

KAITAIA CONNECT

May 2019

Connecting communities in Te Hiku

Capture the moment

you, just in time for Mothers' Day - White Locket Boutique Photography will be opening a new portrait studio right here in Kaitaia!

There's no better feeling than spoiling the people you love and because of this, owner and operator Adele has chosen to mark her studio's opening with an amazing offer to celebrate these special relationships. Bring your Mum, Nana or any other amazing person who's cared for you into the studio on Mother's Day and you can have your portrait taken together, for free!

Adele has been so grateful for the support she has received from the Kaitaia community that she has organised the Open Day as a way to say thank you; "Mums are just so important . . . this felt like the right way to give back" she says.

We have a special opportunity to share with The new studio enables customers access to beautiful, studio-style portraits that have never been offered in Kaitaia. Previously focusing on Wedding and Newborn Photography, with the new studio White Locket's services will be expanding to include Family, Children and Maternity portraits to capture all of life's milestones.

> Adele welcomes you, and your chosen Mother-figure, to take a look at the new studio on Sunday 12th May from 10am -3pm. Capture a moment you will cherish forever, with your loved one. There is one photo limit per Mum. White Locket Boutique Studio is located at 4C Bank Street, Kaitaia (next to Signs of Life).

To find out more about White Locket Boutique Photography and the services they offer, please visit www.whitelocket.com and be sure to follow them on facebook for any updates.



Regular events

Maara Kai o te Hapori: Kaitaia Community House community gardens. Come along and volunteer in the gardens on Tues, Wed, Thurs 9-11am. Work alongside a qualified permaculture designer and facilitator. Earn timebank credits and take home fresh produce. Contact Jo: 0204120333.

Toastmasters International: Do you want to become a confident public speaker and leader? Toastmasters meet every 2nd and 4th Tuesday of the month from 7.00pm- 9.00pm at Far North REAP, 33 Puckey Avenue, Kaitaia. Contact Tony 0272006131 or email conton2@outlook.com

Crafty Monday: Learn with the EcoCentre's Crafty Monday programme on the first Monday of the month (unless a public holiday). Held at the EcoCentre, Bank St, 1-3pm. Koha entry, no booking required.

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. Fourth Monday of every month.

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

Plunket Te Roopu Arahina: Grandparents raising grandchildren support group, first Thursday of every month, Te Runanga-A-Iwi o Ngati Kahu Office, 21a Parkdale Cres, Kaitaia, 11am-1pm. Please bring a plate for shared lunch. Contact Anna 027-579-1143,

anna.anderson@plunket.org.nz.

Legal advice: Taitokerau Community Law Centre outreach clinics held at Kaitaia Community House, 12 Puckey Ave, once a month. Phone 0800-155-529 to book.

Incredible Years Parenting: 14-week parenting programme for parents and caregivers of three to eight-year-olds. Morning tea, childcare and transport provided. Tuko Tumoana, 26 Matthews Ave. Tuesdays or Fridays, 10am-12.30pm. Enrol with Naomi on 0800-8367-2642.

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May events

29 APRIL – 4 MAY

Red Shield Appeal: Run by Salvation Army

MAY WED 1 MAY

Seniors Linking Together: 10am-12pm, Age Concern Kaitaia & Districts Office, 16 Commerce Street, Kaitaia.

THURS 2 MAY

Open Rhythms dance: Mangonui Hall at 7.30pm

Black Grace 20 for 20: Door Sales Only - Tickets \$20.00. Back by popular demand, Black Grace presents 20for20, a 20-centre tour of NZ from Kaitaia to Christchurch. Led by Neil Ieremia, internationally renowned dance company, Black Grace, shares a mix of iconic favourites and brand new works presented in the relative comfort of your local community hall and other such informal spaces.

Plunket Te Roopu Arahina:

Grandparents raising grandchildren support group, first Thursday of every month, Te Runanga-A-Iwi o Ngati Kahu Office, 21a Parkdale Cres, Kaitaia, 11am-1pm. Please bring a plate for shared lunch. Contact Anna 027-579-1143,

anna.anderson@plunket.org.nz.

The Developing Brain: Nathan Wallis brings his talk "The Developing Brain - The Big Picture" to Kaitaia. Kaitaia College, 7.30-9.00pm. Purchase tickets \$38.88 and further information visit: https://www.eventfinda.co.nz/2019/ the-developing-brain-kaitaia/farnorth

3-9 **MAY**

Silent Insight Awareness Meditation Retreat: Seven-day silent retreat led by trained teachers. Tushita TUES 7 MAY Mystery School Hermitage, 1334 Oruru Rd, Peria. Koha, includes food and accommodation. Go to www.tushitamysteryschool.co.nz or ph Damalaya 021 208 3485.

FRI 3 MAY

Support group for children with learning difficulties: Helping parents and educators to support children of all ages in a more joyful way. Held the first Friday of every month at the new Ministry of Education building, 2-12 Commerce St, Kaitaia. 10am-12pm. Contact Uschi 408-6937 or 021-240-6616.

SAT 4 MAY

North Branch of the NZ Society of Genealogists. Held at Far North REAP, Puckey Ave. Arrive at 9.30am for a cuppa and 10am start. Entry by gold coin, all welcome. Kaitaia Metalfest2: Celebrating NZ Music Month with performances by Forsaken Age, Minimal Silence, Silvera, Eolithic Relapse and ISM. R18. Collards Tavern, Whangatane Dr. Presales \$15, door sales \$20. Details on Facebook (search "Kaitaia MetalFest 2").

AGM and workshop: For the Far

SUN 5 MAY

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, family \$20.

Six healing sounds and five Tibetans: Workshop held at Coopers Beach from 9.30am to 4pm. Cost \$60 waged, \$49 unwaged, contact John 021-184-8661

Honour your wellness: One-day retreat. 27 Kaka Street, Ahipara. \$100 Ticket. Empowered Health One Day Retreats were created for you to get in touch with all parts of yourself. Starts at 10am. For more information visit: www.eventbrite.com.

MON 6 MAY

Soap Making: Learn how to make your own with the Eco Centre's Crafty Monday programme. Held at the Eco Centre, Bank St, 1-3pm. Koha entry, no booking required. Meditative Yoga classes: Held on Mondays from May 6 to June 10 at Coopers Beach, 5-6.15pm. \$60 for six weeks or \$12 for casual sessions. Contact Lucia 021-266-9464. Open Rhythms Dance: for stroke and other conditions. Kaitaia Hope Church at 10.30am.

Music in the Atrium: Te Ahu atrium, 10am-4pm. https:// www.facebook.com/ events/294050237931290/

Toastmasters: 7– 9pm in the Kukupa room at Far North REAP, 33 Puckey Avenue, Kaitaia. For more information, contact Tony on 027 200 6131

WED 8 MAY

Alzheimers Northland Carer Support Group: Second Wednesday of every month until November. Hope Christian Centre, 236 Commerce St, Kaitaia. 10am-12pm Ph 408-1123.

THURS 9 MAY

All about Anxiety workshop: Presented by Parent to Parent. 7-9.30pm Far North REAP, Kauri Room, Puckey Avenue Kaitaia.

FRI 10 MAY

Quiz Night: Kaitaia College Europe trip 2019. \$150 for table of six, includes nibbles. Meals and beverages available for purchase. Tickets available at the College office during business hours.

SAT 11 MAY

Pre-Mother's Day Cocktail special: Live entertainment "Soul Sisters". Herekino Tavern, 25 Whangape Road, Herekino. Spot prizes, fun and games. Open from 11am til late.

SUN 12 MAY

Mother's Day Celebrate Mother's Day at Beachcomber Restaurant: Open for lunch and dinner. Bookings essential. Visit their Facebook page to view their special menu and deals.

Ayurvedic head and foot massage: ly Flowers and RSA. Workshop held at Coopers Beach 9.30am-3.30pm, followed by an optional refresher class on Sat 18 May. Cost \$69 for first class, \$25 for refresher. Contact John 021-184-8661 or Lucia 021-266-9464.

White Locket Boutique Photography Grand opening: 10am-3 pm, 4c Bank Street, Kaitaia. Bring Mum along for one free digital photo sitting and to view the new studio.

13-19 MAY

Hospice Awareness Week

MON 13 MAY

Open Rhythms Dance: for stroke and other conditions. Kaitaia Hope Church at 10.30am.

Parenting with Peaceful Power: 2day workshop based on the skills and principles of Nonviolent Communication (NVC). Facilitated by Jocelyn Kennedy, Communication For Life. 13th & 20th May 9.30am-2.30pm Peria School \$75. Register with Peter from Far North REAP 0276305288. Free childcare available for over 3's.

THURS 16 MAY

Health promotion meeting: Catherine Bryham from Geneva Healthcare will talk about home and

community. Age Concern Kaitaia & Districts offices, 16 Commerce St, Kaitaia. 10am-12pm, all welcome, light refreshments provided.

Support Group: People living with the effects of brain injury and their families/ whanau/ carers and fiends. Far North REAP, 33 Puckey Avenue, Kaitaia, 10am -12pm. For queries: The Brain Injury Association- 09 459 5013

Health promotion: Community stroke advisor Lynelle Ngakuru will discuss the Stroke Foundation's FAST programme. Third Thursday of the month, Age Concern Kaitaia & District office at 16 Commerce St, Kaitaia, 10am-12pm. Free, light refreshments provided. Phone 408-2997.

SAT 18 MAY

A Bright and Bold social: \$35 ticket includes door charge and food platters throughout the evening. Venue: RSA Kaitaia. Live Band Kurfew. Auction and proceeds go to Far North Community Hospice. Tickets available from Hospice Office on Matthews avenue, Essential-

TUES 21 MAY

NZ Book night: Go to https:// www.bds.org.nz/booknight.html to find an event or spend 15 mins reading at home and log your name here https://www.bds.org.nz/ booknight.html to be counted as part

of the big event. BPW Kaitaia: Business & Profes-

sional Women Kaitaia, improving the quality of life for all women and girls. Dinner meetings third Tuesday of each month in Kaitaia, 5.30pm arrival. Set menu \$30pp. Booking essential, phone Pam on 408 0556, email bpwkaitaia1987@gmail.com. Toastmasters: 2nd and 4th Tuesday of the month. 7–9pm in the Kukupa

room at Far North REAP, 33 Puckey Avenue, Kaitaia. For more information, contact Tony on 027 200 6131

WED 22 MAY

National story time across NZ and

AUS: 10.30am, no charge. Come to Kaitaia Library to be part of the Big Read. Stories and activities suitable for 5yo and under.

THURS 23 MAY

Open Rhythms dance: Mangonui Hall at 7.30pm

FRI 24 MAY

Landslide - Fleetwood Mac/Stevie Nicks tribute show. Collards.

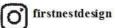
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May events continued

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, family \$20.

MON 27 MAY

Open Rhythms Dance: for stroke and other conditions. Kaitaia Hope Church at

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.

WED 29 MAY

2019 Northland Careers Roadshow. From 9.00am to 3.15pm at Te Ahu. Approximately 50 Tertiary Providers will attend. Entry is FREE. Spot prizes and interactive activities will also be part of the day. Ms Sally Lockie 021 254 6710 or slock-

ie@kaitaiacollege.school.nz.

Sight impairment support group: For people who are losing their sight. Last Wednesday of the month, Te Ahu Ballroom, Kaitaia, 1-3pm. Phone David 408-4135 or 021-178-8370.

FRI 31 MAY

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

31 MAY-4 JUNE

Natural Ease and Mindful Liv- 1-2 JUN: Taipa Stock and Saloon ing: Four-day silent residential retreat facilitated by Rachel Tobin. Tushita Mystery School Hermitage, 1334 Oruru Rd, Peria. \$400 +koha for teacher, includes accommodation and vegetarian food. Go to tushitamysteryschool.co.nz or ph Damalaya 021-208-3485.

31 MAY - 2 JUNE

Pukenui Pacific Ladies Fishing Competition: Fishing starts Friday 6pm and ends Sunday 1pm. Snapper only. \$50 Tickets can be purchased at Pukenui Pacific Café and Bar, 4 Lamb Road, Pukenui, For More information contact Frano 09 4098816.

SAVE THE DATE

Car Club two-day race. 7 JUN: Support group for Children with learning difficulties. **12 JUN:** Alzheimers Northland Carer Support Group 14-16 JUN: Open Pantry Kai

27 JUL: Baby Baroque Free Kids' Concert.

The last month of Autumn bliss

May is full of fun and exciting activities for all. The annual Salvation Army Red Shield Appeal starts us off with the volunteer collectors hitting the streets for donations.

There are numerous network groups covering a variety of information, to help support the dynamic needs of our community. Some worth mentioning are the Developing Brain—The Big Picture held at the Kaitaia College, All about Anxiety workshop happening at Far North REAP and Parenting with Peaceful Power, a two day workshop held at Peria School, just to name a few.

Mother's Day is always an opportunity to shower mum with unconditional love and appreciation. Have a look at the options in the Kaitaia Connect—connecting communities in Te hiku, to provide some inspiration. Although, specking as a mother, sometimes just waking up to a hot cup of coffee and some time to myself, is just as special.

Those looking for some entertainment, will find plenty on offer. Kaitaia Metalfest2, Quiz Night, Pre-Mother's Day Cocktails at Herekino tavern and the Bright and Bold Hospice social all plan to

produce a evening not to forget.

We encourage those with children to participate in the NZ Book night to spend 15 minutes reading at home. Further details to register are in the Kaitaia Connect.

With the colder mornings and evenings, heaters start to be pulled out of the closets. Be prepared to see a slight increase in your monthly power bill when using electronic heating devices. Beneficiaries and those on superannuation will have an increase with the Winter Energy payment starting on the 1st May until the 1st Octo-

Increasing your weekly energy payments could help cover the increased power consumption and ensure that there are no nasty surprises at the end of the month.

We end our month with the Pukenui Pacific Ladies fishing competition and World Smokefree Day. If you are wanting to take the step to quit smoking the lovely kaimahi at Te Hiku Hauora are happy to help. Contact 09 408 4024 for more information.

Have a great May!



Safety first makes for happy hunters

The first weekend in May sees the opening of the shooting season. This is a sporting highlight for many but sadly there have been many shooting seasons marked by firearm accidents and deaths. Shooters and their companions are reminded to follow the rules for the safe use of firearms. 1. Treat every firearm as loaded. 2. Always point firearms in a safe direction. 3. Load firearm only when ready to fire. 4. Identify your target beyond all doubt. 5. Check your firing zone. 6. Store firearms and ammunition safely. 7. Avoid alcohol or drugs when handling firearms. The New Zealand Police have also reminded hunters to 1. Safely secure firearms in the Mai Mai to avoid accidents. 2. Be aware of your firing zone when shooting and 3. Avoid alcohol until after the hunting when everything is safely locked away. The 2019 Game Bird Hunting guide regulations and hunting areas booklets are available at Riders Sports and Kaitaia, Hunting and Fishing. Happy hunting everyone.

Kaitaia Connect is proudly produced by Kaitaia Community House. For event listings or sponsorship, please contact the community relations officer on 408-0026 or denise@kfbs.co.nz before 21 May. While we make every effort to ensure accuracy, we take no responsibility for incorrect or cancelled events.

Photo Credit: McVay Lloyd