



EDITION 3 2023

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Ngā Pānui Harikoa o Te Matau-a-Maui

THE "HAPPY BAY" NEWS



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the Bay a
Better
Place**

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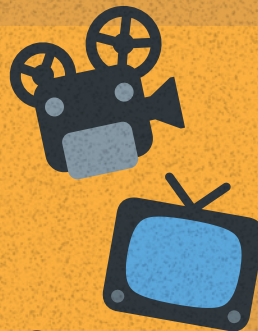


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A FOTO IWI MEDIA PROJECT
**CELEBRATING
HAPPINESS IN
OUR COMMUNITY**



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Shout out to our incredible team of creatives
including our newest members also from both Hastings and CHB, ngā mihi nui!



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KIA ORA!

WELCOME TO THE THIRD EDITION
OF THE HAPPY BAY NEWS!



What are you going to find in this edition?

Lots of happy bubbly news that will make your heart happy ❤️ and perhaps even make you do a little dance .

We have had so much fun with the stories here . Meeting pretty amazing humans who are doing pretty extraordinary things for others in our community. We took photos 📷 and listened 🗣️ to their stories and now you get to know them too!

You will find stories about people of all ages , stories of gentle animals that need families to love them and of course a few fun happy facts!

So from our HBN family to yours, we hope you take a beat out of your day to enjoy. 😊

PS If you would like to know more about what we do, become part of our team in a big way or small then get in touch. ☎️ There's always room at our place for one more!



MAKING THE BAY A BETTER PLACE

How do you sum up so much awesomeness in one human? Dewald Botha is one amazing humble dude!

You will find Dewald delivering furniture for Resource, a not for profit organisation that redistributes household goods into the community.

It's his job to load up the van and deliver to those in our community that need a hand up . Dewald reckons he feels that he unfairly gets all the gratitude from the grateful recipients as he is the one dropping them off although many others have worked hard to make it happen .

Moving from South Africa to NZ when he was just 4 years old Dewald feels that he wants to make the most of the opportunity his parents gave him with this move . Although he loves his job he is using his afternoons to study to finish his NCEA L3 so he can head to Waikato to study to be a Sports Physiotherapist, combining the love he has for sport and people .He credits this change to his boss Nadine who has encouraged him to start studying and believed that he can be all he dreams of.

Dewald says that having Nadine as his boss is like gaining an Auntie! Too much Nadine, it's pretty cool to be such an awesome boss, we need more employers just like you.

While working with Resource ,Dewald got to know the team from the Acorn Foundation and jokingly said it would be a pretty hard case "if I got my hair all shaved off and showed up at work" (Dewald had very long hair). This started out as a joke but raising \$1345,00 for the Acorn Foundation and now with a freshly shaved head it was no laughing matter!

Just another great way he helped out his community, though he assured us it's no big deal. .

When we asked Dewald if he had any advice for our Youth looking for their first job he replied " you gotta do what you gotta do". Meaning your first job won't be your last job but it will get you towards knowing what you really want career wise . His first job was picking blueberries and then he ended

between jobs and heading into Hastings Youth Support Service Mahi for Youth looking for a change .

He said he thought they were really welcoming and supportive to help him on his way . It was here that he became part of the Resource work family and hasn't looked back since.

One his favourite days on the job is turning up to a house where there are kids . The kids all want to help unload the van and are so excited to be getting new things for their home . He remembers one young girl who got a unicorn pillow and was just so excited . That must feel like a pretty cool day at the office we reckon! It's kind of like being Santa but no red suit !

Thanks for being you Dewaldyou make the Bay a better place.



Photos by Edward Roberts



Re-Source connects people and community organisations in need with essential preloved goods, inspiring people to care for the environment by donating unwanted items for reuse.

RE-SOURCE.CO.NZ

CHANGING THE WORLD ONE BIKE RIDE

Meet Dawn the Cycle Pilot and Enid her triobike passenger. **AT A TIME**

Photos by Mia Sutherland

While it may sound like a plane ride somewhere it's a lot simpler than that, and is all to do with a Napier based organisation that has brought the trio bikes here for our community to enjoy.

That organisation is the Napier registered charity - Cycling Without Age Napier Trust of the global based organisation called Cycling without Age.

Created in 2012 in Copenhagen, Napier is one of more than 3000 chapters as they are known, in 39 countries (with 20 more coming on board) worldwide that brings the simple enjoyment of a bike ride to its senior community.

But wait, it's much more than a bike ride.

As Enid (pictured here with Dawn) says she loves to see people and to stop along the way and have a chat with them. " It's lovely to get out, and it's wonderful to enjoy the sunshine and also have an outing with Dawn. Now enjoying their third outing together, Dawn collects Enid from her residence and off they go, usually for an hour out and about, stopping along the way to enjoy the park while sticking to the pathways as they cycle along together.

Can a triobike ride change the world ?

We think so. Add in the health and wellness of being out in the open air, with the sun on your face, a kind pilot like Dawn to chat to, people who smile when they see you coming toward them and want to stop to chat, there are tons of benefits for both the passenger and the pilot in a bike ride like this.

For Enid, who always enjoyed being active, her weekly 'cycle' outing is something she looks forward to and she always dresses up for the occasion, and likes to "look her best"

With more than 39,000 trained cycle pilots across the globe, pilot Dawn, loves that she can combine her love of cycling with the chance to help our seniors get out into the environment and enjoy the community around them.

We couldn't help but notice how happy they both were, enjoying the day and chatting as they headed back off on their journey together.

Find out more about Cycling without Age, Napier:
Alan : Cycling Without Age
Napier Trust
cwa.napiernz@gmail.com
0274 302 702



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THE
"HAPPY BAY"
NEWS

KINDNESS

BEGINS AT HOME

Raewyn and Richard Lawrence



Kindness begins at home - For many having a vege garden can be hard work but for locals Richard and Raewyn Lawrence it's been a lifetime of a love of the land for them both.

It started on a farm, which led to producing their own crops, branching into flower growing and production.

Some may say Richard has green fingers but the knowledge they both bring to their love of 'fruit and veg' is something pretty special.

Following simple organic principles you can see the results alongside the love and care Richard puts into his backyard garden.

But this isn't just any backyard.

From growing some unique crops such as bananas, mulberry, horseradish, three varieties of apricots, Richard's own massive tomato variety, "Richards Red", what Richard doesn't know about growing the best fruit and veg isn't worth knowing!

As he shares his gardening tips the smile on his face shows that he is in his happy place when he is out in the garden.

While Richard is outdoors nurturing the garden, Raewyn is in the kitchen doing what she loves best, cooking and preserving, cooking from her own recipes and still using an 80 year old sauce recipe of her Mums. This dynamic duo has a routine that was a real joy to see.

Richard brings in the produce, boots off and ready for Raewyn to take over. As the pot on the stove bubbles away, Raewyn has Richard do his taste test before they pour into preserving jars, working together side by side.

Their kindness extends to giving a lot of what

they grow away, often in boxes as they put a selection

together for a neighbour or a friend to take with them, working to the age old saying 'kindness begins at home'

For Raewyn and Richard, their garden is a big part of their life and what they have managed to create in their own backyard is an amazing oasis of nature working uninterrupted at its best giving those who care for it the very best rewards.

Head to our website for Raewyn's Mum's Sauce recipe plus her Pumpkin Soup recipe:

www.happybaynews.co.nz

**FUN
FACT**

Plants are super nutritious: vegetables are low in fat, sodium, and don't contain bad cholesterol - this means that they should make up a large part of a healthy diet. Eating vegetables regularly will also boost your immune system so you can fight off those colds.

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REDEFINING the SKATEBOARDING DEMOGRAPHIC



Through the work of Sarinah Hurford and her initiative called **Wellness Riders**, she is redefining the skateboarding demographic.

Story by Lena Ormsby | Photos by Tyler Heesterman

After discovering her love for the sport Sarinah has co-founded Wellness Riders to empower rangatahi to recreate sporting stereotypes.

Growing up she felt as though she has been “missing out” and so has dedicated incredible effort to ensure rangatahi today, don’t miss out on life opportunities and experiences.

Before co-founding Wellness Riders Sarinah attended a skateboarding workshop held by her now business partner and, “found it inspiring and empowering to find other females to skate with”.

Sarinah’s example shows us all, how it is never too late to try new things and discover our hidden potential. Because of Sarinah and Wellness Riders, our community’s youth have a safe, fun, and exciting open space to develop their resilience. “Wellness riders is for the mental, physical and social connection” thus highlighting how this initiative gives rangatahi

well rounded learning experiences and teaches them important life skills.

It is heartwarming to see loved community members such as Sarinah, “help people feel more empowered and comfortable within themselves and make more friendships” to ensure happy futures for our youth.

Especially when working with young wāhine, it is clear Wellness Riders prioritises inclusivity by encouraging all students, “to shift the stigma around skateboarding being a boy’s sport”.

Whereby we are lucky to live in such a modern age that allows young people to take every opportunity available to them, whilst encouraging our generation to dismantle our society’s stereotypes and find our own passions.

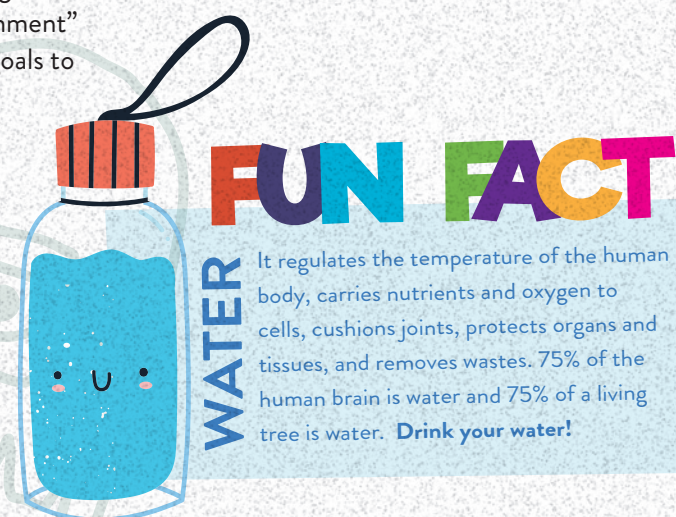
Sarinah most loves how skateboarding, “is an individual sport but a team environment” where each individual has their own goals to

work on, with the support and encouragement of those their age surrounding them, to awhi their progress.

Within minutes of being amongst Sarinah and her students you cannot miss the overwhelming feeling of “community unity”. With skateboarding coaches being school students themselves, there is no social or hierarchal barrier that limits each student’s growth and development when skating.

It is empowering and inspiring, to see young rangatahi work together as friends to see each other succeed. The genuine smiles you see from the youth skating to Sarinah’s contagious laughter, you can’t help but join and start skating yourself!

Not only is Wellness Riders an inclusive fun, family, learning environment, but “a lifestyle”.



HIGHLIGHTING and ERASING STATIONERY INEQUITIES

Story by Esta Chaplin

Photos by Tyler Heesterman

Hastings teens Claudia and Florence Patel-Gaunt have unzipped a new charitable service aimed at keeping Hawke’s Bay students fully stocked with school essentials.

Launched last year, Project Pencil Case creates the perfect kit for students from community donations. Each case equips students with pens, pencils, books and many other items essential to students’ success at school. The two girls identified the stationery gap when they were involved with local organisation, Re-source. They saw the demand and decided to do something about it.

In last year alone the pair donated 180 packs to schools. They also donated 40 packs to the NZ Police Family Harm team for distribution to those in most need. In the future they aim to partner with more schools increasing their impact. Claudia and Florence want to encourage future students to continue this project and work with other teens to erase this inequality.

Their advice to other teens interested in creating a social enterprise is to “just start” but to first find someone to help you. “There are so many people willing to help you”. They also recommend starting small and trial projects, use pencil first before inking it in.

The Woodford House sisters have big plans for their own futures, too, with Project pencil

case sure to be the first of many. Older sister Claudia is interested in being a lawyer as she “doesn’t like the idea of people being in horrible positions because they don’t have what they need”; Florence, meanwhile, has pencilled-in marine biology.

But wherever they end up, the charitable venture has sharpened-up their focus for the challenges ahead.

Donations to the project are welcomed, get in contact:

Facebook @projectpencilcase.



READ ALL ABOUT VIK'S RESCUE ON THE

“HAPPY BAY” NEWS

BLOG

happybaynews.co.nz



CELEBRATING CENTRAL HAWKE'S BAY

WHO LET THE HOUNDS OUT

**HOMWOOD
KENNELS CHB**

What you notice firstly on arriving at Homewood Kennels is that there is no barking. 20 plus Greyhounds and some extras on holiday and not a woof to be heard.

The country life must be working as everyone on-site including the animals are in their happy place and why wouldn't you be in such beautiful surroundings as this.

Situated just out of Waipukurau and run by a dedicated team of animal lovers, overseen by Rachel and Fatima you will find Homewood Kennels. Homewood is a full Boarding Kennel (and Cattery) with Nightrave Greyhound Adoptions being based from there as well as having other locations throughout the country.

Set on an amazing park-like property, what drew us to Homewood was their care and love with Greyhounds and their Greyhound re-home service with Nightrave Greyhounds, it was this that took us to their place with our team for a morning.

Greyhounds are awesome pets for many families. Short-haired, low-exercise, usually silent, and happy to sleep for long periods while the family are out - these are just some of the traits that make them popular pets.

Ex-racing greyhounds are not "rescues", most have been lovingly cared for during their racing career. However, many need homes when they finish racing and have many years of love to give to their new family.

We could see how much the Homewood team cared for the Greyhounds they had staying with them, and the gentle nature of these amazing dogs was great to be around.

It sure was hard not leaving without a hound packed into the van as we all picked out our favourite!

The question that often gets asked was about cats ! But as Rachel said dogs and cats have always had a love/hate relationship and it's not any different with a Greyhound, they are just a lot faster if giving chase (Rest assured each Greyhound goes through an extensive behaviour test).

A Greyhound loves to walk and can also sprint 300 metres, usually needing a good rest after that, Boy is that super fast. The environment as a racing dog is often quite structured and it will take a little time for them to adapt to a different way of life.



They are usually really comfortable being around people as it has been part of their life and equally happy to sleep in the sun during the day, if there is a comfy couch available then no doubt you will find a greyhound relaxing on it !

So, if you are interested in adopting one of these sweet natured, low maintenance hounds why not get in touch with Rachel and Fatima and make a time to visit.

PS they care for cats too !

www.homewood-kennels-cattery.com

www.nightrave.co.nz



Photos by Vanessa Carpenter, Chris Proctor, Juliette Griffin, Hannah Webster



FROM

WAIPUK

TO THE

WORLD



Sometimes odds and records are there to be broken, and everything previously thought to be out of reach is defied. That is the story of Lachie Kirk, an 18-year-old boy from CHB who did just that.

Lachie grew up in the small rural town of Waipukurau, in the heart of Central Hawke's Bay, where at an early age, as a way to celebrate scoring Rugby tries, he began practising how to backflip on the family trampoline. Those were the beginnings of a sporting career beyond what Lachie thought possible. "I never would have thought when I started doing backflips on the tramp all those years ago that I would be competing against world champions."

After mastering the backflip on the home trampoline, Lachie was inspired to go further and, thus, joined the local gymnastics club, where he trained diligently for over five years until he felt he had gone as far as he could. This was when he moved from gymnastics to trampolining, consisting of three disciplines: trampoline, double-mini and tumble track. He moved to a new club to begin learning under Wayne Marsh in December 2017.

Just one year into his new-found disciple, Lachie, managed to win the tumbling event at the national competition - a success he was to enjoy for the subsequent five years, which came as a huge surprise for him. Lachie's surprise went off the charts when he was asked to set his sights on the international stage.

One thing is for sure, though, Lachie's success didn't come out of nowhere. "It's definitely a lot of hard work", says Lachie, who trains three times a week in the off-season and four times in the build-up to major competitions. But that's not all. On the days when he's not in the air or doing Jackie Chan-style flips across the tumbling track, he hits the weights gym as a way to complement his training regime. Balancing school and training sometimes meant he needed to make concessions in order to be able to fit in competitions and training.

This year Lachie's NCEA results needed to be based on his mock exams in early September, as the overseas competition was nearing.

However, there were several bumps in Lachie's road to Bulgaria, which set him back quite a bit. The first being Covid, significantly impacting his training and ability to gain essential experience at national competitions. This, however, gave way for another one of Lachie's passions - photography.

During lockdown, Lachie gripped his camera and headed out onto the farm, where he experimented with taking different types of shots. This led to him, alongside his family, taking magnificent pictures of silhouettes in front of the moon, which made it into the papers and onto the web. Lachie enjoys this but wants to rediscover later in life, as his training keeps him super busy.

His second major hurdle came from the side effects of medication, which led to a neck fracture after an accident while training. Despite significant setbacks of Covid and injuries, Lachie managed to get back on his feet just in time for the last opportunity to qualify for the international event held in Bulgaria, at the nationals, winning all three of his disciplines, securing him a safe spot in the competition. The weeks and months before the competition, Lachie was training four times a week, studying for exams and working on fundraising the money needed to get him to Europe. With the help of the local community, he managed to fundraise over \$12,000 for flights, gear and accommodation.

Lachie has won national titles for his sport and fought his way onto the international arena, gaining 5th in the world for his age group - a tremendous achievement. Now, Lachie is heading to university to study commerce, but his sports career is still very much in focus. He plans to climb up the ranks to even greater heights, saying, "I'm not done yet."

Story by Chris Proctor.

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COMMUNITY TRUST

FUN FACT

Everyone enjoys a good laugh right? It is the best way to make you feel good and be happy.

And best of all it's contagious so let's all laugh. Did I tell you the joke about..?



HAPPY BAY NEWS

7

The COMMUNITY COUPLE

Story by Chris Proctor | Photos by CHB Happy Bay News Media
Team, Chris Proctor, Vanessa Carpenter, Juliette Griffin, Hannah Webster

We all know those people that are just so worthy of receiving accolades and credit for what they do.

May it be for something they have said or the difference they have made in their community. Mark and Meridith Drake of Central Hawkes Bay are those people. Meridith manages a gift shop, while two doors down, Mark serves up fish and chips for hungry locals. Earlier this year, the couple was nominated for Seven Sharp's 'Good as Gold' award - \$10,000 for them and their family. They were hugely surprised when a large group of friends and family poured into the Fish Supply, alongside the show host to present the award. The response from the community was overwhelming. But all that didn't just happen by accident.

One of their biggest community contributions is organising the annual Central Hawkes Bay Duck Day - a big community festival day in the local park, the crown jewel being the race down the river of over 1800 squeaky rubber ducks. The proceeds of the race go to Ronald MacDonald House, an organisation which has kindly supported the couple and their children for over 15 years, as their son has a chronic illness which required many a visit to Starship Hospital.

The community response speaks volumes of their contributions and kindness over the years. One Waipawa local told Seven Sharp "Mark and Meredith are the salt of the earth, they're what every community needs."

The couple love their community and its relaxed, small-town feel, commenting on the fact that it has great spirit and is a safe place to raise the kids. That community spirit was displayed during the recent flooding,



which had devastating effects for so many people, but everyone pulled together to support each other, delivering supplies and a good dose of kindness.

Another example of that kindness and resolve was on display in the aftermath of the fire at the local foursquare, which not only devastated the owners, but the whole community. In an effort to ensure that all members of the community were able to access supplies, each local store volunteered to sell a certain general item that would be found at a supermarket.

Upon asking the couple what future changes they would like to see throughout communities across the country, Meridith said "I'd like to see a lot more equality between people and that everyone has access to the same opportunities." It's people like Meridith and Mark that really hold a community together, with kindness and humility and the occasional dad joke.

Tags : TV , goodsorts, Yellow rubber duck, Fish and chips, love, aroha, community



Support The Happy Bay News movement

Want to find out how you can support what we do ? We are seeking local support to keep our newspaper going ! Your donation can help us to get free copies into every school in Hawke's Bay and support local creative youth to have an outlet for their awesomeness.

Get in touch to find out more www.happybaynews.co.nz

Age
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Then you could be just who we are looking for. Learn new skills, bring your voice and ideas. Have an interest in photography or film? Maybe you are an illustrator or writer, or just looking to meet a cool group of people, get in touch and be part of The Happy Bay news.



Tyler's Media Corner: Through the Curtains...



The Dog House NZ TV Show TVNZ+

A free login is all it takes to watch The Dog House on TVNZ+. The Dog House is a show full of cuteness, warmth and fun.

Each week, households of all sizes and dynamics come to The Dog House to be paired with an abandoned dog, (typically pregnant, or a puppy), and take one to their forever homes where the dogs are given a new chance at being a human's best friend.

Filmed just north of Auckland, at Poehuehue's Country Retreat Animal Sanctuary, The Dog House NZ is the Kiwi version of The Dog House UK which, along with The Dog House AU, has graced our screens before, and are all also available to stream on TVNZ+.

At the sanctuary, the process is simple: the family tells the experts what they're looking for in a new dog - and then they are introduced with a potential fit for the household. These introductions are incredibly cute. Watching with your loved ones as the dogs go from shy, to friendly, to enamoured with their owners-to-be is something we all deserve.

In recent years a lot of us find it has become very easy to just be cynical about things, but a show like this is unequivocally heartwarming and touching, and really what we all need. Dating shows may be your thing, talk shows might be your thing, or dramas, or comedies or documentaries might be your thing - but this show is sure to unite any and all viewers - even for a cat person, like me. I mean who doesn't like dogs?!

The Dog House NZ, and its UK and Aussie counterparts are available to watch on TVNZ+ for free.

FUN FACT

Sunshine is like a happy pill!

It gives us lots of Vit D and makes you feel good all over. It boosts your immune system and helps your bones to become strong.



Ms Marvel TV Show Disney+

Ms Marvel

Ms Marvel follows a Pakistani-American teenager, Kamala Khan, who is an enormous fan of The Avengers (especially Captain Marvel), even having her own YouTube channel devoted to them.

But unlike Marvel fans in the real world, Kamala lives not far from the actual superhero headquarters in New York. When she gains powers of her own, after discovering a bangle formerly belonging to her grandmother, she continues her struggle to fit in at high school. Being a fan of the Avengers makes having powers A BIG DEAL to Kamala - But it turns out it runs in her family.

She attempts to control her powers, learn their origins, and keep them a secret from her classmates and crucially: a secret from her very hands-on parents too. Throughout the series, she meets people from another realm, discovers secrets about her lineage, and travels through time, all while trying to hold in the fact she thinks superpowers are pretty dang awesome... And scary. Mostly awesome though.

Ms Marvel provides a different lens on the Marvel universe, and superheroes in general, thanks in part to having a teenage lead, who gets the focus without being just a sidekick.

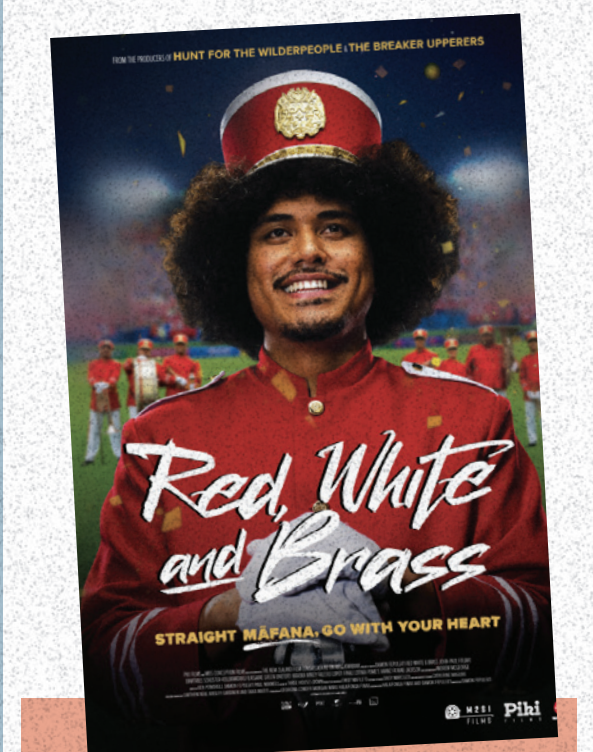
But also, thanks to Kamala being Pakistani-American, an element to her character that isn't often represented in superhero movies and TV. And her culture isn't just mentioned for the sake of it either - we see her brother's Muslim wedding, and Kamala visits Pakistan to see her grandmother, among many other interesting details about her culture - thanks to having a Pakistani-British writer and many other Pakistani, Indian and immigrant writers and directors.

The lead actress, Iman Vellani really carries the series, as a hardcore Marvel fan herself. It is because of this, that she brings a proper authenticity to the role that is obvious from the first moment she appears on screen.

Ms Marvel is an incredibly fresh and vibrant show, which grips you from the start. For

someone like me, who knows very little about Islam and Pakistani immigrant life in New Jersey, Ms Marvel teaches you plenty, while at every turn keeping you entertained and gripped with its action, humor, stunning visuals, amazing cast, and beautifully relatable story. And although Kamala is SERIOUS Marvel fan, you don't have to be to love this show and everything it has to offer (although I'd still recommend everything Marvel). Ms Marvel will also appear in the movie The Marvels later this year.

Ms Marvel is available to watch with a Disney Plus subscription.



Red White & Brass Movie

Red, White and Brass

A brand-new movie has hit cinema screens: Red, White and Brass. The feel-good comedy follows Maka, a Tongan superfan who will stop at nothing to watch the Tonga vs France Rugby World Cup game. Except when he goes to buy tickets, they're sold out. But he concocts a plan to lead a pre-match marching band and stay to watch the game. A marching band that, however, does not exist - and none of his friends and family even play instruments! But four weeks is plenty of time to put a marching band together, right? Who came up with this idea for a movie anyway, you might ask? - it's based on a true story.

This crack up Tongan/Kiwi comedy is great for the family and is sure to have you giggling in your seat the whole time.



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NEW
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IMAGE
TO GO
HERE?

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