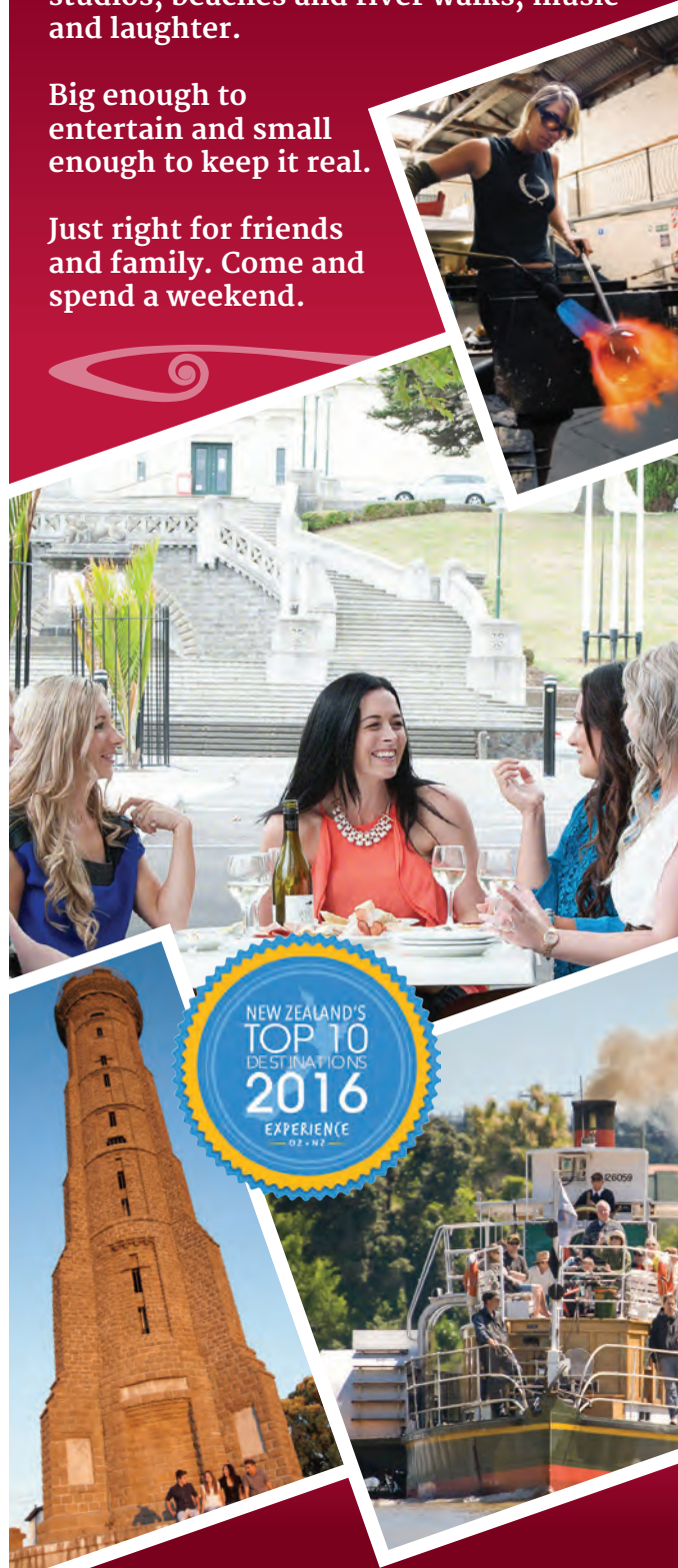
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MARY KIPPENBERGER

Letter from the Country

THEY WERE COMING. From far and wide they were coming. In planes, on buses, in buses, cars, campervans, caravans, motorhomes, motorbikes, they were on their way ... on their way to Te Rangi.

The whānau, the wwoofers, even the grandies had been working for months, preparing for the yearly musical invasion. I smiled happily as the cow poo pile rose higher and higher in my compost bins. I smiled happily as I saw our funny little farm revel in her annual haircut.

We worked in 38-degree heat, day after day. Abandoned winter duvets, crocheted rugs and heavy quilts were shoved into recycled Brisco bags and found temporary refuge in abandoned corners.

Two hundred, water filled, recycled plastic bottles lay freezer frozen, anticipating their moment in the sun. Boxes of fans made their way from shop shelves to our waiting rooms. The pool sparkled, gazebos waited to offer relief to jamming jammers.

The now famous pop-up cafe appeared under the leafy shade of the giant 120-year-old chestnut trees. A refreshed sandpit neighboured the foosball pit, a human-sized game carved out in the dreadful heat by Peter and brother Michael.

I could see it all. Sun-deprived friends from around the motu, friends who spoke of a lost summer and desolate days, friends who would, for five glorious days, bask in the warmth, the heat of the Hawke's Bay sun ... and when they had gone, then we would pray for rain. I was smug with happy anticipation.

Oh yes, I did afford a glance or two at the weather forecast and they did speak of wind, rain and bitter cold for that particular weekend, but what did the Met Service know? I had only to look outside at the fine dust clouds that puffed at every foot step, the hills so dry and devoid of life that you could see a mouse run across the paddock ... cold wet and windy! Not a chance.



Oh yes, I did afford a glance or two at the weather forecast and they did speak of wind, rain and bitter cold for that particular weekend, but what did the Met Service know?

Of course I was wrong, and to the Met Service I unreservedly apologise.

As the first night concert drifted musical gifts across the valley I searched out the banished blankets. Filled hotties and blankets were laid out on chairs and were swarmed by the chilled guests. By night's end 140 hot water bottles had found their way into campers beds and for the first time my hot water bottle wall was decimated. Multiple shopping addiction syndrome justified at last!

Wind joined the party, angrily attacking sound systems and bringing the marquee to its knees. Jackets and coats danced an off-and-on-again tango as temperatures fluctuated and an occasional echoing drip was heard as

rain found its way to the empty tanks.

And pack-up day? Thirty-eight degree heat and nary a breath of wind ... of course.

But it didn't matter. What mattered was that we were all together again ... this wonderful group of ever-expanding friendships, friendships spanning forty years and several countries. Brought together by music, what really ties us are the relationships, the love, the laughter, the tears.

And as some of us get a little creaky and grizzled we don't need to worry, our children and their children are taking our places ... which is just as well because, as 11-year-old James, my eldest grandson, innocently observed, "You'll be at my 21st Grandy, but you won't be moving much."

As a footnote ... two weeks after the gathering, it is raining! I can smell the parched earth gulping. Proper rain. It may not last. I hope it does. Our wetland is cracked and the river dry.

A black rabbit has come to visit my garden. I shouldn't like him but I do. My brothers up the hill report two black rabbits. Where there are two rabbits there are one hundred rabbits. Peter has just had his gun licence renewed. Run rabbit run!

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