

Onerahi Orbit

Free to you from the Onerahi Community Association Inc. August & September 2020

Predator Free Vision for Onerahi



Habitat planting



Hancock the kiwi going to his new home on the mainland

Onerahi has an exciting opportunity to be part of the national Predator Free movement, with a community vision to become predator free.

Onerahi has been identified as an ideal location because as a peninsula it can be defended against reinvasion. There are also significant areas of forest around the suburb, meaning that the conservation outcomes for biodiversity would be very high, meaning more birds everywhere!

Most importantly, there is a great deal of work already happening in the area, supported by existing conservation groups such as Dragonfly Springs and

Friends of Matakohē Limestone Island, as well as environmental initiatives that are underway in local schools, early childhood centres and kindergartens.

Dai Morgan is the Project Lead for Tiakina Whangārei, working to eradicate predators from urban Whangārei, and is excited to be supporting Onerahi on its mission to become predator free. Before the Covid-19 lockdown an informal hui with representatives from key Onerahi organisations and schools indicated that there was a public appetite for a project of this nature.

“Between the conservation projects already underway and enthusiasm from those

new faces wanting to get involved, I believe this project has all the makings of success. We’re currently working on forming a steering group and would love to hear from community members keen to be involved.

“Predator eradication is a fantastic opportunity to connect communities and leads to awesome conservation, educational and social outcomes.”

Chair of Friends of Matakohē Limestone Island (FOMLI) Pam Stevens says any initiative that improves the environment is fantastic and by reducing animal and plant pests in the wider area, the project supports the work that FOMLI is already doing.

Teachers from both Onerahi and Raurimu Primary are on board, and they are excited about the potential for lifelong learning outside the classroom, not just with environmental knowledge but also the social action that students can get involved in.

Success measures for the project include involvement from schools and businesses, greater community cohesion and spirit, backyard traps in most Onerahi homes and more native birds in Onerahi.

If you are keen to be involved in helping get this project up and running, please contact info@tiakinawhangarei.co.nz.

Let's Go...
with Jo!

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Kia Ora

Welcome back to the pages of Onerahi Orbit, where we bring you good news from our community. It's great to be back in print, after our April & May issue was online-only due to lockdown starting just as we were going to print, and the June & July issue was cancelled.

As well as our usual features we have articles about several great environmental initiatives happening locally - Intercept Fabric Rescue, Dragonfly Springs Wetland Sanctuary, Predator Free Onerahi, Friends of Matakoho-Limestone Island, and more, all driven by people with vision, and made possible with the help of

dedicated volunteers who want to make things better. And news of several award winners in our own neighbourhood.

We rely on advertising to fund this magazine, so huge thanks to our loyal advertisers for their support. Readers, please support them by using their businesses, and keep jobs and money going around in our vibrant community - shop local, buy local, and support your neighbours.

Nga mihi from the Onerahi Orbit team:

Heather, Megan, and Shona.

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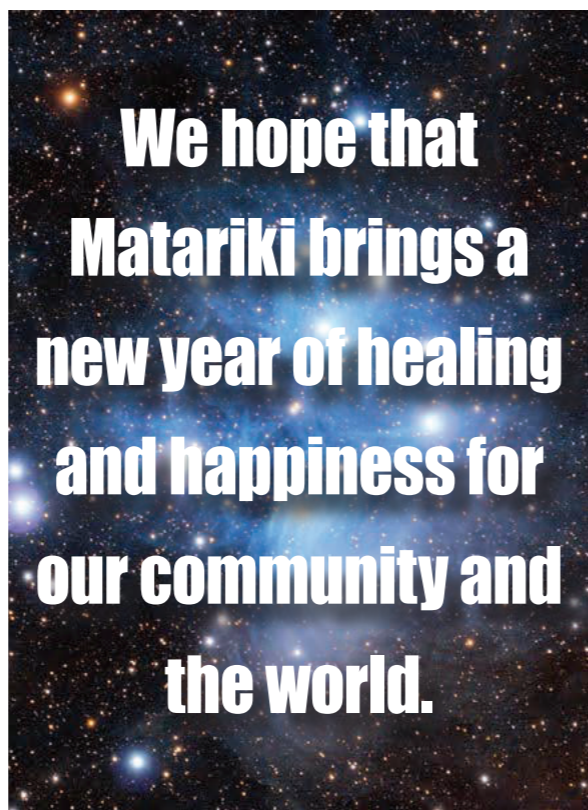
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Congratulations to Dragonfly Springs Wetland Sanctuary

Onerahi's taonga, Dragonfly Springs Wetland Sanctuary, has received another award - Northland Regional Council Environment Award 2020 for Environmental Action in Water Quality Improvement:

"For determination and vision to transform a junk-filled swamp into a wetland and educational asset." This award recognises individuals, groups and businesses who are taking action to protect and enhance water quality and biodiversity values within water bodies in Northland. (NRC)

Swamps used to be considered wastelands and eyesores, only useful for dumping rubbish, or draining and "reclaiming" for human use such as farming or housing. We now know that coastal wetlands are essential water filters, slowing and cleansing rainwater runoff before it enters the sea, as well as providing unique ecosystems for native plants and animals.

What is now Dragonfly Springs used to be a dairy farm, peach orchard, and swamp; then a proposed 73-section housing subdivision whose developer went broke. Jeremy Busck and Pamela Winter, who live above the site, tried to get Council to buy the land for a reserve, but when their attempts failed and it was about to go to a mortgagee auction in 2004, Jeremy bought it, and began work to restore the wetland. Jeremy, Pamela, and a team of dedicated volunteers have spent countless hours clearing tonnes of dumped rubbish, forming and shaping waterways to slow water flow and capture debris and sediment, siting sculptural artworks, and propagating and planting native species to attract birds and wildlife. The 5.6 hectare site is a shining example of what people with vision and passion can do - native bush alive with piwakawaka/fantails, tauhou/silver-eyes, and tui; and habitats to encourage insects, water animals including tuna/eels, as well as ongoing pest control, in suburbia.

Dragonfly Springs engages and involves the community, and



Pamela Winter & volunteers Kevin Hayes & Robert Ongely mulching the new flax garden.
Stone wall built by Bertie Hodgson over 100 years ago

regularly hosts visiting groups, with an emphasis on education. The day before I visited on Wednesday 15 July, they had held a school holidays activity event. Some of the topics were:

- Children & adults learning about bugs, birds, native plants, predators & how to catch them, and Litta Traps.
- Dr Dai Morgan, Applied and Environmental Sciences tutor from NorthTec, brought stuffed predators and traps to show the attendees what they look like and how to catch them.
- Shirley Peterson brought her bird feeders, bug houses, and information sheets to identify bugs, birds & plants. Shirley helped the kids identify plants, and showed them how to make bird feeders and bug hotels.
- Satchet Guilloux, Advanced Environmental Science student from NorthTec, is studying what ends up in Litta Traps & Enviropods. Satchet emptied the Litta Trap and catalogued all the litter he found.

Jeremy Busck was also busy with videographer Wendy Bown who spent four hours filming on-site. Wendy was commissioned by the NRC to make a documentary on Dragonfly Springs' work in Storm Water Cleansing as part of the prize for winning the NRC Environment Award 2020 for Environmental Action in Water Quality Improvement.

This work is ongoing, and needs more volunteers to help propagate, plant, weed, trap, build, and do myriad jobs on the site. Jeremy's and Pamela's dream is to covenant the land to be held in the community forever by a charitable trust. They would welcome a volunteer who can help with the trust's formation and incorporation.

Any keen volunteers, or anyone wanting to know more, and see more great photos, can visit Dragonfly Springs Wetland Sanctuary's Facebook page.

Heather Bell



Jeremy Busck beside carved pou

Service road completely blocked by landslide

I visited on 15 July. Two days later Jeremy posted this on Facebook, about the devastating storm damage: volunteers are needed now more than ever, please!

"WHAT A MESS TO CLEAN UP 17/7/2020.

That once in 500 year storm with 220mm of rain in 12 hours hit Dragonfly Springs hard.

A giant slip on water-tank hillside has taken out our access road up behind the E Site. The mud and debris from the slip has blocked the main service road through the Sanctuary.

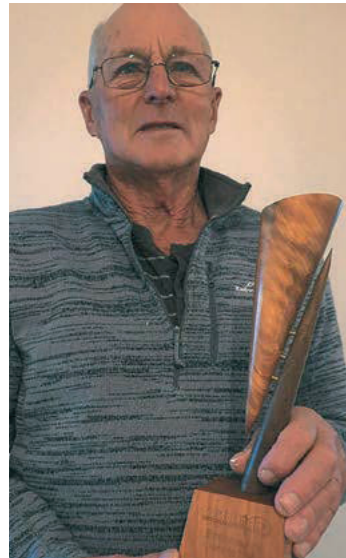
Several other slips on the hillside have done damage too.

This storm has really made its mark all over the project.

I see a lot of extra hard work needed to clean up and repair the damage as best we can"

- Jeremy Busck on Facebook





Ross McKenzie with his award

Outstanding Onerahi Pest Trapper

Ross McKenzie of Weir Crescent, Onerahi, is 2020's Friends of Matakohē-Limestone Island (FOMLI) Volunteer of the Year.

Volunteers are an essential part of the island's success, providing energy, knowledge, and support to activities on and off the island.

A team of five volunteers checks and rebaits a line of 63 traps around the Onerahi foreshore to reduce the risk of pests such as stoats and rats swimming over to Matakohē-Limestone Island, where protected native

species such as kiwi live. Fewer pests in suburbia also encourages bird life and protects people's garden produce and property.

Ross is one of the trappers, and consistently shows an incredible amount of enthusiasm for the project - cleaning, repairing and rebuilding traps while almost obsessively checking for catches, a sometimes unpleasant but rewarding task. Ross also spends many hours ridding his property and neighbouring council land of weeds, and then replanting

with native trees. FOMLI committee members Pam Stevens and Michelle Martin say that Ross is a fantastic advocate for pest control, encouraging neighbours, and pretty much anyone walking by, to consider doing their bit to rid our neighbourhood of harmful pests.

Ross has been trapping the foreshore for the last six years and enjoys seeing the results of his work, and the benefits for Matakohē-Limestone Island. He is a very worthy recipient of this award.



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Intercept : Whangārei's new boutique

On Saturday 7 March I squeezed into the Salvation Army's crowded Family Store on Vine Street for the grand opening of Intercept, the boutique upcycled and recycled clothing label. After the opening speeches, keen customers descended on the racks, snapping up the stylish reinvented clothes and items for sale. Returning four months later, it's obvious that the brand has become a successful fixture in the Salvation Army's Family Store, with a great winter range.

Intercept is the brainchild of a group of keen fabric artists and environmental activists (all volunteers), intent on reducing waste through rescuing and making-over donated clothing and textiles. A lot of the clothing given to the Salvation Army can't be resold as it has missing buttons or tears, yet the fabric is good quality natural fibre. A team of fabric rescuers goes through the reject piles, saving what can be repaired, perhaps by adding embroidery or applique; and what can be repurposed into goods such as aprons, mats, or bags. They also save wearable clothes and bedding to donate to those in need. This saves dumping fees, reduces landfill, and gives quality fabrics and goods a new life.

Jenny Hill, the founder of Intercept, believes the idea of siting an upcycle boutique in an op-shop, stocked with a full range of clothes and items remade from donated natural fibre goods, is a New Zealand first, and hopes it will start a trend.

The Salvation Army Family Store works in partnership with Intercept Fabric Rescue, giving sorting and workroom space in the rear of the store, and a front window and shop floor-space for goods display and sales. All money from sales goes back to the Salvation Army for their work in the community.



The shop is so popular that one of the challenges now facing the project is to keep up with demand. Jenny says, "We welcome new members to help with the sorting, especially those who enjoy making products from the beautiful fabrics we have rescued."

You can help by putting your fabric skills to use, and support Intercept by shopping there. Check out their Facebook page, "Intercept", now approaching 700 members.

If you think this is for you please contact Jenny Hill: jenny@maintag.co.nz or phone 021 907 321.

Heather Bell



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Whangārei District Councillor Nicholas Connop



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“It was the best of times, it was the worst of times”*. What a weird experience COVID-19 was for us all.

We have been very lucky with the way things have progressed here in Aotearoa New Zealand.

It highlighted our strengths and weaknesses. It put us all in very stressful situations and brought out the best and worst in people.

An amazing reset. We saw countless people out and about walking around

exploring their local areas, people were able to spend time with one another and have time to be able to be a family and maybe even create something in the garage that had been waiting until they had time.

Council brought in standing orders that allowed audio-visual access for councillors so that they would be able to attend meetings legally while at home, and council staff needed to adjust to working from home to keep the main systems WDC is responsible for, running.

Volunteer groups ramped up support for people in need and even local businesses went the extra mile to support their communities by building queue shelters and finding alternative ways to give the customers what they needed.

Now that we are back in the chambers and all

systems are go again, with the rates rise covering the recovery package, we have a challenging time coming with projects around town. Fortunately, we have started the Long Term Plan process. This means you need to get your thinking cap on, and when the time comes, make your submission to have your say so that we know what you need.

Now that COVID-19 seems to have mostly receded, we are left with a few gentle reminders we already know, but need a refresher to remember:

Be Kind, Wash Your Hands, Get Creative, Support Local.

How can you make a positive impression on someone else's life today?

* “A Tale of Two Cities”, Charles Dickens.

Northland Regional Councillor Amy Macdonald



Kia ora Koutou!

The Northland Regional Council Environmental Awards were held online this year since Covid-19 meant the planned event was cancelled. It was my pleasure to present the award for Environmental Action in Water Quality Improvement, and I was extra happy to see an Onerahi group was the winner!

Dragonfly Springs Wetland Sanctuary is very deserving of this award, it is a tribute to Jeremy Busck's motivation and hard work from his team of supporters. The wetland is an environmental treasure for Onerahi; it is habitat for native species, filters storm water before it enters the harbour, and is used for education and recreation. The wetland restoration is an environmental achievement worth celebrating, so a big thanks to all who have supported the project over the years.

In other environmental news, the Northland Regional Council is partnering with Predator Free Whangarei, a new project with a big national funding boost for pest control that includes Onerahi as a focus area.

This funding will build on existing community pest control projects to help us achieve even more, so our native flora and fauna can flourish into the future.

And speaking of the future, I have to say I am enjoying watching the energetic and skilful soccer being played by our young people on Saturday mornings! You get a great sense of community at those games, with parents from local schools coming together in the fresh air to support and encourage our young kids to play hard and have fun. It's been freezing on the side-lines but the community vibe is warm and friendly.

Nga mihi

Disclaimer - this is my personal opinion and not that of the Northland Regional Council



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Can you imagine a Predator Free Onerahi?

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Keen to find out more?
Visit us at the Onerahi markets in August

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Tiakina
WHANGĀREI

School News

ONERAHI SCHOOL

Kia ora from Onerahi School. We would like to begin by acknowledging these unprecedented times. Though challenging, it is healthy to not lose sight of the positives. These include such things as the incredible adaptability of our young people, the power of community support, and how a little kindness goes a long way. Now that we are back together, we thought you would be interested in hearing from a couple of our students around their experiences during lockdown.

Maddison (Y6) enjoyed having more free time and spending it with her family. The part she found most difficult was not being able to easily see her friends. She missed

learning at school, saying: "I missed the support of my teacher and fellow pupils."

Maddison's class, like many, had challenges posted to her ClassDojo from her teacher every weekday. "We also had Zoom meetings. We got to see our friends. We would talk about our learning and how we were going. Ms McInnes would ask us how we were and we would share our pets. My cat wasn't very happy about that."

Malachi (Y1) enjoyed being able to have Nerf fights with his mum and dad. "I couldn't play with friends during lockdown so I decided to play with my mum and dad."

Malachi's mum would post his learning on ClassDojo, such as the huge tower he built. He would also learn through his iPad. "I had to find the missing boxes in a game



Sounds of ukulele fill Onerahi School

called Robbers, which was very difficult. I was learning about money."

Maddison, Malachi, and the rest of the Onerahi whanau hope you have had a safe and enjoyable holiday and are looking forward to the new term. Kia pai to rā!

RAURIMU PRIMARY

Last term threw some challenges our way. Thanks to the amazing staff and also whanau, we were able to conquer these challenges and come out on top. Our at-home learning through lockdown showed how resilient our tamariki are, and stories of how whanau coped, and what they did during lockdown have enthralled us. Tamariki have found passion for new

hobbies and have done their own enquiry learning on new interests that have been sparked.

Back at kura, we continued our investigations into Earth sciences, finished our art projects which are being proudly displayed around the school, played new sports and welcomed some new faces.

This term we celebrate Matariki with a school

community dinner. This is a wonderful opportunity for us all to come together in a relaxed environment.

We would like to say a big thankyou to all who support our kura. We have a lot of community, agencies and kind-hearted people who support us in different ways. We really do appreciate all that you do for us.



Year 7 technology project

Warming Yarns

Once a fortnight a gathering of knitters gets together in Onerahi's Raumati Chapel. The gentle ticking of knitting needles and the smell of warm wool is accompanied by laughter and conversation, as garments and blankets grow from yarn in their hands.

Mission Without Borders is an international Christian group, "but you don't have to be Christian to join us", said Maureen, "just keen to knit." It is dedicated to providing knitted clothes and blankets to six East European ex-Communist countries, where incomes are low, winters are cruel, and life is hard.

Throughout New Zealand, the group's knitters create enough garments to fill two shipping containers a year, which are sent to Mission Without Borders' distribution centre in Amsterdam, and from there, on to the needy in



Maureen Hartley with cosy knitted blankets

Eastern Europe in time for the northern hemisphere winter.

Onerahi Orbit published a comprehensive story about this generous spirited group last April. You can read more about these industrious people in our back issues online, at issuu.com/onerahiorbit.



Warm jumpers and beanies for a cold winter

Maureen, who started the group, told me that the article resulted in a huge and very welcome amount of knitting yarn being donated to their cause. They've turned this bounty into warm garments, and with the new knitting season well underway they are once more in need of

donations. If you have any knitting yarn that you no longer want - odd balls are fine - please contact Maureen at HartleyMaureenW@gmail.com or ph (09)436 2355, so this amazing group can carry on their good work.

Heather Bell

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NEW ZEALAND GENERAL ELECTIONS 2020

NOMINEES FOR THE WHANGĀREI SEAT



Dr Shane Reti
Whangārei nominee
for the New Zealand
National Party (Rōpū
Nāhinara o Aotearoa).

Onerahi and the Whangārei Heads area has had spectacular residential growth over the past decade. This has put many parts of the community infrastructure under stress including school rolls and buildings, vehicle movements and pedestrian crossings, waste management and refuse stations to name but a few. Many commentators are signalling a downturn in jobs and available work. This then becomes an opportunity to look at developing community infrastructure.

The rationale is that we may need to look at the domestic economy to lift us back into growth, meaning we trade our way out. Locally it could involve several things. Domestic tourism – the old advertisement, “don’t leave home before you see the country” is a good adage and Onerahi as our point of air arrival, and Whangārei Heads as a coast of beauty, would benefit from domestic tourism. Upskilling at NorthTec, People Potential, and Regent Training are opportunities that could increase skills, productivity, and competitiveness.

Also, community infrastructure projects that boost the economy through government funding of jobs: I recently placed 10 Whangārei infrastructure projects in the House of Parliament for consideration. These were projects that would benefit from fast track consenting and that city leaders had said were important to them. They included schools, roads, cycleways, water treatment stations and community recreation facilities. Parua Bay School was the most relevant project on the master list of projects and yet I know there are other \$1M-\$4M projects in Onerahi and Whangārei Heads that would benefit the community as either being shovel ready or suitable for fast track consenting.

I encourage the community to get these projects on the list so that myself and city leaders can explore having them progressed.

– Dr Shane Reti MP

Dr David Wilson
Whangārei nominee for
the New Zealand
First Party



I have been a member of the Independent Advisory Panel advising Ministers on allocating funding from the Provincial Growth Fund and until last year was the Chief Executive of Northland’s Regional Economic Development Agency: Northland Inc. My PhD is in Regional Economic Development.

I’m proud to be the New Zealand First candidate for Whangārei and a member of a party that has proven an effective Coalition partner and champion for the regions.

We’ve got things done through the Provincial Growth Fund which has already invested \$500m in jobs and strengthening communities in Northland. New Zealand First has pushed for investment in essential rail, water and road infrastructure. Our senior leadership has brought common sense to the debate about port infrastructure in the North.

The greatest challenge workers, small businesses, and industry will ever face is the impact of COVID-19. For small and medium sized businesses, the \$11 billion wage subsidy has given the breather needed to rethink their business model. The doggedness of Whangārei and Northland tourism operators who’ve worked with regional agencies and other operators to retain jobs and repackage our piece of paradise for New Zealanders is nothing short of awesome.

The challenge of COVID-19 to livelihoods and communities isn’t over. This month New Zealand First Minister Shane Jones announced an investment of \$26 million in rejuvenating Whangārei, part of a larger package for regional growth and infrastructure projects across the country.

I’m not afraid to take on the big issues. My qualifications, experience in business and the public sector, and understanding of Northland, means I’m well placed to represent the interests of Whangārei voters.

With ‘Force for the North’ leaders Winston Peters and Shane Jones, I am looking forward to taking the North for New Zealand First on September 19.

– Dr David Wilson

DR SHANE RETI
MP for Whangare

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NEW ZEALAND GENERAL ELECTIONS 2020

NOMINEES FOR THE WHANGĀREI SEAT



Moea Armstrong
Whangārei nominee
for the Green Party of
Aotearoa New Zealand

Our Poverty Action Plan will see a Guaranteed Minimum Income of \$325 per week for students and people out of work, a Universal Child Benefit for kids under three of \$100 per week, and a simplified Family Support Credit of \$190 per week for the first child and \$120 per week for others.

It will be paid for by a 1% wealth tax for those with net assets over \$1 million, and two new top income tax brackets.

With a bigger green heart in government, we can create an Aotearoa that works for all of us. This September, party vote Green for people and planet.

– Moea Armstrong

This September, I’m asking for your party vote. The party vote determines the final make-up of Parliament and the Greens must get more than five per cent to continue thinking ahead and acting for people and planet.

We have achieved a huge amount already, but there’s still work to be done to reduce inequality, tackle climate change, and protect nature.

In just the last three years, we have done more for the environment than in the past 30 years. We got the Zero Carbon Bill through to reduce emissions, and phased out single-use plastic bags to protect wildlife. We banned all new offshore oil and gas exploration to make sure fossil fuels stay in the ground.

We’ve reprioritised transport planning to boost low carbon options like public transport, alongside new walking and cycling projects worth \$1 billion. Our Green Investment Fund supports innovative low-carbon industry.

All decisions that have a big impact on carbon emissions will now be checked to make sure they are consistent with our net-zero goals.

Housing reforms are planned to make renting fairer, to boost state house building, and our progressive home ownership policy will help people who rent get a foothold into homes they own.

Think ahead.

Party Vote Green.

Authorised by Gwen Shaw, Level 1, 17 Garrett St, Wellington

www.labour.org.nz

Emily Henderson
for Whangārei

Get in touch: emily.henderson@labour.org.nz

f /EmilyHendersonLabourWhangare

Labour **Let’s keep moving**

Authorised by Dianna Lacy, 160 Willis Street, Wellington.



Whangārei Heads Landscape and Supplies

Whangārei Heads Enterprises has a new owner - now renamed Whangārei Heads Landscape and Supplies, it's owned by Charlie Emery.

Charlie has years of experience in earthmoving, building and engineering. He is able to work with clients to help them achieve the results they want to see. From excavating for swimming pools to putting in retaining walls; carving and shaping driveways to digging foundations, Charlie is your man on the ground.

Charlie's easy manner, and wide expertise in construction, excavation, engineering, and landscaping, means that he is well placed to talk over your job with you, advise on the best way to achieve your aim, and bring together all the complex skills, machinery, and materials

needed to do the best job that will stand the test of time.

Charlie and his team look forward to meeting you to discuss your requirements and offer advice on supplying the best materials for your job. Whether you collect the materials yourself or need larger orders delivered to your site, they can accommodate your needs: no job is too big or too small. If you require products that they do not yet supply, they are open to your suggestions and will endeavour to source them at the best price possible. They will be expanding the range of products they offer as demand requires.

Whangārei Heads Landscape & Supplies operating out of the ex-Whangārei Heads Enterprises yard, 35 Pataua South Rd, Parua Bay, sells a comprehensive range of landscaping and garden supplies, aggregates, fencing materials, timber, water and drainage pipe, culvert pipe, and has equipment for hire, so you can achieve your project.

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SUNDAY 9.30am Communion Service
11.00am Teaching Ministry

MONDAY 10.15am Sit Fit

WEDNESDAY (2nd) 10.30am Ladies' Bible Study
(4th) 10.30am Ladies' Friendly Hour

THURSDAY (every 2nd) 1.30pm Knitting Group
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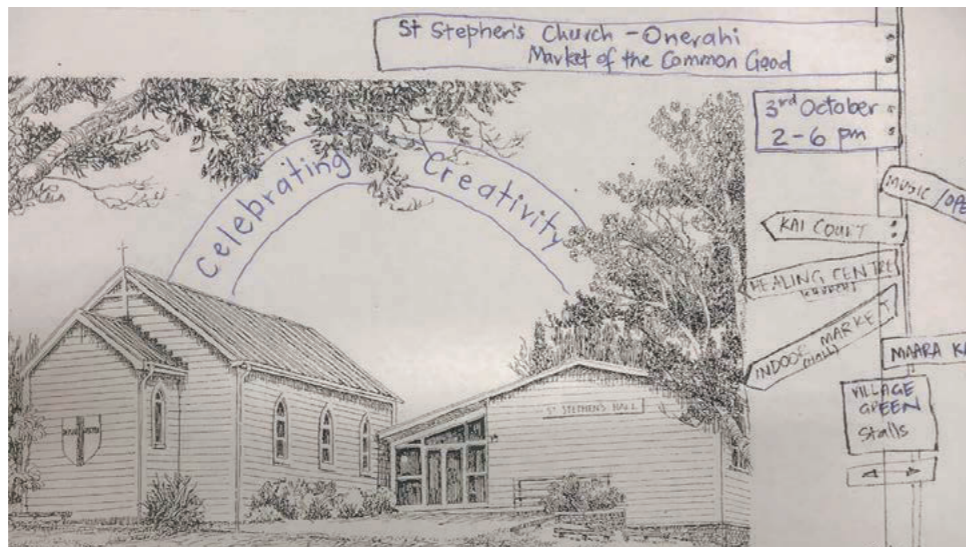
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St Stephen's Church Market of the Common Good



To celebrate community and creativity, and support good local businesses after the recent testing times, St Stephen's Church's administrator & Deacon Paul Doherty is planning a Market of the Common Good.

This will be held in spring - on Saturday 3 October, 2 - 6pm, on the church grounds. Local people and businesses are invited to book a stall, and everyone is invited along - circle the date on your calendar so you don't miss out!

There will be music, an indoor market inside the church, kai court, a healing space, and indoor and outdoor stalls, for a fee of \$10.

For booking information, please email Paul at ststephens.onerahi@gmail.com or text or phone 021 189 4797.

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Galatians 2:20b

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Onerahi Community Hall, freshly painted by Whangarei District Council: thanks! Photo: Rose Tantau

Onerahi Community Association AGM

At the AGM on 21 July, the following people were elected to the OCA 2020/21 committee:

Executive:

Chair: Nicholas Connop
Vice Chair: Angela Gill
Treasurer/Admin: Rose Tantau
Secretary: Leonie Robertson

Committee members:

Tony Gill
Wendy Giffin
Bob Smith
Stephen Beazley (new member)
Jeff Pipe (new member)

Management Committee:

Planning: Robert Coats
Facilities: Julie (acting rep. until appointment made)

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Kiwi Kids Early Learning Centre Kura Waimahanga Matariki

The whanau, teachers, and friends of Kura Waimahanga - Kiwi Kids Early Learning Centre gathered at the centre on the evening of Friday 24 July to share kai and the spirit of the new year.

Food tables groaned with meat and veges slow-cooked in the modern, backyard hangi, and everyone enjoyed a great feast and a good catch-up, followed by marshmallows toasted over the fire.

Each group of children had decorated their learning space with Matariki-themed scenery, candles, and lights, and as it grew dark the decorations sparkled and shone like the stars of Matariki in the night sky.



Predator Free Whangārei Community Open Day

Come along to learn more about this exciting predator free project for Whangārei! This is a great opportunity to share your ideas and talk about how we can work together to help make it happen.

Everyone welcome!

McLeod Bay Hall, Whangārei Heads
Sunday 2nd August 2020 - 10am - 3pm

For more info:

www.nrc.govt.nz/pfwhangarei
e: pfwhangarei@nrc.govt.nz

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High Tide

WHANGĀREI

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AUGUST 2020

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

Day	Time	m	Day	Time	m	Day	Time	m	Day	Time	m
1	0524	2.8	9	0527	0.8	17	0551	2.7	25	0017	3.1
Sa	1127	0.7	Su	1139	2.7	Mo	1159	0.8	Tu	0621	0.5
	1809	2.9		1736	0.9		1832	2.8		1247	3.0
										1843	0.7
2	0000	0.8	10	0002	2.8	18	0032	0.9	26	0109	3.0
Su	0622	2.8	Mo	0608	0.9	Tu	0648	2.8	We	0713	0.6
	1223	0.7		1217	2.7		1251	0.7		1344	2.9
	1903	3.0		1818	1.0		1923	3.0		1940	0.8
3	0055	0.8	11	0039	2.7	19	0124	0.8	27	0204	2.9
Mo	0717	2.8	Tu	0650	0.9	We	0742	2.9	Th	0808	0.7
	1315	0.6		1258	2.6		1342	0.5		1445	2.8
	1954	3.0		1902	1.1		2013	3.1		2041	0.9
4	0146	0.8	12	0119	2.7	20	0214	0.6	28	0303	2.8
Tu	0808	2.8	We	0734	1.0	Th	0833	3.0	Fr	0907	0.8
	1404	0.6		1344	2.6		1431	0.4		1550	2.8
	2041	3.0		1951	1.1		2101	3.2		2143	0.9
5	0234	0.7	13	0203	2.6	21	0303	0.5	29	0405	2.7
We	0856	2.8	Th	0822	1.0	Fr	0923	3.1	Sa	1008	0.8
	1449	0.6		1437	2.5		1520	0.4		1652	2.8
	2126	3.0		2045	1.2		2149	3.3		2245	0.9
6	0320	0.7	14	0253	2.6	22	0352	0.4	30	0507	2.7
Th	0940	2.8	Fr	0914	1.0	Sa	1013	3.2	Su	1108	0.8
	1533	0.7		1537	2.5		1609	0.4		1750	2.8
	2208	3.0		2144	1.2		2238	3.3		2342	0.9
7	0404	0.7	15	0350	2.6	23	0441	0.4	31	0605	2.7
Fr	1022	2.8	Sa	1009	1.0	Su	1103	3.2	Mo	1204	0.8
	1615	0.7		1639	2.6		1658	0.4		1843	2.9
	2248	2.9		2242	1.1		2327	3.2			
8	0446	0.8	16	0450	2.6	24	0530	0.4			
Sa	1101	2.8	Su	1105	0.9	Mo	1154	3.1			
	1656	0.8		1738	2.7		1750	0.5			
	2326	2.9		2339	1.0						

Times shown in bold have been adjusted to New Zealand daylight saving time.

Information courtesy of LINZ • www.linz.govt.nz

WHANGĀREI

Lat. 35° 46' S Long. 174° 21' E

SEPTEMBER 2020

N.Z. LOCAL TIMES AND HEIGHTS OF HIGH AND LOW WATERS

Day	Time	m	Day	Time	m	Day	Time	m	Day	Time	m
1	0036	0.8	9	0609	0.9	17	0058	0.7	25	0142	2.8
Tu	0700	2.7	We	1220	2.7	Th	0720	3.0	Fr	0744	0.7
	1256	0.8		1825	1.0		1318	0.5		1425	2.8
	1932	2.9					1947	3.2		2021	0.9
2	0125	0.8	10	0038	2.7	18	0150	0.5	26	0242	2.7
We	0749	2.8	Th	0651	0.9	Fr	0813	3.1	Sa	0843	0.9
	1343	0.7		1304	2.6		1409	0.4		1528	2.8
	2017	3.0		1912	1.1		2037	3.3		2123	1.0
3	0211	0.8	11	0122	2.6	19	0240	0.4	27	0445	2.6
Th	0834	2.8	Fr	0737	1.0	Sa	0904	3.2	Su	1045	0.9
	1427	0.7		1355	2.6		1459	0.3		1730	2.8
	2059	3.0		2005	1.2		2126	3.3		2324	1.0
4	0254	0.7	12	0213	2.6	20	0329	0.3	28	0548	2.6
Fr	0916	2.9	Sa	0830	1.0	Su	0954	3.3	Mo	1146	0.9
	1508	0.7		1453	2.6		1549	0.3		1827	2.8
	2139	2.9		2106	1.2		2215	3.3			
5	0335	0.7	13	0311	2.5	21	0418	0.3	29	0021	0.9
Sa	0954	2.8	Su	0929	1.0	Mo	1044	3.3	Tu	0646	2.6
	1548	0.8		1559	2.6		1639	0.4		1243	0.9
	2215	2.9		2208	1.1		2305	3.2		1919	2.8
6	0414	0.7	14	0417	2.6	22	0507	0.4	30	0114	0.9
Su	1030	2.8	Mo	1030	0.9	Tu	1135	3.2	We	0739	2.7
	1626	0.8		1703	2.7		1731	0.5		1334	0.9
	2250	2.9		2308	1.0		2355	3.1		2006	2.9
7	0453	0.8	15	0522	2.7	23	0557	0.5			
Mo	1105	2.8	Tu	1129	0.8	We	1228	3.1			
	1704	0.9		1801	2.9		1824	0.7			
	2323	2.8									
8	0530	0.8	16	0005	0.8	24	0047	3.0			
Tu	1141	2.7	We	0623	2.8	Th	0649	0.6			
	1743	1.0		1225	0.7		1324	2.9			
	2359	2.7		1856	3.0		1921	0.8			



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I don't know about you, but I am extremely grateful to be living in New Zealand at this time, when the world has never, to me, seemed so chaotic. Although we are among the most fortunate in the world, I know many people will be dealing with fallout from the financial, emotional, and different situational effects of the pandemic. The stress people are feeling is real, so here are a few ideas which may help.

Today is
a
GOOD DAY
for a
good day

1. We can just live one day at a time. Actually we always do. Yesterday has happened; when tomorrow comes it will be today. We can try to stay focused in the present moment, ask ourselves, "Is this moment all right?" It's ok to make a plan for the future; that is different from the very human tendency to worry a lot about it.
2. We can make today "one good day". Ask ourselves, "What could I do today that would make moments of pleasure?" The possibilities are endless. We can do a random act of kindness, enjoy nature, listen to music while cleaning. Think about what works for us.

3. Be aware of our thoughts. If we need to, find someone with whom to share our thoughts. Sometimes we get stuck in a thought cycle that keeps on repeating, these cycles can be unhelpful and talking about them can unstick the patterns.
4. People who are kind (and deep inside we all are), find other people's suffering hard to bear. If we focus on what we can do, even if it seems small and insignificant, and do one small thing to help one other person, we will feel better. The world's problems are too big, but maybe the neighbours could do with a kind word, or a hand.
5. Keep an eye on how much news is good for us. For some people it's ok to listen to every bulletin; for others, one a day is too much. If the news is upsetting, limit it.

These are just a few ideas. Very kind regards to all my community.

Beth Henderson



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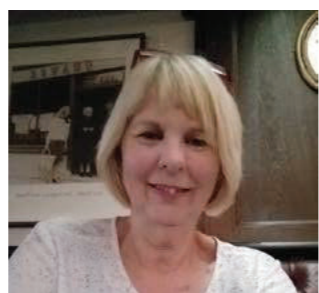
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An important message from Northern Vets: Parvovirus is rampant again

If your pup has the symptoms described then ring us, but do not bring it inside the surgery, keep it in the car!

What is parvovirus?

This is a serious viral infection that attacks the gut of young dogs causing vomiting and diarrhoea. Parvovirus also suppresses the immune system and can affect the dog's heart.

Virus particles are shed in the faeces of infected dogs and may infect other pups and dogs, especially those that have not been vaccinated or have not completed their vaccine course.

Parvovirus can survive in the environment for months or years. Dogs that are infected usually develop the signs of disease 4-7 days after exposure. Infection is usually a result of eating infected material, mostly poop from infected dogs.

Signs of parvovirus infection?

At first, listlessness, lack of appetite, and vomiting. Then dehydration, diarrhoea and severe depression. Infected dogs may develop shock due to dehydration or secondary bacterial infection, and eventually die.

How will my vet know what is wrong with my dog?

From the symptoms that you describe, the dog's vaccination history and a physical examination. Tests may show a severe decrease in the white blood cells and parvovirus in the faeces.

Is there any treatment for parvovirus enteritis?

Currently, there is no direct treatment against the virus. Therapy consists mainly of injecting the dog with fluids and electrolytes to counter fluid loss by vomiting, diarrhoea and refusal to drink. Dogs are treated with drugs to stop vomiting, prevent gastric ulceration, and with antibiotics, to prevent secondary bacterial infection.

There are some human drugs that have been used in dogs with parvovirus. These are often very expensive and, in many cases, there is not much good information on their benefits. Your vet may want to discuss these treatments with you.

Treatment can be very expensive and may be unrewarding. Vaccination to prevent problems is comparatively cheap.

Will my dog get better?

If disease is diagnosed early and appropriate treatment is given, your dog has a good chance of survival. However, some dogs do not survive. The disease appears to be more severe in young pups and unvaccinated dogs.

How can I stop my dog getting parvovirus enteritis?

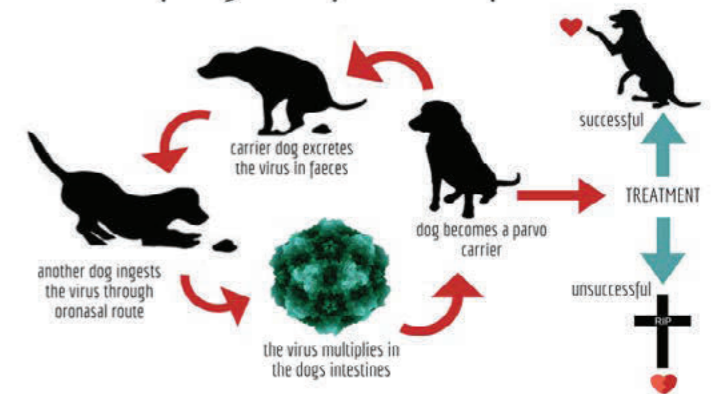
It is essential to vaccinate your dog according to your vet's recommendations. Pups that are born to vaccinated mothers

usually get antibodies that protect them during the first few weeks of their lives; then they should be vaccinated. Additionally, bitches can be vaccinated before they become pregnant.

To prevent the spread of infection, sick dogs should be isolated from other dogs, and cages and pens should be properly disinfected and cleaned. Pups that have not completed their vaccination schedule should not be allowed on the ground where other dogs might have been.

Ask your vet for vaccination advice!

The life cycle of canine parvovirus



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Onerahi Order of Merit Awards 2020

Unichem Onerahi Pharmacy team - nominated by Onerahi Community Association

We have been serving the Onerahi and Whangarei Heads community since 1955.

Frances Hill (owner since 2005), heads a great team of local people: pharmacists Ben, Ryan and Frances; four technicians: Kim, Hazel, Myrissa and Anna; four retail team members: Caroline, Rada, Shelli and Carol; and Dyanne in the office.

The Onerahi Pharmacy team offers diverse services including vaccination, INR monitoring, blood pressure monitoring, and other health services like supporting people to quit smoking. We also dispense prescriptions and offer advice on the medicines we provide.

We are connected to our community. This has been evident over the last 8 weeks through the lockdown. These were challenging times, with a need to change quickly and flexibly to keep the supply chain open and the community safely accessing medicines. Our team responded, without hesitation, to the needs of our people. Whilst challenging, it has also been very rewarding. We have been really well supported by our community in doing this. We are lucky to be working and living in this community.

New World Onerahi team - nominated by Onerahi Community Association

The team at New World Onerahi is stoked to receive the Onerahi Order of Merit for 2020. The last two months have been crazy and intense for all of us. First, it was getting through the massive amount of stocking up the community was doing before lockdown. Next, we had to implement the new rules under level 4, and we only had two full days to prepare. At the same time there was a general feeling of anxiety, as most of the community were safe by being locked down at home. But we didn't have that choice: the store was open and our team had a job to do.

It's great having our community being so understanding and co-operative with all the changes. Our overriding priority was (and still is), to ensure that we provide a safe environment for our team and customers. We will continue to invest in equipment and fixtures to keep everyone safe (like our checkout screens and queue shelter). And we will continue to adapt and change to ensure the best and safest shopping experience.

Thank you for the award, we'll continue doing the best job we can in our little, local supermarket!

John Vowless Onerahi Garage - nominated by Glenn & Lynn Baker

My first introduction to Onerahi was when I was 15 yrs old and my father Ivan became manager of Onerahi Europa Service Station. My first jobs were sweeping floors, emptying bins, and mowing lawns. This progressed to working the petrol pumps during school holidays and weekends, and I started to get to know Onerahi people.

I progressed to helping in the workshop, and I enjoyed the people contact. Once I left school I started an apprenticeship as a mechanic. A few years later, new owner Tom Alexander promoted me to foreman and at this



Frances Hill, Director, Unichem Onerahi Pharmacy



Left: James Varcoc, owner/operator, New World; right: John Vowless, Onerahi Garage

point I really got to know Onerahi people. I found I was able to explain car faults in a manner which people could understand, and developed a friendship and strong trust with many of the nice people of Onerahi.

My approximately 46 years at Onerahi Service Station/motordrome/garage continues to be very special. I did spend a few years at other jobs but Onerahi, and especially Onerahi people, always drew me back.

I have lived in Onerahi for 24 years, I love Onerahi, it is a very special place with great people.

A local expert

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