

# Otuihau News

THE TIKIPRIDE COMMUNITY NEWSLETTER

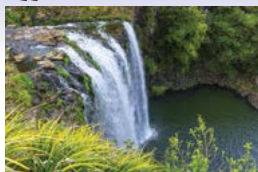
Promoting Wellness in Our Community • Edition 28 • Autumn 2024

TIKI PRIDE presents

## Whānau at the Falls

16th March – 12 to 4pm

at OTUIHAU Whangārei Falls



• Live music • Food stalls • Games & Activities

ENJOY A GREAT FAMILY DAY OUT



FOUNDATION NORTH  
Partners & Support Organisations  
Funding to Enhance Lives

Contact TikiPride on  
027 276 6957

or email [tikipride@gmail.com](mailto:tikipride@gmail.com)

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### Nau mai haere mai

Whānau at the Falls, on 16 March, from 12.00-4.00pm is one of our annual highlights. We hope the weather is fine and the community turns out, as they did last year, for a laid back day in the sun; when we all enjoy the music and activities, the food, and each other's company. We like to think that this event is a great celebration of our community. We look forward to seeing you!



Whānau at the Falls 2023

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## EMERGENCY NUMBERS

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

## SH1 is closed!

State Highway 1 between Brynderwyn and Waipu (in both directions) is closed to enable critical restoration work on the Brynderwyn Hills. The road will reopen on Thursday 28 March and remain open until 2 April 2024 for Easter. It will close again on 3 April 2024 to complete the remaining work. In total, the closure is expected to be about nine weeks, with work to be done as quickly as possible. High productivity motor vehicles (HPMV) and heavy vehicles must use SH12/14, while local detour routes via Cove Road or Papanui Oakleigh Road are recommended for light vehicles.



Work on the Brynderwyns - Pic from Waka Kotahi

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**FOUNDATION NORTH**  
 Pūtea Hāpai Oranga  
 Funding to Enhance Lives

# TIKIPUNGA COMMUNITY TRUST

## OPERATING AS TIKI PRIDE

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

### Summer Safe at Otuihau

Tiki Pride is struggling to provide this service due to having insufficient volunteers. Yet those who make themselves available to be Summer Safe Ambassadors at Otuihau (Whangārei Falls) tell us that this is a rewarding experience. If we cannot run this programme we do not get the donations from those who visit the Falls. If we don't get the donations we cannot circulate the funds back to the community for High School Scholarships, local sports teams, cultural groups or other community projects. Please talk to your social groups about helping out and volunteering together.

In the words of volunteer Don Coult: Last summer I gave my time on Saturday mornings to work as an Ambassador. We are short of volunteers and I'm hoping that you might be able to give a half day of your time out of the week. The shifts are from 10am till 1pm, or 1pm till 4pm, on both Saturdays and Sundays. If you're not available for your regular time, the organisers will find a replacement for you.

We operate until Easter weekend. We are supplied with a branded vest, a gazebo and deck chairs; and our role is to greet visitors on arrival. We often give them tourist information, keep an eye on empty parking spots in the busier times and direct vehicles as needed. I find it most rewarding, and interesting, being able to talk to people from all over our country and the world, and the response one gets from folks is always positive. All I ask is that you give this some consideration, and if you wish to know more please call Helen McGregor on 09 437 3656 or 027 437 3016.



Samuel Kim, from Swim Magic, teaching children to float on their backs

### Swimming and Swimming Lessons at the Tikipunga High School pool.

More than 50 children between the age of 5 to 12 years, attended the free swimming lessons held at the Tikipunga High School pool during the last 2 weeks of January. Many were there for all 10 lessons. Parents were delighted at their children's progress. We thank the Swim Magic team from the Whangārei Aquatic Centre for their quality teaching and for making it so much fun for our children.

The Tikipunga High School swimming pool has had a successful summer open to the community. We thank our team of six loyal volunteers for their support, and the staff from the Whangārei Aquatic Centre who manage the pool, ensuring that it is a safe recreational facility for the children, young people and the families of Tikipunga.



Three students engaged with their instructor



Instructors here are Grace Davis & Rythm Taua Glassie

# Measles warning

Professor Michael Baker from the Public Health Communication Centre based at Otago University has recently warned that Aotearoa is vulnerable to a national measles epidemic.

Child immunisation coverage at two years of age has been falling and is now 83% overall, and 69% for Māori children. This is far below the 95% target level needed to maintain measles elimination. With global measles increasing, more infectious cases will enter NZ putting our people at risk.



Typical measles rash on a baby

Measles is a serious illness for people of any age, including pregnant women. In the last national outbreak in 2019, 35% (775 from 2213) of cases were hospitalised for treatment. The NZ outbreak in 2019 spread to Samoa where it caused 5707 cases and 83 measles-related deaths.

# Free home internet services

The Ministry of Education has an initiative to provide free home internet to any household with a school-age child (in school year 0 – 13 and living there at least part of the time) that doesn't have a home internet connection.

The Ministry will pay for installation and the monthly costs through to 30 June 2024 (and are working on the solution for beyond that). There is no geographic restriction to be eligible.

Manaiakalani Education Trust are assisting the MoE with this in Whangārei. Households with children who might need home internet are asked to please get in touch via EDOS at <https://edos.kiwi/> and EDOS will then call you back and take it from there – they will speak to the whānau, arrange for installation of the connection, and arrange for



NGĀTI HINE HEALTH TRUST

# Whānau Health and Wellbeing

**A Winter Wellness/Vaccination Programme was recently launched by the Whānau Ora Commissioning Agency Network.**

All vaccinations will be available - including Covid boosters, flu and childhood disease protection (including measles). To find out more details about the location of clinics in your area, or to invite the mobile clinic to visit your group, please contact the Hauora Team directly on 0800 737573.

Agency chair, Merepeka Raukawa-Tait, said the wellbeing of whānau was always its priority.

Ngāti Hine Health CEO, Geoff Milner, said the Trust looked forward to engaging all whānau, Māori and non-Māori, who were ready to be vaccinated "at a clinic, both fixed or mobile, on a marae, or at a sports club - we can take our services to them."

From Ngati Hine Health Trust

the Ministry of Education to pay the internet provider directly. Please pass this message on to those who may need to know.

Tikipunga Community Trust

Citizens Advice Bureau  
Te Pou Whakawhirinaki o Whangārei  
**WE'RE HERE • KEI KŌNEI MATOU**  
For free, confidential information & advice  
69 Bank Street, Whangārei  
e: [whangarei@cab.org.nz](mailto:whangarei@cab.org.nz)  
Ph: 438 8046 or 0800 367 222  
[www.cab.org.nz](http://www.cab.org.nz)

# MP for Whangārei

Dr Shane Reti



# Setting the Pace

**With Parliament sitting again, the pace is rapidly picking up for me as both Minister of Health and Minister for Pacific Peoples.**

Health is certainly a huge priority and in December, I was delighted to announce we were boosting funding for better security to keep hospital emergency departments safe over summer.

It's really important to me that our workforce is looked after, and I've had incredibly positive feedback around that announcement with ED staff telling me directly they felt safer.

My colleagues have been busy around our region too – for example, Emergency Management and Response Minister Mark Mitchell announced that the Government is contributing an additional \$4 million towards flood resilience projects in Northland.



The cruise ship. View from Reotahi, Whangārei Heads. Photo Meg Lavin-McIsaac

The Government is also supporting a project with the Whangārei District Council to reduce future flooding in the low-lying suburb of Morningside.

While portfolio work does keep all Ministers busy, I'm still making sure to stay connected to my Whangārei electorate. I've been on-site almost every week since the election and even joined the other runners at a recent Park Run!

Recently, along with Minister of Tourism and Hospitality Matt Doocoy, I took the opportunity to mark a really exciting occasion and welcome the first cruise ship to visit Northport.

It was great to see how local businesses both small and large can showcase themselves to visitors who get to see what our beautiful region has to offer.

At the time of writing I've been at Waitangi celebrating our national day and marking a unique Treaty signed almost 200 years ago now.

As the Prime Minister asked at Waitangi:

- 1) Where do we want to be as a nation by 2040? And
- 2) What do we need to focus on to get there?

These are good questions for us all to ask, as we continue to build on a shared commitment to New Zealand's future.

MP DR SHANE RETI OSM  
MP for Whangārei  
**Working together**

# Heads up! Recycling changes



**All lids, caps, bottle-tops and spray cans have to go in the general rubbish now because new standardised (New Zealand wide) recycling rules have been implemented.**

The Whangārei District Council will still be collecting all rinsed 1, 2 and 5 numbered plastic bottles / containers and tins (in the red recycling crate) and glass (in the blue recycling crate). Paper and cardboard should be flattened and put in a small box or paper bag.

This change has been made because small lids are often too small for recycling plant machines to sort. Leaving lids on bottles or containers also traps liquids or food that can contaminate the recycling. The only exception is lids or caps that are connected to a recyclable container and which stay attached. These can be placed in your red recycling bin, as long as the container is left open.

Empty aerosol cans are no longer recycled because they often contain flammable or poisonous gases and other chemicals that can escape when the cans are crushed. Very few recycling plants in New Zealand are set up to manage the fumes and risk of fire.



## A win for our Kura

**The Northland Regional Council recently announced the climate conscious winners of the Environmental Leaders Fund. Te Kura Kaupapa Māori o Te Rāwhitiroa, located on Vinegar Hill Road, has won funding for their Toitū Te Rāwhitiroa (growing kai and processing waste) project.**

The Environmental Leaders Fund gives up to \$3000 each to twenty successful applicants to turn climate positive projects into reality.

Applicants are given one year to submit a project completion report including photos of the completed project. These forward-thinking projects are aimed at enhancing biodiversity, nurturing te taiao (the environment) and caring for the earth's resources.

In addition to the fund, Te Kura Kaupapa Māori o Te Rāwhitiroa was also gifted gardening tools from the Toimata Foundation to support them through the process.

## HOW'S THE Market?

Property Corner with Shane Burns

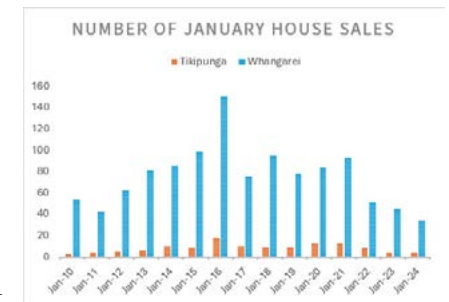
Harcourts  
Whangarei

It's a question I am asked daily and enjoy answering because it's always changing. One thing that remains constant though is how media headlines influence our impressions of what is going on.

would take nearly a year to sell them all. The average time to sell a house in Whangarei has been around 80 days.

Take for example recent Northern Advocate headlines "Huge Boost in Property Sales". The article went on to describe "massive" price increases across Northland in January.

Let me point out that there are about 70,000 dwellings in Northland. Only 95 of them sold that month. In other words, the "Big Price Increases" are based on a sample size of just 0.0135% of properties! As a proportion, if we were talking about time, that's less than 14 minutes out of a week, surely too small a sample to pin much meaning to.



Also be aware of the geographical area being reported on. Note that "Whangarei District" statistics take in quite a wide area including Waipu to the south and nearly to Russell in the north, quite different markets to Whangarei city.

This is good news if you are looking to buy but if you are thinking of selling please give me a call. It is not all bad news and there is hope! It is fair to say that the market isn't booming again just yet though.

So, how IS our local market?

Relying on media headlines is helpful to a point but for an accurate sense of what is really going on locally and currently, speak with a trusted, well informed real estate professional. It's our job to know. Let's meet for a no cost, no pressure, no obligation chat to answer your questions and discuss the way forward for you.

January is traditionally a slow month but January 2024 was slower than ever, especially given the steadily increasing number of houses in our area. (Think how Tikipunga has expanded over the past 10 years with the creation of Totara Parklands and Tiaki Rise, for example.) Last year's quiet start was largely put down to January's exceptionally rough weather yet this year's good summer has yielded even less sales! At the end of January 2024 we had nearly a year's worth of inventory. This means that if no listings expired and no new listings came onto the market, at the pace they have been selling it

Statistics obtained from REINZ, the Real Estate Institute of New Zealand



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# A fantastic day

The Kamo and Ngunguru Volunteer Fire Brigades are pleased to report back that the 2024 Kamo Touch a Truck fundraising event held on Sunday 28 January was again a great success.

A record breaking 80 entries were included in the Truck of the Show competition, up from 51 last year. Some 44 of the trucks formed a convoy from Okara Stadium - it was an impressive sight and there must have been over a hundred kids and families lining the route waiting to see them pass.

There were 23 prizes given to trucks, with best fleet going to Douglas Logging; Truck of the Show, Drivers' Choice going to Ellwood Transport's Scania Curtainsider; and Truck of the Show, People's Choice going to Marsden Transport Solutions' Kenworth Logger.

Thanks to the generosity of Mainfreight and Forward Transport Training, two lucky people received scholarships - Shona Thacker



won the Class 2 licence while Tyler Kenneth Leigh won the Forklift endorsement.

Unfortunately the numbers through the gates were down a little on last year, but overall \$9,600 was raised for the two Volunteer Fire Brigades to share and put towards equipment and station upgrades. A fantastic day was had by all.

*Based on a report by organiser and Senior Firefighter Andrew Ivey*

# Gardens of memories

As 2024 settles into its unique rhythms of routine for many of us, spare a thought for those people in our community whose dearly loved members of their family won't be with them this year. For them, 2024 will be different.

Recognising that Christmas can be a time of mixed emotions as we remember those not with us, North Haven Hospice holds their Memory Trees event early each December, extending a hand of friendship and compassion to people grieving.

North Haven Director of Marketing and Fundraising, Lyn Cheyne, says the event "is to give people a special place to share with others who may be experiencing the same feelings of loss and special memories at this time of the year."

Their most recent event also included a Memories Walk, held at the Whangārei Quarry Gardens, where the community was invited to wander through the calming environment of the gardens while reflecting on memories of their loved ones.

There was also an opportunity to leave written messages on the Memory Trees, on hearts and stars which would later be cremated and blessed, before being scattered over the Hospice gardens in Tikipunga.



"It's the heart of hospice really," says CEO Helen Blaxland. "Together we are stronger as we honour and remember those gone before us." Forever memories.

# Tiki Football Club



Calling all footballers.... guess what? It's football season again! Yay!!

Whether you're new to football or a seasoned player, young or old, female or male, would like to be a player or a coach, we have something on offer for everyone. We pride ourselves on our fun, friendly, relaxed, whānau-orientated atmosphere where the key aim is to have fun. If this sounds like you or anyone in your whānau, please come and see us.

### Important dates to remember

- 21 March Midget & Junior uniforms (late Registrations welcome)
- 27 April Tikipunga FC Women's kick off with the Women's Community Bowl
- 4 May Men's and Youth season starts. Grades 9-12 start the season with a fun-festival.

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

Leonie Osborne, Junior Football Coordinator.  
Email: [juniors@tikipungafc.co.nz](mailto:juniors@tikipungafc.co.nz)



# Football Women's/ Girls Skills Centre

We are very excited to announce the launch of our girls/women's skills centre. We have been working with Dennis Wickstead, our Director of Football and a handful of our women's senior players to create a programme that benefits all our female players in our club and Whangārei.

We are inviting females from ages 12+ and from any skill level to join us once a month for fun, informal coaching sessions with a highly qualified coach and our senior women's players.

This is open to anyone, even if you don't play football. Come along and have some fun!

This is such an amazing opportunity on offer to Tikipunga Football and our community, starting 17 April. We are so excited to share this with you all.

To register and receive further information, please email [secretary@tikipungafc.co.nz](mailto:secretary@tikipungafc.co.nz)



# Backyard Gardening in Whangārei

Whangārei backyards are more than just patches of land – they hold the potential to nourish our families and bring our communities together.



Our raised garden with beans, tomatoes, leeks, eggplant, courgettes and marigolds. Bottom layer thin cardboard 5%, 2nd layer wood 45%, 3rd layer plant waste 10%, 4th layer compost 10%, top layer soil 30%

The concept of food sovereignty has gained momentum, emphasizing the importance of growing and consuming food that resonates with our preferences and can be sustainably cultivated. By turning our backyards into thriving gardens, we not only decrease the pollution associated with

food transportation but also save money and establish a resilient food source for uncertain times.

The practice of growing our own kai enhances our own well-being and contributes to the health of our surroundings. It provides a direct connection to Te Taiao and Papatūānuku and helps build our relationship with our diverse local communities. Also, it encourages us to become agents of change rather than passively succumb to the impacts of climate change.

Growing your own groceries begins with nurturing the soil that feeds your crops. Building soil quality is a gradual process. Consistently planting diverse crops and adding organic scraps to the soil will transform your soil into a haven for vegetable roots and worms. An alternative strategy to swiftly create good soil involves constructing a raised bed.

In Whangārei, you can cultivate staples like potatoes and kumara throughout the year. You can also incorporate year-round options like lettuces, radish, spring onions, and a variety of other vegetables in your garden.

Charles Buenconsejo, Soil of Cultures  
Carol Peters, Whakaora Kai/Food Rescue Northland. For more information: cultivate@soilofcultures.com

## Te Ora Hou veggies

A recent addition in the grounds of Te Ora Hou over summer has been a number of raised garden beds, filled to overflowing with vegetables and herbs. People attending

Te Ora Hou have not only been learning about the benefits of growing nutritious food but also enjoying new ways of introducing those plants into daily meal plans.



# Switch to water for better health

Research shows that Kiwis consume around 37 teaspoons of sugar per day, and that's having a hugely detrimental effect on their health.

Sugary drinks are a leading cause of tooth decay and also contribute significantly to obesity and type 2 diabetes, as well as many other health problems. Ideally, adults shouldn't consume more than 6 teaspoons per day, and children not more than 3 to 4 teaspoons per day.

Some of the reasons why water is better for you:

- Your body rehydrates better with water
- Water has zero sugar and no calories
- Water is non-acidic so is better for your teeth and your whole body

Brooke Neal, former Olympian and Black Sticks hockey player from Whangārei, says "Water is my go-to drink of choice for maintaining physical and mental wellbeing." She says, "During my time as a sportswoman, it was important to stay well-hydrated, and

## Switch to Water

Avoid tooth decay and excess calories by switching your sugary drinks to water.

- Carry a water bottle with you when you are out and about.
- If you are thirsty, reach for water first.
- For variety, try making your own flavoured water with fresh herbs, vegetables or fruit.

**Fact:** Sugary drinks usually have no nutritional value.

**Fact:** Even natural fruit juices have acids and sugars that damage your teeth. Moreover, they contain no fiber. Best to eat your fruit, not drink it.

Hydrate yourself with water. It's free, fresh and available on tap.

**Fact:** Acid levels in 'diet' or zero-calorie drinks can cause tooth decay and erosion.

**Fact:** Water removes waste and toxins and carries nutrients and oxygen to cells. It also moistens our skin and tissues in the mouth, eyes, and nose.



water is the best choice for that. What is less appreciated is its role in supporting positive mental health. Our bodies work better overall when they have water for hydration, not sugary drinks."

The NZ Dental Association and Te Whatu Ora are two of the organisations actively promoting the message of "Switch to Water" and, on World Oral Health day this year, on Monday 20 March, we're all encouraged to actively make the decision to choose water as our drink of choice.

For more information and competitions to enter look at <https://www.nzda.org.nz/public/ori-initiatives/world-oral-health-day>

Drink	Volume	Sugar (teaspoons)
energy drink	500ml	15
soft drink	600ml	13
sparkling fruit drink	500ml	13
sports drink	750ml	10
smoothie	350ml	9
fruit juice	400ml	9
iced coffee	500ml	8
iced tea	500ml	5
flavoured instant coffee sachets	1 sachet	2
flavoured water	750ml	2
Zero Sugar tap water	-	0

**Water is the best choice!**  
low or reduced-fat unflavoured milk, coffee and tea are good choices too

New Zealand Dental Assoc. Te Whatu Ora Health New Zealand. Zero Sugar tap water. © 2022

## Tikipunga Library

In addition to books and magazines, the Tikipunga Library also has computers, print and copy services and free Wi-Fi. It is open from Monday to Friday, 09:30 AM–12:30 PM. JP services are available Wednesday mornings from 9:30am to 12:00pm.

# Our Easter Celebration

Every year, Easter is celebrated sometime between March and April.

The actual date, as decreed by the Council of Nicaea (modern-day northern Turkey) in AD 325, is observed on the first Sunday following the first full moon after the spring equinox (March 21st). Easter, therefore, can fall on any Sunday between March 22 and April 25.

Easter is the celebration of the resurrection of Jesus Christ, approximately 2000 years ago. The Bible records in 1 Corinthians 15, verses 3 and 4, that after His death on the cross, and subsequent burial, Jesus rose from the dead, out of the tomb (which was heavily guarded by Roman soldiers), on the third day after being placed in there.

The apostle Paul continues to write, in verses 5-8, that this event was witnessed by many people to whom Jesus personally appeared, including Peter and other disciples, a group of 500 people, James and, of course, to Paul himself.

Christians believe that Jesus is the Son of God, sent by God as the Saviour of the world, to make possible a genuine relationship between man and God.

As Peter later wrote in his first letter to Christians, in chapter 1 verse 3, "By His great mercy we have been born again to a living hope through the resurrection of Jesus Christ from the dead."

If we believe in Him as our living Saviour, then we will receive God's gift of that living hope of eternal life.

By Graeme Tearle, Leadership Team, Tikipunga Baptist Church (located on the corner of Kiripaka Rd and Heretaunga St, Tikipunga; services on Sundays 10.00am)



## Quitting smoking

**New Zealand's Public Health Communication Centre reported in December that, although smoking prevalence has declined, persisting smoking inequities between Māori and non-Māori (17.1% of Māori smoke daily); and between the highest and lowest neighbourhood deprivation quintiles (with a daily smoking rate of 10.1% for people in the lowest quintile) means that stronger measures are urgently required.**

Toki Rau Stop Smoking Services provide a FREE Northland wide stop smoking service offering face-to-face support which can be provided in an individual, whānau/family or group setting. They provide free nicotine replacement therapy (NRT) to support you on your journey to quit/become smokefree. This includes gum, lozenges and patches. They can also advise you about other non-funded stop smoking medicines available. Go to their website and fill in the form at <https://tokirau.co.nz/quit.html>. They will provide you with a tailored action plan, comprehensive support and Nicotine Replacement Products to QUIT smoking for good.

Phone: 0508 TOKIRAU (0508 8654 728) or email [referrals@tokirau.co.nz](mailto:referrals@tokirau.co.nz)

Statistics based on 'Smoking prevalence and trends: key findings in the 2022/23 NZ Health Survey', 14 December 2023 by Janine Nip et al. Department of Public Health, University of Otago, Wellington

## Creatives in Tiki

When Wendy Cunliffe decided to 'pop'over' from the UK to visit her daughter and new grandchild in Whangārei she had no plans to uproot her whole life and make NZ a permanent home, but like many others she fell in love with the NZ lifestyle and just six months later she had given up her 20 year career as a teacher in special education and had made a new home and new life in Vinegar Hill.

Wendy and her husband chose Vinegar Hill as a home because of the space they could buy and because of the beautiful rural outlook it offered. They have been there for 17 years and still love it. Their property allowed them to expand their love of creativity and to create the perfect, 'family home with studio' for their work to flourish in.

Soon after arriving in Whangārei Wendy joined the Northland Society of Arts and began to act as a volunteer at Reyburn House Gallery. She and her husband went on to be key members on the board of trustees



and she is still a vital part of the Reyburn House team contributing as operations manager.

Wendy was also quick to join the Whangārei pottery group 'The Firebirds'. Clay fast became her overriding passion. Her ceramic work reflects her bubbly nature and love of the funny and quirky things in life that make you smile. She takes inspiration from the things she sees around her and from the moments in life that make you laugh out loud. She says conversations with her family often branch off into a stream of wild ideas and ridiculous themes and from that comes the inspiration for a new piece of work, cats in hammocks, dogs in parachutes or rotund bathing bells, all completed with delightful attention to detail.

Wendy loves to work as part of a group and to enjoy the social side of a shared interest. The Reyburn House Pottery studio is one of her 'happy places'. She has been instrumental in building the group and the facilities there and is often seen loading the kiln and helping new potters to develop their skills.

Her work can be seen in Reyburn House and is often featured in ceramic events at The Quarry Gardens, Quarry Arts Centre and the Canopy Bridge market.



## New extension to CityLink Tikipunga via Te Kamo route

CityLink Whangārei's Route 3 bus service from Tikipunga via Te Kamo has been extended by 1.8km, at the public's request, through Totara Park.

The extended route goes down Corks Road, Wairau Drive, Lake Drive and back on to Wairau Drive, with four new bus stops on the route. There are three off-peak services each weekday and all day on Saturday. CityLink passengers can check the updated timetable on the CityLink website: [citylinkwhangarei.co.nz](http://citylinkwhangarei.co.nz) or they can follow CityLink on Facebook.



## Draft Regional Land Transport Plan 2021-2027 review

This is the three year review of the RLTP (the region's application for funding assistance from central government for its transport infrastructure and services) to ensure the plan aligns with current transport priorities.

There will be a hybrid in-person and online session held in Whangārei on Friday 15 March in the Tutukākā Room, Northland Regional Council, 36 Water St, from 9.30am-noon. Details of the online link will be provided by the NRC closer to the time. Details on the public consultation on the review of the Plan, including the revised Plan document and online submission form, are available from the regional council's website at [www.nrc.govt.nz/transportplan](http://www.nrc.govt.nz/transportplan). The consultation runs until Friday 15 March.

## Future Development Strategy looking to a better tomorrow

The Future Development Strategy sets out a vision for the Whangārei District over the next 20-30 years, especially concerning the layout of urban and residential development.

The draft strategy will illustrate "spatial scenarios" as maps for the public to give feedback on during consultation during the first half of 2024. Given the long timeframe of the strategy and the relevance of Whangārei to the region, decisions are likely to have both a regional influence and affect nearly everyone in the District. Keep an eye on the WDC website for the consultation document.



## REGULAR COMMUNITY EVENTS & SERVICES

Please contact the editor [margie.kent9@gmail.com](mailto:margie.kent9@gmail.com) for FREE notices or to update existing notices in the Regular Community Events and Services.

- **Baby and toddler needs** - Te Ora Hou at 104 Corks Road provides holistic support for your whānau, from ante-natal care through to parenting courses. Call (09) 438 5556
- **Basketball Courts** are available at Te Ora Hou 104 Corks Road, Tikipunga, at no charge, use at your leisure, 24/7
- **Church services** are held at Tikipunga Baptist Church, located on the corner of Kiripaka Rd and Heretaunga St, Tikipunga on Sundays at 10.00am
- **Church services** are held at Pehiaweri Marae historic church, 99 Ngunguru Road on the 3rd Sunday of every Month from 9.30am
- **Church services** are held at Hope Church every Sunday at 9.30am, located on the corner of Kiripaka Road and Otuhuiwai Crescent
- **Community Connectors** are available at Te Ora Hou - they can connect you to the support you need. Contact Leewyn on 021 287 7078 or Michelle on 021 389 661
- **Covid-19 support** is available from Te Ora Hou - phone (09) 438 5556 and Multicultural Whangārei [info@multiculturalwhangarei.co.nz](mailto:info@multiculturalwhangarei.co.nz) or call 0800 437672
- **Creating with Love Art Workshops** - adult colouring-in workshops, held on Thursdays 11-12 noon. Please RSVP with Multicultural Whangārei (09) 430 0571 or email [info@mwhg.org.nz](mailto:info@mwhg.org.nz)
- **Love Whangārei Monthly Clean Up** - Check LWMCU Facebook page for upcoming events. <https://www.facebook.com/LWMCU>
- **Maara Kai Roopu** welcomes all to join them at the mara (garden) behind the marae buildings at Pehiaweri Marae every Monday (weather permitting) during term time; from 9.00am
- **Men-Tall mental health support** - Monthly support group for men dealing with everyday struggles - every third Monday of the month, from 6:30pm, at Brothers Barbers in Te Kamo. Contact Josh MacFarlane, 021 0255 1594 or [josh.macfarlane@mentall.org.nz](mailto:josh.macfarlane@mentall.org.nz)
- **Multicultural Whangārei's shared lunch** - on the last Tuesday of every month at noon, open to all. Bring a plate of food to share and have a chat. 12:15 -1.15pm. Please RSVP by calling (09) 430 0571 or emailing [info@mwhg.org.nz](mailto:info@mwhg.org.nz)
- **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, check Facebook or email [karen@force.org.nz](mailto:karen@force.org.nz)
- **Te Roopu Hauā/ Disability club** - meets up on the second Friday of the month at 6 pm. Board games, card games, and a laugh at the Hope Church Hall in Tikipunga, on the corner of Kiripaka Road and Otuhuiwai Crescent. All welcome. Contact Adam White at [adamnoelwhite@gmail.com](mailto:adamnoelwhite@gmail.com)
- **Tiki Pride (Tikipunga Community Trust) meetings** - The Trust meets monthly on the 2nd Monday of the month, 4:30 pm at Hope Church, Tikipunga, corner of Kiripaka Rd & Otuhuiwai Crescent (unless advised otherwise on Facebook)
- **Tikipunga Sunday Market** - 8am to 11am at Tikipunga High School every Sunday morning. Garage sale bargains, local arts and crafts, plants, seasonal produce, seafood, kai and hot coffee! For stall bookings and enquiries contact Lynne via FaceBook <https://www.facebook.com/TikipungaMarket>
- **Waiata Joy** is at 6.00-7.00pm at Pehiaweri Marae, 99 Ngunguru Road. Held every Tuesday during school term
- **Waiata Māori** - on Wednesdays at 1- 2:30pm, open to all. Please RSVP with Multicultural Whangārei by calling (09) 430 0571 or emailing [info@mwhg.org.nz](mailto:info@mwhg.org.nz)
- **Whangārei Budgeting Service** - FREE Financial Mentoring: Our financial mentors have the skills to negotiate debt repayments and discuss debt solutions with creditors
- **Whangārei parkrun** - A fun event where you can "run, walk or roll" every Saturday. A 5km course starting and finishing under Te Mate A Pohe Bridge in Port Rd. It's free to enter by going to <https://www.parkrun.co.nz/register>. We are there by 8am, come and join us. Open to all no matter what speed or age you are
- **155 Whare Āwhina Snack Packs** - Every Monday during term, one per child, all you need to add is the sandwich. Request through Facebook messenger OR come to 155 Open Arms (Corner Robert and Walton Sts) OR 155 Kamo Rd on Monday mornings between 8.30am and 9am
- **155 Whare Āwhina Food Bank** - 155 Open Arms, 102 Robert Street, Whangārei. Call us on 09 437 0185 Ext 4 or freephone 0800 120 926 to request your parcel. Whānau can receive two parcels per month

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

# AUTUMN DIARY

Please contact the editor [margie.kent9@gmail.com](mailto:margie.kent9@gmail.com) for FREE notices or to update existing notices in the Community Diary.

- **Saturday 16 March:** Whānau at the Falls from 12.00 - 4.00 pm, at the Whangārei Falls/Otuihau
- **Saturday and Sunday, 16 & 17 March:** Rock and Mineral Variety Show - Join the Whangārei Rock and Gemstone Club Inc to see displays of polished rocks, fossils, minerals and jewellery. There will be fluorescent and microscope displays and activities for children, plus trading tables with jewellery and minerals for sale. The rock cutting saw will be in operation and refreshments available. All day from 9am, Vintage Car Club Rooms, Heritage Park, Kiwi North, 500 State Highway 14, Maunu.
- **Sunday 17 March:** St Patrick's Day
- **Wednesday 20 March:** World Oral Health day
- **Thursday, 21 March:** Taste Whangārei - A Multicultural Food Fair from 3-10pm
- **Saturday and Sunday, 23 & 24 March:** Relay For Life for those affected by cancer. Everyone can get involved. Trigg Arena, Park Avenue, Kensington
- **Thursday 28 March:** NZ Red Cross Essential First Aid one day course. You will achieve a New Zealand Red Cross First Aid Certificate, valid for 2 years. Per person - \$30 (+GST) for member organisations, \$45 (+GST) for non-member organisations. Register at <https://volunteeringnorthland.nz/>
- **Friday 29 March - Monday 1 April:** Easter Weekend
- **Saturday 30 & Sunday 31 March:** Whangārei Heads Art Trail - For more information, closer to the date please check the arts trail website [www.Whangareiheadsartstrail.org.nz](http://www.Whangareiheadsartstrail.org.nz)
- **Friday to Monday, 5 to 8 April:** Whangārei Street Sprint 2024
- **Tuesday April 9:** Anticipated date for the end of Ramadan (Eid al-Fitr)
- **Monday, April 22:** Passover begins at sundown
- **Thursday April 25:** Anzac Day public holiday
- **Monday May 20 to May 26:** Youth Week 2024
- **Monday June 3:** Kings Birthday public holiday



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