



Advice and opportunities waiting for you

February is the month when everyone seems to be back at work and back at school. It is a great month to get into the swing of a healthy lifestyle, new habits or maybe even a new hobby.

But with Christmas credit card bills coming through and back-to-school expenses mounting, February can also be a difficult month financially.

Kaitaia Family Budgeting Service offers one-on-one budgeting advice to anyone and everyone interested.

You may be struggling with debt or simply want some help to reach your financial goals

for 2019. Best of all, the mentoring is absolutely confidential and free to all.

Kaitaia Family Budgeting Service is at Kaitaia Community House, 12 Puckey Ave, with budgeting advice available by appointment, ph 408-0026.

This month's edition of *Kaitaia Connect—connecting communities in Te Hiku* features a number of great events, from live jazz with international guest artists on 8 and 9 February to the "top" A&P show in the country, held 23-24 February.

Volunteering Northland will be holding a pop-up event at Te Ahu on 12 February,

sharing information about volunteering. You might just find an opportunity waiting for you.

There are also a number of free or low-cost events which provide advice, mentoring, support, or a boost to your emotional or physical wellbeing.

This includes a couple of Pakihi workshops, offering free information and mentoring for Māori businesses who have been in business for less than 18 months. The workshops will run at Te Wānanga o Aotearoa Kaitaia campus on February 9 and 23—see inside for details.

Art 2 Wear book captures creations



A new book is set to capture the magic and creative talent of Kaitaia's Art 2 Wear competition.

The book is the brainchild of Kaitaia BPW (Business and Professional Women), which works to improve the quality of life for all women and girls.

The book will showcase and acknowledge the creative energy from the Far North and Northland communities in the Art 2 Wear competition, which ran in Kaitaia from 1998 to 2008.

The book—a special edition, 70-page, coffee-table quality book—is printed with support from Creative Communities and Te Hiku Community Board.

Early-bird orders are open now until 28 February, offering a \$10 discount and a chance to win a complimentary book. The book is expected to be printed in mid-March and will sell then for \$55 each.

To place an early-bird order, email bpwkaitaia1987@gmail.com, see 'BPW Kaitaia' on Facebook or phone Raewyn on 406-8807.

Bridget Dawson's Joker of Hearts creation was the Art 2 Wear 2007 Overall winner.



Reader win

Congratulations to Michael Brown, who was drawn as the winner of Kaitaia Connect's back-to-school pack.

Michael is 7.5 years old and attends Ahipara School.

There is no reader giveaway this month but if you know of a business who would like to sponsor a prize, please contact Denise on 408-0026.



Kaitaia Community House

12 Puckey Ave, Kaitaia

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February events

FRI 1 FEB

Autism support group Kaitaia:

Helping parents and educators to support children of all ages in a more joyful way. Held at the new Ministry of Education building, 2-12 Commerce St, Kaitaia, 10am to 12pm. Contact Uschi 408-6937 or Uschi.Eyer@education.govt.nz.

SUN 3 FEB

The Healing Properties of our

Breath: Yoga workshop, held at Coopers Beach, 9.30am- 12.30pm. \$30. Contact Lucia 021-266-9464.

MON 4 FEB

Crafty Monday: Learn to crochet dishcloths, facecloths, make-up removal pads etc with Crafty Monday, held at the EcoCentre, Bank St, Kaitaia. 1-3pm, \$5 entry. Bring crochet hooks, and cotton yarn or string.

4-18 FEB

Meditative yoga classes: Monday evenings at Coopers Beach, 5-6.15pm. \$12 casual or \$60 for six classes. Contact Lucia 021-266-9464.

THURS 7 FEB

Open Rhythms Dance: Dance in the moment, express what you feel, enjoy the body. All Ages. Mangonui Hall, 7.30-9pm. Entry \$10-\$20 (you choose). Ph Zsuzsanna 021-254-9535.
Plunket Te Roopu Arahina: Grandparents raising grandchildren support group, please bring a plate. Te Runanga-A-Iwi o Ngati Kahu Office, 21a Parkdale Cres, Kaitaia, 11am-1pm. Contact Anna 027-579-1143, anna.anderson@plunket.org.nz.

FRI 8 FEB

Friday night film: Transition Towns Kaitaia presents a thought-provoking film. Held at Far North REAP, 33 Puckey Ave, Kaitaia, from 6.30pm. Koha entry.

Summer jazz nights: Featuring international jazz artists Nanny Assis and Maggie Gould, along with Kaitaia Jazz Link and the Abundant Life School Jazz Combo. Abundant Life School auditorium, North Rd, Kaitaia, 7-8.30pm. Tickets \$10 general, \$5 under-12s/over-65s from eventbrite.co.nz.

8-11 FEB

Moving into Mindfulness: Three-day mindfulness and Qi gong retreat facilitated by Rachel Tobin. Tushita Mystery School Hermitage, Oruru Rd, Peria Valley. \$320 including accommodation and food +koha for tutor. tushitamysteryschool.co.nz or ph Damalaya 021-208-3485.

SAT 9 FEB

Genealogy workshop: Workshop on cemeteries held by the Far North Branch of the NZ Society of Genealogists. Far North REAP Kauri Room, 33 Puckey Ave, Kaitaia. Arrive at 9.30am for a cuppa and 10am start. Entry by gold coin, new members welcome.

Pakihi workshop: Te Uma - Improving Profitability. Free workshop and mentoring on basic financials for Māori businesses younger than 18 months. Te Wānanga o Aotearoa Kaitaia campus, Matthews Ave, 10am-1pm. Free, registration essential at eventbrite.com or email pakihi@twoa.ac.nz.

Live jazz: Featuring international award-winning jazz artist Nanny Assis and New York-based vocalist Maggie Gould, along with Abundant Life School Jazz Combo. Bushmans Hut, Bank St Kaitaia, 5-9.30pm. Book at 438-4320 (seating limited).

9-10 FEB
Flight Centre EXPO: Two-day sale, includes nibbles and drinks. Flight Centre, Commerce St, Kaitaia, 9am-4pm.

SUN 10 FEB

Race day: Taipa Stock and Saloon Car Club race day at Taipa Speedway, Oruru Rd. Racing starts 1pm. Entry \$5 adults, children \$3, under-5s free.

TUES 12 FEB

Gentle exercise: First class for a new weekly Tai Chi/gentle exercise class. Held at Age Concern Kaitaia & District offices, 16 Commerce St from 10am. \$2 a session. Ph 408-2997.
Learn about Volunteering: Meet Volunteering Northland and community groups; find an opportunity that is right for you. Te Ahu Atrium, Kaitaia, 2.30-4pm. Ph 0800-865-268, volunteeringnorthland.nz.

WEDS 13 FEB

Alzheimers Northland Carer Support Group: For carers of loved ones with dementia. Hope Christian Centre, 236 Commerce St, Kaitaia, 10am-12pm. Ph 408-1123.
Seniors Linking Together: Networking meeting. Age Concern Kaitaia & District offices, 16 Commerce St, Kaitaia 10am-12pm. Ph 408-2997.

THURS 14 FEB

Valentine's Day: Book a romantic dinner with your Valentine at Beachcomber. Visit Facebook for special menu and deals, beachcomber.net.nz or ph 408-2010 to book.

Valentine's Breast Screening Pamper Day: Held by Te Hiku Hauora for wahine aged 45 to 69. Includes free foot spa, massage, make-up, hair, nails, clothes, healthy kai. Far North RSA, Matthews Ave, 9am-3pm. Free.

Creating Communication Opportunities: Workshop for school teams and whanau working with children who have very delayed communication output. Far North REAP, Puckey Ave. 9am-12pm, followed by a literacy workshop, 1-3pm. Book with Uschi Uschi.eyer@education.govt.nz.

THURS 14 FEB CONTINUED

Basic Computers: Eight-week course on computer basics, held on Thursdays at Far North REAP, Puckey Ave, Kaitaia. 10am-2.30pm. \$15 for eight weeks, register at 408-1380 or at farnorthreap.org.nz.

Krishnamurti Association Kaitaia Meeting: Bill Taylor, the development director of the Krishnamurti Foundation Trust in England, will give a presentation about his work. Held at Far North REAP, Puckey Ave, 7pm-9pm. Free. Contact Warren 021-011-923, warren@entrust.org.nz or kanz.org.nz.

15-17 FEB

Silent Insight Awareness Meditation Retreat: Three-day silent retreat led by trained teachers. Tushita Mystery School Hermitage, Oruru Rd, Peria Valley. Koha (inc. food and accommodation) tushitamysteryschool.co.nz or ph Damalaya 021-208-3485.

SAT 16 FEB

Hospice Lake Ngatu Remembrance Walk: Walk to support Far North Community Hospice and remember lost loved ones. Includes spot prizes and food for gold coin donation. Lake Ngatu, register by toilets on West Coast Road. Registration 8-8.30am, walk 8.30-10.30am. \$10 adults, \$5 children, under-5s free. Ph hospice on 408-0092 for details.

Whangape Marae Whare Kai Fundraiser: Fundraiser for Whangape Marae's whare kai improvements. Includes raffles, prizes, kai and entertainment. Herekino Tavern.

Parengarenga Harbour Ball: Te Hiku o Te Ika Marae fundraiser, white and black theme, live music, supper, silent auction, lucky door prizes— 18+ only. Te Ahu Centre, Kaitaia, 6pm-midnight, \$50. Contact Liza Brown 021-055-7610, 408-9180 ext 9040.

16-17 FEB

Connect: Two-day programme of transformation to get your life, relationships and soul purpose back on track, with spiritual awakening coach Kim Robertson. Kaitaia, 10am-3pm both days. Cost \$365, ph 408-3271 or kim-robertson.co.nz.

18-20 FEB

Learner's licence course: Two-day course with test on the third day. Far North REAP, Puckey Ave. Free course but test fee is \$93.90. Register at 408-1380 or farnorthreap.org.nz.

TUES 19 FEB

Parkinson's support group: For those with Parkinson's disease and whanau. Hope Christian Centre, Commerce St, 11am-1pm including lunch from Hope café. Contact Vicki Sadgrove 09-437-6876, 0272-684-973 or educator.northland@parkinsons.org.nz.
BPW Kaitaia: Business & Professional Women Kaitaia dinner meeting.

5.30pm arrival. Set menu \$29pp. Booking essential, ph Pam 408-0556, email bpwkaitaia1987@gmail.com.

WEDS 20 FEB

Restricted Licence Course: Re-visit the road rules and go for an assessment drive with the tutor. Far North REAP, Puckey Ave. 9.30am-12pm. Free. Register at 408-1380 or farnorthreap.org.nz.

THURS 21 FEB

Support group: For people living with the effects of brain injury and their families/whanau/carers/friends. Far North REAP, 10am-12pm. Ph the Brain Injury Association 09-459-5013.

Health promotion: Learn tips to manage hearing loss. Age Concern Kaitaia & District offices, 16 Commerce St. 10am-12pm. Ph 408-2997.

Open Rhythms Dance: Dance in the moment, express what you feel, enjoy the body. All Ages. Mangonui Hall, 7.30-9pm. Entry \$10-\$20 (you choose). Ph Zsuzsanna 021-254-9535.

21-22 FEB

Connect: Two-day programme of transformation to get your life, relationships and soul purpose back on track, with spiritual awakening coach Kim Robertson. Held in Kaitaia, 9am-2pm both days. Cost \$365, ph 408-3271 or go to kim-robertson.co.nz.

FRI 22 FEB

Cancer support group: Peer support group for anyone affected by a cancer diagnosis. Te Tai Tokerau PHO office, 182 Commerce St, Kaitaia. 11am-1pm. Contact Solvey Poulson 021-423-385.

An Evening with Spirit: Live event connecting the audience with loved ones on the other side, run by Jasmine from Te Whare Wairua Healing Centre and by Ocean's Intuitive Healing. Far North REAP, 33 Puckey Ave, 6.30-8.30pm. \$40 at eventbrite.co.nz.

22-24 FEB

Silent Insight Awareness Meditation Retreat: Three-day silent retreat led by trained teachers. Tushita Mystery School Hermitage, Oruru Rd, Peria Valley. Koha, includes food and accommodation. Ph Damalaya 021-208-3485 or go to tushitamysteryschool.co.nz.

SAT 23 FEB

Ironmahue: Annual 10km run and 1km swim (teams, relay or individual), with individuals' short course of 5km run and 500m swim. Mahinepua Beach. \$30 incl. t-shirt, bag and medal. Register on Facebook, ph 021-0220-6851 or email ironmahue@gmail.com.

Pakihi workshop: Te Uma – Marketing & Networks. Free workshop and mentoring on how to market for less, for Māori businesses younger than 18 months. Te Wānanga o Aotearoa Kaitaia campus, Matthews Ave, 10am-1pm. Free, registration essential at eventbrite.com or pakihi@twoa.ac.nz.



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February events continued

23-24 FEB

Kaitaia A&P Show: Annual event run by Kaitaia & Districts A & P Association including equestrian, beef and dairy, indoor trades, stalls, hot food, live entertainment, kids' zone and more. A and P Showgrounds, South Road/ State Highway 1. Entry \$5 adults, \$2 children, under-5s free. kaitaiashow.nz.
Limeplastering workshop: Learn how to create a

healthy, non-toxic lime plaster with Stephen Moller of Limewave, hosted by EcoCentre Kaitaia. Lake Ngatu, 9am-4pm with main workshop on the Saturday. \$75, contact info@ecocentre.co.nz or call into the EcoCentre on Bank St to book.

MON 25 FEB

Kaitaia Floral Art Club: Relaxed group catering to all levels of experience. Bring

your own lunch. Cornerstone Church, cnr Watts Ave and Matthews Ave, 10am-2pm. Contact Suzanne 408-1990, Raewyn 409-4959 or Raewyn 406-8807.

TUES 26 FEB

Disability Network Meetings: For all organisations working with people with disabilities. Far North REAP Kukupa Room from 12.30pm. Ph Leah 021-1211-867.

Save the date

1-5 MAR: Silent Insight Awareness Meditation Retreat (Tushita Mystery School).

3 MAR: Back and knee pain workshop (Coopers Beach); Children's Day.

4 MAR – 8 APR: Meditative yoga classes (Coopers Beach).

8-10 MAR: Devotional Heart retreat (Tushita Mystery School).

12-16 MAR: 90 Mile Beach Snapper Bonanza.

16 MAR: Te Houtaewa Challenge/90 Mile Beach Race.

20 MAR: Teacher Aide Professional Development Day (Far North REAP).

21 MAR: Ngahuru Maramataka

Wananga (Nga Karoro).

22-24 MAR: Wahine Maori business programme (Kaitaia).

23 MAR: Te Runanga Nui o Te Aupouri Trust AGM; The Yoga Nidra experience (Coopers Beach); Mangonui Garden Club's Annual Flower & Vegetable Show.

27 MAR: Make Your Home a Safety Zone workshop (Kaitaia).

30 MAR: Annual Mangonui Waterfront Festival.

4 APR: School Administrators Professional Development Day (REAP).

9 APR: SafeTALK workshop (Kaitaia).

26-28 APR: Mountains to Sea Wananga 2019.

27 APRIL: Offshore Powerboat Racing (Taipa Beach).

Regular events

Gentle exercise: New weekly Tai chi/gentle exercise class on Tuesdays from 12 February. Held at Age Concern Kaitaia & District offices, 16 Commerce St from 10am. \$2 a session. Ph 408-2997.

Kiido Ryu Martial Arts: Training Mondays and Wednesdays at Kaitaia Primary School hall. Seniors (13+) 6-8pm. Cost \$40 per month. Contact Morgan 027-235-6935 or morgan@martialarts.co.nz.

Bowls: Club day bowls held every Thursday – visitors and new bowlers welcome. Coopers Beach Bowling and Social Club, State Highway 10. 10am, register by 9.30am.

Mothers walking group: Group for new mums. Meet at Plunket Kaitaia, 22 Bank St. Thursdays 10-11am. Contact Anna 027-579-1143, anna.anderson@plunket.org.nz.

Breast screening: The breast screening van is at Te Oranga Car Park, 16 Matthews Ave, until 13 March. Free for eligible women aged 45-69. Phone 0800-270-200.

HIPPY: A two-year, home-based programme for parents and children aged three to four, giving the best start for school. Free in Kaitaia. Contact co-ordinator Kate Atkinson at Te Oranga, ph 0800 TE ORANGA or text 022-657-6369.

Piano Lessons: With Mele Lasike for students of all levels. Lessons start 12 February and run in Kaitaia. \$15 for half-hour session. Contact Mele melelasike@hotmail.com or 0210-830-7132.

First year of study may be free of fees at NorthTec

NorthTec has a wide range of courses on offer from its Kaitaia campus on Oxford St. Many first-time students wanting to study locally can benefit from the fees-free programme, which means their first year of tertiary study is free. Find out about eligibility at feesfree.govt.nz.

NorthTec would like to offer the following courses in Kaitaia in 2019, subject to minimum enrolment numbers:

- Agriculture
- Automotive Engineering
- Business Administration
- Carpentry
- Forestry
- Foundation – Retail
- Health and Wellbeing
- Horticulture
- Hospitality

- Painting (Trade)
- Pest Operations
- Road Transport
- Study and Career Preparation
- Te Reo
- Agribusiness (Online)
- Applied Writing (Online).

Visit northtec.ac.nz, contact study@northtec.ac.nz or 0800-162-100.

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09-944-4984 or 0800-865-268 info@volunteeringnorthland.nz

Kaitaia Connect is proudly produced by Kaitaia Community House. For event listings or sponsorship, please contact community relations officer **Denise Piper** on 408-0026 or denise@kfb.co.nz before 19 Feb.

While we make every effort to ensure accuracy, we take no responsibility for incorrect or cancelled events.