

Otūihau News

THE TIKIPRIDE COMMUNITY NEWSLETTER

Promoting Wellness in Our Community • Edition 30 • Spring 2024

Celebrate Age – Let's Engage!

September is celebration time at Whangārei's Silver Festival, recognising the diversity of our seniors and their important contributions to our city.

Organised by the Whangārei District Council, its Positive Ageing Advisory Group, and community groups across Whangārei, the 2-week festival begins 17 September, offering 60+ events focusing on the interests of our older citizens.

Our valued 'silvers' are encouraged to come and have fun exploring our city and the wider Whangārei region, discovering new friends, new places to go and new things to learn.



Activities include music, art, fitness, sport, dance, fashion, gardens, morning teas, cooking, swimming and many more, detailed in the Silver Festival brochure, available at libraries, WDC's Te Ititahi and www.wdc.govt.nz/SilverFestival.

The festival's grand finale is on 1 October, also International Day of Older Persons, and organisers invite you to "Cuppa for a Cause", a High-Tea fundraising event at Forum North. It's your opportunity to show appreciation for the wonderful support Alzheimers Northland gives to dementia sufferers and their families, while also enjoying delicious treats and great company. Tickets are \$20 (limited number), from <https://www.eventfinda.co.nz/2024/cuppa-for-cause/Whangarei>.

From Mayor Cocurullo: "Whether you choose to try something completely new or find a group that speaks to your passions, join us in celebrating our District's senior lifestyle at this unique festival."

Celebrate Age, Let's Engage.



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EMERGENCY NUMBERS

Aviva: For free 24/7 support line, call 0800 AVIVA NOW (0800 28482 669)
Elder Abuse Helpline: 0800 32 668 65 Open 24 hrs text: 5032, email: support@elderabuse.nz
Family violence info: 0800 456 450
Gandhi Nivas: Supporting men to be free from violence 0800 426 344
Hey Bro helpline: Supporting men to be free from violence 0800 HeyBro (439 276)
Need to talk? Free call or text: 1737 for mental health support from a trained counsellor
Oranga Tamariki: For concerns about children and young people 0508 326 459, email: contact@ot.govt.nz1737
Safe to Talk: Sexual harm helpline 0800 044334, text: 4334, email: support@safetotalk.nz
Sensitive Claims ACC: 0800 735 566
Shakti - for migrant and refugee women: 0800 742 584 Open 24 hrs
Shine domestic abuse services: 0508 744 633 Open 24 hrs Live webchat is also available
Rape Crisis: 0800 88 33 00
Victim Support: support for men and women 0800 842 846 Open 24 hrs
Women's Refuge crisis line: 0800 733 843 Open 24 hrs
Youthline: 0800 376 633, free text: 234, email: talk@youthline.co.nz

Haere mai and welcome to the spring edition of the Otuihau News. The biggest news in this spring edition is certainly the development of the new football hub as covered on page 4. Tikipunga's birth... we managed to find this photo from the Turnbull Library to share with you, taken in December 1965 by Whites Aviation. It shows Tikipunga with Whangārei in the background. Kamo is just out of the shot. What a lot has changed since then! If you have good memories of Tikipunga in these early days, please drop us a line and tell us about it - we're sure that the youngsters would love to know more about what life was like then. Nga mihi, the Otuihau team



Tikipunga, Whangārei. Whites Aviation Ltd: Photographs. Ref: WA-65428-G. Alexander Turnbull Library, Wellington, New Zealand.

Do you have a Tikipunga story or community news to celebrate in the Otuihau News? Please get in touch via our TikiPride Facebook page or email tikipride@gmail.com

Published by MegaType Publishing on behalf of the Tikipunga Community Trust

Editor: Margie Kent margie.kent9@gmail.com
 Design: Meg McIsaac graphics@megatype-publishing.co.nz
 09 434 0096

This newsletter is sponsored by



TIKIPUNGA COMMUNITY TRUST

OPERATING AS TIKI PRIDE

(Providing for the Promotion of Wellness in the Tikipunga Community)

Tikipunga Community Trust AGM Key notes from the Chairperson's report 2024

Once again it has been my pleasure to be the Chairperson of Tikipunga Community Trust, which operates as Tiki Pride, being my second year as Chairperson. We have one major change this year - our wonderful Helen McGregor is retiring from Treasurer to the Trust.

Summer Safe Project

Helen McGregor stepped in and coordinated some volunteers and also was on hand to guide and support on numerous occasions. A big thank you once again to the few solid volunteers who focused on being at the Falls on a Sunday so that we could have a presence and thanks Helen, you are a true superstar.

Swimming Pool Project

Once again, the Tikipunga High School swimming pool became a popular community facility last summer and was open to the public six hours a day throughout the school holidays. Then for two and a half hours for three weekday evenings and six hours a day on the weekends and holidays, until mid March this year. We had over 50 children receive at least one free swimming lesson during the last two weeks of January. We receive lots of informal feedback from families about how valuable the lessons are for their children.

Whānau at the Falls

Whānau at the Falls 2024 was held on 16 March 2024. The weather was great and over 1200 people attended the day. Thank you to Kathryn Mckenzie for being the main drive and organiser behind this event. Thanks also to our sub-committee and to Alex Baker and her Whānau for taking on the contract to coordinate the day. This is such a great community event which brings happiness, joy, culture, and so much more to many Whānau.

Tikipunga Signage

Tiki Pride and Whangārei District Council are still working on bringing signage to Tikipunga - Tukua Ō Punga and the district. Thank you to everyone in the Trust for being positive and supporting this fantastic initiative. Thanks to Pene Ashby for all of her hard work and to Claire Wilson as our Council representative for her time and energy on this project.

Tiki Pride as a community resource

As a community trust, we are a vehicle for advocacy for community concerns, a support group for community projects and a legal entity to support applications for funding. It is not a closed group and we welcome anyone who has a passion and commitment to enhancing our goal of making Tikipunga a great place to live.

I would like to conclude by thanking everyone for everything you do. No one's efforts go unnoticed. The main big thank you goes to Helen McGregor, thank you Helen for all of your years of service and support to Tiki Pride, you are a true gem and will be greatly missed.

Lynne Meldrum
 Chairperson 2024

Citizens Advice Bureau

Te Pou Whakawhirinaki o Whangārei

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www.cab.org.nz

New Northland Football Hub in Tikipunga

After more than eight years of dedicated planning and collaboration, construction is set to begin on new facilities for a Northland Football Hub based at the Tikipunga Sports Park fields. An official ground-breaking ceremony took place on Saturday, 10 August 2024, with project completion anticipated in April 2025.



From left to right: Jane Gibson, Christina Taylor, Mary Gibson, Billy Gibson, Bryce Taylor, Sharon Gibson, and Mayor Vince Cocurullo

Work to date includes field upgrades and new lighting. The project involves a comprehensive upgrade of the existing Tikipunga Association Football Club (TAFC) facilities, including six new changing rooms, a new multipurpose function room and kitchen, new office spaces and storage, modernised toilets, and revamped clubrooms.

Key features of the Northland Football Hub include:

- Regional development facility: The hub will feature gear storage, office space, and meeting rooms to support comprehensive development programs for players, coaches, and referees.
- A base for Northern Region Football (NRF): Providing dedicated office space for NRF staff and storage, the hub will streamline NRF operations.
- Enhanced player facilities: Modern changing rooms and improved facilities will cater to the expanding player base of the TAFC and the Northland Football Club (NFC).
- Tournament hosting capability: Upgraded fields and facilities will enable the hub to effectively host large-scale football tournaments.
- A home for NFC: The hub will provide a dedicated space for NFC's football development, team training, and games.

The new facilities will provide a major boost to delivering and supporting football opportunities for the three partners and the wider Northland football community. In



addition to catering to the growing needs of players, coaches, referees, the new facilities will also be available to the Tikipunga community.

"This project represents a culmination of efforts and a testament to the collaborative effort of the partners" said James Hynes, TAFC chairperson. "The new hub will not only serve as a focal point for football development but also as an asset for the Tikipunga community to use and enjoy."

About Tikipunga Association Football Club (TAFC):

Founded in 1968, TAFC is one of Northland's largest football clubs, committed to promoting the growth and development of football at all levels within the community.

About Northland Football Club (NFC):

NFC is the sole representative football club in Northland, overseeing player and coach development in junior, youth, and senior football across Te Tai Tokerau.

About Northern Region Football (NRF):

NRF oversees football activities from the Bombay Hills north, including player and coach development, as well as competition management.

MP for Whangārei

Dr Shane Reti



Our Government is committed to improving the public services New Zealanders rely on, including health and education.

As Health Minister, I often talk about how we're turning the health system around. However, I wanted to turn to actions our Government is taking to lift student achievement and give Kiwi kids a better education.

New data shows that last year, just 22 percent of Year 8 students were at the expected curriculum level for maths. Worse still, three in five are more than a year behind.

These figures are appalling. This is a total system failure, and Kiwi kids deserve better. Our kids weren't being taught the basics, leading to falling educational achievement and a shocking decline relative to kids in other countries.

That's why we're taking swift action to transform maths education with the launch

of the Make It Count maths action plan that will take effect from Term 1 next year. There are four components – curriculum, workforce, assessment, and accountability.

We're accelerating the shift to a new structured maths curriculum for year 0-8 students. So, from Term 1 next year, your child will learn maths with a new world-leading, knowledge rich curriculum.

Every school will receive top-quality resources to support teachers with this change, giving parents confidence their child will succeed.

We also need to ensure our teachers have the confidence to teach maths. That's why we're making \$20 million available for professional development in structured maths. We're lifting the standard for new teachers too, requiring new teachers to have at least NCEA Level 2 maths.

We're making sure that kids that need help get the support they need. There will be small group interventions for students who have fallen significantly behind, informed by twice-yearly standardised assessments for maths from 2025.

The Ministry of Education will intervene earlier and more often in schools that need extra support. The Education Review Office will overhaul its reporting to focus on student progress, achievement, and assessment.

We've already required an hour a day each for maths, reading and writing in schools, banned cell phones from classrooms, and are rolling out structured literacy to improve achievement, but it's clear we have a serious turnaround job on our hands.

We have a plan, and we are acting — fast.

Whether you're a teacher, a parent, a principal — or you're a kid working out what your future will hold: we have your back. We're getting education back on track.



Tikipunga High School



MAYOR'S MESSAGE



Kia ora Tikipunga,

After a few chilly and wet months, our weather is starting to warm again, that means festival season is underway! We've already kicked off with 'Welcoming Week', from 6-15 September. This is our time to connect with those who are new to our District, to celebrate our diversity, and to show what makes Whangārei a wonderful place to live, work and play.

We then move straight into Te Wiki o te Reo Māori from 14-21 September, which has the 2024 theme of 'Ake, ake, ake – a Forever Language'. This is an annual celebration to show our support for te reo Māori language. From 22-28 September, we celebrate New Zealand Chinese Language Week, with events like 'National Dumpling Day' giving everyone something delicious to look forward to.

Our hugely popular Silver Festival runs from 17 September-1 October, celebrating our older adults. This festival offers something for all seniors in our District, from art classes through to yoga, tennis, golf and genealogy – I think it's the most eclectic festival we have! Check our Council website at www.wdc.govt.nz/SilverFestival or pick up a handbook

from Council customer services, the iSite or our libraries for event details.

The town basin will also be buzzing, with the Whangārei Maritime Festival on 13 and 14 October. Last year this festival was truly outstanding, so make sure you don't miss it!

Whangārei's Justice of the Peace are changing things up to, as they will now be available at the Tikipunga Library on Mondays and Wednesdays from 9:30 am to 12 noon. This service will be very helpful for our Tikipunga community.

I look forward to seeing you all out and about, enjoying our beautiful region as the sun begins to shine again.



Whangārei Youth Action Group Youth Holiday Program

A group of enterprising and enthusiastic young people in Whangārei have formed Volunteering Northland's Whangārei Youth Action Group to do good in our community.

The Youth Action Group co-led the planning, organisation and management of two major events as part of National Youth Week in May this year and is working on a youth community action program for the October term break. If you have a young person (14+ years) around you that wants to take part in the youth action program, please contact Verena on 027 607 3711 or verena@volunteeringnorthland.nz.



Young volunteers form Whangārei Youth Action Group and plan Youth Action For Community Holiday Programme

ON THE Move!

Property Corner with Shane Burns

Harcourts
Whangarei

It's Spring and houses are selling again! Not that sales ever stopped but the traditional winter trough is now behind us and our property market activity is increasing. If buying and/or selling is somewhere in your future here are some quick tips:

- **Build a team of skilled helpers.** At some point you will likely need a lawyer, financier and various tradies. Start seeking recommendations and deciding who you want to work with.
- **Contact a trusted real estate agent EARLY.** A really good agent will not only make you money at sale time but should provide considerable help, service and value long before your FOR SALE sign goes up. Even better, early engagement should cost you nothing more!
- **Approach buying/selling with an open mind.** A great solution for your needs can usually be found, and not always how you first intended. Some creative thinking, professional knowledge and thoughtful planning can go a long way. Be open to asking for help.
- **Don't panic!** Like most major life changes, buying and selling property

involves stress. An effective, empathetic real estate agent on your team can carry much of it, leaving you to make major decisions with clear information and a clear head.

Helping people like you navigate the selling/buying process is what my job is mostly about and I love it!



Harcourts in the Community

Keep a look out for the Harcourts Hatea Loop Challenge on Thursday 5 December. It's going to be a super fun community event for all ages and any fitness levels. Start training now!



Shane BURNS

Licensed Real Estate Salesperson
M 022 435 6559

E shane.burns@harcourts.co.nz

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Empowering grandparents and strengthening whānau



Children are precious and their caregivers are the guardians of their future. He taonga nga tamariki, ko o ratou tupuna, nga kaitiaki o to ratou heke mai.

If you're a grandparent or kin carer raising a child (or children) full-time, you're part of a special group of amazing New Zealanders taking on that responsibility. It's estimated that ten thousand families across Aotearoa are in similar situations to you. They are people from all walks of life, different ethnic groups, and a range of ages - there are even great grandparents raising their great grandchildren.

NRC rates rise of 15.94%

The Northland Regional Council has adopted its new Long Term Plan 2024-2034.

The adopted LTP formally confirms the Council's previously reported decision to continue funding emergency and rescue services and regional sporting facilities.

Neither of the activities fall under the remit of legislative responsibilities for a regional council, but are services delivered for 'community good'. With these additional rates the public had requested included, the total rates rise for the 2024-25 year is 15.94%, or \$81.20 per annual rates bill.

The newly-adopted LTP is available at: www.nrc.govt.nz/LTP2024

Summary of NRC media release

An organisation which focuses solely on providing families like yours with support and advocacy services is Grandparents Raising Grandchildren (GRG) Trust, founded in Auckland in 1999 and established as a charity in 2001. It was started by a grandmother who struggled to get help for her grandchildren after they urgently needed her full time care. At that time she could find very few specialist resources available to them, and soon realised that there were many other families in circumstances like hers.

Currently, in around 37 regions across the country, GRG's volunteer coordinators who are well-versed on the issues of raising grandchildren or someone else's child, lead Support and Coffee Groups which offer encouragement and information to people on similar journeys, and there is also plenty of useful resource material on their website www.grg.org.nz

The GRG team is there to help, so please reach out to them on (toll free) 0800 GRANDS (0800 472 637), or contact them by email on office@grg.org.nz

They look forward to hearing from you.

Te Hei Mapuna - "An altruistic virtue embodying the intrinsic connection between grandparent and grandchild that is everlasting." Te Amohanga Rangihau (Amo) - Tuhoē



40 years of NumberWorks'nWords PLUS Win 10 FREE Lessons

We are excited to celebrate 40 incredible years of NumberWorks'nWords! A significant milestone that shows our dedication to making a positive difference to children's lives through education. Our journey started in NZ in 1984 with a dream to boost children's confidence and improve their results. In 1988, the company expanded to Australia through franchising which added even more strength to our mission.

Over four decades, NumberWorks'nWords has grown into a global company with 72 centres across New Zealand, Australia, and the United Kingdom. During this time, we have had the privilege of helping nearly a quarter of a million children achieve academic success, a testament to the impact of personalised and focused tuition.

At NumberWorks'nWords, we focus on maths and English, offering customised

tuition that suits each child's unique needs and learning style. Our approach ensures every student gets the best education possible, building their confidence and making learning fun. Our centres are welcoming and supportive, creating an environment where children can reach their full potential and enjoy their learning journey.

Each centre is run by expert franchise owners and a team of tutors who are passionate and knowledgeable about education. What brings them all together is their dedication to helping kids succeed. Our tutors are great at assessing the specific challenges each child faces and giving them the support they need to thrive.

We offer proven tuition methods for children aged 5 to 16 that aligns with the school curriculum. If you suspect your child is struggling with maths or English or eager to race ahead and you are looking for support, a free assessment... *Continued on page 11*

New Entrant to Year 11

Your children are amazing already.

We just help them prove it.

Like us on Facebook and be in to WIN 10 free lessons

ENGLISH & MATHS
Free assessment
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NumberWorks'nWords | **40 YEARS TUTORING**



Fun, friendship and football for everyone

Doesn't the time just fly by! We are now over half-way through the football season and there's been so much going on, it's hard to know where to start! We have had our mid-season festival where once again Tikipunga hosted Grades 9 and 12 from other clubs and the First Kicks had their second festival with other clubs from the Whangārei region. Senior and Youth grade teams are well and truly getting through their season and it's great to see supporters from near and far on the sideline supporting the teams. Our new hub build has started (see full article on page 4) – exciting times ahead – watch this space!



Senior Men's Stafford Choat Cup and Bowl. Our Tikipunga FC Dickson's Transport NM1 team are still in the running for the Cup at the time of writing this article. Likewise, our Tikipunga FC Fusion Civil NM4 are still in the running for the Bowl.

Senior Women's Christina Taylor Cup. Our Tikipunga FC Hoskin Civil NW1 team are still in the running for the Cup at the time of writing this article.

Upcoming events to lock in your calendar

If you're keen to have a great day out with your family, keep these dates in your diaries:

Ball Skills Centre. Held every Tuesday at 5pm for ages 8/9 through to 12 years old at the Tikipunga Sports Park. An amazing way for your tamariki to burn off some energy while having a few laughs. The parents get to relax and unwind after a long day too!

Women's/Girls' Skills Centre. Held once a month for ages 9+ - no experience necessary. Open to all women/girls in the wider Whangārei area who want to have a few laughs with like-minded people while learning skills at the same time – it's an amazing atmosphere! Next one – 18 Sept, 5:30pm at the Tikipunga Sports Park.

Aimee Lindsay Memorial Festival. Held 21 Sept at Tikipunga Sports Park. This festival is going to be massive! We are hosting clubs from both the Whangārei and Far North regions. Grades 9 & 10 will be hosted in the morning with Grades 11 & 12 in the afternoon. There will be plenty of kai available, coffee vans and guaranteed fun!

Twilight Football. Twilight Season will be upon us before we know it. Now would be a good time to start getting your teams together ready for registrations to open.

Like our FB page <https://www.facebook.com/tikipungaAFC> to stay up-to-date.

Contact juniors@tikipungafc.co.nz for further information.



◀ Continued from page 9

...at Numberworks'nWords is a great place to start.

As we look back on our 40-year journey, we're incredibly proud of our students' achievements and our team's dedication. We remain committed to helping children reach their potential and succeed in their education. Here's to many more years of inspiring confidence and a love for learning in children around the world!

Thank you for being part of the NumberWorks'nWords community. Together, we'll keep making a difference in the lives of many more children in the years to come.

To celebrate 40 years, we are giving away 10 FREE lessons of either maths or English tuition worth \$640. Simply go to our Facebook page @ NumberWorks'nWords Whangārei and like the "Win a Free Term Voucher" post pinned to the front of the page to be in the draw to win! T&C's apply.



Tikipunga Scout Celebrations

On Thursday 18 July, the Mayor presented the Chief Scout Rimu Award to Ryan Wilson (from Tikipunga), Levi Walker, Nathan Ras and Callan Dahlberg.

Lucas Ras was the recipient of the Cub Scout Rata Award. These are the highest awards you can earn as a Scout and a Cub. It took three years for Ryan, Levi, Nathan and Callan to complete their Chief Scout Rimu Award. This is the pinnacle Award for Scout aged youth (10 to 14 years of age). They have taken on a lot of leadership responsibilities on their journey to this award, including organising a three Day Hike



From left to right - Levi Walker, Nathan Ras, Lucas Ras, Mayor Vince, Callan Dahlberg, Ryan Wilson

and numerous clean ups at beaches and waterways within the greater Whangārei area.

Lucas completed the Cub Rata Award which is the pinnacle Award for Cubs (aged 8 to 10.5 years). Lucas had to complete a variety of tasks which involved him having to take a lead role on numerous activities, gain four Better World badges and organise a day hike.

Screen time - how much is too much?



Less screen-time and more sleep is being recommended to help reduce physical and mental health problems in our students.

A new report released by the NZ Medical Journal reveals Aotearoa New Zealand has some of the highest rates of screen time in the world, and the increase of screen-based digital technologies should come with harm management training.

It found that use was significantly higher for tamariki Māori and those in lower socio-economic communities, and recommended that schools, kura kaupapa and early childhood education better support young people to develop safer screen behaviours.

Principals say the issue is most prevalent at home. Principals' Federation president Leanne Otene said there was a shared responsibility for both parents and schools around technology. "For younger children, that means monitoring screen time and for older teens that means monitoring social media use to reduce harm," she said.

Her sentiments were echoed by Hora Hora Primary School principal Pat Newman, who questioned why parents were using technology as "babysitting devices". "You have a society where children rule [at home]."



Parents need to realise that they're not there to be the best friends of their children. Parents are there to protect their children."

Being aware of the pitfalls of screen time doesn't mean that

it's easy to change established routines and habits. But these tips might help ...

- Establish clear guidelines for screen time in your home. Ministry of Health recommendations suggest zero use for children under 2 years of age, less than 1 hour per day for children aged 2-5, and less than 2 hours per day for children aged 5-17.
- Parents and caregivers need to lead by example and initiate whānau time without any devices.
- Constant screen time can lead to passive interaction=too much sitting=unhealthy lifestyle, so encourage whānau walks/games/fun times away from screens.
- Resist pleas to take screens/devices into bedrooms – only use them in an open area in the home at agreed times.
- Too much screen time can also limit personal interaction, and even lead to social isolation, so encourage video chats with wider whānau and family conversation times. Meals around a table (screen and device-free) are a great way to openly discuss why guidelines are important, and to share ideas about activities to do together.



(Some content used with permission of the Northern Advocate, some content from health advisory sites, including New Zealand and Australia)

Celebrating Anton's achievements

Meet Tikipunga's Anton, a much-loved and valued trainee at Taimahi Trust, a job training academy for young adults with learning and intellectual disabilities in Central Whangārei.

Anton, a young man living with Autism, has thrived at Taimahi. After years of struggle at school, and various employment services that weren't able to recognise Anton's amazing strengths and abilities, he is now supporting the administration at Taimahi Trust. His approach to refining practices has significantly enhanced efficiency and sustainability within the Taimahi admin team, with his innovative ideas leading to process improvements that have benefitted the entire organisation.

Anton is recognised as a dedicated and committed trainee at Taimahi who maintains concentration and focus in the dynamic environment. His eagerness to acquire new skills and his newfound openness to adapt to challenges enriches the work environment. He not only learns quickly but also executes new tasks with proficiency, showcasing his versatility and adaptability. He's such a pleasure to have as part of the Taimahi team.

Anton shares "I struggled to get a job. I just lose focus too easily. But here, I was able to be confident, I was able to basically be proud to say 'Hello and welcome to the Taimahi store, how can we help you today?'" Maybe even next year I'll be able to get myself a job and earn myself my own income."

Anton's mother has also noticed a huge transformation. "Our son has been so proud of his achievements that he has insisted that multiple members of his family go and visit him in the workplace. Rarely has he felt so good about himself that he wanted everyone to see."

Anton's journey exemplifies the potential and capabilities of individuals with diverse abilities in the workforce. Taimahi is such a better place for having Anton in the team - his skills, work ethic, and openness to learning deserve recognition and celebration. We hope you are equally proud of Tikipunga's Anton.

You can visit Taimahi's Fresh+ store at 19 Bank Street in the centre of Whangārei,

where you can get fresh fruit and veg at a great price, grab a coffee or delicious pie for lunch, and support trainees like Anton. You can also follow Taimahi Trust on Facebook if you'd like to read more stories like Anton's: www.facebook.com/TaimahiTrust. Ka mau te wehi, keep up the great mahi Anton.

Shared by James Ibell-Roberts, Taimahi Trust



Whangārei District

Love it Here! SILVER 2024 FESTIVAL

Celebrate Age, Let's Engage!

17 September to 1 October

Grab a booklet from your local library, the airport, Te Ititahi civic Building, the Whangārei site or online at www.wdc.govt.nz/SilverFestival

Youth golf lessons



The Whangārei Golf Club (Mount Denby) has been part of the Tikipunga community for the last 117 years.

Being a member is so much more than playing golf. It's about enjoying the fresh air and sunshine, getting some physical exercise, sharing experiences and building friendships. We cater for all demographics with a particular focus on youth.

A coaching clinic, run by Golf NZ's Community Coach of the Year 2023, our very own local identity Wiremu Nehu, is held every



Sunday morning from 9.30 – 11.00. All ages and abilities are catered for, with the first two lessons complimentary after which you need to become a member to continue with the coaching program. Junior membership is \$116.00 per year (\$2.24 per week) up to 18 years of age. School holiday coaching sessions are also held.

Send the children along to enjoy the fun. There may well be a future Lydia Ko or Tiger Woods out there waiting to unleash their talents.

We welcome everyone, so come along and join the golfing community. Expand your horizons, be courageous and give golf a go.

Check out details on our website: www.Whangareigolfclub.co.nz



Vaccination Update for Whānau

Just a reminder from health providers that even though some winter illnesses may be not widespread at the moment, it's still very important to keep up to date with vaccine protection, and to be vigilant for any late-season outbreaks.

Public Health researchers have most recently issued an alert about the increase in cases of whooping cough in our communities. This illness can most severely affect our un-immunised infants (pepi); and mums of new babies, as well as pregnant mums, are urged to seek advice from their nearest health provider about how young children can best be protected.

Vaccinations help to build up our year-round immunity against disease, and the National Immunisation Schedule recommends that children be immunised at 6 weeks,

3 months, 5 months, 12 months, 15 months, 4 years old, and 11-12 years of age.

The Schedule also includes guidelines for vaccinating teenagers of 15 and above, plus adults, and is designed to provide the best protection available for our tamariki, their whānau and the hapori whanui (wider community).

Immunisations are freely available from Te Whatu Ora, your nearest Māori Health Service, Community Health centre or GP practices. Vaccines are also available for women during pregnancy.

If you are undecided about vaccination, please have a discussion with your nearest health provider, get advice by phone on 0800 IMMUNE or visit <https://www.immune.org.nz/>.

JP Service Desk in Tikipunga

There is now a Justice of the Peace service desk available at the Tikipunga Library on Monday and Wednesday mornings between 9.30 am and 12 noon.

This desk is in addition to the existing permanent Justice of the Peace Service Desk at the Whangārei Central Library (Wednesday, Thursday and Saturdays only, 9.30 am - 12.00 noon). No appointment is necessary when visiting any Service Desk.

Please note that the JP Service Desk that was previously operating out of the Whangārei District Courthouse is now closed indefinitely.

In addition to the above, members of the public can also search for a JP outside of these hours online on <https://justiceofthepeace.org.nz> and clicking on the "Find a JP" tab. Appointments are required when seeing a JP at home.

Justices of the Peace provide a valuable service for all New Zealanders. Justices of the Peace are appointed by the Governor-General on the recommendation of the Minister of Justice following nomination by an elected Member of Parliament. A Justice of the Peace is then sworn in by a district court judge. The standard tasks of a Justice of the Peace are referred to as ministerial duties and include:

- Taking oaths and declarations under the Oaths and Declarations Act 1957 or any other enactment;
- Witnessing signatures;

- Certifying copies/transcripts of documents (including electronic documents);
- Administering affidavits.

Justices of the Peace serve their community in a purely voluntary capacity. No payment of any kind can be accepted for Justice of the Peace services.

Whangārei parkrun milestones

Congratulations to the following for achieving some BIG milestones in terms of the number of Whangārei parkruns completed. Well done and congratulations from the Otuihau News!

• Colin Thorne	200
• Mary Davie-Martin	50
• Richard Collicutt	150
• Tatiana Strawbridge	25
• Dan Quinn	100
• Sherryn Anderson	25

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Scholarship available

Whangārei A&P Society is offering a Tertiary Study Scholarship for students planning a career in agriculture or related industries.

The scholarship is worth a total of \$9,000 over a three year period. Northland's young people have been awarded the scholarship from all sorts of backgrounds and for a wide variety of interests. The scholarship differs from others in that any agricultural or related area of study will be considered. To find out more about the scholarship, see their website <https://Whangareiap.org.nz>

Alcohol harms

Alcohol is one of the major causes of health loss in Aotearoa NZ. It is now available at people's fingertips through online on-demand delivery – within two hours on ordering.

This is concerning given that alcohol is one of the most harmful drugs in Aotearoa, with widespread impacts on the hauora of the individual, whānau, community and wider society.

In 2022/23, 21% of NZ adults (>15 years of age) reported drinking in a hazardous way. Māori, Pacific peoples, those living in areas of high deprivation, and youth (15-24 years) are disproportionately impacted by this harm.

Online supply is particularly evident in binge drinking and underage drinking, with studies demonstrating poor age verification, no liability for third-party delivery services, and widespread access. For example, a 2019 Australian study showed that nearly 70% of individuals using on-demand delivery had already had more than 5 standard drinks (over a quarter had 11 or more) with 28% stating that this enabled them to continue drinking when they would have normally stopped.

What can you do if you find yourself in this situation? Set yourself limits. Decide how many days a week you plan to drink and how many drinks you plan to have. For example, you might decide to only drink on a Friday night or Saturday night and have one drink. Schedule alcohol-free days. Before you start drinking, set a limit on how much you're going to drink. Set a budget. Only take a fixed amount of money to spend on alcohol at events. If you're at an event where alcohol is



being served, here are some tips to avoid or reduce your alcohol intake:

- say no to drinks — prepare and practice your responses before you head out
- drink something non-alcoholic like a mocktail or alcohol free beer/wine
- choose low-strength alcohol
- count standard drinks to keep track
- set a limit for yourself.

If you start drinking and don't want to stop when you reach the limits you have set yourself, distract yourself with an alternative activity. Think of engaging short, mid-range, and longer options you find enjoyable, like texting or calling someone, watching short online videos, lifting weights to music, dancing, playing games, showering, meditating, taking a walk, or doing a hobby.

Based on statistics from the Public Health Communication Centre 'Alcohol-related harms now available on demand', with coping ideas sourced from the CDC and Australian Department of Health



It's a dog's world!



Here are two great places to take your pooch out and about in Tikipunga - Beasley Park and the Hatea River walk.

Beasley Park, Tikipunga
Beasley Park is a suburban park close to Beasley Crescent. It is a

calm place to play off-leash with a good variety of shade, sun, slopes and flat spaces. It is a quiet neighbourhood park with an interesting central waterway to explore.

Take a picnic, a ball, or other park activities. You will need to take rubbish home with you.



Hātea River Walk

The Hatea River walkway is a dog-friendly place for on-leash exploring, with a forested walkway passing through several parks and suburbs starting from Otuihau/Whangārei Falls in Tikipunga and leading all the way to the central city at Riverside (about 6 kilometres)

There are well-established pathways (your dog must stay on leash and stick to the paths). Expect lots of passing foot-traffic - including kids.



Beasley Park, Tikipunga

Rates decisions made

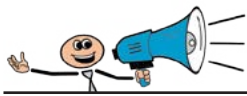
The Whangārei District Council adopted their rates on Tuesday 16 July as part of the 2024-34 Long Term Plan approval process

There will be a 17.2% increase to the general rate in the first year (2024/25), followed by planned further increases of 7.5% in both years two and three. Because of lower increases for water and wastewater, residential ratepayers in urban areas are expected to have an average rates rise of 12%.

Council has noted that the increases will present challenges to some ratepayers, and has therefore instructed staff to work with ratepayers struggling to make

rates payments. Other decisions made include: Support for becoming a Northland Inc. shareholder, freezing rates funding for freedom camping, investigating the establishment of a Council-Controlled Organisation (CCO) or a Council-Controlled Trading Organisation (CCTO) for the development of commercial properties, allocating additional funding for several Council controlled and community organisations (including Whangārei Art Trust and the Whangārei Aquatic Centre), and new funding allocated to strengthen and improve engagement with hapū.

Based on the Council meeting agenda and minutes of items 4.3 and 4.4 of 16 July 2024



Whangārei News and Updates



Kauri dieback control

Council Parks teams are working hard to keep kauri dieback disease out of the reserves around central Whangārei. There are already stations in place where people can clean their shoes at the entrances to the reserves around Parihaka, AH Reid and Pukenui Forest (Barge Park).

In addition to the stations, the Ministry for Primary Industries (MPI) has provided \$300,000 to upgrade Whangārei tracks using a special system that will help to prevent any spores from the disease lingering on the surface of tracks risking being spread further by walkers.

The system involves a surface layer of 75 millimetre deep "geoweb" that opens out into pockets that are then filled with a free-draining aggregate and bark mix (bam) that is mixed and bagged in sterile conditions before being laid. An aggregate layer then goes over the top to form a hard layer less likely to stick to boots and shoes. The mix in the cells drains away any water containing spores of the disease.

Please remember to clean your shoes thoroughly at cleaning stations so that we keep our Kauri alive.

New Future Development Strategy

The Whangārei District Council's new Future Development Strategy was consulted on during August 2024 and is currently being finalised. The Strategy aims to provide long term strategic clarity for decision makers, infrastructure providers and developers and to guide investment decisions for Whangārei.

For Tikipunga, future development to the north is named as the Northern Growth Area in the Strategy, but the area is not seen as a focus for development. Council will focus on

ensuring the Northern Growth Area is built in a way that infrastructure delivery costs are recovered from any Council investments.

The future of the Tikipunga shops is seen to be much the same as before - with a focus on medium density housing supporting services and retail within the urban centre. There will be limited expansion of residential areas, and a protection of 'rural' and 'rural lifestyle' areas. Council sees its role in Tikipunga as investing in local placemaking and public spaces.

RAT tests free until 30 September

The government has ensured free access to RAT tests for COVID-19 until 30 September 2024. Testing for covid is an important way to not spread the disease to those who may be severely affected. It also supports eligible people to access free antiviral medications and reduce the impact of covid on hospital admission rates. Many other countries have already ceased the distribution of free RATs and New Zealand will probably follow suit in October.



Please contact the editor margie.kent9@gmail.com for FREE notices or to update existing notices in the Regular Community Events and Services

- **Baby and toddler needs** - Te Ora Hou at 104 Corks Road. Holistic support for your whānau, from ante-natal care through to parenting courses. Call (09) 438 5556
- **Basketball Courts** available at Te Ora Hou 104 Corks Road, Tikipunga, no charge, at your leisure, 24/7
- **Church services** are held at Hope Church Sundays at 9.30am, corner of Kiripaka Road and Otuhiwai Crescent
- **Church services** are held at Pehiaweri Marae historic church, 99 Ngunguru Road on the 3rd Sunday of every Month from 9.30am
- **Church services** are held at Tikipunga Baptist Church, cnr Kiripaka Rd and Heretaunga St, Tikipunga on Sundays 10.00am - Worship, Fellowship, Teaching, Morning Tea
- **Church services** - Tikipunga Adventist Fellowship every Saturday at the Hope Church, at 11 am.
- **Community Connectors** available at Te Ora Hou - connecting you to the support you need. Contact Leewyn on 021 287 7078 or Michelle on 021 389 661
- **Creating with Love Art Workshops** - adult colouring-in workshops, Thursdays 11-12 noon. RSVP with Multicultural Whangārei (09) 430 0571 or email info@mwhg.org.nz
- **Love Whangārei Monthly Clean Up** - Check LWMCU Facebook page for upcoming events. <https://www.facebook.com/LWMCU>
- **Maara Kai Roopu** at the mara (garden) behind the marae buildings at Pehiaweri Marae Mondays (weather permitting) during term time; from 9.00am
- **Men-Tall mental health support** - Monthly support group for men dealing with everyday struggles - 3rd Monday of the month, from 6:30pm, at Brothers Barbers in Te Kamo. Contact Josh MacFarlane, 021 0255 1594 or josh.macfarlane@mentall.org.nz
- **Multicultural Whangārei's shared lunch** - last Tuesday of every month at noon, open to all. Bring a plate of food to share and have a chat. 12:15 -1.15pm. RSVP by calling (09) 430 0571 or emailing info@mwhg.org.nz
- **Repair Cafe** - Volunteers will repair most things for a koha. 3rd Saturday of the month, 1.30 - 4pm, Reyburn House, Town Basin. Check Facebook or email karen@force.org.nz
- **Te Roopu Hauā/ Disability club** - 2nd Friday of the month at 6 pm. Board games, card games, and a laugh. Hope Church Hall in Tikipunga. All welcome. Contact Adam White at adamnoelwhite@gmail.com
- **Tiki Pride (Tikipunga Community Trust)** meetings - The Trust meets monthly on the 2nd Monday, 4:30 pm at Hope Church, Tikipunga (unless advised on Facebook)
- **Tikipunga Sunday Market** - 8am to 11am Tikipunga High School Sunday mornings. Garage sale bargains, arts and crafts, plants, seasonal produce, kai and hot coffee! Contact Lynne via FaceBook <https://www.facebook.com/TikipungaMarket>
- **Waiata Joy** is at 6.00-7.00pm at Pehiaweri Marae, 99 Ngunguru Road. Every Tuesday during school term
- **Waiata Māori** - Wednesdays at 1- 2:30pm, open to all. RSVP Multicultural Whangārei: (09) 430 0571 or emailing info@mwhg.org.nz
- **Whangārei Budgeting Service** - FREE Financial Mentoring: Negotiate debt repayments and discuss debt solutions with creditors
- **Whangārei parkrun** - A fun event - 'run, walk or roll' every Saturday. 5km course starting and finishing under Te Mate A Pohe Bridge in Port Rd. Free. Enter by going to <https://www.parkrun.co.nz/register>. Starts 8am. Open to all
- **155 Whare Āwhina Snack Packs** - Every Monday during term, one per child, just add the sandwich. Request through Facebook messenger OR come to 155 Open Arms (Corner Robert and Walton Sts) OR 155 Kamo Rd, Monday mornings between 8.30 and 9am
- **155 Whare Āwhina Food Bank** - 155 Open Arms, 102 Robert Street, Whangārei. Call us on 09 437 0185 Ext 4 or freephone 0800 120 926 to request your parcel. Whānau can receive two parcels per month

Otuhau News is not responsible for any events or services cancelled for any reason



SPRING DIARY

Please contact the editor margie.kent9@gmail.com for FREE notices or to update existing notices in the Community Diary

- **Fri 13 - Sun 15 Sept:** Quilt and Textile Art Extravaganza - See amazing traditional quilts, art quilts and textile art with demonstrations, displays, and more. Cost \$5, 10am - 4pm, Kotahitanga Expo Hall, Forum North. Contact Whangareipatchworkers@gmail.com
- **Sat 14 - Sat 21 Sept:** Te Wiki o Te Reo Māori - thousands of New Zealanders across the country celebrate Te Wiki o te Reo Māori.
- **Tues 17 Sept - Tues 1 Oct:** Silver Festival Whangārei - a series of events to celebrate older adults. Grab a booklet from your local library, the airport, Te Iwitahi civic Building, the Whangārei isite or online at www.wdc.govt.nz/SilverFestival
- **Wed 18 Sept:** Onam Celebration Event - Onam is the grand harvest festival celebrated by Malayalees, the people of Kerala, India. Join to see traditional dance, music, cultural performances - open to everyone. 6pm, Forum North - tickets on www.eventfinda.co.nz
- **Thurs 19 Sept and 17 Oct:** Te Manawa Tahī Hub - concerned about your child's language development, learning progress, social and emotional wellbeing, or behaviour? Te Manawa Tahī have specialists available. Clark Road Chapel, 4-6 Clark Road, Te Kamo. This is a free service. Drop in or make an appointment by phoning 0800 524 842 or emailing TT.Support@education.govt.nz.
- **Fri 20 - Fri 27 Sept:** Keep New Zealand Beautiful Week
- **Sat 21 Sept:** Aimee Lindsay Memorial Football Festival - see pg 10
- **Sun 22 - Sat 28 Sept:** Chinese Language Week
- **Sat 28 - Sun 29 Sept:** Hikurangi Trail Ride - 10km track with multiple routes available - see www.hikurangi.co.nz or call 027 433 8471 for more information
- **Sun 29 Sept:** Daylight saving begins
- **Mon 30 Sept:** National Short Story Competition. See conditions and entry form at <https://northlandauthors.co.nz>
- **Sat 12 Oct - Sun 13 Oct:** Whangārei Maritime Festival - music, markets, nautical talks, boats, loads of kids activities, food, and special events. 10am-3pm, Whangārei Town Basin
- **Mon 14 Oct, 11 Nov & 9 Dec:** TikiPride meeting is at 4:30pm at Hope Church (corner of Kiripaka Road and Otuhīwai Crescent) and the Tikipunga Community Trust would love to see you there. For more information contact Lynne Meldrum (Chairperson) on 021 026 717 87.
- **Sat 19 Oct:** Maungaturoto Primary School 150th Jubilee - Powhiri at 10am. Register to attend via the school website <https://www.maungaturoto.school.nz/> or email jubilee@maungaturoto.school.nz
- **Sat 19 Oct:** Bully Breed Parade - a Family fun event for all dogs at Barge Park, 179 Maunu Rd. See Facebook for more details nearer the time.
- **Fri 8 Nov:** Cross cultural parenting workshop in Whangārei, at Multicultural Whangārei, Civic Arcade, upstairs at 37 Bank Street 9:30 - 2:30pm, contact projects@shama.org.nz ph 0226847284
- **Sat 16 - Sun 17 Nov:** Whangārei Garden Discovery 2024 - Twelve unique gardens open to view. 9am - 4pm, tickets \$35 each, available early October from Whangārei Quarry Gardens and Mitre 10 Mega, Whangārei
- **Thurs 5 Dec:** Harcourts Hatea Loop Challenge

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