



KAITAIA CONNECT

Connecting communities in Te Hiku

July 2021– Winter



Matariki and new beginnings

It's hard to imagine that this time last year, many events hadn't happened due to Covid-19. We have now moved into a new normal and this edition of **Kaitaia Connect**– *connecting communities of Te Hiku*, has a strong connection to Matariki, the Maori New Year.

Traditionally, Matariki is a time to remember those that have passed in the last year. But it was also a happy event, as harvested and stored crops, seafood and birds ensured a full storehouse. With plenty of kai stored, Matariki was a time of singing, dancing and feasting.

In this edition, you can find community Matariki events held by both Te Kura Kaupapa Maori o Pukemiro and Ngati Kahu Social and Health services. Filled with music, performances, kai, art and much more, both events will be well worth attending.

The Artisan affair is also a midwinter celebration of food, wine, arts and crafts. Being held on the 16th and 17th of July, this event would also be worth penning into your diaries.

The end of the school term is quickly coming with the school holidays starting on Saturday the 10th July, until Sunday the 25th July. This is a time to pull out the arts and crafts to entertain the young ones. Keep with the theme of Matariki and create stars of many shapes, textures and colours, to spread throughout your home. Baking to share with loved ones is a lovely opportunity to visit and share stories, but remember if the children are unwell, best to stay home. Indoor picnics at home, are a great alternative.

Flourish Holiday program is always a winner for Mums and Dads needing to work through these holidays. Contact Ruth and her team to talk about the options they have available.

The Kaitaia Connect and Community House team are taking this opportunity to reflect on the changes that have happened over the last year and to thank those that make this free community newsletter and Community House continue to operate. Huge thanks to Ministry of Social development, Ministry of Education, ERANZ, Lottery Community Grants and COGS for the ongoing support.

Our operation wouldn't be successful without the individual support of local heroes within our community. Enormous gratitude is given to Margaret Taurere, Roger Gale, Robin Shepherd, David Senior and Richard Renwick for governing our community organisation.

The Connect and Community House team would also like to give thanks to those that have moved on from the house this year. Earlier in 2021, Nora Smith retired from Alzheimer's Northland after being located here for 10 plus years. Alesha Norman will leave us on the 2nd July, after serving 2 years as our Kahukura, to return to work closer to her home in Waima.

Both wahine have contributed to our community in numerous ways and we wish them well for their future endeavours.

“Matariki has now begun
Seven stars shine as one
Seven sister shining clear
Above the horizon now appear
Ushering in Aotearoa, New Year”

Raewyn Flay



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Time For A Treat!

Healing • Massage • Energy Work • Martial Arts

SUNDAY 4 JULY
1PM - 4PM
ST. JOHN'S HALL
COOPERS BEACH

For pricing and scheduling, please contact individual practitioners directly.

TE KURA KAUPAPA MĀORI O PUKEMIRO

Matariki GALA

Art sales • Kēmu • Bouncy castle
Giant Slide • Obstacle course
Raranga Raffles • Mini Jeep rides • Kai Stalls • Chair-o-plane • decals
Tukutuku auction and much more.....

Bring your friends, whānau and wallet
Friday 09 July
12.00pm-5.00pm

10/07 2021 Pānui 2

Taumata whakairinga kōrero ki Tūāhu

Wānanga Whaikōrero

Hei whakamōhio noa!
Kua whakapūmāutia te marae o Tūmoana, TKKM o Pukemiro
Tūmoana marae is now confirmed as the venue

Kua tata ki ngā tūranga, heoi e wātea tonu ana wētahi.
There are still a few spots available. All levels welcome.

To register please email: tuahureo@gmail.com

Ngā kaitautoko matua:

TE REO TE RAARANA

Te Mātāwai

Whakaangi

Wāhi: Tūmoana, TKKM o Pukemiro
Te Rā: 10 o Hōngongoi, 2021
Te Wā: 9am-5pm
Utu: Horekai, mā tāu rourou, mā tāu rourou

Ka wātea te whare ā ngā pō o te 9 me te 10 o Hōngongoi.
Accommodation is available at the marae on the 9th and 10th of July.

Regular events

MONDAY

Zumba: Every Monday. Taipa School Gym, 578 State Highway 10, Taipa. 6-7pm. \$8 per class or a \$35 punch card for 5 classes. First class is FREE! For more info contact Jocelyn 020 4092 2575.

Whare Manaaki: Every Monday. 11am-2pm, our youth nurse prescriber and youth worker are at Whare Manaaki, Ahipara. They offer a FREE & CONFIDENTIAL service to all ages but would love to see more youth utilizing this free service.

TUESDAY

Alcoholics Anonymous: Is Alcohol costing you more than money? We can Help! Every Tuesday. 7pm start. St Andrew's Church Hall, Colonel Mould Drive, Mangonui. For more info contact: 0800 AA WORKS.

Feed My Lambs: A place for mums to get together to korero, learn and share food with one another. Every Tuesday. 11am. Contact Lucy on 027 3581925 or email: lu-cy@rongopaihouse.org.nz

Kanikani Kids Dance: Every Tuesday from 9.30am, Far North REAP. \$5 per child, first class is Free. Check out the Kanikani Kids Dance and Parties facebook page, for more info.

Legacy Sisterhood: Transforming Women to overcome Domestic Violence, Anger, Substance abuse, depression, relationship issues etc. Every Tuesday at 12 Puckey Avenue, Kaitaia. Contact 0800 110582 or visit facebook page Man up and Legacy Muriwhenua for more info.

WEDNESDAY

Zumba: Oruaiti School, 2554 SH10, Mangonui. 6-7pm, every Wednesday. \$8 single class, 5 classes for \$35. First class is FREE! For more info contact Jocelyn 020 4092 2575.

Aikido: Every Wednesday. Adult classes. Defence Arts. Ki Development. Relaxation Techniques. Kaingaroa Hall, 5:30 - 6:30pm. \$6 per lesson. Contact: Sensei Kirk Hargreaves on 0212061486.

Playgroup for pre-schoolers: Every Wednesday. 0-5 years of age for children with additional needs. Ministry of Education, 2-12 Commerce Street, Kaitaia. Contact Uschi on 09 408 6937.

FRIDAY

Modern Jive for Fun & Friendship: Every Friday in Mangonui Community Hall. Adult Beginners class 7:30-8:30pm, practise till 9pm. No need to book, just turn up. Singles and couples welcome. \$10 per person. Contact Linley 027 4846791.

SATURDAY

Mangonui Craft Market: Every Saturday. Mangonui Memorial Hall, Waterfront Drive, Mangonui. 9.00am - 1.30pm. Contact: Judy

Wells, 09 406 0236.

Kaitaia Saturday Market: Every Saturday. Old warehouse carpark, Matthews Avenue, Kaitaia. 7am - 12 noon. Contact: Carol, 021 1831655.

July 2021

THU 1 JULY

Advance Care Planning for our People by the People of Te Tai Tokerau: This training is targeting Nursing and Allied Health professionals, but is available for anyone working in health who would like to know more about Advance Care Planning. From 10:30-12:30, for more info visit <https://education.mahitahihauora.co.nz/> to register.

Parent/caregiver Support group for Autism: Ministry of Education building, 2-12 Commerce Street, Kaitaia. 10am -12 noon. For more info contact: Uschi on 09 4086937 or 021 240 6616.

FRI 2 JULY

Matariki Celebration: Delivered by Ngati Kahu social and Health services. Free Entry. Kai, performances and stalls. Te Ahu Centre, Kaitaia. 10am-2pm.

3-4 JULY

Silent Insight Awareness Meditation Retreat-3 day: A simple, practical and profound practice that encourages us to become the impartial observer of one's self. For more info visit <https://www.tushitamysteryschool.co.nz/iam-meditation-retreats/>

SUN 4 JULY

Time for a Treat: Healing, massage, energy work, martial arts. 1-4pm. St John's Hall, Coopers Beach. For more info visit: <https://www.facebook.com/photo?fbid=1234182157046998&set=g.278421698966446>

TUE 6 JULY

Herd the News?: Its Calving Day at Farmlands. Representatives from FMG, Milligans, NRM, Property brokers and Donaghys. Food truck and games. RSVP by 30th June at Kaitaia.branch@farmlands.co.nz or 09 4084031.

Plus Club: Want to learn how to upcycle or mend your clothes? Save money and the environment? Once a month club. At @Ano Ano, 6 Bank St, Kaitaia. Koha appreciated. 5.30- 6.30pm. For more info pop into Eco Centre or email info@ecocentre.co.nz.

TUE 8 JULY

Business and Professional Women: Doubtless Bay. Monthly meeting. Mill Bay Yacht Club, 5 Silver Egg Rd Mangonui. Meets on the 2nd Thursday of every month. From 6.30-8.30pm. Cost:\$35. <https://www.bpwnz.org.nz/event/monthly-meetings-doubtless-bay>

8-9 JULY

Te Pito o Te Ao: Korero around the Maori birth practice, use of wahakura, rongoa maori and muka. Te Hiku Hauora, 49 Redan Road, Kaitaia. 0800 808 4024 for more info. 9.45am—3.00pm.

WED 9 JULY

Matariki Gala: Art, Bouncy Castles, Kai Stalls and much more. Te Kura Kaupapa Maori o Pukemiro. 12noon—5pm.

THU 10 JULY

Taumata whakairinga korero ki Tuahu: Wananga Whaikorero. Tumoana Marae, TKKM o Pukemiro. 9am-9pm. Accommodation available at the marae. To register email: tua-hureo@gmail.com

10- 25 JULY

SCHOOL HOLIDAYS

12-16 JULY

Flourish Holiday Program: Limited spaces. 8.15am—5.15pm. 5 Church Road, Kaitaia. For more info visit: <https://www.flourishpuawai.nz/>

WED 14 JULY

On Top Toastmasters: Would you like to improve your speaking and listening skills? Meet every second and fourth Wednesday of the month via zoom or in person. For more info contact Peter: 0212503847 or email ontop@d112tm.org.nz or visit www.facebook.com/finebunch

FRI 16 JULY

Addiction 101: Blueprint for Learning training reflects a philosophy of recovery and empowerment using best practice to help people become full and active members of the community. Far North REAP, Kaitaia. Free of charge. 9am—4.30pm. For more info visit: <https://www.blueprint.co.nz/>

16-17 JULY

Artisan Affair: Midwinter celebration of food, wine, art and crafts. Te Ahu Centre, Kaitaia. 16 July 12noon-6pm. 17 July 9am-4pm.

TUE 20 JULY

Mate Wareware: Interested in mate wareware (dementia), come and listen. 9am-12 noon. Te Ahu Centre. Free admission. For more info visit: matewareware.co.nz

Business and Professional Women: We meet on the 3rd Tuesday of each month at the Orana Motor Inn. We have fellowship for the first half hour then a dinner, guest speaker followed by a short meeting. 5:30 at 238 Commerce Street. Cost-\$29

FRI 23 JULY

TIK TOK meet ups: Meet Up with amazing NZ Tik Tokers. 3:30pm at Set Apart Dance Company, 3 Taaffe St, Kaitaia. Free event. No Drugs and Alcohol permitted on these premises. For more info visit <https://www.facebook.com/405552067882242>

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SAT 24 JULY

AWOL TikTok Birthday: DJ Vemon at Kauri Arms Tavern. Mass Tik Tok dancing and drinking games. \$5 pp. 30 VIP Tickets at \$30 pp. 8.30pm. For more info visit <https://www.facebook.com/events/950678625744714>

MON 26 JULY

SCHOOL RETURNS

"Fun with Foilage" Landscape design: Kaitaia Floral Art club. Pat will demonstrate a "Decorative Panel". Raffle and trading table available. Tea and Coffee provided. BYO Lunch. 10am—2.30pm. For more info visit: <https://www.facebook.com/events/3076858302453046>

30 JULY— 2 AUG

Nourish and Restore Retreat: Come and join us at Doubtless Bay Retreat. A relaxing and restorative weekend. For more info visit https://allevents.in/mobile/amp-event.php?event_id=10000152233589765

Save the Dates

SUN 1 AUG

Summit Forests Kaitaia Run/Walk: This is a fun event with options to run or walk either the 12.5km or 4.6km course. The course starts and finishes at the Te Ahu Centre. For more info visit <https://mynextchallenge.co.nz/events/run/summit-forests-kaitaia-runwalk/>

MON 23 AUG

"Dried Beauty" Decorative Panel: To be done on the Day. Bring dried plant material to share! Demo by Raewyn H. Raffle & Trading Table. BYO Lunch, Coffee/Tea Provided. For more info visit: <https://www.facebook.com/events/1673253453064472>

THU 23 SEPT

Wonderland Glow Show: Te Ahu Centre, Kaitaia. For more info visit: <https://www.eventfinda.co.nz/2021/wonderland-glow-show/kaitaia>

15-16 OCT

GR8-X Fishing Competition: Overnight surf casting competition. Check out [facebook.com/GR8XComp](https://www.facebook.com/GR8XComp) for more info.

SAT 26 FEB 2022

Bamboo festival: We will be holding workshops between now and Feb to show how bamboo is harvested and used in crafts, buildings, food and music. All in preparation for the Feb 2022 Festival. If you are interested in being involved contact the Eco Centre on 09 4081086 or John on 09 406 7774.

Te Pito o Te Ao
"The Center of My Universe"

Korero around the Maori birth practice, use of wahakura, rongoa maori and muka.

Maori labour
Parenting support
Making ipu whenua

Sharing and Caring Space

(Thursday) (Friday)
8th & 9th July
9:45am - 3:00pm

Te Hiku Hauora,
49 Redan Road, Kaitaia
0800 808 4024 for info

Register Online



<https://community.northlandhb.org.nz/hapu-wananga-registration/>

I'm
DRY this
JULY

Dry July is a fundraiser that challenges you to go alcohol-free and raise funds for New Zealanders affected by cancer.

The funds raised by participants of Dry July 2021 will help Look Good Feel Better NZ, Bowel Cancer NZ, PINC & STEEL NZ and Prostate Cancer Foundation of New Zealand improve the comfort, care and wellbeing of people affected by cancer.

That's something not to drink to!

Emergency Contact Numbers

Police, Ambulance and Fire Bridge: 111

Lifeline: 0800 543 354

Youth line: 0800 376 633

Crisis Helpline: 0508 828 865

Health line: 0800 611 116

Money Talks: 0800 345 123

Problem Gambling: 0800 664 262

Work and Income: 0800 559 009

Inland Revenue: 0800 775 247

PLASTIC FREE JULY

**LEARN ABOUT CLOTH NAPPIES:
WHY THEY ARE GREAT FOR BUB, THE
WHENUA AND ARE EASY TO USE!**

**BE PART OF THE PLASTIC FREE
REVOLUTION**

**WOULD YOUR CENTRE LIKE TO HOST A FREE
WORKSHOP...**

MINIMUM OF 15 PARTICIPANTS REQUIRED
AVAILABLE DATES - JULY 5TH OR 6TH

www.butternutbaby.co.nz

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Baby**

butternutbabywear@gmail.com
Helen Meisner phone 0211312458

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District Council**
Te Whānau o Te Wharewaka ki te Rau

Celebrating Our Community

MATARIKI Event

*Te Ahu Centre
2nd July
1-2pm-2/3pm*

FREE KAI | PERFORMANCES | STALLS

Nau mai, haere mai

**Ngāti Kahurangi and Health
Services
Inquiries**
0800 428 452
reception@ngatikahuri.co.nz

THINK **One tear is too many
Slow Down**

MATE WAREWARE

DATE: Tuesday 20 July 2021

TIME: 9am-12noon

LOCATION: Te Ahu Community Centre, Corner of State Highway 1 and Mathews Avenue, Kaitiāia

FREE ADMISSION.

Morning Tea provided.

SPEAKERS

Sir Richard Faull
International renowned brain researcher

Prof Ngaire Kerse
General Practitioner and specialist in Aged Health Care

Dr Makarena Dudley
Māori brain health researcher

**Nau mai,
haere mai!**

KŌRERO

If you are interested in mate wareware (dementia), come and listen to our kōrero!

- What happens in the brain when a person gets mate wareware?
- What can we do to help prevent mate wareware?
- What is involved in caregiving of a person with mate wareware?
- How can I access the Mate Wareware App?

www.matewareware.co.nz

**Brain Research
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**THE UNIVERSITY OF
AUCKLAND**
Te Wharewaka o Ōhaukai
NEW ZEALAND

**CENTRE FOR
BRAIN RESEARCH**

Kaitiāia Connect is proudly produced by Kaitiāia Community House. For inclusion in the next edition's event listings, or advertising, please contact the Community Relations Officer on 408-0026 or kaitiāiaconnect@kfb.co.nz before 19 July 2021

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