

# Onerahi Orbit

Free to you from the Onerahi Community Association December 2023

**Covering Onerahi, Parua Bay, Pataua and Whangārei Heads**



*Celebrating 25 Years of Service to the Onerahi Community - Mike Chubb – Chief Fire Officer, Peter Noone – Qualified Fire Fighter, Steve Balks – Brigade Support; Brian Redwood – Deputy Chief Fire Officer*

**Whangārei Civic Honours - pages 4 and 5 • 25 years of service - page 8  
A gathering of environmental volunteers - page 13**

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# Haere mai,

Summer is here at last! At this stage, we're all hanging out for some sunny, drama free, chill time at the coast. So remember to slip,slop, slap and wrap; and make sure to follow safety procedures on water craft and with water toys. Wear your life jackets; take water, sun protection and communication devices with you on the water - and make sure your devices are charged up before you leave home. After the holidays, make sure to keep up with ensuring your voice is heard by providing your views to consultations on the 10 Year Plans (both the NRC and the WDC will be asking for your input in March/April for their spending priorities). The Year of the Dragon is set to be a year of good luck, strength and health - so be sure to get out there and make your mark in 2024.

Have a Merry Christmas and a Happy New Year everyone!

*Nga mihi from the Orbit team.*

**Emergency phone numbers are on page 23**

### Letter to the Editor

Hi! My name is Arthur Bodle, age 67. Faith and running have been the backbone of my life. Running took me places around New Zealand, with Whangārei Athletics Club, and I'm still a member today. I was seven when I walked into a church and from that day on I was on a journey; so I owe it to that church in Christchurch.

Faith had me meeting so many people and learning from them. In 1968 we moved from Christchurch to Whangārei when my stepfather brought Blue Heron Motor Camp - that was an experience: meeting people from all over the world. The time at Blue Heron taught me a lot, and fishing now and again was fun. Today, in 2023, looking back, they were great times. I worked at Onerahi New World and enjoyed my time there.

I used to do running in the mud and running up huge hills - it was all part of the fun! We have some of the best training grounds - around Onerahi, Whangārei Heads, Ocean Beach.

I have learnt so much - the original writings of the Bible (in Hebrew and Greek) bring it alive. In the early days my Sunday school teacher was very keen and on to it in teaching us. Goodness knows where I would be if I had not gone to church. I attended Whangārei Boys High, became a champion for running - that was a shock. Doing deliveries for Onerahi New World had me changing light bulbs for the elderly, or taking the compost bags up the drive for them - never a dull moment.

Faith and running have given me so much. Yep, faith and running have been good to me.

By Arthur Bodle

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# Correction Notice

The 'Upcoming Dates and Events' section of the October 2023 Onerahi Orbit unfortunately referred to an 'Onerahi Primary School Fundraiser'. We apologise for this error - the fundraiser was for Parua Bay School, which was also correctly included in the same section. We apologise for any inconvenience to the Onerahi School or any confusion created for our readers.



- Cultivate and nurture the interests of the community of Onerahi
- Promote the district
- Assist residents
- Develop and administer facilities

# President's Report

### Tena koutou

As the days grow longer and the temperature climbs it is time to get out of indoors into the garden or recreation areas. It is great to walk around our streets and see summer flowers starting to bloom adding that splash of colour to the neighbourhoods.

Regarding colour, the mosaic in the town shopping precinct has now been repaired and it was recently rededicated by Kaumatua Fred Tito in a short ceremony. The mural was constructed in tiles by Ange Peita-Edwards and shows the past. Also present at the ceremony was Mayor Vince Cocurullo, who was part of the initial focus group when the artwork was commissioned. The artist for the second side, Eru Kapa-Kingi, was represented by his mother, Mareameno. That side represents the present/future.

Feedback suggested we focus a bit on tidying up our town area and some work has been going on here. The fronds from the palms and the seed heads have been removed. The Community Led Project focus group is working to continue to refresh the shopping area and develop school community partnerships in regard to school pool use outside of school hours.

The improved weather is evidenced by increased aquatic activity on our surrounding shoreline. Increased vigilance in regard to young people in and near water and adults on boats remains important to reduce the incidents of water related accidents.

We have recognised more community champions - these are found in this edition along with Order of Merit recipients for the second half of the year. Remember, we seek nominations from the community for people that do good work.

You have told us about the challenges - fast moving cars are at present an issue - and it is great to see the work done on a speed limiting hump outside Raurimu Avenue school.

Onerahi Community Association remains committed to improving connections in the community. The Hall is used frequently by community groups and the community house is being used more often as well. Some planned improvements to accommodate people enjoying the shopping area are currently underway.

Please remain safe over the Christmas and New Year period and keep an eye on your neighbours. Everyone matters in the community.

Grant Harrison  
President OCA



Kaumatua Fred Tito rededicates the present and future side of the mural supported by Mayor Vince Cocurullo and Ange Peita-Edwards (one of the original Artists) 13 November 2023



The blessing of the side of the mural that represents the past. The original drawing was done by Ange's uncle Hori Wihongi, and is shown here below the mosaic, unfurled on the pavers.

Published in April, June, August, October, and December.

The Onerahi Orbit is a not-for-profit publication owned by the Onerahi Community Association, that reports the good news in Onerahi, Parua Bay, Pataua, and Whangārei Heads. 4,000 copies are printed by Jeff Oliver Print and distributed by volunteers throughout this area; readership is approximately 12,500. Opinions expressed in signed articles, or in advertisements appearing in the Onerahi Orbit are those of the author and advertiser and do not reflect those of this newsletter nor its publisher. No part of this publication may be reproduced without the prior written permission of the editor, writers, and owners of Onerahi Orbit.

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# Christmas Hours

<b>Saturday 16 December</b> 8am-8pm	<b>Thursday 21 December</b> 7:30am-8pm	<b>BOXING DAY</b> 8am-8pm	<b>NEW YEARS EVE</b> 7am-8pm
<b>Sunday 17 December</b> 8am-8pm	<b>Friday 22 December</b> 7:30am-8pm	<b>Wednesday 27 December</b> 7:30am-8pm	<b>NEW YEARS DAY</b> 8am-8pm
<b>Monday 18 December</b> 7:30am-8pm	<b>Saturday 23 December</b> 7am-8pm	<b>Thursday 28 December</b> 7:30am-8pm	<b>Tuesday 2 January</b> 8am-8pm
<b>Tuesday 19 December</b> 7:30am-8pm	<b>CHRISTMAS EVE</b> 7am-8pm	<b>Friday 29 December</b> 7:30am-8pm	<b>Wednesday 3 January</b> 7:30am-8pm
<b>Wednesday 20 December</b> 7:30am-8pm	<b>CHRISTMAS DAY</b> CLOSED	<b>Saturday 30 December</b> 8am-8pm	<b>Thursday 4 January</b> 7:30am-8pm

However you do Christmas



# Whangārei Civic Honours: Beryl Wilkinson

**Beryl M Wilkinson has worked tirelessly ever since she trained as a registered nurse many years ago. She is a hardworking and active member in our local community, advocating for social justice and making sure those who make laws and decisions regarding older persons are aware of the struggles and hardships they face on a daily basis.**

Beryl has worked as a volunteer with Age Concern Whangārei for many decades and continues to hold the front-line position of President Executive Chairperson. She was supported unreservedly by her husband JR right up to his death, and Age Concern has continued to benefit from his support.

Up early, Beryl is at her desk in her office at Age Concern before 0720 hours at least six days a week. She works with vigour, her sharp mental ability and determination on behalf of the older person. She has initiated services that no other organisation provides. The first is the "Dedicated Carer Relief Service" where full-time carers, usually well aged themselves and caring for an equally aged person, are given a regular time each week to look after their own well-being while a

member from Age Concern Whangārei spends time with the one being cared for. This adds to the quality of life for both the carer and the cared for person, providing validation, stimulation and social contact.

Another recently initiated service is the Live Alone Senior Service for carers who have lost services provided in the home due to a death or long-term admission of a client to care. A staff member is allocated to the now alone person to encourage, enable and empower them to continue to be a functioning member of the community. Loneliness is a hugely recognised difficulty faced by the older person and this service provides much needed support for an ageing person becoming independent and picking up the threads of life again.

Beryl is a strong advocate for work after retirement as evidenced by her own example and has many volunteer retirees working to fill roles in the office and out assisting the organisation in the community.

She has been an active advocate for the older person by making herself available on committees both locally and nationally to champion the plights and complexities that older persons face on a daily basis due to declining health.

Beryl has received the Queen's Service Order and was one of 100 recipients nationwide for a Local Hero award.

Beryl is a very private person who does not like the spotlight, but she truly deserves to be recognised and honoured. This Civic Honour is hers for the enormous contribution she has made for the good of others.

For this we honour her.

Based on WDC Honours notice

Photo - Supplied by the Northern Advocate



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# Whangārei Civic Honours: Robin Lieffering

**Robin Lieffering was raised in Christchurch, trained as a teacher and arrived in the Whangārei area in 1974. She taught Japanese language and culture at Tikipunga High School, and after working in Auckland for some years, she returned to Whangārei Heads in 1993.**

Throughout her life Robin has followed her passion for people, history and the environment, supporting and leading multiple organisations over the past 40 years. In 1994 she joined the Whangārei Heads Citizens Association as a committee member, became president and began a local newsletter that still exists today. In 1998 she was elected as Whangārei District Council's Coastal Ward Councillor.

Robin has natural skills in leadership and group management. She understands that for a community group to raise funds, own property and have influence it needs to have its own rules and procedures, speak with a single voice, keep proper records, be fiscally transparent and accountable.

Her leadership skills, strong community values and resilience, and a knack for striking when the iron is hot, have benefited every group she has belonged to. She fronts up, well-prepared to share her views, emphasising solutions rather than any discrepancies, inequalities or unfairness.

Robin has courageously taken on enormous projects like the Bream Head Conservation Trust, committed to ensuring environmental and wildlife protection into the future. A founding trustee with a vision for the Whangārei Heads peninsula and beyond as a "Live-in Park" she has served on the trust for 20 years, five of those as Chair, and twelve the Education Chair.

She was also a strong force for the community when, in 2010, the NZ Presbyterian Church planned to sell the historic McLeod Bay Church. Robin organised a public meeting which eventually resulted in an incorporated society being formed, becoming a charitable trust, and the church going into community ownership. This success was attributed largely to the interpersonal skills Robin brought to sensitive meetings.

Another cause to benefit from Robin's leadership over the years was Kiwi North - the Whangārei Museum, Kiwi House and Heritage Park Trust. As chairperson she guided the society through its transformation to the Whangārei Museum and Heritage Trust.

Acting as a voice for senior adults Robin chaired Council's Positive Ageing Advisory Group for four years and was the driving force behind the Silver Festival. She continues to campaign for lower cost social housing options for under-resourced seniors. School boards, unions, business clubs, women's associations, national conferences, the Northland Conservation Board and the End of Life Choice Group Whangārei 2020 are just a few of the many organisations Robin has enhanced in her time.

It is difficult to imagine a better candidate than Robin Lieffering. Her generosity of spirit has benefited most of the people of Whangārei.

For this we honour her.

Based on WDC Honours notice



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# Order of Merit Awards

These recipients were recognised at an OCA function in December 2023

## Buchanan Beech-Cullen

Buck was one of the initiators and drivers of the development of our Wai A Ariki community food forest. He and his whānau have acted, and continue to act, as kaitiaki and kaimahi of this community resource or taonga.

## Fred Tito

Fred is a tireless worker for the people of Onerahi. He is a collector of knowledge and is happy to share this wealth of accumulated knowledge and wisdom. He is a relevant expert when it comes to understanding the kaupapa of viewing things through a Māori lens.

# Progress by the Community Led Focus Group

Following the consultation process, the Onerahi focus group has landed on two main project areas:

1. Community School Partnership to provide out of school hours swimming in a school pool (Raurimu Avenue School). Following community feedback, the School Board has agreed to support a third party occupancy agreement with the Ministry of Education. The Operators of the Community pool (CLM) has agreed to support the project with staffing and expertise in pool maintenance. This group runs other school pools outside of school hours in other communities, so has the necessary experience. The days suggested will be a weekday (Tuesday) 4-7.00pm and a weekend day 1pm -5.00pm. Measures are being developed to manage the pool access, ratios, supervision and volunteer requirements.
2. Connection space and environmental refresh in the shopping precinct. Community feedback was sought regarding what a refresh might look like. Shopkeepers were also consulted about the potential impacts. Some of the planned projects include:
  - Portable seats and planter boxes placed adjacent to the pedestrian walkway for people to use - to sit, connect and share
  - Repair of the mosaic now complete
  - Trimming branches and seed bunches on the palm trees
  - Refreshing the rubbish bins to make them more attractive
  - Repairing and refreshing the current seating
  - Reinstalling hanging baskets along the pedestrian footpath

Feedback on these and any other potential projects are welcomed to Onerahicomunity@gmail.com

# Community Champions: August - November

The Onerahi Community Association and the Whangārei District Council recognise Onerahi's Community Champions. The people below have come to the attention of the committee and have been recognised for their impacts on the community. They are recognised and presented with certificates and vouchers.

## August - Trudy Jackson

For support of the community and distributing food. She managed the pātaka kai that was until recently in Raurimu Ave. She does clean ups and takes rubbish to the dump, which she pays for herself.

## September - Wendy Forshaw

For helping out and making meals for an elderly Onerahi lady following a dog attack.

## October - Paul Doherty

For his rat eradication work on Limestone Island. He Kayaks there and back to do this work.

## November- Judy Plain

For the care and maintenance of the pātaka kai in Raurimu Avenue including removal of rubbish and replacement of goods.

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# Onerahi's vibrant hub - Flames Hotel

Nestled in the heart of our community, Flames Hotel has been a cherished landmark since its construction in the 1970s by DB Breweries. Over the years, this iconic establishment has seen its share of ups and downs, but today, under the loving care of Raewyn and her husband, it is returning to its former glory.

The journey of Flames Hotel began when DB Breweries embarked on a mission to create a distinctive and inviting establishment that would offer locals and visitors a place to relax and enjoy themselves. With 21 comfortable rooms and two conference rooms, Flames Hotel quickly became a hub for social gatherings, events, and celebrations.

Fast forward to 2015 when Raewyn and her husband took the reins of Flames Hotel. With a deep appreciation for its rich history, they set out on a mission to restore this beloved venue to its former splendor. Their dedication and hard work have revitalized Flames Hotel, making it a vibrant and thriving part of our community once again.

One of the exciting new additions to Flames Hotel is the charming coffee shop, where guests can savor a cup of coffee while enjoying the peaceful surroundings. The hotel has also introduced a monthly craft market, providing a platform for local artisans to showcase their talents and for the community to come together.

Taco Tuesday has become a favorite tradition at Flames Hotel, offering a mouthwatering array of taco creations that tantalize the taste buds. And in keeping with the times, the hotel is installing electric car chargers, making it convenient for eco-conscious travelers to recharge their vehicles while enjoying all that Flames Hotel has to offer.

Flames Hotel is not just a place of leisure but also a



pillar of community support. The hotel is looking forward to partnering with Alzheimers Northland for annual fundraising events in 2024, contributing to an important cause while strengthening community bonds.

For those seeking a unique summer experience, the Lava Bar at Flames Hotel is available for hire. Set amidst subtropical gardens and overlooking a private waterfall, the Lava Bar is the ideal venue for gatherings, parties, and special occasions. With its woodfired pizza oven and serene surroundings, it offers an unforgettable backdrop for memorable events.

In addition, Flames Hotel boasts an onsite swimming pool, perfect for relaxation and refreshing dips on warm summer days. With extensive catering options, the hotel is well-equipped to host a wide range of events, from corporate meetings to weddings and celebrations of all kinds.

Today, Flames Hotel stands as a vibrant and welcoming hub, offering a diverse array of experiences. It's a place where history meets the present, and where the future holds even more exciting possibilities.



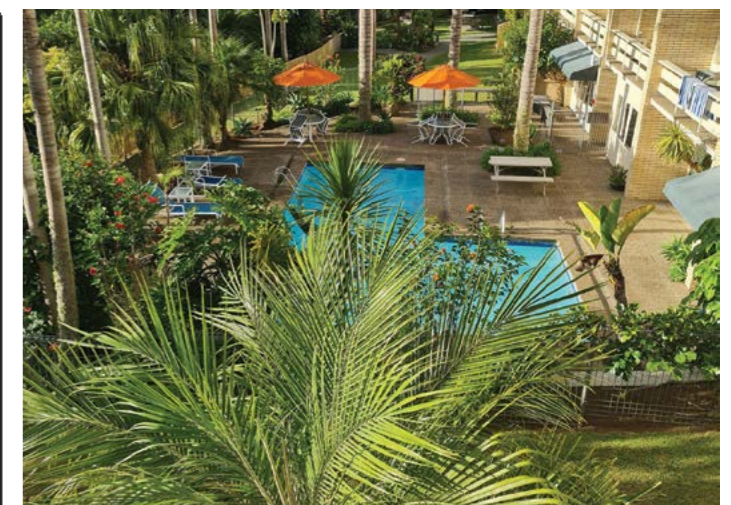
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# 25 years of service

**In a testament to their commitment to the community, four distinguished members of the Onerahi Fire Brigade were recently honoured with 25-year Gold Star Awards. The ceremony, held at McKay Stadium on November 18, 2023, was a momentous occasion attended by representatives from FENZ, United Fire Brigade Association (UFBA) and various other dignitaries.**



Recipients are Mike Chubb – Chief Fire Officer, Peter Noone – Qualified Fire Fighter, Steve Balks – Brigade Support and Brian Redwood – Deputy Chief Fire Officer

Peter Noone commenced on the 26th of August 1998, a dedicated firefighter, shared his journey, explaining how he became involved in firefighting. His journey began when he lived up north, where he had connections with the Ahipara Fire Brigade. Events took an unexpected turn when he was made redundant, leading him to move back to Onerahi. Not long after, he saw an advertisement in the local paper calling for volunteers to establish the Onerahi Brigade, and he knew it was fate. Peter's involvement with the Ahipara Brigade also played a role in instituting a cherished tradition – sending Santa around on the fire engine on Christmas morning.

Brian Redwood, commenced on the 26th August 1998, he was seeking a way to support the community, and the advertised training opportunity caught his interest. His highlights over the past 25 years have included the establishment of their new station in Handforth Street, gaining their own fire district, and his promotion to Deputy Chief Fire Officer. He emphasized the joy of training and supporting the new crew members as they flourish in their firefighting roles.

Mike Chubb, the current Chief Fire Officer, recounted how he joined the brigade back in September 1998. A newspaper article about starting a volunteer fire brigade

in Onerahi caught his eye. Given his work at the airport, he felt a sense of responsibility towards emergency response, especially for potential aircraft-related incidents. Mike's initial curiosity quickly turned into a lifelong commitment, driven by the satisfaction of a job well done, even in the face of exhaustion.

Steve Balks, who began his firefighting journey in September 1998, expressed his motivation for joining the brigade and echoed the sentiment of community service as his driving force. Over the past 25 years, he cherished being part of the firefighting family, learning new skills, and, most notably, witnessing the construction of their own fire station.

The Onerahi Brigade, which has served the community for 25 years, celebrated these remarkable individuals' dedication and contributions. The stories of these firefighters exemplify the profound sense of duty and camaraderie that fuels their commitment to safeguarding the community. With dedication, they have proven that a lifetime of service is not only rewarding but also a testament to the strength of community bonds.

Contributed by Julie Redwood, Onerahi Fire Brigade Secretary

# MP for Whangārei - Dr Shane Reti

**I want to start by thanking you all for your support of me and the National Party in the recent general elections. A clear mood for change and a clear mandate for National to form the next government.**

New Zealanders have spoken, and my team and I are excited to get amongst it and get New Zealand back on track.

I also want to acknowledge previous MPs and thank them for their service and wish them well in their future endeavours.

I have surveyed the Whangārei electorate three times this year and then double checked the findings with door knocking. Across each survey the issues that Whangārei people said were most pressing were generally the same.

The cost of living was the top concern in every single survey. Food is expensive, petrol is increasing, and rental houses are hard to find in Whangārei and rents are high.

People are also very concerned about crime and law and order ranging across a raft of issues from ram raids to vehicle theft to our local police counter opening hours.

Health was a high priority with people unable to see their GP any time soon and languishing on long waiting lists.

The cost of living was often woven into discussions around the economy. People easily understood that we are a trading nation that is heavily dependent on our vital agricultural sector and that amongst other things we need to tame inflation and trade our way into a position where we have money to pay for the infrastructure that we need.

Infrastructure in Whangārei involves several things. Four-lane highways from Whangārei will boost the economy but also have safety, resilience, and environmental benefits. We

have said we will look to start in our first term and at the same time we need to address the potholes that bedevil our roads.

The Whangārei hospital upgrade was started by National in 2015 and paused by the Labour government in 2018. Four years later in 2022 the upgrade finally received tranche 1 funding. The hospital build itself will take several years, but the upgrade needs to be started as soon as possible.

These are exciting times with a real sense of hope and ambition with the Prime Minister in waiting Chris Luxon saying in his first speech that we will govern for all New Zealanders.

Thank you again for the privilege of being your MP and may we all travel well into another glorious Northland summer.



**MP DR SHANE RETI** QSM  
MP for Whangārei

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# MAYOR'S MESSAGE

## Gearing up for summer!

It's been a busy year, full of highs and lows, and I think we're all well overdue a break.

For some the work never stops, regardless of the season and to all of you in that position, I send out heartfelt thanks. No one could fully express how much the work you do and the sacrifices you make are appreciated by the rest of us. Grazie.

To everyone affected by wars and events in other countries, may this season bring some form of peace and relief to you. Let us all care for each other at this time.

Bringing it back home, let's also be extra caring of our own District this summer. It's old news that our District has been hit hard this year. It has suffered millions of dollars of damage, with millions of dollars having been invested in repairs so far, and millions more needed over the next few years. Our teams have been working flat out, and with dry weather forecasted over the summer months, the work will continue at pace. While you may notice that there are still some repairs to be made, be assured they are on our lists and we are working solidly through them.

Our teams will get on with programmed works including road building and repairing, and keeping the wastewater systems, freshwater supply and rubbish collections going

over the summer. Libraries will still be open and the parks and reserves team will still be caring for places we all enjoy spending time, not to mention looking after coastal assets.

While they are concentrating on all that, you, your family, workmates, neighbours and friends can play an important role caring for our District – you can be our eyes and ears.

Please report any issues you notice as soon as you can. If you notice fly tipping, a water leak, overflowing rubbish bins, damaged signs or a problem with anything else that we look after, call us on 09 4303200 or go onto our website and report it as soon as you can.

We would rather have a dozen people report a broken pipe or a water leak than have it go on for days and get much worse. The quicker we know about a problem the sooner we can get the team onto it, stop things getting worse and sort it all out.

Before you go to the beach, check our website for the rules on dogs, horses, camping and driving. You can find them at [www.wdc.govt.nz](http://www.wdc.govt.nz) or call us on 09 430 4200. If you have a problem with noise, animals or anything else, let us know. Use "report it" or Facebook messenger for non-urgent issues. Be proud of our community and report anything that needs our attention.

Remember: if it's an emergency, please call 111! Mere Kirihimete koutou, Merry Christmas, happy holidays - and as we would say in my family's language, Buon Natale e buone feste!



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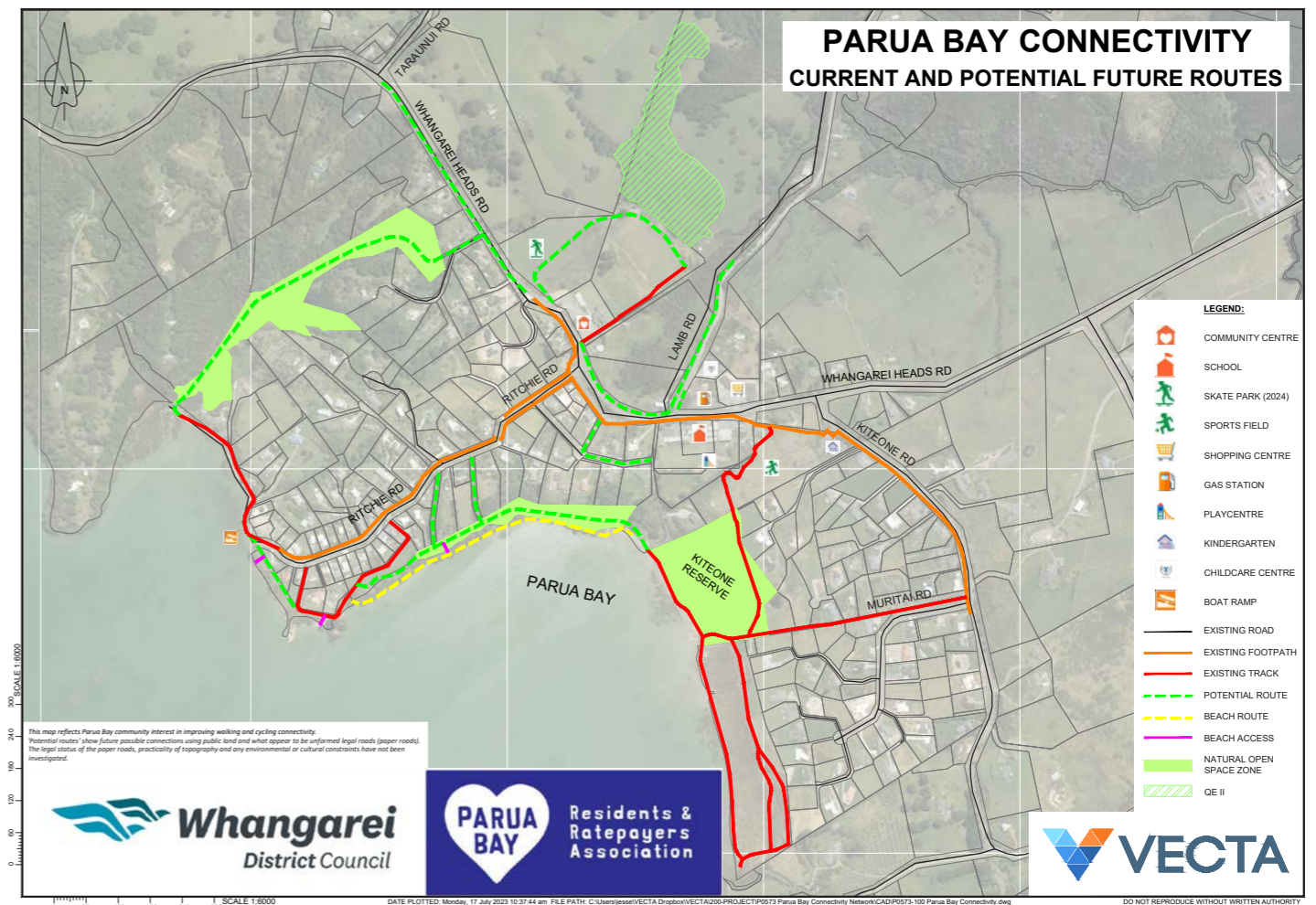
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## PBRRRA News – from Parua Bay Residents and Ratepayers Association

Kia ora from Parua Bay!

### Civil Defence Response Group-

Come along to our Community and Family Fun Day – Saturday 2nd Dec, at the Parua Bay School- 10-2pm. Civil Defence, FENZ, NZ POLICE, LANDSAR, Surf Lifesaving, St John, and Lions Club will be there. Come and have some fun, while you learn how to prepare for a potential emergency. Games for the kids, face painting, free sausage sizzle, free tea/ coffee, Lions Quick fire Raffles - Come and meet your local CD Volunteers - SEE YOU THERE!

### Connectivity Maps of the Parua Bay Village and Surrounds-

PBRRRA committee has developed maps for walking and cycling tracks in and around Parua Bay. These maps reflect the interest expressed by the Parua Bay community for existing walking and cycling routes and improving connectivity, both within Parua Bay and the wider Whangārei Heads area.

The maps should also help identify where there is most interest in improvements and therefore where we can focus future efforts. For existing routes that rely on shared road space, improvements could potentially include road safety measures and separate paths.

'Potential routes' show future possible connections by highlighting public land and what we understand to be unformed legal roads (paper roads). The legal status of the paper roads, practicality of topography and any environmental or cultural constraints have not yet been investigated. These maps will be printed for public use, but

if you wish to access them in the meantime, please email us for a copy - [paruabayrra@gmail.com](mailto:paruabayrra@gmail.com) or go to our Facebook page "Parua Bay Residents and Ratepayers Association-PBRRRA".

We are currently looking for new Committee Members. If you are interested in joining PBRRRA, and can contribute a few hours a month towards your community, please contact us on [paruabayrra@gmail.com](mailto:paruabayrra@gmail.com). We would love to hear from you.

Wishing you all a safe and happy festive season...

Barbara Green

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To report pollution and environmental incidents call the 24/7 environmental hotline: 0800 504 639

Kia ora koutou!

**I hope you are all enjoying the lead up to the summer festive season. At home we have planted our little veggie garden, we're working hard to keep up with the lawns, and the summer calendar for visitors is filling up fast.**

The NRC is currently consulting on the Freshwater Plan Change and are wanting feedback from you all. The plan change is how we can update and improve our rules and

regulations to achieve healthy and clean freshwater. I know that the sediment and pollution going into our harbour and estuaries is a major concern for this community, so I want to highlight that this is your chance to let us know what you think. We've done a lot of background work to draft the proposals and options, and are now seeking feedback to find balance that achieves environmental improvement and also works for landowners and our economy. You can find all the reports and proposals online by visiting [www.nrc.govt.nz](http://www.nrc.govt.nz), feedback is open until 4th March 2024.



The NRC maritime team are preparing for another busy summer, with the usual influx of recreational boats from further south as well as the first cruise ships into Whangārei Harbour in February. I visited the NRC team at the Whangārei Maritime Festival where they were sharing information on safe boating and the new Marine Protected Areas at Mimiwhangata and Bay of Islands. We all love being in or on the water during summer, so to keep everyone safe it's great to take some time at the start of the season to refresh and prepare. Visit [www.nrc.govt.nz/maritime/safe-boating](http://www.nrc.govt.nz/maritime/safe-boating) for helpful reminders of the rules and tips for safety. And if you see any navigational hazards or unsafe boating you can report it to the maritime team by emailing [info@nrc.govt.nz](mailto:info@nrc.govt.nz) or if it's urgent you can call 0800 504 639.

Enjoy Summer! Always happy to hear from you - amym@nrc.govt.nz, or find me on facebook: Amy Macdonald - NRC Councillor.

Ngā mihi nui,  
Councillor Amy Macdonald

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



# A gathering of Environmental Volunteers

Over 30 people enjoyed meeting others who are active in protecting the environment in Onerahi on Saturday 4th November. Many thanks to Flames Comfort Hotel for the great hospitality, and the Northland Regional Council funded Tiakina Whangārei for organising the event.

The kaupapa of the event was that many people in Onerahi donate their time to trapping, weeding, baiting rodent traps, and planting activities to protect and restore the environment, but not all had met one another before. It was great to connect or reconnect with others who share a similar vision.

There is a lot of work being done around Onerahi by these volunteers. For example, you may have noticed black boxes along side tracks. These are locked bait stations that are targeting rats and a dedicated team from Tiakina Whangārei replenish the baits every 2 weeks. Fewer rats mean more birds and of course our own back yard "health". Furthermore, there are several groups working to restore our bush reserves through weeding and planting across our peninsula. No doubt



you will have noticed their work alongside the Boswells and Waimahanga Tracks as well as other reserves and roadsides. Our special Island Reserve Matakoho volunteers also enjoyed meeting others working hard to make a difference. If you think you may like to be involved in some way, please contact [info@tiakinawhangarei.co.nz](mailto:info@tiakinawhangarei.co.nz).

Chrissie Stephenson  
Onerahi Weeds Group

# Jo and Darin leave Matakoho-Limestone Island

Ranger Jo and her partner Darin have now completed their time at Matakoho Island (at the end of October), handing the keys over to new ranger Bevan. She wanted to make sure to thank everyone before leaving.

"We have been overwhelmed by the generosity of people donating their time and expertise to ours and the Island's cause. A few special mentions go to; Matua Fred Tito, Todd Hamilton, the FOMLI committee, our regular FOMLI volunteers, and the extended Bogardus/Carthew-Skyrme/Symonds whānau. I would also like to mihi to Pam and Grant Stevens. As with all the previous Rangers, Pam and Grant have opened their home to us."

Jo and Darin are staying local and have moved back into their house on Old Onerahi Road. A big thank you right back to Jo for her and Darin's wonderful mahi on Matakoho - and the fantastic work she has done in educating and inspiring numerous volunteers and visitors.

Thank you Ranger Jo!

Thank you Ranger Jo!



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# Do you want a mural on your wall?

There are a couple of organisations in Whangārei looking to engage young people to do mural work.

They are seeking wall space to create murals. If you are aware of any wall space that could be used for a mural contact Mahlon Flight 022 156 3020 (Grand Rising Studio) or Josh Menheere 020 4117 5747 (ARTJAM).

From the Community Development Department, Whangārei District Council

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# Gardening tips for free plants

## Watercress

Take a stem and place in water until roots form, then plant it out in your garden. Keep soil moist.



## Beetroot

Cut the tops off a beetroot and place the top in a dish of water until they put out fresh shoots then plant in your garden. The young leaves can be used in a salad or cooked like you do spinach.

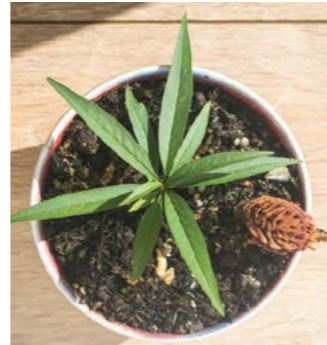
## Onions

Cut off the bottom part of an onion and sit in water until roots and shoots form then plant out for a ready supply of spring onions.

## Peaches and nectarines

Crack open the fruit stone and inside you will find an almond like nut. Fill a toilet roll with good soil and plant the nut. Be patient as they take a few weeks and then you have young trees (thanks to Kaitiaki Buck Beech-Cullen for showing me this tip).

Cheers Wendy



# Predator Free Onerahi conservation success in 2023

The new community-led conservation group Predator Free Onerahi has worked hard throughout 2023 to protect native species within our suburb. There are now over 300 active traps within native forest pockets and backyards in Onerahi, an achievement made possible by the mahi of local volunteers who set them up and maintain them.

There are dedicated trap lines placed strategically around the suburb where testing has found a dense rat population and to restrict the movement of introduced predators throughout the suburb. Local volunteers maintain traps by marking their location and recording the trap on Trap NZ, then regularly monitoring them and rebaiting and resetting them as necessary.

Tiakina Whangārei Project Lead Dai Morgan says the New Year needs new volunteers for the group. "Tiakina Whangārei and Predator Free Onerahi are always looking for more community members to join trapping efforts," Dai says. "Volunteering with a trapping group is social, fun, and a good excuse to get outdoors. You can commit as much or as little time as you like, and you'll meet lots of like-minded people. Many volunteers become good friends."



If you would like more information about volunteering to help your suburb become predator free, get in touch at [onerahi@tiakinawhangarei.co.nz](mailto:onerahi@tiakinawhangarei.co.nz)

Predator Free Onerahi still has a limited supply of free rat traps which have been supplied by Tiakina Whangārei. To start trapping at home, pick up a rat trap from the Men's Shed in Whangārei for the subsidised price of \$10, then visit the Tiakina Whangārei website for instructions on how to set it up, at [tiakinawhangarei.co.nz](http://tiakinawhangarei.co.nz). There are also volunteer opportunities to remove pest plants in public spaces and forests with the Onerahi weeding group that will help our native flora grow.

## Help nature thrive this Christmas season.

**You can make a difference!**

Grab a discounted rat trap, set it up in your backyard, record your catches on TrapNZ, and together we'll hear native wildlife flourish in Kamo.

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# Tech Talk

## Season's greetings.

Within the last Onerahi Orbit, I reminded everyone about issues of scamming, and how advanced this type of behavior had become.

In October, a close family friend got caught by someone posing to be from the Westpac fraud office on the phone. I am informed, "they were hard to hear on the phone, and they never gave their passwords over to them". The family member lost about \$50k from that incident, and because of their concerns contacted the bank straight away and managed to get most of it back before the end of the weekend.

In this industry, I don't always hear good news stories. In some cases, these stories are a lot worse, and they are normally from our older generation. When things like this happen to family members the most important thing is to contact the bank straight away and support the family member, as this type of event can happen to anyone.

Tiredness in my view is the most common cause of being caught and let's face 2023 has been a big year.

## Going into holiday season this year...

I encourage anyone with sensitive electronic equipment to get a UPS. A UPS is a battery backup that when the power goes out, the battery keeps the power to the device going, which allows you to safely shut down the device, during long power cuts. Repeated power cuts can cause parts within your electronic devices to fail.



I encourage anyone with important data/photos that you don't want to lose, to do regular backups. Backups can be done rather cheaply, and it is always important to check those backups yearly to see that they are still ok.

Lastly, I encourage everyone to have a wonderful break. The holiday season can be a stressful time, with new purchases, cleaning the house out, or spending it with family. Getting plenty of sleep and fresh air will help with the stress levels, and will keep you alert to those annoying phone calls.

Again, if you have any IT questions, always contact your friendly IT person, as they want to make sure you are safe too.

By Vince Cocurullo

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# Clean up Warriors

Some fantastic Whangārei community members did great work during Keep NZ Beautiful between 16 September and 22 September this year.

Joining them was a group from Parua Bay School. Fran, a teacher at the school, let us know that it was "A successful clean up. We had a small group of 15 students involved, cleaning up a nature space behind our school. Five 240L bins of rubbish were collected". Thank you, all 15 of you, for your mahi! Your work will make a wonderful difference to our environment.



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# Adam's Art

Adam Heke is a local artist who spent his childhood here in Onerahi and who is now raising his own family in the area he loves. Adam is a teacher of art and works at Whangārei Intermediate school. He knows the value and the impact an early introduction to art can have for young creatives. As a 15 year old student Adam was hugely influenced by his art teacher at Boys High who encouraged him to pursue his love of painting. Now he hopes to do the same for a new generation of aspiring artists as they pass through Whangārei Intermediate school.

Outside of work Adam pursues his own passion for painting. He works in acrylics because he loves their quick drying qualities and ease of use. His finds painting is an escape from reality and the pressures of work and family. Covid lock down was a period in which he saw his creativity bloom and many new works come into being. This has carried forward and given him new energy and enthusiasm.



His work is mostly landscapes based on scenes he sees or on photographs sent to him when he receives a commission for a piece of work. Although photographs are the basis for much of his work his style is not photorealist. His work shows more

of the naive style of painting that allows for a very personal interpretation of what he sees. Most commissions come his way by word of mouth but he is pleased to see that some of his early work is now being resold via the International Art Centre. For 'a boy from Onerahi' this step into the world of serious art is especially rewarding.

Adam's latest commission is something very different. He has been asked to create wall murals at Onerahi Primary school. No one is more excited about this than his own children! The request came about when he gave a painting to his partner for her office. This was spotted by a member of staff from Onerahi school and they approached him with their request for a painting for their flag pole wall. Adam already



has a design in mind. He hopes to create a kowhaiwhai design which will also include our native animals. He hopes this might only be the first of several works in and around the school in the New Year.

If you are interested in knowing more about Adam's work or in commissioning a landscape you can contact him by emailing adamheke@hotmail.com.

By Ann Freeman  
Contact Ann at heartsheadsnhands@gmail.com to share your art story in the Orbit

# Bream Head/Te Whara CONSERVATION TRUST The ultimate playground

What better way to spend long summer days than discovering the beauty of nature in your own backyard. If you like walking, swimming, fishing or riding a wave, we have it all out here. There is plenty to see and do when exploring Bream Head Scenic Reserve.

It has been a challenging year, but with many hours hard mahi from Bream Head/Te Whara Conservation Trust's rangers and volunteers the Reserve is recovering well.

Walking the Smuggler's Loop track, you can check out the new planting at Home Bay. Over 100 volunteers planted 2,000 trees in June. Keep your eyes peeled for the inquisitive native Toutouwai/Robin, a sparrow-sized, grey to blackish bird with a pale white patch over breast/belly. These cute little fellas were reintroduced into the Reserve in 2016, after having been absent for over 100 years. With the continued trapping and monitoring work, the Robin population is increasing and will continue for years to come.

Keen fisherman willing to carry their gear from Urquhart Bay car park can find a couple of good spots to cast a line off the rocks.

When you challenge yourself on the Te Whara track, slow down and see if you can discover some special plant species that live at the Reserve on the forest floor, like the Whangārei Heads Daisy. It has a yellow centre, white petals and a silvery underside to the leaf, and the Carmichaelia Williamsi, which was assumed extinct in the region, but rediscovered in 2020.

You might encounter the Popokatea/Whitehead, a small bird with pale brown wings and tail, and a white head and breast. Reintroduced in 2017, our monitoring shows their

population is also growing. These birds travel some distance, so if you spot one outside the Reserve our Head Ranger would love to hear from you!

If you decide to spend the night at the DOC hut at Peach Cove you may be lucky and spot a Kiwi wandering about at night. You'll be sure to hear their unique call - a repeated high-pitched ascending whistle (male), or a repeated, slower and lower pitched guttural cry (female)!

The Bream Head/ Te Whara Conservation Trust is committed to protecting and preserving the native flora and fauna of the remarkable Bream Head Scenic Reserve. With your help, we can continue this work for future generations to enjoy. Please visit breamheadtrust.nz for more information about the Reserve, and to learn about the ways you can help.



Whitehead-Popokatea by Zoe Stone

# Onerahi winner for Keep New Zealand Beautiful award

Karen Lee, a founder of Whangārei Monthly Clean Up, F.O.R.C.E and Repair Cafe Whangārei, has been named as one of three national winners for Keep New Zealand Beautiful 2023 after featuring as KNZB's Tidy Kiwi in June. Since 2017, nearly 700 individual volunteers have banded together to remove over 55 tons of waste from the Whangārei area, recycling and upcycling 3,720kg of it. Karen says "Don't be overwhelmed, just start small and join in with others and you'll be amazed at the results. Call F.O.R.C.E. any time, we are always keen to help."



As Keep New Zealand Beautiful said of her, "The vision of F.O.R.C.E is to support more solutions that treat waste as a resource, and Karen lives and breathes that vision! Karen has a passion for reducing waste in the environment, and that passion inspires others to do better too!"

Based on Whangārei District Council press release 'Proud local winner of Keep New Zealand Beautiful award'

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# Australian Outback Adventures

## Part 6: Playing Robinson Crusoe in the Torres Strait

with Libby & Peter Urbahn

**Thursday Island lies 40 km north of Cape York off the tip of mainland Australia in the Torres Strait. Known locally as TI, Thursday is 3.5 square kilometres with a population of less than 3000. You could walk around the island in three hours.**



Our adventure into the Torres Strait began by catching a hydrofoil ferry from Seisia wharf on mainland Australia. We headed out, skimming the cobalt blue waters and passing tiny islands covered in lush green vegetation, white sandy beaches fringed with swaying palms. We felt like we were inside a glossy tourist brochure.

On arrival, we caught the tour bus driven by a local woman. Her chatty commentary was fascinating as we drove around the island, absorbing the history, the culture of the traditional owners, and the current everyday life of the Islanders. Our first stop was Green Hill Fort. Built as part of Australia's defence against a possible Russian invasion in the 1890s, the Defence Forces had recycled the battlements as a communication post during WW1. The associated underground bunkers now house an excellent museum.



Frances lives on Muralug Island. There's Thursday Island across the croc-infested water

An hour later, we returned to the wharf to await our ride to nearby Muralug Island. In the distance, we saw a small boat battling the waves. As the craft neared, we realised the granddaughter of a friend had arrived to take us to her island home for lunch. Muralug Island, also known as Prince of Wales Island, is the largest of the 274 Torres Strait islands.

A circular volcanic island, it lies a few km west of TI. We stepped aboard the boat and met Frances and her Torres Strait Islander friend, Cathy. Then Frances hit the throttle, and the dinghy bounced across the waves. A pristine white beach, fringed with coconut palms, came closer and we could see small houses set among the lush tropical vegetation. We stepped onto the beach, feeling like Mr and Mrs Crusoe.



Green Hill Fort on Thursday Island.

Frances presented us with a veritable feast, enough food to feed the island's entire population for a week. After much chatting and laughter, we walked along the beach, and learned how Frances's children caught the 'school boat' each day across to Thursday Island, how crocs occasionally lay on the beach and how Frances's Torres Strait Islander husband dived for painted crayfish in the impossibly clear waters.



Muralug Island with Thursday Island in the distance

The entire experience was surreal, a day we will always treasure and never forget.



# Onerahi School Report

Kia ora koutou,

It seems like only yesterday we were all welcoming the beginning of Term 1 and yet today, I find myself already reflecting on a hugely successful year. It has felt like some of the walls that developed during the pandemic have finally fallen away, allowing our most beloved activities to return in full force. Having our school connected again (tamariki, kaiako, kaimahi, and our community) has meant our kura has felt more alive than ever. Surfing, snorkelling, camps, adventures to Matakohē, athletics, Matariki celebrations, analysing the health of our local waterways, sailing, predator trapping, Garden to Table, and (big breath) much more has ensured our tamariki have spent their year accessing rich learning experiences connected to our local whenua. Thank you for your support.

We have also taken big steps towards updating the outside artwork around our kura. By partnering with local artists, we have developed pieces that represent who we are and where we are placed in the world. Each piece is designed not only to be aesthetically pleasing but also communicate important ideas around our local history and wellbeing. Tamariki and kaiako will use these pieces as tools to foster learning. We would also like to acknowledge kaumatua Fred Tito for leading the blessing of these new projects. We hope you have a chance to pop in and see the pieces yourself.

Lastly, an update around our community survey on values that was conducted last team. Thank you everyone who had their say. The three top values were:

- Manaakitanga - Caring
- Whānaungatanga - Connected
- Manawa Reka - Curious



When you look at these values you can get a real sense of the kind of people we want to grow at our kura. Before the year's end we will put out a video that will unpack what these values look like in action and our plans to embed them across the school.

Thanks again everyone for your ongoing support. We all hope you enjoy your break and look forward to seeing you again in 2024.

Ngā manaakitanga,  
Danny Hamilton  
Tumuaki Tuarua / Deputy Principal

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## Whangarei District Council

**Going to the beach?** Before you take dogs, horses or cars on the beach this summer, check the rules at [www.wdc.govt.nz/summer](http://www.wdc.govt.nz/summer)

**Collapsing sand is dangerous.** Our coast has changed since last summer. There are new dunes and cliffs. Collapsing sand can crush and suffocate. Teach your children not to dig or tunnel into sand dunes or cliff faces.

Have fun...make memories...stay safe!

# WDC and NRC Long Term Plans

**Councillors for both the regional and district councils are currently coming to grips with their investment priorities as they begin work on their 10 year budgets and work programmes for 2024-2034.**

These plans are legislated by the Local Government Act 2002, and must be consulted with the public before finalisation, with people being given the chance to provide both written and oral feedback. Both organisations will consult with the community over March/April 2024 for input into the plans, which need to be finalised before 1 July 2024. These plans set the councils' strategic direction and govern all expenditure by the organisations over the coming three years; so it is very important for you to voice what you want

rates spent on/not spent on, how much users of services should pay towards the various services provided, and what level of debt you are comfortable with in terms of borrowing to pay for new assets. This opportunity will not happen again for another three years.

**To make a submission:**

NRC - Sign up to be alerted: <https://www.nrc.govt.nz/your-council/have-your-say/long-term-plan/>  
 WDC - check in early March 2024: <https://www.wdc.govt.nz/Council/Council-documents/LTP-Consultation>

# WDC Dog Management Policy and Bylaw feedback

The District Council is required to review their Dog Management Policy and Bylaw every 10 years. They collected feedback in 2023 to inform a new draft Dog Management Policy and Bylaw that will be consulted on in February 2024. The Dog Management Policy and Bylaw covers a range of issues including:

- where you can and can't take dogs
- where dogs are allowed off-leash
- dog exercise areas (dog parks)
- beach access rules during summer
- nuisance and dangerous dogs
- dog welfare.

**To make a submission:**  
 WDC - check in early February: <https://www.wdc.govt.nz/Whats-new/Have-your-say/Current-Consultations>



# Raurimu Avenue School

"Poipoia te rito o te harakeke"

**As we near the year's end we reflect on our learnings and accomplishments and celebrate achievements. The last term always seems to fly by as we fit in testing, reports, excursions, festivals and the last bit of classwork.**

We have had many exciting visitors to our kura this year who have brought new ideas, fun activities and knowledge. We had a blast with the Think and Be Me Programme, our visit from the rescue helicopter personal was educational, we have been entertained by Te Pou Theatre, Edgewater College and Duffy Theatre, politicians and local government representatives Emily Henderson and Vince Cocurullo have presented us with books and taught us about democratic processes and we have acknowledged external days such as Pink Shirt Day and Gumboot Friday.

Our school honey harvest was abundant and sales made us sell out by term 4.

The last of this term sees us hosting Te Whanga, our annual Kapahaka festival for our local schools. We are looking forward to a day of whakawhānaungatanga and kotahitanga. This festival is open to our wider community to come and enjoy. There will be food stalls on site and we welcome you to our grounds.

Next year sees the start of some ongoing projects that add to existing upgrades from the last couple of years.

We thank all those who have supported us throughout the year with visits, volunteering, donated items and helped in and around the kura. We wish you all a very safe and happy summer holidays.

Moutini Bryers  
 Tumuaiki/Principal

**Raurimu Avenue School Presents**  
**Te Whanga Festival 2023**  
 Thursday 7th December 10AM TO 2PM  
 Parua Bay  
 Kapa Haka Performances  
 Kaiti Stalls Available  
 Bake Stalls Sausage Sizzle And more!!  
 Raurimu Avenue School, Onerahi Primary School, Parua Bay School, Whangarei Heads School  
 Together We Shape Our Future  
 NAU MAI, HAERE MAI, MĀTAKITAKI MAI

## If you get into trouble in the water – float to live.

1. Tilt your head back, with ears submerged
2. Relax, and try to breathe normally
3. Move your hands to help you stay afloat
4. It's OK if your legs sink, we all float differently
5. Spread your arms and legs to improve stability
6. Call for help

Drowning Prevention Auckland offers a free of cost e-learning platform that presents targeted information about water safety and strategies. Please inform yourself at <https://www.dpanz.org.nz/e-learning/>

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# Community policing in Onerahi

The community police team based at 108A Onerahi Rd, in Onerahi is set to grow, both in terms of resourcing and their time spent here.

In a world where police are often associated with law enforcement actions alone, community policing stands out in its ability to grow stronger, safer, and more connected neighbourhoods. So how are our Onerahi community police based in Onerahi different from 'other' police?

- 1. In the know:** They engage with community members on a personal level to prevent crimes from happening. Whether it's identifying crime hotspots, recognizing local conflicts, or understanding cultural dynamics, local knowledge equips officers with the context needed to make informed decisions.
- 2. Fostering a sense of safety:** When community police officers become familiar faces in the neighbourhood, residents are more inclined to feel safe and to share concerns about security. This fosters trust, leading to timely interventions. As a result, crime rates tend to drop, and the overall quality of life improves.
- 3. Holistic care for community members:** Beyond traditional law enforcement duties, community police are mediators and advocates for the well-being of community members. They become part of the community support system for issues such as mental health, domestic disputes, and substance abuse.
- 4. Understanding motivations:** Community police officers take the time to connect with individuals in their community, which helps them understand the root causes of criminal behaviour. This approach allows for more targeted and earlier interventions (rather than just reacting to incidents).



Community police at the youth event at Raurimu Avenue School and also at the Onerahi Hall

- 5. Strengthening police-community relations:** Community policing serves as a bridge builder between law enforcement agencies and the community they serve. Through open communication, transparency, and accountability; trust builds over time. As mutual respect grows, the shared goal of safety unites residents and officers.
- 6. Preventing crime together:** By working together with community members, officers can target specific local concerns. Whether it's organising neighbourhood watch programs, youth mentorship initiatives, or educational workshops, these efforts empower residents to actively participate in reducing crime.
- 7. Building lasting resilience:** When communities are engaged in their own safety, they become more resilient in the face of challenges. This self-sufficiency not only deters criminal activities but also contributes to the overall health and vitality of the neighbourhood.

Grant Harrison  
OCA President

## Don't dig in sand dunes

**Collapsing sand is dangerous. Our coast has changed since last summer. There are new dunes and cliffs. Collapsing sand can crush and suffocate. Teach your children not to dig or tunnel into sand dunes or cliff faces.**



## NO to Polystyrene

Leave polystyrene at home when heading to the coast

People are being asked by the Northland Regional Council to leave beanbags and other polystyrene products at home when visiting Northland beaches this summer. An incident in the Bay of Islands last summer saw thousands of polystyrene beads from a broken beanbag discharged into the coastal marine area at Army Bay, Moturua Island, prompting a lengthy and expensive clean up over several days. Those responsible for allowing polystyrene into the environment could potentially face a bill for the associated clean-up costs, as well as being subject to enforcement action, including a \$750 infringement notice.

## ONERAHI COMMUNITY CHURCH

Sundays 10am Raurimu Ave School Hall

... the name of Jesus ...  
there is no other name ...  
by which we must be saved.

Acts 4:10-12

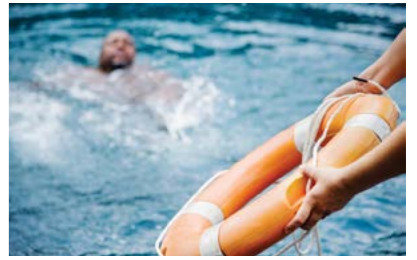
Contact: hello.onecc@gmail.com - 021 023 897 01

# Could you tell if someone is drowning?

Many people have drowned while trying to save another person. The four R's of Aquatic Rescue are:

- 1. RECOGNISE:** Notice someone in trouble – Check for danger – Ask “Are you okay?” The person may be unable to call out or wave for help. Act quickly and call for help.
- 2. RESPOND:** Provide flotation without delay – **Only enter the water if you have some form of flotation.** Improvised flotation aids (such as bodyboards, surfboards, rugby balls, chilly-bin lids, or even empty two- or three-litre juice or milk containers) are okay – Ask another person to call 111 so you don't lose sight of the person in trouble.
- 3. RESCUE:** Your safety comes first – Rescue from land or craft is the safest – Throw a rope, or wade out to waist depth an extend a branch/pole – Only go further than waist depth with some form of flotation for yourself – Use

the flotation aid as a barrier between yourself and the person in trouble so they don't grab hold of you – If you can safely return to shore do so, otherwise wait for help to arrive.



- 4. REVIVE:** The person may require first aid/CPR when you get back to shore – If the person is not breathing normally, start CPR – If they are breathing, place them in the recovery position – Make sure an ambulance has been called – Stay with the person until help arrives.

Sourced from WaterSafe Auckland

If you are a victim of family violence or in a relationship that makes you fearful about your own or anyone else's safety, seek help as soon as possible. You have the right to be safe.	
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 line: 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

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HOPEONERAHI

PRESBYTERIAN CHURCH

135 Onerahi Road • Office: 438 1667

Minister: Howard Carter 027 750 8602

Sunday Worship @ 9.30am. All Welcome!

Sit Fit \$5 – Monday 10.30am • Hope Onerahi Church Hall 'Use it or Lose it' - Contact Bett Harvey 021 208 6719

Mainly Music in the Church Hall – Every Wednesday 10am (during school term). By donation Contact Nancy Dodds - 436 1444

CHRISTMAS SERVICES - From 24 December to 21 January church services will be at HOPE Whangarei 10am (cnr Bank and Hunt Street)

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SUMMER TIDE TABLES

Download your own copy of tides tables for Northland at <https://www.nrc.govt.nz/resource-library-summary/publications/coast/northland-tide-tables/>

## Upcoming dates and events

25 Nov to 24 Dec 2023	The Christmas Festival - a series of events across the Whangārei District to spread some Christmas cheer! Check the WDC website for details, pick up programmes at libraries, shops and council offices.	20 December	Christmas Twilight Market - At Onerahi Hall 4-7pm. Book a stall with Jenny (09) 436 0009 (preferably in the evening).
2 December	Parua Bay Civil Defence Response Group Community and Family Fun Day - Come and have some fun while you learn how to prepare for a potential emergency. Games and entertainment for the kids, sausage sizzle and more. At the Parua Bay School, 10-2pm.	25 December	Christmas Day public holiday
2 December	Wahine Toa II World Championship Boxing Event - 6pm to midnight at McKay Stadium - Kensington, 97 Western Hills Drive.	26 December	Boxing day public holiday
2 December	Whangārei A&P Show - To be held at the Barge Showgrounds. Children 5 years and under are free. For more information please visit <a href="http://www.whangareishow.co.nz">www.whangareishow.co.nz</a> .	January to March	Endless Summer Festival - a series of events that happen across the Whangārei District each year, many of which are free or entry by koha / donation. Check the WDC website for details and how to get programmes.
7 December	Te Whanga Festival 2023 - Raurimu, Onerahi, Parua Bay and Whangārei Heads School all invite you to come along. 10 - 2pm at Raurimu School. See pg 21	1 & 2 January	New Year's Day public holidays
8 December	Yule Christmas Market & Movies in the Park - A Christmas market with artisan food and activity stalls, a free outdoor movie, a night out for the family. William Fraser Memorial Park (Pohe Island) 5:30pm - 9:00pm.	28 January	Touch a truck - Experience a wide variety of trucks from emergency trucks and logging trucks to stock trucks and dump trucks! A family fun day out at Huruipaki School on Three Mile Bush Road, Te Kamo; 10am - 2pm. Entry by gold coin donation.
10 December	Memories Walk - Join North Haven Hospice at the Whangārei Quarry Gardens to take the time to remember and appreciate those loved and lost. Attend at any time from 4pm - 7pm.	6 February	Waitangi Day public holiday
16 December	Whangārei Christmas Parade - At Whangārei Speedway, 278 Port Rd, on Saturday, December 16. Festivities will start at 9am and the parade at 11am. You can register interest or offer help through <a href="mailto:whangareispeedwayclub@hotmail.com">whangareispeedwayclub@hotmail.com</a> or call Moana on 021 081 81593.	10 - 24 February	Chinese New Year - 2024 is the Year of the Dragon. The new year celebrations will culminate with the Lantern Festival on February 24th, 2024.
		29 March - 1 April	Easter Weekend
		30 & 31 March	Whangārei Heads Art Trail - Starting in Onerahi and ending at Ocean Beach. For more information, closer to the date please check the arts trail website <a href="http://www.whangareiheadsarttrail.org.nz">www.whangareiheadsarttrail.org.nz</a> . Saturday 30 March - Sunday 31 March 10am - 5pm.

## Regular events

Love Whangārei Monthly Clean Up	Check our FB page for upcoming events. <a href="https://www.facebook.com/LWMCU">https://www.facebook.com/LWMCU</a>	Whangārei Scottish Country Dance Club	Every Thursday at the Onerahi Community Hall at 7.30pm. All are welcome. If you want to know more before arriving, call Fiona on 437 1817
Matakohe/Limestone Island Volunteers	Volunteer day is on the first Wednesday of every month. Meet at Onerahi Jetty 9am. Various jobs to suit volunteers. Bring lunch. Home by 2 pm.	Repair Cafe	Volunteers will repair most things for a koha. Every third Saturday of the month, 1.30 - 4pm, Reyburn House at the Town Basin. More info on Facebook page or email <a href="mailto:karen@force.org.nz">karen@force.org.nz</a> .
Men-Tall mental health support	Monthly Barbershop chats - every third Monday of the month, 6-8pm, at Brothers Barbers in Kamo. A support group for men dealing with everyday struggles. Contact Josh MacFarlane, 021 0255 1594 or <a href="mailto:josh.macfarlane@mentall.org.nz">josh.macfarlane@mentall.org.nz</a>	Onerahi Sit-Fit	At Hope Onerahi Church, 137 Onerahi Road, Mondays 10.30 am
Onerahi CoastLine Action Group	Volunteers meet for an hour per week (currently Sunday, 7-8 pm). Join us by calling Valerie Green-Moss 021 067 2760 or Brian McLachlan 436 3660.	Onerahi Hall market	Every Saturday 8 to 12pm except 30 December. Inside stall \$11; Outside stall \$8; Kids stall - inside \$5, outside \$4. Phone Jenny a/h (09) 436 0009
The Craft Market	Comfort Hotel, Flames Hotel, 8 Waverley Street, Onerahi on the last Sunday of every month, 8 - 12 (set up from 7am). Arts and Crafts only, no food. \$20 a space, tables available to hire for \$10. Flames Coffee Shop serves hot food, breakfasts and cabinet food on site and open until 2pm. Register to exhibit at <a href="mailto:functions@flameshotel.co.nz">functions@flameshotel.co.nz</a> or call 09 436 1539	Jolly Dodgers Scooters group	If you are keen to join up call Wendy on 021 031 7781 or Denise on 022 087 4955
		Whangārei parkrun	A "Run, walk or roll" every Saturday. 5km course starting and finishing under Te Mate A Pohe Bridge in Port Rd. FREE. Register at <a href="https://www.parkrun.co.nz/register">https://www.parkrun.co.nz/register</a> . 8am. Open to all no matter what speed or age you are.

Want your free community or sporting activities highlighted here?  
Email: [onerahiorbitmagazine@gmail.com](mailto:onerahiorbitmagazine@gmail.com)

Onerahi Orbit is not responsible for any events listed here that are cancelled for any reason. Please check with local event organisers for confirmation.

## Venues available for hire in Onerahi, Parua Bay and Whangārei Heads area

VENUE	CONTACT	DETAILS
Onerahi Community Hall & Community House	Rose Tantau	<a href="mailto:ccoca@extra.co.nz">ccoca@extra.co.nz</a>
Onerahi Bowling Club	Roger Kerr-Davis	027 390 7185
Onerahi Rugby Club	Fiona Raymond-Paikea	<a href="mailto:onerahirugby@yahoo.com">onerahirugby@yahoo.com</a> .
Onerahi Soccer Club	Fiona Ellis	<a href="mailto:onerahifootballclub@outlook.co.nz">onerahifootballclub@outlook.co.nz</a>
Hope Church	Secretary	09 438 1667
Raurimu School Hall	School Office	09 436 0820 Ext. 2

VENUE	CONTACT	DETAILS
St. Stephen's Church Hall	Paul Doherty	021 189 4797 or 09 436 0207
Tamaterau Hall	Dorothy Gatland	021 119 0089
Parua Bay Comm.Centre	Kirsty	<a href="mailto:bjandkirsty@slingshot.co.nz">bjandkirsty@slingshot.co.nz</a>
McLeod Bay Hall	Norma	09 434 0909
Taurikura Hall	Meg McIsaac	022 641 9786

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