

Onerahi Orbit

Free to you from the Onerahi Community Association

October 2023

Covering Onerahi, Parua Bay, Pataua and Whangārei Heads

Onerahi Football Club:

WINNERS OF THE NORTHLAND PREMIER WOMEN'S LEAGUE COMPETITION -
WON A PERFECT 12 FROM 12 GAMES PLAYED. SCORED 119 GOALS, CONCEDED ONLY 8



Back Row: Jessica Dawson, Anna Rowan, Corina Brown (Player/coach), Bella Piper Jarrett (Player/Manager), Louisa Gritt, Storm Edwards, Eden Wynne
Front: Laura Griffin, Briar Mortensen, Emily Hanmore (Captain), Natalie Dey, Lara Bennetto, Joy Davis
Absent: Pauline Zante, Amy Waters, Karla Minnitt
Photo by Vynka Short

Onerahi shops upgrade Pg 3 • Full football story Pg 9
Casey Smith memorial rugby match Pg 10

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Haere mai,

You will notice that there have been no political party adverts in the last two editions of the Orbit. Heading into the national elections, we thought it was better to keep focussed on local news and stay out of the political arena because of the 'regulated period'. The regulated period takes place in the three months (14 July 2023 – 13 October 2023) leading up to a general election where there are restrictions on election advertising and publicity. Given the complexity of policing the application of the regulations, we decided to step aside until after the elections.

BUT we do urge you to please vote if you are eligible, because every vote counts. You're not allowed to NOT vote and then complain about the outcome :-)

Happy Halloween from all at the Onerahi Orbit - keep safe out there collecting candy!

Based on <https://www.parliament.nz/en/visit-and-learn/parliament-in-election-year/>

Nga mihi from the Orbit team.

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Advert sizes & costs:			
		BLACK & WHITE	COLOUR
Full page	270mm high x 190mm wide	\$600	\$900
Half page	270mm high x 90mm wide OR 135mm high x 190mm wide	\$350	\$500
Quarter page	135mm high x 90mm wide OR 64mm high x 190mm wide	\$180	\$250
Eighth page	65mm high x 90mm wide	\$ 85	\$150
Block advert	40mm high x 60mm wide	\$ 40	\$ 80
GST not applicable. Invoices will be emailed or posted after the publication date.			



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

President's Report



The OCA is a small volunteer-based organisation of enthusiastic community members who have the community wellbeing at heart. Meeting monthly, we work towards bettering the Onerahi Community.

Here comes Summer

The recent warmer weather is encouraging people to get out and about more and take advantage of the wonderful things that Onerahi has to offer. Our greatest asset is our people - get out there and greet your neighbours, look out for their homes, cast a watchful eye over the kids as they play near your home, and be part of a connected community.

The community association is committed to connecting to the community and encouraging community members to take care of each other over summer. The Matariki Event held in July drew members of the community together and its success has encouraged the OCA to run further activities. Summer will see a return of community sports activities in Sherwood Park during the evenings.

Shopping Precinct

Recent comments suggest the shopping precinct could do with an upgrade - hanging baskets and a bit of a tidy up will go a long way to making people feel more comfortable at the shops. The mural is being put back and will be rededicated by Fred Tito soon. We are also looking at getting dead branches and seed pods from the palm trees trimmed back.

Community House outdoor furniture

In addition, planning is underway for a community space adjacent to the Community House where people can sit, chat and enjoy watching the younger ones play in the park. The association plans to approach a community focused organisation (such as the Lions or Men's Shed) to construct movable outdoor furniture (such as seats, benches, picnic tables and planters) for the Onerahi community - to use at Onerahi House and at other community events.

If anyone is keen to contribute please let me know at our email address: onerahicomunity@gmail.com

Summer swimming

It is hoped the school pool/community partnership will see use of the school pool after hours in Raurimu Avenue. We should have an answer for swimmers before our next Onerahi Orbit edition in early December.

Onerahi Community Hall

Onerahi Community Hall continues to be well used by community members - the facility is being used for movies, community gatherings, sports and activity events. It is a great asset. Please remember it is available to book for your family or work celebrations.

Advertising in the Orbit

Without more advertising the magazine is in danger of being discontinued. The association desperately needs someone to assist with securing more advertising for the magazine. You will be paid for your work. You will need to be available for two weeks of part time work every two months between March and November; computer literate, organised and thorough, and work well in a team situation. Please call Meg on 022 641 9786 for more information.

Grant Harrison
OCA President - onerahicomunity@gmail.com

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Shakti - for migrant and refugee women	0800 742 584 Open 24 hours
Shine National Helpline	0508 744 633 Open 24 hours
Victim Support - support for men and women victims	0800 842 846 Open 24 hours
Women's Refuge crisis line	0800 733 843 Open 24 hours

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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Community Champ Rory

Rory Guiney is our Community Champion for October. A well known identity in Onerahi, Rory is recognised for his outstanding contribution to the community through three volunteer roles - he volunteers once a week at Raurimu Avenue School, does recycling at Ruawai and works for the Taimahi Trust in town. He was awarded recognition by the Mayor on 18 August at Taimahi.

More about Taimahi

Taimahi Trust takes an innovative approach. They've established enterprises in sectors like retail, gardening, and hospitality, offering tailored opportunities for individuals with learning disabilities to learn and develop both practical and soft skills needed to be able to participate in the workforce. These experiences not only equip them with valuable work-related abilities but also nurture their self-sufficiency and self-assurance.

Through the support of a grant from the Provincial Growth Fund, Taimahi Trust established a dedicated training academy featuring a commercial kitchen where the trainees produce baked goods such as pies, bread, fruit loaves, biscuits and hearty soups; a greenhouse where they grow herbs and running a retail outlet for these products where the trainees merchandise and serve customers. Another area that trainees are learning is the administration activities

where they are learning skills such as administering inventory, administrative support using the Google Platform for the kitchen and the market and social media marketing. The Trust currently has 26 trainees in its programme supported by volunteer trainers and staff making an organisation of over 40 people.

Ultimately, Taimahi Trust is committed to offering meaningful work that translates into meaningful lives for individuals with learning disabilities. They're making strides towards a future where everyone, irrespective of their abilities, can find purpose and fulfilment.

Taimahi Trust
19 Bank Street, Whangārei. Taimahitrust.org.nz



Rory at work - provided by Taimahi Trust



The Mayor came to acknowledge Rory's work - photo by Wendy Giffin

The Honours Board

Thank you to those providing feedback about the Onerahi Honours Board. It appears our records did not capture our first two recipients, Mike Hoeta and Mike Dunn in 2008.

We apologise for this and we are taking steps to correct this on the honours board. If we have made any other omissions or spelling errors please let us know by emailing ccoca@xtra.co.nz so that we can undertake the corrective work.

Onerahi Community Association

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Adair and Wayne bought the Onerahi Hammer Hardware in November 2022. They have been there nearly a year and are now making some changes from experience they gained owning two Mitre10 stores in the Eastern Bay of Plenty.

They have expanded the range another 30% to the point that 99% of customers now get what they come in for and they have reduced their prices to be more competitive with other Hardware and General merchandise stores so are more affordable to those customers who shop locally.

They are very excited about the year going forward. This month they are launching their new Garden Centre. There is new racking which has made it more spacious and has allowed for an increase in the range of seedlings and plants. "Customers are already noticing the difference when they shop in the garden centre. With it being the second and biggest month of Spring for planting – We hope that customers will visit us, see what we have to offer and take advantage of the specials." said Wayne.



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You may also be overwhelmed by the situation; you may have had little experience of funeral planning and you just do not know what must be done. Who to contact, what is urgent and what can wait for a while?

It is at this point that you need professional help to assist and guide you through the journey ahead. You may be concerned about costs; you may have several preconceptions and a list of wishes and needs that you want attending to.

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At Morris & Morris we have qualified and trained team members able to assist you 24 hours a day, 365 days a year. They are trained to walk with you and guide you through the journey ahead. The journey that takes you from the present, back through the past and into a new future.

It is important that you spend time looking back at your loved one's life and achievements, this starts to make sense of the emotions you are feeling.

By the act of remembrance, you honour your loved one and start to make sense of the future without them.

There are many choices that you will need to make, our funeral team will guide you through this, make suggestions, listen to your wishes and advise the best options for you based on their experience

We understand this is a difficult time for you, and we are here to help. We will take care of all the documentation and legal paperwork. We promise to look after your loved one as if they were our own.

Most importantly we will assist you to create a funeral service that is meaningful to you and those who knew your loved one. Talk to the experts, Morris & Morris are here to help.




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MAYOR'S MESSAGE



Making good plans and sticking to them



The Whangārei District Council's Family Fun Day

Ciao, kia ora, and hello to everyone in Onerahi!

The weather may have changed, yet it has left some lasting effects on the finances of our Whangārei District, and now more than ever we need to work together.

Councillors have been working for some time on the District's 2024-2034 Long Term Plan that sets the priorities, budget and outcomes for the community in the next 10 years.

It will be coming out to you for comment in March next year.

Our discussions reinforced that we need to make sure we have reliable assets and services for all our community. That also means working out a fair way to find funds for them. We currently use rates, government subsidies and user-pays, and these sources are all very stretched.

Global, national, and local situations out of our control are affecting our nation and our District and it is sobering. The things we use as a Council to build and maintain the District are harder to get, taking longer to get here and are costing more. At home we are facing inflation, weather events and skill shortages.

Our job as a council is to soldier on, by making a good plan for the coming years, then working to it, and sticking together as a community.

One challenge is finding the skilled people our partners and contractors need to serve our fast-growing community. In the next ten years we are predicting a high growth population, and there will be a huge number of people retiring.

This year, month after month of severe weather has had an immense effect on our infrastructure. We need to get this repaired and find ways to reduce the scale of any future damage. This is causing challenging discussions for communities, councils, central government agencies and industry alike.

We all acknowledge that everyone has a right to clean drinking water, sanitary waste disposal, safe roads, enough land to build houses on, a healthy environment and protection from severe weather events.

This means we will need to develop a plan that the community agrees with and is willing to commit to, especially when times are tough. Whangārei District Council will be releasing more information between now and the start of the consultation, for the Long Term Plan in March 2024.

To create a strong, reliable future for Whangārei we need to work together, looking for solutions and collaborating on this plan is a good way to start.



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National Bronze Win for our Bowlers

The Onerahi fours men have won a bronze New Zealand medal! Our Onerahi men won the Champ Fours for Northland and then went on to play for the New Zealand title in Auckland. They brought home a bronze medal after



Ian Bowick, Dean McMurchy and Hugh Fidler receiving the Northland award. Absent was Warwick Edgar. Photo by Rose Tantau

Gary Lawson beat them in the semi-final. Their names are Hugh Fidler, Warwick Edgar, Ian Bowick and Dean McMurchy. On 27 August the Northland Centre held their prize giving and the team was presented with a certificate for winning the Northland Champ Fours.



Ian Bowick, Dean McMurchy, Hugh Fidler and Warwick Edgar with their bronze medals

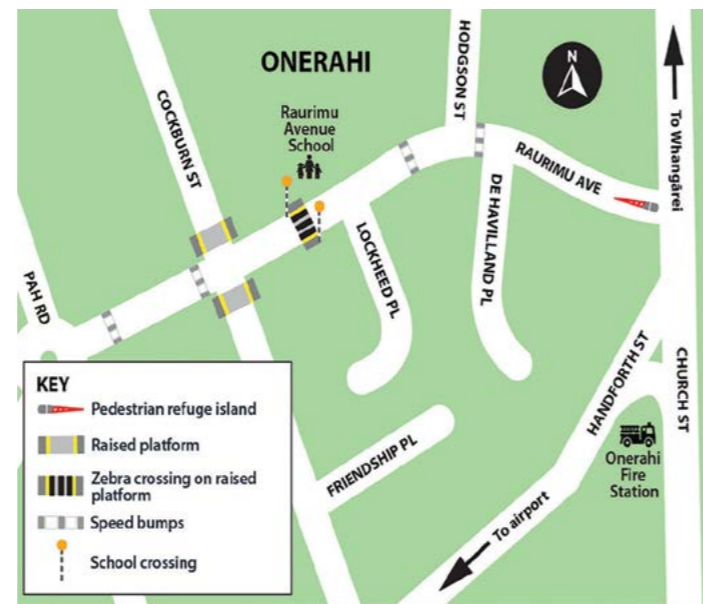
Raurimu Avenue traffic calming

You may have already noticed the start of some construction works along Raurimu Avenue, particularly outside Raurimu Avenue School.

Whangārei District Council are very pleased to be undertaking the installation of new traffic calming measures in the area and making improvements to the Raurimu Avenue School Kea crossing. These improvements have been in the pipeline since 2019 when a petition was brought to the Council by Raurimu School, signed by over 220 residents and parents of students, concerned about speeding vehicles travelling past the school.

Over the coming weeks there will be some minor disruptions and areas where parking will be restricted to allow two-way traffic flow. Whangārei District Council project manager Pete Watts expressed his enthusiasm, saying, "We are very pleased to be undertaking these important improvements, aimed at reducing traffic speed and ensuring the safety of residents and students travelling to and from Raurimu Avenue School. We are grateful to the school and residents for raising their concerns and are thrilled to see these improvements underway."

From Amy Evergreen
Northland Transportation Alliance



Best Ever Season!

The Onerahi Football Club First Division women's side has won the Northland women's competition, walking away with the sought-after league title. An amazing 12 out of 12 games were played and won this season, with 119 goals scored and only 8 conceded. A photo of the team is on the front cover of the Orbit.

This is the first time in living memory that a senior team at Onerahi Football Club (in its 71 year history) has gone through a season undefeated. Matt Mathias, the Club President, told the Orbit "I am extremely proud of what they have done on the field."

The amazing part of the story is that the team did not have a full time goal keeper. For each game, the players took turns spending half a game in goal. So - if someone reads this story and wants to give goalkeeping a crack in 2024, please get in touch with Onerahi Football Club and the club will assist with training you over the summer months prior to the start of the 2024 season.

"Corina Brown (Player/coach) and Bella Piper Jarrett (Player/Manager) should also be praised and acknowledged for the way they have coached and managed this side; and



All the participants in the 'Girls in Footie' evening. Refer to the magazine cover for a photo of the winning side

created a fun and enjoyable atmosphere for all players to be a part of" said Matt.

The goal scoring was shared around the team, with four players in double digits for the season - Storm Edwards, Emily Hanmore (Captain), Pauline Zante and Lara Bennetto. With regards to the defence, the team have conceded on average less than one goal per game. The defence was led by the youngest and oldest players in the side, Jessica Dawson and Louisa Gritt, with Louisa only starting football last season.

Matt noted the work done by Eden Wynne off the field. "Eden is also the club's Female Development Officer and she created two female only sides for the club - 10th and 12th grade teams, which she coached in addition to playing in the First Division.

Eden also organised a 'Girls in Footie' evening at Onerahi, where Onerahi registered players from five years old and up were able to mix and mingle with our senior side in some small-sided games the night before the women's world cup kicked off."

If this team has inspired you, please consider joining the club as Onerahi Football Club welcomes any new players. Whether you want to play senior women's football or junior or youth, the club will welcome you and find the right level for you to enjoy. The best way to get in touch is to contact us via the Onerahi Football Club's Facebook page or email us at onerahifootballclub@outlook.co.nz

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Memorial rugby game

On the ninth of September a memorial rugby game was played in memory of my son Casey Smith in the pouring rain between Old Boys and Onerahi at the Onerahi rugby field. It is envisioned that this will be an annual game between the teams.



Casey with his mum, Wendy

A minute's silence was held at the beginning of the game. It was awesome to see so many supporters and players turn up despite the weather. A beautiful taonga was carved in my son's memory and is engraved with the name of the winning team. In my eyes they were all winners.

Casey grew up in Parua Bay and started off by playing soccer for Parua Bay before switching codes and playing junior rugby for Onerahi. Casey had a long sporting history in New Zealand before moving to Australia - in addition to playing senior rugby for Onerahi and Old Boys, he also played suddenly for Manaia, Pippiwai and Waimea in Nelson. He passed suddenly from a brain aneurysm in 2012 while living in Australia.

A huge thanks to Onerahi Rugby for hosting the match and providing kai. A special thanks to all those behind the scenes that made this happen.

It wasn't just about my son, who played for both teams, but to bring everyone together and bond us all again. The

hot showers were very welcome for the muddy wet players after the game (I'm glad I was not washing the uniforms!!).

My heartfelt thanks, on behalf of my family, to everyone for making it such a memorable day.

By Wendy Giffin



The taonga and a display of a few photos



A minute's silence before the second memorial rugby match in memory of Casey Smith.



At the end of the game - a bonding circle of all the players

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NOTE Whangārei Heads Road safety works

Whangārei Heads Road has been affected by chip seal coming off the road and leaving smooth bitumen patches. Excess bitumen will be removed as soon as weather permits, and the road resealed. Warning signs and speed limits in the affected areas have already been reduced to 30kph (Pepi Road to Solomon's Point) and 'Uneven Surface' warning signs have been installed on the eastern side of Solomon's Point and after the Parua Bay Tavern. Northland Transportation Alliance have notified that this higher level of traffic management will remain in place until ground temperatures increase enough for repairs to be carried out.

PBRRRA News - Parua Bay Residents and Ratepayers



It's been a busy time for PBRRRA, but so nice to be getting out into the sunshine!
We held a community working-bee in Parua Bay Village on 30th July. Despite only a small turnout, we managed to get quite a bit done, particularly cleaning up the garden along the path from Ritchie Road to the school. Many thanks to Steph and Rob for the extra work they have done since, putting weedmat and mulch down, and planting out some rengarengas. It looks great. Please watch out for future working-bees - I know everyone is busy, but if you use and enjoy the pathways and gardens around the Village, and can spare a couple of hours to help out, we would love to see you. Watch this space and local Facebook pages for details.

New Picnic tables... Please check out our new picnic tables- one is beside the new football field behind the school- this will be ready for use as soon as the field is open. The other is at the end of the Bowling Club car park- overlooking the area where the new skate park will be. We hope you enjoy using these over the coming summer.

Civil Defence Response Group- We held a very successful POP-UP Civil Defence Stall at the Parua Bay Shops on Sat 12th August. We had lots of interest, and it was great to chat to locals as they passed by. We were able to give out lots of civil defence info, and some freebies as well. We also

had a raffle- for a grab-bag packed full of emergency supplies. This was drawn, and the lucky winner was Andi Podesta. Congratulations Andi, and thank you to all who supported us. We are also planning a larger scale Civil Defence Community Event - to be held Saturday 11th November, at the Parua Bay School Hall. Please watch for further information in future newsletters, or local Facebook pages.

We are currently looking for new committee members- If you are interested in joining PBRRRA, can contribute just a few hours a month, and want to be involved in our wonderful community, please contact us on paruabayrra@gmail.com. Our AGM will be in November - please come along and hear what PBRRRA is doing in your community.

Thank you ☺
Barbara Green



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Northland Regional Councillor Amy Macdonald



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Kia ora Koutou!

I hope you are all making time to enjoy the early spring sunshine! One benefit of all the rain we've had this year is that it's been a great season for getting plants into the ground, our plantings at home are looking very lush. With El Niño settling in, NIWA are predicting a drier summer

for us on the eastern side of Northland so it's good to be starting spring with good soil moisture and groundwater levels.

I had a great adventure up Mount Manaia recently, supporting Manaia Landcare with their pest control lines. We had a fabulous day, and I learnt a lot about the work volunteers are doing to protect the forest and resident kiwi. I spend a lot of time sitting behind my computer, so it was a wonderful chance to get out in our beautiful backyard and help a good cause.

With the arrival of Spring we are in the wind-down of winter sports. I help coach the Manaia Tigers 5&6 year olds, and I want to say a big thanks to Onerahi Football Club for another amazing season. The kids play against Onerahi teams at the beautiful local fields each Saturday, and it is always a morning of awesome community spirit. The OFC coaches and

parents welcome us warmly and, on the field, the players have loads of fun together. When our Manaia Tigers get older they often join the Onerahi Club, so its really great to be building the connections right from the start with our 5 year olds. Many thanks to all involved, I'm already looking forward to next season (but in the mean time I will enjoy slower Saturday mornings)!

Enjoy Spring! 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

Northland Regional Council
amym@nrc.govt.nz • www.nrc.govt.nz
Disclaimer - this is my personal opinion and not that of the Northland Regional Council



Scamming is back

Do you ever get those annoying phone calls from "Spark", telling you that you have something wrong with your computer or/and internet? Yes, they are back.

Not only are those phone calls back, txt messages saying that you have a "TAX credit, please click on this website and enter your details" are back too, along with the emails that seem to come from a friend saying "can you help me please".

Scamming is no longer limited to just that door to door salesperson, it is everywhere, so much so for the first quarter of this year New Zealanders lost almost \$6M due to username and password theft, which is a 66% increase from the last quarter of 2022. <https://www.cert.govt.nz/about/quarterly-report/quarter-one-cyber-security-insights-2023/>

This year, CERT NZ has seen scammers setting up malicious websites and using key search terms to ensure their website appears high in the results of search engines, like Google. These websites usually mimic large organisations like banks, investment firms or large exporters. So, to combat these please double/triple check all websites, and if you regularly go to your bank website, do make sure it is the legitimate bank website first, as I have always said to my clients, there is no harm in asking your trusted IT person, or even the bank just make sure they haven't changed anything.

The most important aspect of scamming, is be observant to change, if you are tired do not surf the internet (tiredness is a winner for successful scammers), and do not tell anyone your passwords for your banking or secure websites. If you can change your passwords, please do this at least twice a year, and always clear your browsing history.

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

Volunteer fire crew

Alisha Abbott and three other volunteer fire fighting crew attended a Qualified Firefighters course which equips them with the skills needed to take on leadership roles in the future. Alisha let the Orbit know about it:

"I joined Onerahi Volunteer Fire Brigade as a recruit in May 2019, along with my husband, Justin. Around the same time, there were two others who joined the brigade as recruits also, Kylee Mangu and David Moffat. The four of us have gone through all of our training together, including our Firefighter Recruits course in January 2020 and more recently, our Qualified Firefighters course. Our QFF course was held at the Fire and Emergency NZ National Training Centre in Rotorua. It was a grueling week, including many live fire scenarios. As tough as it was, we had some awesome experiences and we gained even further skills and experience to take back to our brigade and our community. The brigade has been a huge support for us also and since joining we have gained a second family."



A training exercise during our QFF course



The first time the four of us were on a call all together.

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Wai A Ariki News

Onerahi community food forest

Our wonderful Wai A Ariki food forest and community garden in Onerahirahi are cared for by Kaitiaki and people who stroll through and stop to pull some weeds. Recently we had a visit from the Towai gardening group. After a whakatao our Kaitiaki, Buck Beech -Cullen, led them on a guided tour sharing his passion and wealth of knowledge.



Moth Plant - Keep alert

With summer on the doorstep the Moth Plant Vine continues to thrive. Keep a look out for the lovely white flowers. Best to remove the vine now before the pods arrive in March. Thanks to all who have done so much to repress this pest so far. Numbers are definitely diminishing. Spring Greetings to all from Chrissie and the Onerahi Weeds Group Team.

Wendy's Wild Weeds

Spring is definitely here with bulbs flowering and fruit trees getting ready to produce. Many beneficial wild weeds are appearing. It's wonderful that so many of these plants have many uses both as food and as medicines.

Gorse (Ulex europaeus), love it or hate it, but it has many uses. It's a great soil nitrogen fixer and also helps stabilise erosion. The flowers have a lovely scent and can be eaten or used as a tea. It makes great firewood too. Traditionally,



Chickweed Speed Well Gorse

our ancestors used it for a variety of ailments such as sore throats etc.

Speed Well (Veronica persica) with its pretty tiny blue and white flowers is everywhere. It is full of vitamins and, as it is astringent, it is good for wound healing. Use it in teas, salads, soups etc.

Chickweed (Stellaria media) is a familiar little and bright green plant with soft furry stems and tiny white flowers. It contains a lot of vitamins plus zinc, selenium, calcium and potassium. Use it in salads and sandwiches.

As always, please do your own research and identification of any plants you may wish to try.

By Wendy Giffin

Onerahi Garage

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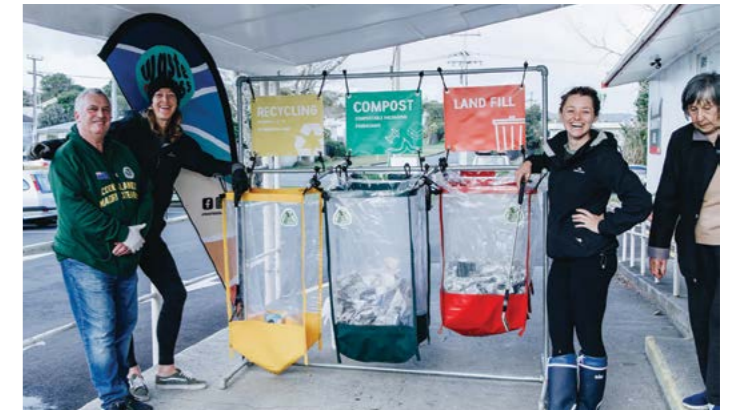
We're sure people noticed the colorful recycling bags at the Onerahi Hall during the Matariki celebrations this year.

This is the 'Wasteless' system developed by Kate Percy and Jo Roberts which uses a hanging bin system that allows users to easily see the options available to them when figuring out what bin their waste goes into.

For the Onerahi Matariki hangi and movie evening at the hall, a massive 76% of the total waste generated was diverted from landfill. Congratulations to everyone that took part and did the right thing.

Kate says that "Wasteless is founded on the principle that, given the right opportunity, people want to do the right thing, and we're here to help them".

When operating at an event, the bin stations are manned by the Wasteless team who are there to help, encourage and



educate people on what goes where and what happens to the waste.

For improving your own event waste management, contact Wasteless on Facebook and instagram @wasteless.nz, or email Kate and Jo at wasteless.nz@gmail.com

Bowling Open Day - 10am-3pm, October 23

We are having an open day on Labour Day, Monday 23rd October. If you are interested, and are looking to join a sports social club, come down and inspect or have a roll with the bowls, no obligation. Contact the members below with any questions.

Onerahi Bowling club is situated at 35 Alamenin Ave. The club was first opened in 1953 so we are now 70 year's old. This council complex has two rugby fields, including a softball pitch. The bowling club has two greens, one Astroturf (synthetic), and one grass green which will soon be replaced with a carpet to allow all year bowling.

This has been a very successful club, producing some top players to represent Northland and New Zealand. It has a good pedigree. The club also runs a very popular twilight bowls on Wednesday evenings during the summer. There is Roll Up every Tuesday and Thursday afternoons for members to get out of the house and enjoy a couple of hours bowling and socializing.

The club is available for hire. It accommodates Lions and Probus Organisations, and other social occasions such as Christmas and birthday celebrations. We have a well equipped kitchen and bar with good seating areas. We are a very friendly club!

by Allan Westlake, Onerahi Bowling Club President

Contacts:
Allan Westlake 021437591
Ian Bowick 0212328814
Graham Mackinnon 0274916648
Glenn Baker 0212547304



Bowlers at the Onerahi Bowling Club. Photo by Rose Tantau

The Airport Cafe

Regular users of 'The Apron' Cafe at Whangārei Airport will no doubt have seen that Becky and Mel are no longer working from the airport facility. We would like to say thank-you, and wish them all the best for whatever is ahead for them. Their tenure of five years certainly would have had its difficulties with COVID affecting aircraft operations particularly hard. See the advert on pg 7.

Mike Chubb - Airport Manager

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Niue holiday

A few years ago I visited Niue island and stayed in Aloife... it was an amazing experience and a place I will definitely visit again.

If you like a laid back holiday with beautiful scenery, friendly people, stunning views, awesome clean clearwater to snorkel in; then Niue is the place to go. A highlight for me was visiting a man replanting a food forest. He talked to me about the ways of his old people and showed me an underground cave from his grandparents day where they kept food cool. It was so interesting. He had a pet bat which the photo shows me holding. A few years ago a cyclone did a lot of damage to the island and people moved inland from the coast.

The humpback whales can be seen breaching from the shore. There are no sandy beaches as the island is the world's largest coral atoll. There are some amazing places to swim and snorkel and the different fish and beautiful corals are stunning. Even sea snakes swim with you. The food is lovely, fresh fruits such as pawpaw, coconuts, bananas etc. One memory that really stands out are the 24/7 rooster alarm clocks!!

There was one supermarket on the island with a supply ship coming every few weeks. We were allowed to bring certain foods with us which was good. There are the markets to go to on certain days. You have to be quick if you want to try the various foods.

You can hire a car, which we did, and I got my Niuen driver's licence, which was valid for a year. You have to drive slowly as the roads are full of potholes and roosters and hens and snoozing friendly dogs. The scenery is different all around the island and there are some amazing walks. The coral



and limestone wears the soles of your shoes down quickly. There's one "posh" resort on the island which has activities you can join in. I went to one to learn more about the uga/coconut crab. They are really large and can also run fast.

There are ginormous spiders which you come upon suddenly hanging in webs. So much to see and do here I will be back.

Thank-you Niue for an amazing time
Wendy Giffin



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Market of the Common Good

The concept of Onerahi's 'Market of the Common Good' has grown organically over the years. For us at St Stephen's the 'Market of the Common Good' follows the 'Season of Creation' month in our church calendar - where we are encouraged to wonder at the connectedness of the created world, wonder how we might learn to tread more lightly - and learn how to be better stewards for future generations.

Our team has wanted to pull together to 're-localise' and support our local people, support strategies to help overcome the financial and psychological trauma of our collective COVID experience, create a space for our community to reconnect, celebrate and maybe try some low-risk income-generating business.

We're hoping that our market will be fun, affordable and tasty.....and will successfully divert a bunch of really good pre-loved stuff away from the land-fill!

So come along - haere mai!

Make a real difference this election day!
Saturday 14 October, 1-5pm; St Stephen's Church, 88 Church Street, Onerahi

Kids blanket stalls are free, stalls \$5, car boot sale, baking from Koha Cafe, jams and preserves.

Contact - Frances 021 035 0297.

Supporting local tradies

In an era dominated by increased connectivity and large corporations, the importance of local businesses cannot be overstated.

This sentiment is particularly pertinent when it comes to utilising local tradespeople. Plumbers, roofers, builders, maintenance workers, groundskeepers, electricians, painters, and cleaners—these skilled professionals form the backbone of our communities and offer benefits that extend far beyond their immediate services.

Beyond their technical skills, they foster community cohesion, provide personalized service, and contribute to the overall well-being of our neighbourhoods.



So, the next time you are in need of a plumber, roofer, builder, or any other skilled tradesperson, consider looking within your community to find professionals who are not just adept at their work, but are also invested in the fabric of your local life.

By Grant Harrison
OCA President

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Onerahi School Report



Onerahi School cross country team

Kia ora koutou,

As part of a review around our school kaupapa we have been taking a closer look at school values. We, like you, love it here and want to see Onerahi thriving. The values we agree on as a community underpin the learning and behaviour at our kura. This has led to many interesting conversations and in this issue, we would like to share with you our journey so far.

We began this process by collecting the values that our kaimahi and tamariki identified as important. Examples of the types of prompts asked were, "What do you value in yourself?", "What do you value in your friends?", and "What do you value in a teacher?" As you can imagine there was a wealth of responses. We then summarised and grouped these responses, including them as options in our community survey.



The ten values presented were:

- Manaakitanga - caring, compassion, kindness
- Ngākau aroha - empathy, unconditional love
- Ngākau pono - integrity, honesty
- Ngākau whakaute - respect
- Tino Rangatiratanga - courage, autonomy, self-direction
- Manawaroa - resilience, perseverance
- Manawa Reka - curiosity, inquisitive
- Ngākau Kaitiaki - responsibility, seeking balance and harmony
- Whānaungatanga - teamwork, collaboration, inclusion, connections
- Kotahitanga - unity, togetherness, holistic, collective action

What rich discussions can be had around prioritising these! At the time of writing, this survey is still live and can be found on our Facebook page, through ClassDojo, and our Skool Loop app. We will be taking the results of this survey and picking 3 to 4 values that will be our focus going forward.

With our new values in place, examples of what these values look like in action will be developed with our tamariki. Plans for how to teach these values and to recognise people who are displaying them, will quickly follow. We strongly believe that kura play an important role in healthy communities. Thank you for supporting us and contributing to our growth.

Ngā manaakitanga,
Danny Hamilton
Tumuaki Tuarua / Deputy Principal

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Parua Bay School Report



We have had some beautiful late winter, early spring days at Parua Bay and the children have been enjoying getting outdoors and active.

A big thank you to our community who have supported the annual Daffodil Day Appeal. Children brought in their donations and placed them on some beautifully decorated hearts and flowers raising close to \$500 to support the Cancer Society.

Another successful event was our school cross country, which saw children of all ages racing around our local area. The children showed great resilience and determination. Many students qualified to compete in the Interschool event at Barge Park, where we continued to see great results with some students placing first and second within their races.

Our Year 5 and 6 students visited Matakoho/Limestone Island this week where DOC Ranger Jo Skyrme showed students around and explained how the island is steeped in history. This was a great opportunity to localise our curriculum, learning about our past and how the island is playing such a vital role in protecting our native plant and animal species for the future.

Our staff, whānau and tamariki have all been involved in some amazing lessons delivered by the Ministry of Education, around emotion coaching. These lessons are aimed at



developing emotional intelligence so that students are better equipped to recognise and manage their emotions, particularly during adolescence.

Our senior kapa haka group have an upcoming noho arranged for this term, where students will stay at school overnight and practice games and waiata for the upcoming festivals in Term 4. It is also a great opportunity for us to connect with whānau and learn about their aspirations for their children and how we can localise our curriculum to make learning more meaningful for our ākonga.

We invite you all to come and join us for our school fundraiser on the 22nd October from 9am to 1pm at the school. We will have arts and crafts within the hall and a car boot sale in the carpark with plenty of delicious treats from our food trucks. See you all there.

Mark Ashcroft - Principal

Onerahi Community Church Night School

Raurimu Ave School Hall - 7pm
3rd SUNDAY of each month

TOPIC: Current Events & the Bk of Revelation

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UPCOMING DATES AND EVENTS

9 September till 11 November	Latin America and Spain Film Festival: Free event that aims to bring together Latin American, Spanish, and other New Zealand communities. For more info, see https://oneonesix.nz/ , phone 09 430 0571 or email info@mwhg.org.nz
Friday 6 October	Quiz night to support Troy to the paralympics - Doors open at 6, quiz starts at 6:30; MacKay Stadium, 97 Western Hills Drive, register with anna@parafednorthland.co.nz
Saturday 7 October	Onerahi Cemetery Work Hour - A clean up of the cemetery starting at 10am. Please express your interest by contacting Chrissie at Onerahi Weeds Group 021 353 792 or Onerahiweedsgroup@gmail.com
Saturday 14 October	Market of the Common Good: Kids blanket stalls free, stalls \$5, car boot sale, baking from Koha Cafe, jams and preserves. Contact Frances 021 035 0297. At St Stephen's Church, 88 Church Street, Onerahi: 1-5pm. Refer to page 14 for details
Sunday 22 October	Parua Bay School Gala - We invite you all to join us from 9am to 1pm at the school. We will have arts and crafts within the hall and a car boot sale in the carpark with plenty of delicious treats from our food trucks.
Sunday 22 October	Onerahi Primary School fundraiser - We will have arts and crafts within the hall and a car boot sale in the carpark with plenty of delicious treats from our food trucks. From 9am to 1pm at the school
Monday 23 October	Labour Day - public holiday
Monday 23 October	Onerahi Bowls Open Day - if you want to give bowling a go, come come on over and meet us/have a look around, or have a roll with the bowls, no obligation. 10am - 3pm at the Bowling Club, 35 Alamenin Ave. Contact Allan Westlake (021 437591), Ian Bowick (021 2328814), Graham Mackinnon (027 4916648) or Glenn Baker (021 2547304)
29 October & 26 November	The Craft Market, Onerahi - Arts and Crafts only, no food. Held at the Comfort Hotel, Flames, 8 Waverley Street, Onerahi on the last Sunday of every month, 8am - 12pm; \$20 a space, register to exhibit at functions@flameshotel.co.nz or call 09 436 1539
Tuesday 31 October	Halloween or All Saints' Eve: A celebration observed on the eve of All Hallows' Day. It begins with the observance of Allhallowtide, the time to remember the dead, including saints (hallows), martyrs, and all the faithful departed.
Monday 6 to Sunday 19 November	The Silver Festival: The programme has been extended over two weeks to make it easier for more seniors to participate in more events. Pick up a programme from the council offices closer to the time.
Saturday 11 November	Parua Bay Civil Defence community event - At the Parua Bay school hall. More information closer to the date will be available on the PBRRA Facebook page.
Sunday 12 November	Diwali Festival: The Hindu festival of lights which symbolises the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance.

REGULAR EVENTS

Jolly Dodgers Scooters	The Jolly Dodgers scooter group - If you are keen to join up call Wendy on 021 031 7781 or Denise on 022 087 4955
Matakohe/ Limestone Island Volunteers	Matakohe/ Limestone Island volunteer day is on the first Wednesday of every month. The group leaves from the Onerahi Jetty at 9 am. Volunteers work on a variety of jobs to suit whatever volunteers feel like doing. A happy bunch! Bring your lunch. Home by 2 pm.
Men-Tall mental health support	Monthly Barbershop chats - every third Monday of the month, from 6 30pm, at Brothers barbers in Kamo. A support group for men dealing with everyday struggles. Contact Josh MacFarlane, 021 0255 1594 or josh.macfarlane@mentall.org.nz
Onerahi CoastLine Action Group	Volunteers meet for an hour per week (currently on Sunday evenings, 7- 8 pm). Would you like to join us? Contact Valerie Green-Moss 021 067 2760 or Brian McLachlan 436 3660.
Onerahi Sit-Fit	Hope Onerahi Church, 137 Onerahi Road, Mondays 10.15 am
Onerahi Hall market	Every Saturday 8 am-12 pm. Plants, garden produce, jams/pickles, art/craft, 2nd hand goods etc. Inside stall fees \$11; Outside stall fees \$8; Kids stall fees - inside \$5, outside \$4. Book your place at the Christmas Twilight Market on Wed 20 Dec 4-7pm. Phone Jenny (09) 436 0009 (preferably in the evening).
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. For more info, look at the Facebook page or email karen@force.org.nz .
The Craft Market, Onerahi	Held at the Comfort Hotel, Flames, 8 Waverley Street, Onerahi on the last Sunday of every month, 8am - 12pm (set up from 7am). Arts and Crafts only, no food. \$20 a space, tables available to hire for \$10. Flames Coffee Shop serving hot food, breakfasts and cabinet food on site and open until 2pm. Register to exhibit at functions@flameshotel.co.nz or call 09 436 1539
Whangarei Scottish Country Dance Club	The Scottish Country Dance Club meets 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

Want your free community or sporting activities highlighted here? Let us know when and where by emailing 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 to see if the event is confirmed or cancelled

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