



Not a job, but a passion!

ADVERTORIAL

The last 18 months have been an incredible journey for TopGate Marketing and its Kaitaia based owner Abbey Duncan-Hughes. A passion for ‘clear marketing that makes sense’ being what she credits as the fuel for her success.

In 2017 Abbey saw an opportunity to not only share her marketing experience and knowledge but also simplify how Northland business owners could access effective marketing services. There were lots of agencies (many Auckland based) offering single services like web design or social media management, but nothing with overarching marketing expertise.

“I kept seeing businesses invest in sporadic activities or campaigns, without a wider strategy or way to track success - many were understandably frustrated. It was time to share a higher level approach, that was more transparent, productive and cost effective.”

Abbey now provides a range of key marketing services to support Northland business owners, including marketing strategy creation, brand planning, website design, advertising management, social media support and 1-2-1 marketing training. She is also a registered provider with the Regional Partner Network business support scheme.

“I am thrilled with the response I have had from business owners and have been working alongside some fantastic new ventures as well as helping established businesses take things to the next level. It’s so rewarding to be working here in Kaitaia - as with anything that you truly enjoy, it’s no longer a job or a task - it’s a passion!”

Find out more about how Abbey and TopGate Marketing can help boost your business – www.topgatemarketing.co.nz or call 09 929 6706

MATARIKI

Matariki is a time to gather with family and friends to reflect on the past, celebrate the present, and plan for the future. In the past two decades Matariki has become a nationwide phenomenon, with numerous events occurring each winter to celebrate the pre-dawn rising of this star cluster. Our modern observation of Matariki is helping to embed this celebration within the consciousness of the general public, and it is becoming part of our wider Aotearoa identity.

About Matariki?

Matariki is a star cluster which appears in the night sky during mid-winter. According to the Maramataka (the Māori lunar calendar), the reappearance of Matariki, brings the old lunar year to a close and marks the beginning of the new year.

Tohunga (spiritual) experts looked to the Matariki star cluster to find out how abundant the upcoming year’s harvest would be. Bright, clear stars promised a warm and successful season. Hazy stars, however, warned of cold weather and poor crops.

Iwi across Aotearoa celebrate Matariki at different times according to when its return is observed from their rohe (area). To some Iwi the new year in mid-winter was signalled by the dawn rising of Matariki (the Pleiades), while to others it was the rising of Puanga (Rigel in Orion). Matariki or Puanga can be seen pre-dawn in the north-east of the sky, just above the horizon from mid-June to early July.

**Manawa maie te putanga o Matariki
Manawa maie te ariki o te rangi
Manawa maie te Mātahi o te tau**

**Hail the rise of Matariki
Hail the lord of the sky
Hail the New Year**

(Sourced by Dr Rangi Mataamua- The Astronomy of Matariki) (Matariki Festival: Te Awhiorangi, Navigation by the Stars)

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July Events

MON 1 JULY

ZUMBA: Every Monday @ Taipa school 6-7pm. First class free!

For more information visit

www.facebook.com/groups/farnorthzumba.

Crafty Monday: Every Monday in July as part of our Plastic Free July programme - 1-3pm held at the EcoCentre. Koha admission.

For further info about the nationwide plastic bag ban, visit

mfe@govt.nz

Crochet face/dishcloths and face wipes- Welcome's all to attend from 1-3pm held at the Eco Centre, bank st. For further details visit Eco Centre Facebook site or phone 408 1086

TUES 2 JULY

Matariki- Ki O Rahi Games

We have 25 schools and a total of 54 teams participating in this year's Matariki games held at Taipa Area School, Doubtless Bay begins at 9am till 2pm.

Pick up, drop off and parking is at the Eastern Rugby Clubrooms.

For further information contact Paulette Montino 4080141 or paulette@terarawa.co.nz

Taipa Area School will be pre-selling hangi (limited numbers).

Contact Leeanne leeannej@taipa.school.nz

Squid Night at Reel Rods Taipa, 6pm till 7.30pm, 562 State Highway 10, Taipa, New Zealand 0420

Chess: Tuesdays from 3.30-5pm in the Kaitaia Library

WED 3 JULY

ZUMBA: Every Wednesday @ Oruaiti school 6-7pm. First class free! For more information visit

www.facebook.com/groups/farnorthzumba.

Dealing with Anxiety & Emotional Regulation in Autism Facilitated by our Family Consultant Arletta van den Bosch - Family & Child Counsellor (Masters in Autism Studies) 9.30- 11.30am held at the Far North REAP office.

Outreach Afternoon - Kaitaia

Book a one-hour Outreach appointment with a CAF Family Consultant. Meet with one of our friendly, experienced consultants and discuss any issues or questions you have related to autism (eg. behaviours, school, anxiety, play, etc).

Spaces are limited. Held at the Far North REAP office, 12- 3pm.

Koha on entry for families \$50 incl GST for professionals (non-refundable registration fee)

THURS 4 JULY

Matariki Night Market, join Te Kura o Te Kao for a night of bargains and yummy kai. Fundraising for their trip to Wellington. Arts & crafts, raffles, auctions and kai stall. 5-7pm held at the school gym.

Sewing Bee: Making Kai-taia Kete shopping and produce bags which are sold in aid of the plastic Kaitaia 2020 campaign and the EcoCentre.

If you're a member of Timebank you can earn timecredits for helping out! 1-4pm. Far North REAP, 33 Puckey Ave, Kaitaia

Plunket Te Roopu Arahina: Grandparents raising grandchildren coffee group, 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.

FRI 5 JULY

Atamira Dance Company presents ONEPU

Te Ahu main hall 7-8 pm followed by a Q & A. Ticket purchases from Te Ahu or online at www.eventfinda.co.nz

Door sales on the night (cash only).

Parent support group: for children with learning or behaviour differences, first Friday of every month from 10am-12pm, Ministry of Education building 2-12 Commerce St, Kaitaia

At a Stroke Art Group meets weekly except during school holiday on Fridays at 10.30am at IHC garages, 1 Te Reinga Street, Kaitaia. If you have had a stroke come and join us under Tutor Jen Gay to improve coordination, create something beautiful and lighten your soul! No charge. Supported by the Stroke Foundation New Zealand. Phone Jen on 0210588890

SAT 6 JULY

Ladies Night: A hilarious and cheeky kiwi comedy held at the Ramada Resort, Taipa. Written by Stephen Sinclair and Anthony Mc Carten. Presented by Kerikeri Theater Company.

Director: Janna Sicely
Choreographer: Alannah Curtis
Live Music by: Scarlet Fever
Over 18s ONLY. Tickets available from iTicket

SUN 7 JULY

Waikawa Weaving Workshop brought to you by the Eco Centre from 10am-3pm, Sweetwater Rd, Lake Ngatu. For further information contact the Eco Centre on 4081086.

MON 8 JULY

Beeswax wraps

Welcome's all to attend from 1-3pm held at the Eco Centre, bank st. For further details visit Eco Centre Facebook site or phone 408 1086

WED 10 JULY

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

FRI 12 JULY

Plastic Free July themed film night with Transition Towns Kaitaia 6.30pm, at Far North REAP, koha admission

12-14 JULY

Yoga weekend retreat: facilitated by Johanna van Stratum. Tushita Mystery School, 1334 Oruru Rd, Peria. \$280, includes tuition, all food and accommodation. tushita-mysteryschool.co.nz or ph Damalaya 021-208-3485.

MON 15 JULY

Produce/bulk bin bags:

Welcome's all to attend from 1-3pm held at the Eco Centre, bank st. For further details visit Eco Centre Facebook site or phone 408 1086

TUES 16 JULY

Virtuoso Concert Liz Sneyd:

Music Teacher of the Year brings these students to Te Ahu, touring during the School Holidays 7-9 pm – Atrium

Free Concert

BPW Kaitaia: Business & Professional Women Kaitaia, improving the quality of life for all women and girls. Dinner meetings third Tuesday of each month (February to November) in Kaitaia, 5.30pm arrival. Set menu \$30pp. Booking essential, phone Pam on 408 0556, email bpw-kaitaia1987@gmail.com.

Parkinson's support group: Information and support for those with Parkinson's disease and whanau. Hope Christian Centre, Commerce St, Kaitaia, 11am-1pm including lunch from HOPE café. Held every third Tuesdays of the month Contact Vicki Sadgrove 09-437-6876, 0272-684-973 or educator.northland@parkinsons.org.nz

THURS 18 JULY

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 Vicki Herman on 09-459-5013.

SAT 20 JULY

Want to Skydive for FREE:

When you raise \$600 or more for Alzheimers Northland Dare someone else to dive, fund-raise as a team and nominate a colleague or boss to jump out of a plane. For more information please contact 0211749760 visit www.alzheimersnorthland.org.nz FB: [Alzheimers Northland](https://www.facebook.com/AlzheimersNorthland)

19 - 21 JULY

Being Present: A Mindfulness Meditation and Dances of Universal Peace Retreat with Amrita Bhakti and Prem. Tushita Mystery School Hermitage, Oruru Rd, Peria Valley. \$230 including accommodation and food, +koha/donation for facilitators.tushitamysteryschool.co.nz or ph Damalaya 021-208-3485.

MON 22 JULY

Making Furoshiki (traditional Japanese wrapping cloth): Welcome's all to attend from 1-3pm held at the Eco Centre, bank st. For further details visit Eco Centre Facebook site or phone 408 1086

TUES 23 JULY

Help Desk: Join members of the St John Medical Alarm team as they explain how a medical alarm could save your life from 10am- 2pm in the Atrium at Te Ahu

WED 24 JULY

First Home Buyers: You are invited to our seminar, held at the BNZ Kaitaia, 66 Commerce St from 5.30-7pm. Please RSVP online to secure your seat www.hazerealestate.co.nz

SAT 27 JULY

Baby Baroque – A Magical Day with Ruby May. Join NZ Barok and friends for a free, fun, dynamic 1 hour concert especially created for Children. 2.30 pm – Te Ahu Atrium Book free tickets through www.eventbrite.co.nz

Darts Tournament – Organised by Kaitaia Boxing Club 1 – 8 pm Email: kbclub2015@hotmail.com or Phone Shirley Williams 02102789896

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July events continued

SAT 27 JULY cont.

2nd Annual Game Hunters Dinner at Beachcomber Restaurant

4 course menu, guest speakers entertainment. \$50 tickets available in house or by arrangement. From 5.30- 9.30pm, Beachcomber Restaurant 222 Commerce Street, Kaitaia 09 408 2010

27- 28 JULY

The E Tū Whānau Rangatahi Film Challenge: Is an opportunity for rangatahi up to the age of 24 to create films that present

their perspective as young people in Aotearoa.

These FREE workshops are for rangatahi aged 12 – 24 of all skill levels, to attend. From 9am-3pm each day. You must attend both days of the workshop held at Far North REAP office, Kaitaia. Contact 4081380.

Weekend Meditative Yoga workshop:

Over two days from 9.30am-3.30pm each day. 25 Braemar Avenue, Coopers Beach Fee \$100 for the weekend or \$60 per day. Please contact Lucia 021 266 9464, peacejour

ney@hotmail.com or [FB Luciasyoga LovinLife](https://www.facebook.com/Luciasyoga)

MON 29 JULY

DIY cleaning products: Welcome's all to attend from 1- 3pm held at the Eco Centre, bank st. For further details visit Eco Centre Facebook site or phone 408 1086

WED 31 JULY

Only Love is Real: How to recover Peace of Mind and Joy in your life. Course provides a set of simple mind lessons that can lead you back to the Real Life with full

spirituality. Starts from 6-7.30pm held in Mangonui for more info www.shamare.com

31 JULY- 1ST AUG

Carer Education Sessions From 10am -1pm, on both days, Hope Christian Centre 236 Commerce St. These sessions are for whanau/family members caring for a loved one at home. Registrations with Alzheimers Society Northland 09 4387771, email, www.alzheimers.otr.nz/northland, or contact Ria in the Kaitaia Office, 09 4081123, 0274427258.

Disability Networks

CCS Disability Action: They provide the Disability Car Parking permits. They have field officers that work in the Far North area. Their offices will not be open on a Friday anymore. Warning the old orange card is no longer in use. You will get a fine of \$150.00 if you are still using it. Phone 09-437 1899 for more information

Community Stroke Advisor: Anyone who would like education and support please make contact to Lynelle Ngakuru. Email far.north@stroke.org.nz 0800 566 383 or 027 223 3843.

Arthritis: Those with arthritis, osteoarthritis and gout etc wanting information and or help with pain management Phone 0800 663 463

Sight impairment Group more information phone David Senior 021 1788370.

Idea Services: Run two homes here in Kaitaia and offer vocational services and support independent living programmes, phone 09-470 2000 for more details www.epilepsy.org.nz or freephone 0800 37 45 37

NorthAble: Has disability equipment which can be purchased at Kaitaia Far North Pharmacy call 09-408 0851

THE POSITIVE LIFESTYLE PROGRAMME

This programme has been specifically designed to enhance participants self-awareness, and to enable them to gain a better understanding of personal life skills.

The Positive Lifestyle Programme consists of 8 weekly sessions, with trained facilitators:

1. Self-awareness
2. Anger
3. Depression & Loneliness
4. Stress
5. Grief
6. Assertiveness
7. Self-Esteem
8. Future Directions

For further information please contact Far North Corps on 09 4080795, 100 Commerce St Kaitaia

School Holiday Program's

Flourish Kaitaia

Kaitaia Primary School Hall SPACE: 8th July- 12th July

Morning, afternoon tea & a cooked lunch is all provided in the price. Bring your own drink bottle.

EARLYBIRD \$150.00 (Week)

EARLYBIRD \$35.00 (per day)

(Early bird to be paid 2weeks prior to programs starting)

STANDARD \$175.00 (Week)

STANDARD \$40.00 (per day)

For more information call Ruth 022 680 7241 or email flourish.asck@gmail.com

Book now at

flourishafterschoolcare.aimyplus.com

Safer Communities

Two week holiday programme

The programme runs in Kaitaia for young people between the ages of 5-13 years of age. We offer onsite and offsite activities throughout the two weeks. Fees are \$29.25 per day.

Childcare Subsidy is available for those eligible. If you're not eligible for subsidy, we have Working for Families discounts available on request.

You can register online at FB: Youth Innovations, FNSSC or come into the Building Safer Communities office at 5 Puckey Ave, Kaitaia, or contact Nancy on 021 746 759, nancy@buildingsafercommunities.co.nz

HIPPY MID YEAR ENROLMENTS

For: 3 year old tamariki/children to start in Term 3

What: HIPPY – Home Interaction Programme for Parents and Youngsters gives parents, as their child's best and first teacher, the skills they need to have a successful start at school

Cost: Everything is FREE: Free story-books, workbooks, HIPPY Box, stationery and a weekly visit by a tutor who is a Kaitaia parent doing HIPPY with her child/tamariki.

How: Text Kate on 0226576369 or 0800 Te Rarawa Check us out on FB – HIPPY Kaitaia.

Kaitaia Connect is proudly produced by Kaitaia Community House. For inclusion in the next edition's event listings, or sponsorship, please contact the Community Relations Officer on 408-0026 or jolene@kfb.co.nz before 17 July. While we make every effort to ensure accuracy, we can take no responsibility for incorrect information or cancelled events.