

# Otuihau News

## THE TIKIPRIDE COMMUNITY NEWSLETTER

Promoting Wellness in Our Community • Edition 19, December 2021



*Recycled Teenagers and Masters Athletics*

## Celebrate Age & Let's Engage

**C**elebrate age & let's engage was the theme of Whangārei's inaugural 3-day Silver Festival held last month.

Initiated by Whangārei District Council's Positive Ageing Advisory Group, the aim of the Festival was to encourage Whangārei's older citizens to explore many of the varied and fun activities that this city has to offer.

COVID-19 levels notwithstanding, Silver Festival participants were still able to enjoy a variety of different events that could be safely held including walking groups, fun

exercise, get-togethers for newcomers to Whangārei, engineering and car museums, wildlife encounters, computer upskilling, community gardens and many more.

It's hoped that the Silver Festival will become an annual event and that older people who don't often participate in community activities, be it for reasons of mobility, lack of transport or confidence, will be encouraged to step out and try something new.



*Whānau Philharmonic*



*Introduction to Golf*



*Polishing Rocks for Seniors*



*The Game of Three (Anglican Care Centre)*



## Koinei te wā - the time is now

Associate Minister of Health (Māori Health) Peeni Henare has called on Māori, particularly young Māori, to come forward and follow the lead of their elders. "Our kuia, kaumātua are leading the way and now we need the rest of the

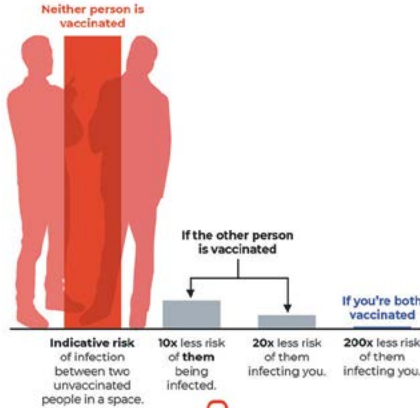
whānau to do the same."

University studies have found that unvaccinated people are ten times more likely to contract COVID-19 than vaccinated people.

If we are unvaccinated and the other person is vaccinated, then they have a 10 times less risk of being infected by us. If they get the virus, we have a 20 times less risk of being infected by them. If both people have been vaccinated, then we both have a 200 times less risk of getting infected.

Vaccination is free and available at Unichem Buchanans Pharmacy in Tikipunga. If you have questions talk to your medical centre, phone Whānau Ora on 0800462674 or call the COVID Vaccination Healthline on 0800 28 29 26 (8am to 8pm, 7 days a week).

### What's the risk of socialising with vaccinated or unvaccinated people?



Source: The Conversation, based on University of Melbourne research

Please don't spread rumours on social media. Northland DHB chief executive Dr Nick Chamberlain was shocked to hear that he was at the centre of a nasty rumour spread by anti-vaxxers - that he had a severe heart attack following a third dose of the Pfizer vaccine. Dr Chamberlain says he is alive and kicking and has not even had his booster dose.

\*based on: Northland DHB media release and an article written by Vaimoana Tapaleao, 22 October, New Zealand Herald

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# Tikipunga Community Trust

## Tikipride's submission to Council

Many Tikipunga residents may not be aware just how significant Thursday 21 October 2021 was for them.

On their behalf, the Tikipunga Community Trust (Tikipride) made their formal submission to the Whangārei District Council on the Community Led Projects (CLP) plan. The CLP brings together contributions from many people and organisations within the community, with the intent of gaining Council support and financial assistance for projects which will enhance Tikipunga's profile as a great place to live.

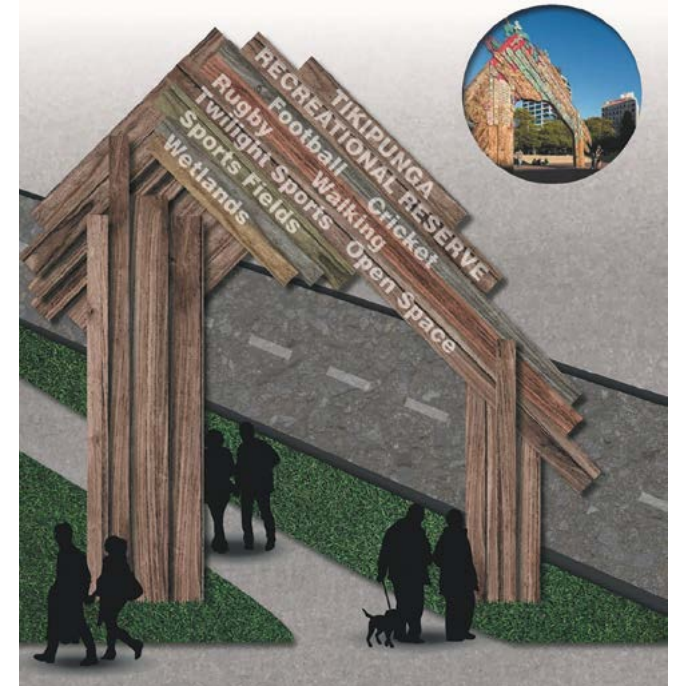
In 2018 Council decided to make the Tikipunga community the focus for funding for community development. A community meeting of Tikipunga organisations and service providers formally invited Tikipride to lead the official consultation with Council about planning for our rapidly changing area.

Tikipride's Chair, Don McDonald-Spice, presented the CLP to Council, supported by Tikipunga Councillors Tricia Cutforth and Gavin Benney, and received endorsement from elected members to go ahead with implementing the plan.

The main projects included in the presentation were –

- Create a Cycle/Walking/Running track around the Tikipunga Sports Park, following the Hatea River north of the park as far as Vinegar Hill Rd. Incorporate "gateway" signage as noted in the Blue Green Network plan.

- Welcome to Tikipunga signage and wayfinding signage.
  - Green spaces – community gardens, beautification projects, clean-up days, small neighbourhood events.
  - Murals to brighten up the area.
  - Safer roads, traffic management and safer communities.
- We will keep you updated on progress.



This newsletter is sponsored by  **FOUNDATION NORTH**  
 Pātea Hāpai Oranga  
 Funding to Enhance Lives

# Tikipride Scholarship

Kia Ora Tiki Pride  
Ko Motatau to maunga  
Ko Taikirau te awa  
Ko Ngatokimatawhaorua te waka  
Ko Manu Koroki te marae  
Ko Mihiwira te Wharekai  
Ko Jordan Henare tōku ingoa

Hi, my name is Jordan, I've been at Tikipunga High School since I was Year 9 and I am currently in Year 13 and have successfully passed level 1,2 & 3. I also enjoy volleyball & netball.

I am here to acknowledge the support I have gotten from this scholarship and receiving the award of "Tiki Pride" to help me with many expenses of my school year as a year 13 senior student. This includes helping me pay for my AMP (under 20 volleyball women's) & school fees.

My academic progress this year is moving smoothly thanks to my teachers encouragement on finishing my assignments. My culture and my sport develop me as a

Maori female student under the values of my ancestors to be committed, to persevere, to show leadership, to show compassion and work ethic.

Once again I mihi to Tiki Pride and thank you for your support.

E Tuuraungaatao, me pēwhea tāua e whitu ai? Tēnā anō kei ōna rōrātanga. (Difficult obstacles can be surmounted if one perseveres and all avenues are explored.)

Nga Mihi  
**Jordan Henare**



**MSL TRAINING**  
Gain Life Skills & Confidence

## Supported Learning 2022 Intake Dates

We are enrolling now for our 2022 intake at our Whangarei campus. We have limited seats available in our Supported Living, and Foundation Skills programmes.

Both programmes are ideal for new learners and those needing support.

All level 1 and 2 programmes are ZERO fees.

**Whangarei Campus, 35 Rathbone Street**  
Skills for Living Start Date: 7th February 2022  
Foundation Skills 1 Start Date: 31st January 2022

Contact us today on 0800 224 438 for more information or to enrol.

## MSL Training

**(Motivate Success Leadership) is taking enrolments NOW for 2022.**

Just wanting to focus on our young rangatahi ages 16yrs+ who are struggling to stay in kura, who have a learning difficulty or a disability (what kind of disability or difficulty – it's MASSIVE – too many labels to fit inside the box – so we're thinking outside the box) & have low levels of education. MSL is here to help.

Located at 35 Rathbone Street, we provide NZQA Level 1 - Skills For Living & NZQA Level 2 - Foundation Skills (Supported Learning Programmes). It's finding the young rangatahi here in Tai Tokerau and guiding them into SOMETHING, showing them that there are opportunities out there and they CAN do this!

Our supported learning level 1 & 2 programmes are FEES FREE.

Feel free to pop in for a visit, come and check out our learning space, come & meet us and our students and ask away if you have any questions.

# Minister of Parliament for Whangārei

## Making sure Tikipunga families aren't left behind

For almost two years now, protecting lives and livelihoods in the face of COVID-19 has been the number one focus of our Government. Thanks to our strong response and hard work, we've seen fewer cases, hospitalisations and deaths than any other country in the OECD.

However, as we've all taken on the challenges of COVID, we haven't ignored the other big issues our Government was elected to address. Despite all odds we have not stopped our work on issues like the housing crisis, water quality, climate change, or child poverty – because COVID hasn't made any of these existing challenges go away. In fact, it has made some of them worse.

We know child poverty in particular is one issue that has been affected. Lockdowns hit everyone, but especially those who have the least.

This is why ensuring families aren't left behind has been critical to our response so far.

Early in November we announced an increase through Working for Families which will see more than 300,000 families better off by an average of \$20 per week from April next year.

The Family Tax Credit and Best Start were due to be inflation adjusted, but to recognise the impact of COVID on families and the increased cost of living, we've made an additional investment to increase the rates by

a further \$5 per week, on top of the inflation adjustment. We have also made changes to the abatement rate, lifting this from 25% to 27%, to reach those who need it most. This additional investment is expected to lift an extra 6,000 children out of poverty.

We're also passing on the extra \$5 increase to Foster Care Allowance, and the Orphans and Unsupported Child benefits.

This includes rolling out free, healthy lunches in schools which has benefitted over 5,000 children in Whangārei this year, Tikipunga Primary, Tikipunga High School, Te Kura O Otangarei, Kamo Intermediate and Kamo High School. We've given the largest boost to main benefit rates in a generation, to ensure families can afford to put food on the table. We've also made doctors' visits cheaper for more than half a million Kiwis, and made going to school cheaper by scrapping NCEA fees and many school donations.

Additionally 33 schools in Whangārei have opted-in to funded free period products,

Let's keep looking after each other in the run up to summer. Maybe try shopping local for Xmas, be patient in businesses who might be experiencing delays, and offer kindness to those in our community who for medical reasons can't wear a mask, or are struggling with their decision to be vaccinated. These are just some of the ways we can all work together to ensure families here in Tikipunga have a great summer, and aren't left behind.



## Have your say!

Take our survey to share your views, so I can better represent you in Parliament: [www.whangareisurvey.online](http://www.whangareisurvey.online)

**Emily Henderson MP for Whangārei**  
Get in touch: (09) 430 7922  
Emily.HendersonMP@parliament.govt.nz  
[f /EmilyHendersonMP](https://www.facebook.com/EmilyHendersonMP)



Authorised by Dr Emily Henderson MP, Parliament Buildings, Wellington



# Keeping our communities together

By Dr Shane Reti

As I write this we have reached another daily record for positive coronavirus cases in this Delta outbreak and our resilience as a country is being tested. People are

conflicts and continue to maintain a reputation for being fair minded stewards of the rules based international order. A proud history where we fought for the right to hold different views alongside absolutely equal requirements for respect and to observe respectful pathways to resolve our differences.

No one invited coronavirus into New Zealand. Coronavirus wears no political colours. There are still some tough times ahead. I heard one kaumatua say this week particularly relating to Maori vaccination rates "we won't kawakawa this one away" meaning coronavirus is more dangerous than a traditional kawakawa leaf infusion might be able to manage. On a foundation of our shared history and mutual respect I also have trust. I have your back and I have trust that you also have mine. My view is that all of this too will eventually pass and our shared common history, respect and trust will be some of the levers for the shape that we eventually end up in.

saying to me that we were already being pulled apart as a country before Delta over issues of identity politics, gender politics and iwi politics. On top of this has now been added vaccine politics with two classes of people apparently, the vaccinated and the unvaccinated.

Older people are saying they cannot recall a time when we have been so divided. It is times like these that we need to anchor on the things we share in common before we dwell on the matters that keep us apart. We have a common shared history. A proud history where we played our part in many world

**DR SHANE RETI MP**  
Based in Whangārei

**Working together**

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## Visiting whānau at Northland District Health Board hospitals

The hospital visiting rules have been changed because of COVID-19. To keep patients, whānau and staff safe, Whangārei Hospital allows only one visitor to either support someone who is receiving end of life care, to accompany a child, or to attend to a woman in labour. These visitors must wear a mask and visitor screening is in place at all hospital entrances.

# WDC Councillors



## Kia ora tatou from your Councillor, Jayne Golightly

We are, as I write this, neck deep reading through over 5000 submissions ahead of this week when we will be making a collective decision to whether or not to go ahead with the Oruku Development.

Thank you everyone who has taken the time to make a submission. We certainly have all thrashed this out and debated the issues as they have come up.

Disappointment abounds with the Three Waters mandate and our Government taking the ability to make decisions about water reform out of our hands. While the vast majority of Councils agree change is needed, most of the sector are opposed to the reform in its current form. Community consultation is critical.

We are still working together to address the graffiti problem we have in our district.

Unfortunately, the D-Tag team are no longer available. They were doing an amazing job. Please report to your councillors when you see graffiti to allow us to get on top of it.

On a happier note, our waterfront is looking fabulous! There has been immense progress with the shared vision, created in collaboration with hapu, community, Council and stakeholders. We are all really excited to see the opening of the Hundertwasser Art Centre and the huge improvements made to the old carpark.

Happy days everyone, Xmas is on its way! Nga mihi, Heoi ano

- Jayne Golightly – 021186 1989 or 021 348 079
- Gavin Benney – 021 256 0126
- Tricia Cutforth – 027 287 0366

# Community Police

## Keeping safe

Whangārei police have managed to round up the group of youths who stole several vehicles in Whangārei a couple of months ago. They tended to take the car from the street and joyride in them, usually crashing them and running from the scene. Make sure you have your vehicles locked and if possible, not parked on the road outside your house. Every little bit of extra security makes it harder for these crooks to get away with your hard-earned property.

There have also been several commercial burglaries of building sites recently. If you are resident in an area with homes being built, please keep an eye out on the sites and note down any details and call the police. The kind of items that are being stolen are reinforcing mesh, reinforcing steel bar and wall boards.

Remember that drinking and driving don't

go hand in hand, if you are going out then either stay over or make some provision for getting home.

Arrange a sober driver or try zero percent beer/wine/spirits or soft drink. There are a myriad of choices in the non-alcoholic beverage section now, and to be brutally honest they have come a long way in taste!



Source: Sergeant Paul Nicholas, Kamo Police

## Community pool needs community support

The Tikipunga High School pool is a favourite place for many people to cool off over the summer months, but it requires community support to help make this available.

We require a volunteer at the pool throughout the school holidays and weekends for 2 ½ hours per day (1.30-4.00pm) and after school next year. The more people who volunteer the less often you will need to take a turn. There is no charge for families of volunteers on the day they are on duty.

The 25 metre pool was built by the Tikipunga community in 1988 after intensive fund raising efforts to raise \$150,000. The future of the pool looked doomed in 1999 due to a lack of community support and finances to keep the pool going. An agreement was made with Tikipunga High School, who bought the pool for \$1 from the Tikipunga Swimming Pool Incorporation, which ensured the pool could be kept in use for pupils and staff.

In 2015 the Tikipunga Community Trust (which operates as Tiki Pride) began a relationship with Tikipunga High School Board of Trustees to make the pool available to the



community again. Tiki Pride has raised the finances each summer to contract Community Leisure Management (CLM) which operates the Whangārei Aquatic Centre, to safely manage the pool at national pool safe standards, enabling it to be available to the community.

Working with the High School, Tiki Pride has helped raise funds to upgrade the pool to enable the community to continue the high volume use of the pool, as a result of it being open to the community throughout summer. Among the upgrades was the installation of a new salt chlorinated filter system, decreasing the content of chlorine in the water and the risk of allergies.

But the pool cannot operate without volunteers, so we need your help. Contact Kathryn McKenzie; tikipride@gmail.com, 027 276 6957, <https://www.facebook.com/TikipungaCommunityTrust/>

## Important - Cardiologists' Letter

Kia Ora Tatou

The cardiology service at Northland District Health Board is aware that some patients with heart problems have declined vaccination because they are concerned about the potential risk of myocarditis.

We the undersigned cardiologists endorse vaccinations for all our patients and urge all unvaccinated patients to get vaccinated as soon as possible.

Myocarditis from the vaccine is rare (2-10 cases per 100,000 doses), and usually only mild or moderate in severity.

Patients with underlying cardiac issues who get infected with COVID have a substantially increased risk of requiring an admission to ICU or dying from COVID.

The small risk of myocarditis from the vaccine does not justify people not having the vaccine, the risk from COVID for you is much higher.

We strongly encourage all our patients to get vaccinated as soon as possible.

Nga mihi nui

**Dr Marcus Lee [MBChB FRACP FCSANZ]**  
*Interventional Cardiologist & Clinical Lead for Cardiac Catheter Laboratory*

**Dr Raewyn Fisher [MBChB FRACP FCSANZ]**  
*Cardiologist & Clinical Lead for Cardiology*

**Dr Karthiges (Kat) Sree Raman [PhD MBChB FRACP FCSANZ]**  
*Cardiologist*

## Volunteers Wanted For Otuihau Summer Safe Programme

The Summer Safe volunteer team will be back at Otuihau (Whangārei Falls) this Christmas holiday season.

Co-ordinated this year by Hilda Timoti from HT Security, the team will be ready to help visitors with their parking, provide them with helpful information, and keep a general eye on safety for all.

Otuihau is often the first place that visitors come to, and our volunteers have always been much appreciated for being friendly and helpful ambassadors for our area.

Tikipunga and the wider Whangārei area offer a wide range of places of interest



to visit/eat/shop and the upgraded walking and cycle trails have attracted even more people wanting to explore the region.

The Summer Safe team will be at the Falls from Saturday 18th December and finishes at Easter, Monday 18 April 2022. Summer Safe runs 2x3 hour shifts per day on weekends and public holidays, the first from 10.00am -

1.00pm and the second from 1.00 - 4.00pm. The more volunteers that make themselves available the less often you will be called on to do a shift.



## Celebrating Fire Engines

On Sunday 30th January 2022, the Kamo and Ngunguru Fire brigades will be holding our annual Touch a Truck event. This is our annual fundraiser for the sky tower teams with the proceeds going to the Blood and Leukaemia foundation. Please come along!

### A few safety tips from the Chief Fire Officer:

- Make sure your BBQ drip tray is clean and has absorbent kitty litter on it,

- Check the gas cylinder is fitted correctly - you can do this by applying dish washing liquid at the cylinder connection and if it bubbles you have a leak.
- Never BBQ indoors

From the Kamo Volunteer Fire Brigade we would like to wish you all a Merry Christmas and a Happy New Year.

Colin Thomson (Whitebait)  
Chief Fire Officer

# Māori Potatoes - a bilingual summary



Tutaekuri



Raupī



Moemoe



Karuparera

**T**aewa, or Māori potatoes, are heirloom tubers cultivated in New Zealand for hundreds of years, and they are both easy-to-grow and delicious. Dr Nick Roskrue says, "For many of us, the potato is a staple part of our diet. We are all familiar with this root vegetable, but in recent years the resurgence of taewa or Māori potatoes has piqued our interest in the diversity of the food choices available."

**Ko te Taewa, he riwai Māori anō, he momo hua whenua tuku iho i roto o Aotearoa mō te hia rautau, ka mutu he ngāwari ki te whakatupu, he reka hoki ki te kai, e ai ki a Tākuta Nick Roskrue. Tokomaha tonu tātou ka kai nui i te riwai. Kei te mōhio hoki tātou katoa ki tēnei hua whenua, heoi anō i roto i ngā tau tata nei kua hau anō te rongo mō te taewa Māori nei hei momo kai anō mā tātou.**

When it comes to the range of taewa varieties, there are many names for the unique varieties. It is tradition not to peel taewa before cooking. They are scraped to remove dirt in the eye cavities, and washed and cooked whole.

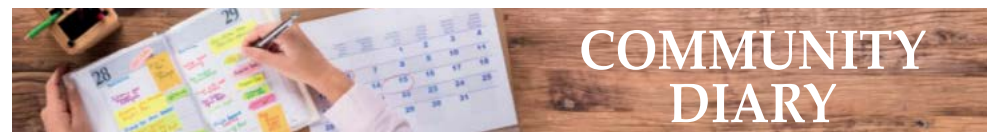
**Nā ko ngā tūmomo taewa, he maha ngā ingoa mō ia momo. Ko tētahi tikanga tuku iho mō te taewa kāore e waruwaruhia i mua i te tunu. He mea rapirapi noa kia riro ai ngā paru o ngā karu, ka horoia ka maoa te katoa.**

The most well-known taewa is the 'Tutaekuri' variety, of the potato subspecies andigena, with its purple skin and flesh, and characteristics somewhat different to the more familiar potatoes. This variety has a short season and it is possible to do a double crop in one summer.

**Ko te momo taewa rongonui rawa ko te 'Tutaekuri', he momo e whakapapa mai ana i ngā tupu o te rohe maunga Andes, he waiporoporo te tae o te kiri me te kiko, ā, he āhua rerekē ōna āhua i ō ngā mea rongonui ake. He poto hoki te wā tupu ai tēnei momo, nā reira e taea ana ngā huanga kai e rua i te raumati kotahi.**

Source: *Stuff 'Taewa: get to know the Māori potatoes fast becoming the foodies' favourite'* by Dr Nick Roskrue

Photos by Dr Nick Roskrue



## COMMUNITY DIARY

- **Tikipunga High School swimming pool;** Open from Saturday 11 December from 1.30 - 4pm every day (except Christmas & New Year statutory holidays) until 31 January 2022; then Weekends and after school Monday, Wednesday and Friday through February to 13 March 2022; **Volunteer Help Needed** from 1.30 - 4.00pm. Contact Kathryn McKenzie; tikipride@gmail.com, 027 276 6957, <https://www.facebook.com/TikipungaCommunityTrust/>
- **Summer Safe at Otuihau,** every weekend from Saturday 18th December (except Christmas Day) till Easter, Monday 18 April 2022. **Volunteer Help Needed** 2x 3 hour shifts from 10.00am - 1.00pm and 1.00 - 4.00pm. Contact Helen McGregor 437 3656, tikipride@gmail.com, 027 276 6957, <https://www.facebook.com/TikipungaCommunityTrust/>
- **Bright Lights in the City evenings** 10-12 December and 17-19 December. Follow the trail from Laurie Hall up to Cameron St Mall, back down to the Town Basin and then along the Hatea Loop. Map available from the council. Free
- **Free bus rides to and from COVID-19 vaccination appointments** from now until Friday 31 December 2021. You must show the bus driver your appointment confirmation
- **Free swimming lessons** 17-24 January (weekdays 12-1pm, 2x half-

hour sessions for up to 40 children 5 - 12yrs), at Tikipunga High School pool. Contact Kathryn McKenzie; tikipride@gmail.com, <https://www.facebook.com/TikipungaCommunityTrust/>

- **Annual Touch a Truck event** 30 January with Kamo and Ngunguru Fire brigades. This is an annual fund raiser for the Sky Tower teams; proceeds go to the Blood and Leukaemia foundation
- **1 February Chinese New Year**
- **1 - 9 February School starts**
- **6 - 8 February Waitangi Day celebrations (COVID permitting)**
- **February/March Te Reo Maori classes** - zoom in to meetings on Wednesdays. Beginners 10-11:30am and intermediate 1-2:30pm during school terms only. Contact (09) 430 0571 or education@multiculturalwhangarei.co.nz
- **March Whangārei Pride Festival** - both online and in-person events planned. Contact Whangārei Proud to register and participate
- **Whānau at the Falls 2022,** Saturday 26 March, 12.00 - 4.00 pm. Subject to COVID-19 regulations and restrictions at the time. All are welcome to participate through - items, activities, food, craft or produce stalls, information stands, etc. Register your interest with tikipride@gmail.com, <https://www.facebook.com/TikipungaCommunityTrust/>



Please send your events through to the Editor at [margie.kent9@gmail.com](mailto:margie.kent9@gmail.com).

Otuihau News is not responsible for any events listed here that are cancelled due to COVID-19 or for any other reason. Please check with local event organisers to see if the event is confirmed or cancelled

# Kirihimete time!

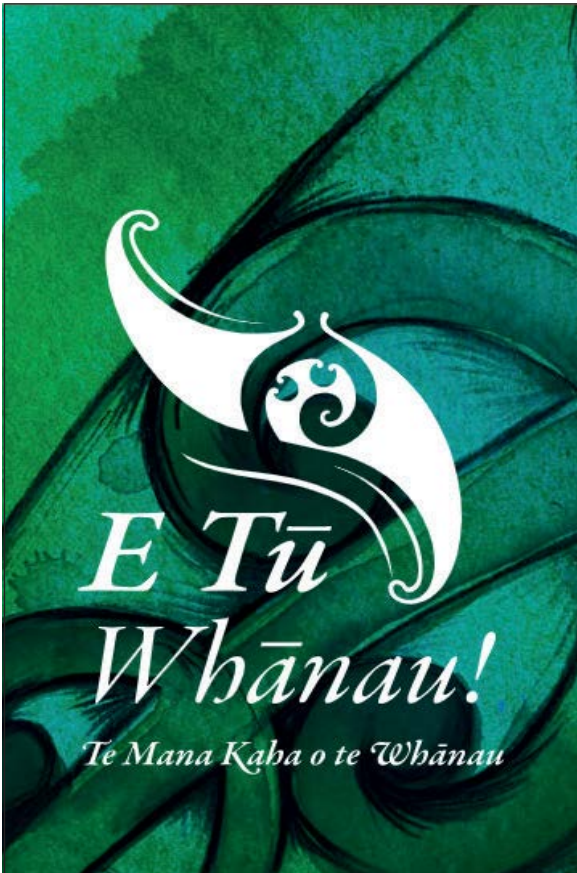
Christmas time is often stressful for families. With COVID in the mix, this year could be especially hard for some whānau. E Tū Whānau provides information and support - this may include helping by supporting individuals, whānau and groups with issues life throws at us; with mental and emotional wellbeing; and with practical assistance when possible.

The E Tū Whānau kaupapa is guided by a framework of kaupapa Māori principles, values and an action plan that is updated every five years. E Tū Whānau values (these are shown below) help whānau lead the decision making to make the changes they need for their best future. Every one of us has a part to play in creating change, no matter how big or small, and E Tū Whānau can help you with this process.



I can assist you, your whānau or your community group in creating a safe, caring and thriving life. Have a look at the resources available to you on our website to support your journey, and get in touch with me so I can help you take leadership of your life, and make the changes you want to make for a better future.

Shirleyanne Brown



**Aroha**  
Giving with no expectation of return.

**Whanaungatanga**  
It's about being connected.

**Whakapapa**  
Knowing who you are and where you belong.

**Mana / Manaaki**  
Building the mana of others, through nurturing, growing and challenging.

**Kōrero awhi**  
Positive communication and actions.

**Tikanga**  
Doing things the right way, according to our values.

## Shirleyanne Brown

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- [wotmatters1@gmail.com](mailto:wotmatters1@gmail.com)
- <https://etuwhanau.org.nz>
- Facebook: join the Wotmatters group