

Whangarei Leader

"Haka" by Patricia Grace was a finalist in this year's New Zealand Book Awards For Children and Young Adults. Pictured is a re-enactment of Te Rangikaea (Terani Matiu) hiding Te Rauparaha (Vincent Nathan) from his enemies. See more pics on P8.

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FROM THE EDITOR

Crime in parts of Northland seems to have gotten out of hand lately.

There's been a string of stabbings in Kaitaia, the most recent a 77-year-old man who died in Te Kao earlier this month.

There was also the massive meth haul, with almost 500 kilograms found on 90 Mile Beach. Police Association president Greg O'Connor has said Kaitaia police are under extreme pressure to try to keep the lid on a burgeoning gang and drug problem.

Kaitaia and the Far North are a symptom of the problem which has seen the police to population ratio in NZ slip from one officer per 515 head of population in 2014 to today's one officer for every 528 people, O'Connor says.

Police Commissioner Mike Bush has promised six extra police by next March.

Drugs and violence are often linked. Maybe methamphetamine has become more of a problem than we realise.

What do you think?

- Jenny

to do list

1. POETRY

Poetry appreciation six weekly classes from August 18. Whangarei Writer Vaughan Gunson explores English poetry at community education classes run at Kamo High School. Phone 09 3350889.

2. TRAINS

Miniature Trains at Heritage Park, Maunu from 10am-3pm, subject to weather. August 21. Run by Whangarei Model Engineering Club.

3. GATHERING

Mid winter gathering invitation to newcomers and migrants, August 28, 5:30pm at the Butter Factory. Free Pizzas and wedges.

4. MUSIC

An evening with Holly Smith, Water or Gold Tour, September 9. Profits go back to keeping OneoneSix operating. Phone 021 201 119 or email lyonnthorns@hotmail.com

5. HAWAII

Hawaiian Social Club, August 21. Storytelling, hula and cultural activities. Third Sunday of every month, 6.30-10pm, Salvation Army Hall, Aubrey St. Koha, all welcome. Phone 09 436 2332.

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CONTENTS

- 1-5** News
- 6** Letters
- 8** Out & About
- 13** Backyard Banter
- 14-15** What's On
- 16** Food
- 17** Dr Libby & Puzzles

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Mum grateful to off duty medic

DANICA MACLEAN

The first time Michelle Turner and Louise Herald met there were shocks, needles and plenty of compressions. The second time around, just plenty of smiles.

Turner, a 38-year-old mum, was taking the last shot in a game of indoor netball when she suffered a cardiac arrest.

“I just remember being dizzy and that’s it. Then I remember waking up to needles.”

The Whangarei woman collapsed on June 20 at ASB Stadium.

Herald, a St John volunteer emergency medical technician, had just turned up for her own game.

She says initially she heard someone asking if anyone knew first aid, and thought it was a netball injury.

“Then I heard someone say she’s going blue.”

Herald, a teacher aide by day, saw no one was helping her and she ran over. Turner was not breathing and had no pulse.

Aided by members of the public, Herald started compressions and sent someone to get the gym’s automated external defibrillator (AED).

Turner was shocked twice.

“We probably went for two minutes [with compressions]. You kept coming back, and re-

Volunteer emergency medical technician Louise Herald and Michelle Turner meet again under better circumstances.

arresting,” Herald told Turner when the two met again on August 12.

“You started trying to fight us off.”

She described seeing Turner again as “pretty incredible”.

“You just do what you do in the moment.”

Turner was grateful for the chance to say thanks.

“There are a lot of people I

want to thank but I don’t know who they all are.”

She says doctors told her she had blocked arteries and a swollen heart muscle but they were unable pin point what caused her cardiac arrest.

After an angiogram, Turner had five stents and an implantable cardioverter defibrillator (ICD) inserted.

St John Whangarei territory

manager Wally Mitchell told Turner she definitely had a lot of things on her side.

“Louise, people who could do good CPR, and being at a gym who had an AED. You did it (arrested) at a good place.”

He says good CPR keeps the heart and brain alive.

Turner is unable to drive for six months, but will return to work soon.

REGIONAL PLAN

Northlanders now have the chance to comment on the Draft Regional Plan. The new plan sets out how the region’s water, air, land and the coast are managed and it is designed to replace three existing regional plans which are now more than 10 years old. Various discussion sessions are planned around the region until September 20. Feedback on the Draft Regional Plan and catchment plans can be made until 5pm on September 23. Check dates and details on www.nrc.govt.nz/newregionalplan and www.nrc.govt.nz/waiorafedback

CLIMATE CHANGE

Northlanders will have the opportunity to learn about climate change and ask questions about how it will affect them directly from two of New Zealand’s top climate scientists. Professors Tim Naish and James Renwick’s ‘Ten things you didn’t know about climate change’ presentation will be held at NorthTec’s ILC Theatre on September 6 at 10.30am. These lectures are free and open to the public. Bookings to www.royalsociety.org.nz/events are essential.

CAN CAMPAIGN

A new national collection and education campaign administered by The Salvation Army in partnership with Wattie’s for New Zealand primary schools was launched on August 12. During the week of November 14-18 the campaign aims to collect more than 25,000 cans to restock foodbank shelves in the lead up to Christmas. Cans will be given to The Salvation Army for distribution to local foodbanks. Interested primary schools should register www.watties.co.nz/cansforgood

LARGEST GROWTH

New Zealand’s population grew by 97,300, or 2.1 percent, in the year ended June 2016. According to Statistics New Zealand this is the largest annual increase ever. New Zealand’s estimated resident population was 4.69 million at 30 June 2016. The last time we experienced population growth over 2 percent was in 1974. The record increase in population was driven by record levels of international migration.

Northland looking for strong start

DANICA MACLEAN

Northland are looking to start well in this year’s Mitre 10 Cup competition.

With a tough run of fixtures in the second week of the competition, coach Richie Harris says it is important to get a result against Manawatu first up.

“Our focus hasn’t got too far past the first game.”

Starting on August 26, the team go on a run of three games in nine days, bookended by traditional powerhouses Auckland and Canterbury.

Harris says within three weeks, they will have a fair idea about their season.

Last season the team went winless through ten games.

He says they are feeling “pretty au fait” with the new breakdown laws which will be used in the Mitre 10 Cup.

They were introduced to clubs and officials during the club rugby season in Northland.

“I’m pretty happy, our interpretation was pretty close to how they will be refereed during the Mitre 10 Cup.”

He says the biggest transition has been for the seven Super Rugby players in the team. “They’re really struggling with it”.

However he says it will be more of a problem for other teams in the competition who are laden with Super Rugby players.

The team kick off their season at Toll Stadium on August 19.

Northland’s Waisea Lawebuka challenges All Blacks Julian Savea in the Game of Three Halves.

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Fascinated by kiwi things

Reverend Sue White is a hospital chaplain. She moved to Whangarei three years ago, but has been a visitor for nearly a decade.

What do you like the best about Whangarei?

Everything! Really, I guess the music, art, talented people. It's amazing.

I also love the folks I work with – they are the best!

How long have you lived here and where are you originally from?

I have lived in Whangarei for three years and have been visiting for eight years.

My daughter married a young Kiwi man.

And I am originally from Indiana, America.

It is mostly farming country and I grew up in a town of 2000 “good folks.”

What do you like least and how can we fix it?

Rude drivers. But they are in every part of the world.

I almost “bought the farm” at a one-lane bridge up by Kai-taia.

Other than that I’m a good driver.

I just move over as soon as I can when the speedy drivers pass me while I’m doing 100kms and they’re clocking 120 plus.

But, the “Rudies,” they just need to grow some grace.

Where’s the best place to buy dinner in Whangarei?

I don’t eat out much.

We have a big family and can’t afford a lot of dining out.

I like the Jolt Café.

The garden fascinates me;

“I was raised in the Midwest of the USA and didn’t see an ocean until I was 26 years old. We didn’t eat fish unless it was canned and that was salmon.”

Reverend Sue White

well actually all the gardening fascinates me.

It’s not an American thing for the most part.

And who does the best fish ‘n’ chips?

I don’t know.

I really don’t do fish n’ chips.

You see, I was raised in the midwest of the USA and didn’t see an ocean until I was 26 years old.

We didn’t eat fish unless it was canned and that was salmon. So sorry I can’t really

comment any further.

Who is the Kiwi you admire most – and why?

I don’t really have a favourite Kiwi – I just enjoy the people, who for the most part are sincere, caring and lovely.

Oh, and I love the All Blacks. I want to learn to do the haka.

If I was Whangarei’s mayor I’d...

...Resign. I wouldn’t have gotten in to politics in the first place - its not for me.

When I’ve got a free few

hours I like to...

Talk, laugh, sing, eat, play Bridge, Canasta, Euchre, etc.

The spot in Whangarei I’d recommend to tourists is...

Drive any direction from Whangarei – or rather get someone else to drive so you can see the beauty of this land.

I think God lives here.

“Cattle on a thousand hills, green, green grass, water, flowers – gorgeous – breath taking.”

Sheep are interesting too – just never saw many sheep before.

My two cents worth:

I am blessed to be living in Whangarei, New Zealand.

It just feels good. It feels safe, loving, exciting and do-able.

Thanks, Kiwis, you have it all.

Duke is looking for a family to share his life with.

Handsome boy and loves kids

Duke has good basic manners, gets on well with children, other dogs and has been ok when walked through the cattery.

He is desexed, vaccinated, microchipped and up to date with his worm and flea treatment. He is a five month old lab x collie who would be a lovely companion for anyone who is looking for a family friend.

Note from the Desexing Clinic - We have been seeing our first cats in season come into the clinic. If your cat isn’t desexed, now is a good time to make that appointment with your vet. Desexing is the only way to stop unwanted litters. It also helps to stop the tomcats from fighting, spraying and roaming.

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Northern acts in Pacifica finals

ANNETTE LAMBLY

Two Northland acts have made the final nine in this year's Smokefree Pacifica Beats national finals.

To be staged on September 23 at the Raye Freedman Centre in Auckland, the competition recognises this country's unique cultural identity by ensuring participants incorporate Maori/Polynesian language, instruments, dance or movement in their performance.

It is New Zealand's only live, nationwide, original music youth contest with a Pacifica twist.

For Alien Weaponry it is the second year running the thrash metal band has made it to the finals and they are hoping to better last year's overall second placing.

The Waipu trio, brothers Lewis de Jong,14, (guitar/vocals) and Henry de Jong,16, (drums), and Ethan Trembath,14, (bass) are stoked the judges have once again deemed their unique brand of 'Te Reo Metal' worthy of a placing in the top six.

"We will just do what we have always done," Trembath says.

"Write good songs, practice heaps and stick together. We definitely want to win, but all the bands are really good and in the end it will come down to the judges' opinion.

Alien Weaponry will contest both the Pacifica Beats and Rock Quest sections of the national Smokefree Competitions.

"We initially started writing in Te Reo Maori because the elements of haka and Te Reo work really well with thrash metal, and we thought it would be something different for Pacifica Beats," Henry de Jong says.

"We got such an overwhelming response that we carried on writing more songs in Maori, so it is really cool to be recognised not just in Pacifica Beats, but in the

mainstream as well."

Alien Weaponry will also contest the Smokefree Rockquest finals at the centre the following night.

Two cousins from Whangarei have also made the final cut of the 700 acts that originally contested for the Pacifica event.

Competing as a duo act for the first time 'Huia & Zaia' will also perform their own original songs

at the competition.

Izaia Tilialo,17, and Huia Shortland,14, have been singing and playing guitar together for two years.

"It was initially for our own interest, but this year we had a bit more time to get some songs written and thought we would give Smokefree a try," Tilialo says. He says they will focus on reggae and R&B sounds for this competition.

LOOP CONNECTION

A park will be built this summer that will allow easy access between the Okara Shopping Centre and the Hatea Loop walkway. The \$425,000 Whangarei District Council project will link the shared path/cycleway network to the privately owned and managed Okara complex via an attractive recreation area. The park will reflect industrial and marine style features including a large sandpit, deck, shade trees and seating area.

NORTHLAND WINNERS

Four Northland properties were among the gold award winners at this year's Auckland/Northland region Master Builders Home of the Year Competition. Mitchell Builders won a gold in the Carter's New Home \$1-2m category for a home built at Paparoa. The GIB Show Home Award went to Whangarei builders Landmark Homes, Navigation Homes won gold in the Builder's Own Home award for a Kerikeri home and an Auckland company PSL Construction, won gold in the New Home over \$2m for a home built in Russell. Three other Northland builders were silver or bronze winners.

WARM WINTER

Northland has had temperatures in record regional highs in May, June and July this year and with one month to go is on course to post the warmest temperatures on record. NIWA is also predicting the August-October will likely bring more above average temperatures both locally and nationally.

SCHOLARSHIPS OFFERED

Hundreds of new undergraduate scholarships will be provided by the University of Auckland to help entry level students transition into university life next year. Applications are now open for four brand new scholarship types. University of Auckland Top Achiever Scholarships - value \$20,000; Maori Academic Excellence Scholarships - value \$20,000; Pacific Academic Excellence Scholarships - value \$20,000; Academic Potential Scholarships - value up to \$20,000. Applications for these scholarships close on August 23. Visit newscholarships.ac.nz

New club outstanding at nationals

DANICA MACLEAN

A Whangarei Brazilian jiu-jitsu club has returned from the NZ Gi Nationals with 10 medals - one for every month they have been open.

Nine children and four adults from the myBJJ Whangarei club headed to the August 6 competition in Auckland and they all came away with a fourth place finish or better in their respective divisions.

Five members of the same family all tasted success.

Isaac Lloyd claimed gold and his wife Sheree Beehre bronze in their divisions, while their children Donnie and Jaime also picked up gold, and Sieanna got bronze. Beehre says the results are "pretty awesome".

"There aren't many sports your whole family can do, and we all enjoy it.

"I think they're just as proud of us as we are of them."

The family affair doesn't end there. Roman Nathan got second while siblings Teegan and Trinity Nathan both finished fourth in their divisions respectively.

Sisters Savannah and Chelsea Bodman both picked up silver medals. Steve Andersen finished fourth in his division, while Brock Cameron won silver in his. Brennan Matheson collected a bronze medal for his efforts.

Head instructor James Cherrie says it is crazy to get the results they did. "We've only being doing this for 10 months now.

"It's pretty awesome."

Whangarei head instructor James Cherrie, back left, with all but one of the team who competed at the Gi Nationals.

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Conversations

“It would be good to have more police helping reduce crime rates in Northland.”

More police needed

New Zealand has been lagging far behind in the number of police officers we have committed to the front line.

The country desperately needs more police.

The Prime Minister says he might adjust police numbers depending on the population - well it is under National that the population has been going up rapidly.

The police are stretched. It's showing up dramatically in Northland but deploying 12 police from Auckland stations to handle the backlog is just another band aid.

Criminals are having a great old time.

Burglars have a 97 per cent chance of getting away with their criminal activity; we have a P scourge; Kaitia has blazed in headlines for all the wrong reasons.

Which town wants to be known as the murder capital of New

Zealand when you're living in such a wonderful environment with the wonders of the great outdoors on your doorstep?

We have police stations all over the north that have become 'ghost stations'.

“The police are stretched. It's showing up dramatically in Northland but deploying 12 police from Auckland stations to handle the backlog is just another band aid.”

Winston Peters

I checked under the Official Information Act and found at the peak of the holiday season last

December and January with thousands flocking to the area, of Northland's 22 stations including Whangarei, only seven had more than a single officer on continuous duty over four consecutive Fridays and Saturdays.

We learned also that since the National government came to power in 2008, reported criminal offences have leapt 66 per cent from 11,593 to over 19,274 last year.

But arrests over the same period have gone down from 3144 to 2735.

The government can massage the figures all they want, but these statistics give the public the true picture. We just cannot go on with the current levels of lawlessness.

A serious increase in police numbers will be a bottom line in any possible negotiations we might have in forming the next government.

Winston Peters
Northland MP

GET IN TOUCH ONLINE

“Which town wants to be known as the murder capital of NZ when you're living in such a wonderful environment?”

Winston Peters

Drugs ruining communities

Regarding the recent spate of crime in Kaitia:

I really feel it's the P drug doing this to our communities. People need to know how much their lives are worth living, and how precious they and their children's lives really are. Part of the problem is poverty too.

Sure we can blame the government, but it's not the government, it's these individuals that would rather buy drugs instead of caring for their families. They need to be educated and shown what this drug really does to people.

I love my family and my life. If there was a chance I could help people today in our communities it would be educating them about the P drug, and showing them how good their lives can really be.

Let's not let this drug ruin our people and communities.

Kathy Hall
Opononi

ONLINE CHATTER

Well done, Rylee and Georgie King. You should be very proud of yourselves. What a huge task for two little girls to undertake. Hopefully a franchise will read your story and donate something suitable so funds raised can go towards other things at the Whangarei Native Bird Recovery Centre. Terrie Aldred, Neighbourly

HAVE YOUR SAY

Letters must not exceed 250 words and must have your full name, residential address and phone number. Only your name and town/suburb are published. The editor reserves the right to edit correspondence. Email jenny.ling@fairfaxmedia.co.nz

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Out & About

Friends for the day Princess Leila and Darth Vader enjoyed searching for other characters. ALL PHOTOS: ANNETTE LAMBLY.

Ben Morton-Jones met the famous playwright William Shakespeare.

Seamstress Lily Max chatted with sisters Charlotte and Piper Jones and friend Kalia-Jane Sadler.

Storybook visitors appeal

About 200 children and their families took part in the annual Storytime Character Hunt held at the Whangarei Library on August 7. Over 20 storybook characters were to be found in the nooks and crannies both inside and outside the library.

The Town Mouse (aka Robert Pollock) and Malfoy (Suryadeep Diwan) were kept busy with inquiries.

Napoleon Bonaparte's Battlesaurus: Rampage at Waterloo was popular with visitors.

The Queen of Hearts gave all those who asked, the mayoral seal of approval.

Magdalene and Zillah (Gemma Morton-Jones and Lea Laybourn) were happy to be in character.

Snow White (aka Ella Sage) was very wary of her apple.

Cruella de Vil was on the hunt for puppies - lots of puppies.

Sir Edmund Hillary found this climb much easier than Mount Everest.

Plan Changes: calls coming in

About 20 calls are coming in each day from people wanting to know more about how 10 proposed plan changes will affect how they can develop their properties.

“We expect that to increase as people talk to each other and start looking at their own situations, especially regarding the maps we have on line. It can be a bit complicated to operate our mapping system, but we are very happy to walk people through the process over the phone or in person,” said WDC District Plan Team Leader Melissa McGrath.

“If we don’t speak to you in person on your first call please do leave a message, because we will be returning all calls.”

Seven of the District Plan changes will affect what can and can’t be done on rural land in the District in future, and three apply to minerals, landscapes and the coastal area.

“This is the one chance you will get over the next ten years to express your views about these matters by making submissions,” Mrs McGrath said.

Rural Plan Changes

Rural Area (PC85)

Rural Production Environment (PC85A)

Strategic Rural Industry Environment (PC85B)

Rural Village Environment (PC85C)

Rural Living Environment (PC85D)

Rural (Urban Expansion) Environment (PC86A)

Rural (Urban Expansion) Living Environment Zoning (PC86B)

In each environment (zone) certain activities are permitted and others are restricted. Full details of the locations, and rules for each area are now online and summaries have been sent to all affected property owners.

We are also notifying three other plan changes for submissions.

Resource Area Plan Changes

PC87 Coastal Area

PC114 Landscapes

PC102 Minerals

Information all these Plan Changes are now available on our website www.wdc.govt.nz/planchanges.

The closing date for submissions is 4pm on Tuesday 4 October 2016

Seeking advice

With 216,000 hectares of rural land in our District these plan changes will affect a huge number of people. We have written to 21,000 ratepayers to explain the plan changes and provide the information needed to make a submission.

Doubled the consultation period

Because we are expecting huge interest we have doubled the consultation period from the standard 20 working days to 40 working days.

Bear with us

If we can’t answer your call immediately, please either leave a message or try again in a few days. If you leave us a message we will get back to you as soon as we can.

Often questions will relate directly to individual situations. If you leave a clear concise message or email including your contact details and the address you are inquiring about, we can do some research for you before we get in touch.

Keep an eye out

Over the next few weeks we will provide more details on each of the Environments and what they mean, as well as answering some commonly asked questions. Keep an eye out for new stories here and on our website, www.wdc.govt.nz/planchanges, for further information.

Take part! Be involved!

What is a Plan Change?

The District Plan is the ‘rule book’ that manages land use and subdivision in the District. To keep our District Plan up to date we ensure every part of it is reviewed at least every 10 years. This process is required under the Resource Management Act 1991 (RMA) and helps to ensure the Plan keeps pace with changing community expectations and values, legislation and technology. This process is called a rolling review.

When Council proposes to change how the District Plan may affect your property we must notify a Plan Change. You have the opportunity to make a submission and a further submission on the proposed Plan Change, outlining your support or opposition and reasons why. Council will then hold a hearing on the proposal and the submissions received. All submitters who indicated they wished to be heard will be advised of the dates, times and places of the hearing. Any person who makes a submission may lodge an appeal to the Environment Court on the Council’s decision.

At Whangarei District Council this week we have the following vacancies:

- **Human Resources Adviser (12 month fixed term)**
- **Team Leader Support – Resource Consents**

Applications for the above vacancies close on Monday, 22 August 2016

For a full job description and an application form please visit our website on:

www.wdc.govt.nz/vacancies or phone us on **09 430 4200**

24 September 2016

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Civic Honours Award Ceremony 2016

Four members of the community received Civic Honours in the presence of their friends and family, Councilors and Kaumatua at Whangarei's most important annual civic event. The Civic Honours Awards are held every year. They recognise those citizens, who by their personal leadership, inspiration, sacrifice or devotion to a cause, have made a significant contribution to the community wellbeing of the Whangarei

District.

The 2016 Civic Honours Awards recipients were Rosemary Waters, Stuart Clark, Jeff D'Ath and Tony Solomon.

All four have strengthened and enhanced communities, and are considered by peers to be worthy of the highest honour Council can bestow on a resident.

Each was nominated by people who have seen what they have achieved,

known what they have sacrificed, witnessed the long hours they worked and their struggles and victories.

They are outstanding examples of what can be achieved by any resident who starts giving of their time, energies and talents today, and works at it one day at a time, responding to every need they see, for as long as he or she is able.

Contribution to the wellbeing and welfare of the elderly

Ruatangata Christian Fellowship, and has organised the popular Ruatangata District Carol Service for 14 of those years.

Other local churches have also benefited from her exceptional pianist skills and generous heart. Rosemary plays for the Maungatapere Church; funerals, weddings and christenings on request; as one of the pianists for the 4C's at the Central Baptist Church; and for 17 years she was the organist for the St John's Church choir in Maunu.

Word of her talents spread far and wide, and she was also asked to play for church services aboard the Queen Elizabeth 2, P&O cruise ships, a Greek cruise ship, and the Fullers Ferry to Oihi Bay, the site of the Marsden Cross.

As a living example of her Christian faith, Rosemary willingly gives of her talents to bring joy to those beyond her rich church life. For 12 years she has regularly played wartime and church music for residents of the Potter Memorial Home, and for four years has done the same for the residents of Radius Rimu Park and Puriri Court Rest Home and Hospital. She also plays for Cairnfield House, Kamo Home, Selwyn Park, River View Rest Home and Jane Mander Retirement Village residents, on request.

In times past, Rosemary was pianist for Maurice Moffat's home group, and continues to serve in that capacity for the Whangarei Central Community Care and Creativity group, the Warblers Christmas Carollers and the Ruatangata Women's Fel-

lowship, for whom she has acted as both accompanist and President for 15 years.

Hours of practice at home precede these performances, and she regularly learns new songs to add to her repertoire and maintain her listeners' interest.

For two years when her children were young, Rosemary devoted time to making school lunches at Kokopu School. She has also been a delivery person for Meals on Wheels for 14 years, and supported the work of overseas missionaries as a letter writer to raise awareness of need, and as a fundraiser through the collection of stamps for the Leprosy Mission.

She has been an avid supporter of the Waterfall Chapel, even volunteering to pay for power charges, and has offered her 'extra set of hands' to the Potter Memorial Home under Registered Nurse supervision during an extreme staff shortage.

Each of these services is delivered in Rosemary's characteristically unassuming, gracious and gentle manner, and out of genuine concern for the welfare of others. This, despite her own ongoing health issues and associated pain resulting from a farm accident 40 years ago and from which she was not expected to survive.

Rosemary Waters has conscientiously and selflessly contributed to her community over many decades, ever counting it a privilege to be asked to help and always willing and able to find the time.

Rosemary Isabel Waters

Rosemary Isabel Waters is recognised for her considerable contribution to the wellbeing and welfare of the Whangarei community, in particular the elderly.

Born in County Cork in the Republic of Ireland, Rosemary emigrated to New Zealand with her husband Adrian and four children in 1964. They moved to Kokopu to farm dairy and beef cattle, and it was here that her extensive contribution to the people of Whangarei began.

For more than 40 years Rosemary has played the organ or harmonium for the

Extensive contribution to the people and place of Hikurangi

gain improved access to the Yvonne Stewart Memorial Walkway at the northern end of the lake, and giving young people better access to the 'Waro rock' from which they enjoy jumping into the lake on summer days.

Part of a team consisting of locals, Council staff and businesses, Stuart has participated in a large number of activities aimed at developing and maintaining the lake over the last 15 years, and spends many hours of his own time clearing graffiti, vegetation and rubbish from the Reserve. So great has Stuart's contribution been to this local natural treasure, that he is now affectionately known around Hikurangi as the Kaitiaki, or guardian, of the lake.

Each day presents an opportunity for Stuart to contribute to his community, often with an early start. Before going to work on weekday mornings, he helps prepare breakfast for the children of Hikurangi School, giving them a sound and happy start to the day. He has been assisting with school's Breakfast Club since its beginning, and no child is ever turned away, even if it means Stuart starts work late. During breakfast he also makes a point of chatting with the children to identify any needs or problems they may have.

Local youth also benefit from Stuart's involvement with the Tornado Youth Community Trust. He has helped to organise and run many of their activities, and also teaches driving skills to those who wouldn't otherwise get the chance. He has taken groups of young locals to an ice skating rink in Whangarei, roller discos, the

beach, Dargaville Field Days and on birthday excursions, and offers his assistance with school holiday programmes.

Stuart was a founding member of the government-funded Healthy Hikurangi Leading for Outcomes project, an initiative that eventually morphed into the Healthy Hikurangi Trust to which he gave generously of his time in support of its various activities.

Through his church, Stuart helps out when families or the elderly need assistance. Using the church van he takes local youth and a range of gardening equipment to help address overgrown gardens, and has been a longstanding member of the Hikurangi Good News Club, a weekly interdenominational Christian programme teaching children aged 7 - 11.

He is known for his compassionate and giving nature, which has seen him use his own resources to assist anyone in need, whenever and wherever he is able. That includes driving members of the Hikurangi community to appointments, collecting kindling for those without transport and even taking families to the coast to collect kai moana, when they can't get there under their own steam.

Through his tireless and selfless efforts, and without any thought of reward or recognition, Stuart Clark has enriched his home township of Hikurangi and made it a better place to live, work and play.

He is a shining example of community spirit and service in action.

Stuart Blair Clark

Stuart Blair Clark is recognised for his extensive contribution to the people and place of Hikurangi.

Born and raised in Auckland, Stuart moved to Hikurangi in 1983, immediately immersing himself in the community and embarking on a life of service that continues to this day.

A sizeable part of that involves the Waro Lake Scenic Reserve. Stuart was a founding member of the Friends of Waro Lake, and in 2013 generously swapped pieces of his own land for Whangarei District Council land, making it possible for the public to

Free JP Service in the Library

Saturdays 10am to 12 noon

Whangarei Central Library

A Justice of the Peace will be available with no appointment necessary.

Creative Colouring In for Grown Ups

Tuesdays 1:30pm

May Bain Room

Whangarei Central Library

Rediscover the relaxing and creative pastime of colouring in. Come along to our weekly meetings.

Library Craft Group

Wednesday 17 August 10am

May Bain Room

Whangarei Central Library

Come along with your knitting, crochet, embroidery or other hand crafts for a cuppa and a chat.

Saturday Story Time

Every Saturday 10am

Children's Room

Whangarei Central Library

Weekly story reading sessions and crafts for children of all ages.

Preschool Funtimes

Tikipunga Library: 10am Tuesdays.

Whangarei Central Library: 10am

Wednesdays and Thursdays.

3CS Creative Computer Club

Mondays 3:45pm - 4:45pm

May Bain Room

Whangarei Central Library

Free computer club for children aged 9 to 12. Registration and bookings for each club session essential.

For more information visit our libraries or website:
www.whangarei-libraries.com
or phone us on 09 430 4206

whangareilibraries

Council Briefing

A Council Briefing has been scheduled for **9am on Tuesday 23 August.**

The purpose of the Briefing is for Council to review submissions to the Vehicles on Beaches Bylaw.

The meeting will be held in the Council Chambers, Forum North, Rust Avenue, Whangarei.

Outstanding contribution to volunteer emergency service

ture and forge a legacy in his many years of caring for the people of Bream Bay and their visitors.

After the accident, Jeff developed an interest in the emergency services. Despite being a devoted family man and working full time, Jeff found time to join the Ruakaka Volunteer Fire Brigade in 1991, and in March this year gained his Gold Star for 25 years of service to the brigade.

Those 25 years have seen him attending all call-outs possible, saving lives and property, supporting locals through serious accidents and injury, linking with kaumatua to deliver support, writing the Fire Call column for the Bream Bay News, taking the fire truck to community events, and currently serving as the brigade's Senior First Responding officer, Training Officer and Personnel Manager.

Jeff has been equally as keen to keep people safe on our coasts. A keen boatie, in 2000 he became one of the founding members of the Whangarei Volunteer Coastguard, having previously been part of a group of local boat owners responding to calls from people whose boats had broken down at sea.

When his Coastguard group took possession of a dedicated rescue vessel, Jeff was one of the first to qualify to skipper it, and spent many hours training crew, maintaining the boat and commanding it during call outs. Until he left to devote time to other volunteer interests in 2005, Jeff also

played a major role in public relations for the Coastguard, working with the media to get the water safety message across to the public.

Between 2012 and 2015, Jeff was also a member of the Bream Bay Community Patrol, offering advice, training and stability to a fledgling group of locals assisting the Police by conducting weekend night patrols.

Concurrently, he developed an interest in the medical side of emergencies. He trained as a first responder with St John Bream Bay, and became an assistant on jobs by helping with equipment and driving.

Jeff became an official member of St John on 1 March 2016, and since then has given more than 300 hours to the service and become an integral part of the station by taking on regular 12-hour shifts, helping with fundraising, and attending trainings and call outs, whenever possible.

These services and all others over the years, make Jeff a valued and respected member of the Bream Bay and emergency services' communities. Credit must also be given to his wife, Sheryl, and their daughters who have supported him in this calling, and who have helped him to become the outstanding example of good citizenship that he is, in the true spirit of volunteering.

Whangarei District Council's 2015 Civic Honour Awards recipients pictured from left are: Rosemary Waters, Jeffrey D'Ath, Anthony Solomon and Stuart Clark.

Jeffrey Peter D'Ath

Jeffrey Peter D'Ath is recognised for his outstanding contribution to our district's volunteer emergency services, the people of Bream Bay and the travellers of our roads.

Jeff grew up in Waipu, and returned to Bream Bay with his family in 1988 after time spent living in Auckland and Australia. Sadly, whilst living in Australia, he lost three close family members in a tragic car accident, an event that would shape his fu-

Considerable contribution to the people of Waipu

tra mile for the health of the community, often hand delivering prescriptions or opening after hours to ensure people got their medication. He also became deeply involved in a wide range of community activities, something he continues to this day, despite his retirement from pharmacy work in 2013.

Tony is a long-serving and active member of the Waipu Residents and Ratepayers Association, helping the organisation address many issues of community concern over the years, and liaising with and making submissions to Council over a number of them.

Sport has been another of Tony's passions, as evidenced by his involvement in many local sports' clubs. He coached the Waipu Rugby and Squash Club's junior rugby teams for more than ten years, and served on the club's rugby committee and as its President for several years. He also played a significant role in securing funding for new floodlights, and served as a senior rugby referee and the Whangarei Junior Rugby Management Board delegate.

Tony also introduced and took junior coaching at the Waipu Tennis Club, which continues to this day and has greatly improved the standard of children's tennis. He is currently patron of the Club.

For the Waipu Athletics Club he helped organise events, coached and transported junior members, and has volunteered as marshal for the Waipu Highland Games for many years.

The Waipu Business Association and Promotions Group has also benefitted from

his sizeable involvement over the years, even after his retirement. Since joining the group in 1975 he has served several terms as Chair and been a contributing part of its development and promotional events, including the street markets, Christmas Parade and Waipu Art and Tartan Festival.

Tony was instrumental in the formation and running of the Waipu 2000 Trust in 1992, which aims to ensure Waipu always looks its best. To that end and as part of this commitment, he voluntarily empties the rubbish bins and waters the hanging baskets in the main street every day.

When his sons were at Waipu Primary School, Tony served on the Parent Teacher Association (PTA) and Board of Trustees (BoT), participated in working bees and was heavily involved in the operation and upkeep of the school pool. As his sons grew, he also became part of the Bream Bay College PTA and the Whangarei Boys' High School BoT.

He has been a member of the Waipu Caledonian Society for more than 20 years, playing a significant role in most of their activities. He has supported the Waipu Bridge Club, joined the Bream Bay Senior-Net committee, and served as a voluntary marshal for the Waipu 2014 Mud Run.

Tony cares deeply about the people of Waipu and their wonderful part of the world, and with wife Weenie's support has demonstrated his concern for their welfare in a multitude of ways. No job has been too menial, too hard or too much trouble for Tony if it was for the betterment of his community.

Anthony David Solomon

Anthony David Solomon is recognised for his considerable contribution to the people of Waipu.

Born and raised in Auckland, and spending his early working life there as a pharmacist, Tony moved to Northland in 1961 to become the Rawene chemist. There he met his wife, Weenie, and in 1973 the young family moved to Waipu where Tony would hold the position as pharmacist for another 40 years.

He soon became known for going the ex-

Thursday 18 August

Whangarei Film Society

Capitaine Bougainville Theatre

6pm: Phoenix

8pm: 45 Years

Price: \$10 members

Door sales only, no eftpos

www.whangareifilmsociety.co.nz

Friday 19 to Sunday 21 August

Northland Ballet and Dance

48th Annual Dance Competitions

Capitaine Bougainville Theatre

Price: Door sales only

Adults \$5 per session, children

under 15 yrs: Gold coin donation

Day Pass: \$10, weekend pass: \$25

www.northlandballetanddance@

gmail.com

Friday 19 August

Mitre 10 Cup Draw

Northland v Manawatu

Toll Stadium: 7.35pm

Price: Early bird – purchasing tickets

prior to game day

Grandstand: Adult \$20, Junior \$10,

Family \$50

GA: Adult \$12, Junior \$6, Family

\$30

Game Day:

Grandstand: Adult \$25, Junior \$15,

Family \$65

GA: Adult \$15, Junior \$10,

Family \$40

NRU: 09 438 4743

Saturday 20 August

Institute of Registered Music

CANCELLED

Saturday 20 August

Bayleys JB7 & JB8 Rugby Finals

Toll Stadium: 11.30am & 1pm

Price: Free entry

NRU: 09 438 4743

Sunday 21 August

ARISE Church Service

Expo Hall: 10am

All welcome

Monday 22 & Tuesday 23 August

Tauraroa Area School proudly

presents

Alice In Wonderland by Jeff

Bengford

Capitaine Bougainville Theatre: 7pm

each night

Price: Adult \$10, children \$7

Tickets available school office:

09 432 2643

Rates Reminder

Rates accounts for the Whangarei District have been sent to all ratepayers. If you have not received your copy please contact us on 4304200. Ask about how you can get your rates bill emailed.

The final payment date for the first instalment is 22 August 2016.

The final date to pay in full and receive a 3% discount, is 22 August 2016.

Need assistance

If you think you might have problems in paying your rates account or meeting the payment deadlines, then call us now. We would much rather sort it out before the payment is due and before you incur penalties for late, insufficient or non-payment.

Set up your rates on Easypay Direct Debit to pay weekly, fortnightly, monthly, quarterly or annually. This is a stress free way to pay your rates. If your payments are kept current and up to date this option is penalty exempt.

Residential ratepayers who own the home they are living in on the 1 July and have a low income may be eligible for a government rebate of up to \$610. Application forms are available from the council. Our staff can assist you in determining your eligibility and completing an application.

Pay online go to:
www.wdc.govt.nz/payit

Considering footpaths

A decision to build five new footpaths this year has been reversed by Whangarei District Council, to give staff time to make sure priorities for footpaths are set the right way.

The move came after a decision to add \$275,000 into the 2016/17 Annual Plan for new footpaths. No funding had been allocated during that year of the Long Term Plan.

Following feedback from the public, including requests for several new footpaths to be added to Council's already 100 strong footpath to-do list, a further \$165,000 was allocated to footpaths, bringing the total to \$440,000 for the year.

In July staff brought back a list of paths to be completed, Porowini Avenue to Morningside Road, off St Mary's Road, from Kiteone Road to Parua Bay School, along Whangarei Heads Road to Muritai Place and along State Highway One to Fifth Avenue, and this was approved.

Following reflection on this decision, and consideration of emerging statistics on pedestrian safety and the background to some of the paths already on the list, Councillors this week recinded the original decision and have asked staff to review the criteria used to set footpath priorities.

WDC Senior Asset Manager Greg Monteith said Council receives many requests for new footpaths every year, with the list now totaling more than 100.

"To ensure we are getting best use of our funding we have considered a number of factors when deciding which paths have priority. As Whangarei grows and communities change, it is timely to look at it all afresh," he said.

"We are still committed to more footpaths, but we want to take a little bit more time at this end, making sure we have got the priorities right for the year."

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Join us on
SUNDAY 21 AUGUST 2016, 10AM
Pohe Island

and enter in the draw
to win this **Magnum e-bike**,
valued at **\$2,500**

Manaiā Health
Primary Health Organisation (PHO)

A A

o o i (

NORTHLAND DISTRICT
HEALTH BOARD
Te Puhi Whangarei i Rāwhiri o Te Tai Tokerau

Shared paths are a new way to get around town, and can be recognised by this sign:

Shared paths can be used by pedestrians, runners, cyclists and people using mobility scooters, non-motorised scooters, roller skates and skateboards. Dog-walkers, prams and electric bikes are also fine.

Shared paths are not high speed routes. Because of varied use and speeds on shared paths, all users need to be considerate of other path users.



Backyard banter

Making a village into a community

Erin Reilly says she feels blessed to live in a place where everyone is friendly and you can too if you work at it.

The other day I walked to the supermarket. On the way, four friendly passers-by said 'hello'.

An elderly lady stopped to gush over my baby, then spent 10 minutes telling me about her dogs. The guy who always sits outside the bakery wished me a beautiful day. (A van of blokes wolf-whistled at me as they drove past, but they don't count.)

When I got to the supermarket, barbecued sausages and weird twisty potato things on sticks were for sale. One of the guys behind the stall told me he was sure my son would love a sausage. I told him he should probably wait until he grew some more teeth. As I wandered the supermarket aisles with my pram and weird twisty potato thing on a stick, I passed lots of other people also happily munching on weird twisty potato things on sticks.

All of this got me thinking about my village. I live on a fairly normal street. There's a little shopping centre just down the road with various food outlets, a bottle shop, a fresh produce market, a book shop and of course the supermarket. Right in the centre is a big courtyard which always has a something going on in it. On this particular day there were lots of potatoes. On other days there are markets or face painting for kids.

The thing I like most about our shopping centre is that, even though there's a big supermarket right there, many locals still use the specialty stores outside. It's not uncommon to see people in the supermarket carrying fruit and veges from the market or black plastic bags from the liquor store outside.

I haven't lived in this community for long, but I like

A friendly attitude can make a lot of difference to a shopping trip.

that it feels like a family. Strangers smile as they walk by. Locals support local businesses. Community groups know that if they want to sell their wares, people will support them. It makes me feel welcome, even though I don't know any of these people by name.

I'm blessed that I haven't had

to do anything to create my village feel; the village was here before me. But if I had to get the ball rolling in a community that wasn't very connected, I'd first get online. Neighbourly.co.nz has got to be the easiest way to connect with people you don't know, because most people want to get to know their neighbours, and most

people have access to the internet.

From there, I'd set up various community groups and events. Walking clubs. Parents and babies groups. All Blacks-watching for the whole family. I wouldn't have to do it all myself, though. Along the way I'd meet people who could help out. Someone could start weekly yoga lessons; someone else could start a book club. A group of us could organise a monthly market for small local businesses to connect and sell their wares.

The village feel doesn't just happen out of thin air. It takes a bit of time and effort to establish it. Sometimes it's easy, sometimes it's not. But always it's worth it.

Neighbourly is a NZ-owned social media site creating easy ways for neighbours to talk and connect. Join us at neighbourly.co.nz or download our new iPhone and Android apps.

my.stuff.co.nz is the easy way to manage your newspaper subscription online!

You can update your email address, put your paper on hold, or report a missing or wet newspaper online at anytime and from anywhere.

my.stuff.co.nz



The NZ Transport Agency advises road users of night works on Western Hills Drive from Sunday 21 August.

Between 6pm-7am, traffic on the state highway will be reduced to one lane between Kensington Avenue and Manse Street.

Kensington Avenue will be closed from Park Avenue to SH1 during these hours to allow for pavement works on the new roundabout.

Night work is expected to be completed in a week.

Please allow additional journey time and slow down through road works.

Thank you for your patience.

For further information please contact **Grace Henty 027 546 3324**

www.nzta.govt.nz/projects/sh1-whangarei-improvements/project-details/#kensington

What's On

**Get
involved!**

AUGUST 17

Dress for Success: \$2 Clothing Sale, August 17, 18 & 19. 9.30am to 1.30pm. Assorted women's and men's clothing. Also our boutique rail with \$5 lovely special occasion clothing items at 12 Kaka Street, first floor. Cash only.

Parenting courses: A series of free workshops for all those parenting and caring for young children at the Plunket Family Centre. Your Growing Baby, a workshop supporting parents of babies 0-7months, will be run over five sessions starting on August 17 10-12pm. PEPE also offers the 3 week workshop series; Your Active Toddler and Your Curious Young Child. Phone Toni 021 615 396.

AUGUST 18

Poetry appreciation: Six weekly classes run by Whangarei writer Vaughan Gunson exploring English poetry at community education classes run at Kamo High School. Contact cew@kamohighschool.nz or phone 09 3350889.

Understanding epilepsy: Its causes, types, medication, lifestyle issues and more. Brenda Gardner Lounge at the CAB, 71 Bank St, 10am-12pm phone 09 4385498.

Schools Planting Day: Waitaua Awa Restoration Project 9:30am - 2pm at 59 Gillingham Rd. Planting native plants along the Waitaua River. Bring a spade, closed footwear, raincoat. Some spades provided along with snacks & refreshing drinks. RSVP to nicki@whitebaitconnection.co.nz required.

Poets at Bohemian: Ex Piano Bar Rust Ave, 5pm.

AUGUST 20

The Rare Occasion: A live music showcase featuring Dukebox, Farandicus, Brave The World and Twokay. The Old Stone Butter Factory. \$10.

AUGUST 21

Miniature Trains: At Heritage Park, Maunu from 10am - 3pm, subject to weather. Run by Whangarei Model Engineering Club.

Onerahi Walkway: Bring a bike or your walking shoes to Pohe Island for the opening of the shared walkway between Riverside and Onerahi and you could win an electric bike. Starts at 10am.

Events

This is a free listing of upcoming events in Whangarei. Email annette.lambly@fairfaxmedia.co.nz by 10am the Wednesday the week before publication for inclusion. While every care is taken to ensure accuracy, the Leader accepts no responsibility for errors, omissions or inaccuracies in the information provided.

AUGUST 25

No Lights, No Lycra: A casual free form dance class. One One Six, Bank St. 7pm \$2.

Poets: At Mokaba Town Basin, 5.30pm.

AUGUST 26

Northland Performing Arts Competitions: Vocal competitions. Forum North. Sessions start: 8:30am Aug 26-28. Adults \$5 per session; Four session pass \$15; Season ticket \$20; Children under 16 free. www.northlandperformingarts.org.nz

National Poetry Day: At Old Stone Butter Factory. Fast Fibres Poetry 3 launch, open mic, poetry slam 6pm.

AUGUST 27

Whangarei Racing Club: Races at Ruakaka. Free entry and bus Whangarei to Ruakaka for Bream Bay Business Houses race meeting. Ph: 09 432 7249 or email info@ruakakaracing.com

AUGUST 28

Invitation to newcomers and migrants Mid winter gathering: 5.30pm at the Butter Factory. Free pizzas and wedges.

SEPTEMBER 03

Planting Day Waitaua Awa Restoration Project: 10:30am - 3pm at 59 Gillingham Rd. Planting native plants along the Waitaua River. Bring a spade, closed footwear, raincoat. Some spades provided along with snacks & refreshing drinks.

Pamper Day: Shopping, beauty treatments and entertainment. 11am-4pm, Forum North. Women aged 12 and up. For more information go to www.pamperday.co.nz or email pamperday@hotmail.co.nz

Register now for clean-up

Let's keep NZ beautiful. Why not do your part this year?

Registrations are now open for Keep New Zealand Beautiful's annual clean up week.

Taking place in September each year this is the biggest national clean up initiative to take place on the calendar in New Zealand.

Year on year Clean Up Week is gaining more traction, with more and more New Zealander's adopting the Be A Tidy Kiwi philosophy and signing up their school, workplace, organisation,

family or friends to take part.

Last year more than 610 events involving 43,000 volunteers took place - including beaches, streams, rivers, waterways, parks, recreation areas, highways and town centres.

Clean up events can be registered to happen anywhere in New Zealand at any time between September 12 to September 18.

Keep New Zealand Beautiful will arrange to send you everything you need to ensure your event is a success.

This includes rubbish and recycling bags, gloves, health and safety guidelines and volunteer registration forms.

Primary schools are encouraged

to download the free "Tidy Kiwi" story and lesson plan and to teach students about the impact litter has on the environment as we lead in to Clean Up Week.

Keep New Zealand Beautiful Clean-Up Week's central aim is to increase community participation of all kinds, but also addresses issues of sustainability, environment, health, crime and social inclusion.

They work in partnership with government bodies to deliver on sustainable and environmental initiatives.

To register an event and receive your free clean up kit go to www.knzb.org.nz/cleanupweek.

ONGOING EVENTS

Wednesday Night Adults Community Choir: 'A Chaired Taste', for all you shower warblers out there. We can teach you to sing in tune and you will be singing in harmony in minutes. We are a choir with a difference. Come and try us out 7pm Whangarei Intermediate School Hall, Rust Ave, Ph 02102254422

Walking at Tahī: 1824 Pataua North Rd, 9am-3pm. Every Sunday during

winter. Entry via the Tahī Cafe. Minimum gold coin entry per person. 436 0082 or visit tahinz.com or tahihoney.co.nz.

Whenua Ki Te Whenua: At the Whangarei Art Museum - the life and legacy of Pura Te Manihera McGregor. On until Sep 18, 10am-4pm.

Bible Services: Wednesdays 7.30-8.30pm. Mangapai Community Hall.

Half Price: Senior citizens will receive a 50 per cent discounted

rate at Kiwi North until September 25.

MARKETS

Crafty People's Craft Market: Every 3rd Sat, 9am-1pm, OneOneSix 116 Bank St. Caro 021 189 5392. Arts, crafts, coffee, food and live music.

Tikipunga Sunday Market: Weekly 7-11.30am cnr Wanaka St & Denby Cres.

Whangarei Growers Market: Weekly Saturdays 6-10am Water St carpark.

**Saturday 20th August
Entertainment with
Two Flat Whites & a Mocha
7.00-11pm
No Cover Charge**

**Coming up.....Kamo Club Social with the Emerald Brothers
Saturday 27th of August \$10 per ticket available now at the
Kamo Club**

+

**Saturday 10th September - The Best of British -
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What's On

GROUPS AND CLUBS

Golf Croquet: Kensington Croquet Club, 41 Mill Rd, Thurs and Sat 9.30am. Families welcome. Ph George 437 5571 or Jo 437 6518.

Golf Croquet: Whangarei Croquet Club, 2 Third Ave, From Sept every Thurs and Sat. This is great fun for all ages, teenagers welcome. Ph Kathleen 438 0576 for coaching and times.

Golf: Hikurangi Golf Club, green fees \$20 per round, \$10 special Weds and Fri.

Golf: Pines Golf Club, Women's Club days - Tues 8.45am and Sun 9am. New members welcome. Help and equipment available. Betty 436 2383 or email thepines@callplus.net.nz.

Green Drinks: Environmentally minded social networking: 1st Weds monthly. 5-7pm, Old Stone Butter Factory, 8 Butter Factory Lane. whangareigreendrinks@gmail.com, ph 021 2277 000.

Grey Power Whangarei: Meets 2nd Thurs March, June, September, November at the Kamo Club, Meldrum St, Kamo, 1.30pm. Ph 437 3827.

Guides Northland: Pippins, Brownies, Guides and Rangers. Cater for girls 5 years to adult, with a wide range of activities for fun and personal growth. Ph 0800 2222 92 or visit girlguidingnz.org.nz.

Hatea Harriers: Running club meets every Tues, Central Cricket Club clubrooms, Kensington Stadium, for road and trail runs 5.15pm for 5.30pm start. Fun, friendly club, all ages and fitness levels welcome. Ph 435 2802.

Hawaiian Hula For Health: Hula dance classes with former professional hula dancer Taramati Chanel from Hawai'i. Sessions focus on hula for health and is a great way to stay active while having fun. All ages starting from 15, experience not necessary. Six-week session format starting with a beginner's class. \$70 for six sessions, \$60 for seniors and community card holders. Register or more information at TaraChanel.com or call 436 2332.

Hikurangi Museum: Open Tues, Thurs & Sat 10am-11.30am. Ph Linda 433 8062.

Hikurangi Plunket Coffee Group: Meets first Thurs each month, from 10am-noon at the Childrens Lighthouse, Hikurangi. For parents/caregivers of babies and preschoolers. Contact Lisa Jones 09

437 1907.

HIPPY: Home Interaction Programme for Parents and Youngsters has places available for families with children aged 3-4 years old. Inviting whanau from Smeatons Dr, Raumanga, Raurimu, Onerahi to call Barnardos for more information. Ph 438 2954.

HIV/AIDS - Concerned?: Assistance, information and support is available. Ph 435 0187 or 436 1473. Go to northlandaids.org.nz.

Home Birth Support Group: Considering home birth? Meet every month on 3rd Weds for coffee morning. All welcome. Ph 021 757 076.

Home Educators/Schoolers Support group: Regular get-togethers and activities; support for home educating families. Ph 971 8323 or go to whesg.koru.net.nz.

Horahora Scout Group: Scouts meet Mon 6-8pm, Keas Tues 4.30-5.30pm, Cubs Tues 6.30-8pm and Venturers Weds 7-9pm. Ph Jim 438 2070.

Horahora Playcentre: For families/whanau and their children from birth to 6 years. Te Mai Rd. Ph 438 3839. Thurs 9.15am-12.15pm.

Hukerenui Playcentre: For families/whanau and their children from birth to 6 years. Crows Nest Rd. Wed 9.30am-noon.

Hydrotherapy: Pool open Tues and Thurs 9-11am and 1-3pm. The 34 degrees Celsius warm water has special powers in getting rid of stress and rejuvenating your body. Supervised Hydro classes Mon and Fri noon-1pm at Whangarei Aquatics, ph 438 7957.

Indian Association - Northland: northland.indians@gmail.com.

Infertility Support: Meets once a month. Informal and friendly network for those experiencing infertility or going through fertility treatment. Email musojo@windowslive.com.

Inner Wheel: Meets 7.30pm, 1st Tues each month at Whangarei women's clubrooms, corner Rust Ave and Alexander St. Inner Wheel is one of the world's largest women's organisations with members coming from relatives or Rotary members. We promote friendship, service and foster international understanding; support local, national and international projects. Ph 436 0072.

Irish Dance (Eininn Rince): Classes for children and adults. Ph Jean 435 1233 or Anne 437 6339.

Theatre sport challenges

Stage performances are impromptu, fun and entertaining.

A Theatre sports group has started up in Whangarei this year, and they are hoping to get together a team to play matches against other teams from around the North Island.

Originally from The Netherlands, Johannes van Staveren arrived in Whangarei in January with his partner, and by the end of the February they had held their first class.

"You get on the stage and

instead of preparing stuff, you just do it. The ideas just flow from your mind, you don't prepare."

He says the only rules are having to state who the characters are, where they are and what the conflict is.

When a match is played, the performance is judged on technique, style and how funny it is.

Performers can be awarded yellow or red cards for certain discretions.

Van Staveren says the skills people learn help them to solve most interpersonal issues in an instant.

"Once you start, you become a better person."

Classes are held at the Northland Youth Theatre. Youth performers are on Wednesday evenings from 4pm to 5pm, adults are on Thursday nights from 6pm to 8pm.

"It's two hours of life lessons and entertainment," van Staveren says.

"If you show up, it's expected you participate."

The first class is free, and \$5 from then on. Contact Johannes van Staveren on 0274149812 or search Theatre sports in Whangarei on Facebook. Pictured are Michael Botur, Johannes van Staveren and Vivian Thonger performing at the Whangarei Food Co-op Winter Banquet.

Ph Dave 437 6446.

Kamo Cafe Connection: Meets fortnightly Thurs 10am at Clark Rd Chapel. Morning tea, fun, fellowship and topical talks. All over 50s welcome. Ph Andrew and Megan 435 3979.

Kamo Garden Club: Meets 2nd Mon of the month at Kamo Football Club, 595 Kamo Rd, 1.30pm. Sandra 435 0007.

Kamo Indoor Bowling Club: Meets Thurs 7.15pm, Xavier Catholic Church Hall.

Jazz: Northern Jazz Society meets first Sunday of the month at The Piano Bar 14 Rust Ave, 2-5pm, Door charge \$5 members, \$10 non-members. Raffles, menu and refreshments, and good grooves. All welcome. Ph Terry 4340544.

Just Coffee Group: To promote people, community and businesses in Whangarei. Informal social and business networking over coffee. For dates and location contact Kristi 021 0297 9913, email justcoffee@ymail.com.

Kamo 60s Up Branch: Meets every 2nd Tues of the month at the Kamo Club, Meldrum St, 10am for indoor bowls and card games. Normal meeting and entertainment from 1-3pm. Inquiries to Lois Ph 435 1216.

Kamo Bowling Club: Welcomes all new and past players to come and have a go. New season starts Oct. Mon games 9am, names in by 8.30am. Bowls supplied. Flat soled shoes, jandals or bare feet okay. Twilight bowls Weds 5.30pm, includes sausage sizzle. All welcome.

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Community cookbook

NADIA LIM IN ASSOCIATION WITH MY FOOD BAG

Eggplant parmigiana with crumble

This is a speedy recipe that can be prepared in 20 to 25 minutes, perfect for a weeknight.

EGGPLANT PARMIGIANA WITH FRESH MOZZARELLA AND COURGETTE CRUMBLE

1 eggplant, cut into 1cm rounds
1 courgette
½ cup finely grated parmesan cheese
¼ cup panko breadcrumbs
2 teaspoons olive oil
200g tomato pizza sauce (store-bought or see recipe below)
2-3 handfuls baby spinach leaves, chopped
Pinch of chilli flakes (optional)
100g fresh mozzarella cheese, thinly sliced 0.5cm

To serve

2-3 slices focaccia bread (or your favourite crusty bread)
¼ cup picked basil leaves, roughly torn
Preheat oven on grill to high.
Position your oven rack in middle of the oven.
1. Heat a drizzle of oil in a medium (preferably oven-proof) fry-pan on medium-high heat. Season eggplant with salt and

Each week Nadia gives you another easy recipe for your family and you'll find all the ingredients in My Food Bag. myfoodbag.co.nz

pepper. Fry, in batches, for about 2 minutes each side or until golden brown, add a little extra oil if needed. Set aside and remove pan from heat.

2. While eggplant is cooking, prepare the courgette crumble. Grate courgette into a medium bowl. Add parmesan cheese, panko breadcrumbs and olive oil and season with salt and pepper. Mix to combine and set aside.

3. Mix pizza sauce and spinach together in same pan used for eggplant. Even out with a spoon and sprinkle with chilli flakes (if using). Evenly lay eggplant over sauce and top with slices of

mozzarella. Sprinkle over courgette crumble.

4. Grill for 5-8 minutes with oven door closed or until cheese has melted and breadcrumbs are golden brown. Check regularly to avoid burning.

5. Warm bread in oven, below the eggplant parmigiana, for five minutes

To serve, divide the eggplant

parmigiana between plates, scatter over torn basil leaves and serve bread on the side for dipping.

Tomato pizza sauce

Heat 2 tablespoons olive oil in a medium pot on medium heat.

Cook 1 brown onion, diced and 2 cloves garlic, finely chopped for 3-4 minutes, until soft.

Stir through ¼ cup tomato

paste, 1 x 400g can chopped tomatoes and 1 teaspoon sugar.

Simmer, uncovered for 10-12 minutes, stirring occasionally until sauce is thick and jam-like. Season to taste with salt and pepper.

Stir through ¼ cup fresh sliced basil (optional). Store leftovers in an airtight container for up to 3 days.

Use a fry-pan about 24cm in diameter. If you don't have an oven-proof fry-pan, use a similar sized baking dish and bake for a further 3 minutes.

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Your health

WITH AUTHOR AND NUTRITIONAL BIOCHEMIST **DR LIBBY**

Helping teens deal with stress

ASK DR LIBBY

Email your questions for Dr Libby to ask.drlibby@fairfaxmedia.co.nz. Please note, only a selection of questions can be answered.

My daughter has school exams at the moment and is getting increasingly stressed. She is also becoming more and more fussy with food as a result, often forgetting to eat or exclaiming, "she's unable to digest anything." What can I do to help her? With thanks, Jenny.

Hi Jenny. I think the first place to start is to address how you can help her with the things she can control. These include the rituals she puts in place to help manage the stress and the way she nourishes herself. In times of increasing stress or pressure many of us discard the rituals that actually help us to modulate the stress response. If she's open to these things I would suggest a regular yoga, meditation or breath-based practice.

There is no better way to bring about calm in the body than through extending the length of each breath. Being really disciplined about sleep and

ensuring she is getting at least eight hours will be one of, if not, the most effective things she can do to manage her stress response. This is one of the most effective ways of bringing the nervous system back into balance.

The next step is to look at stimulants in the diet. Is she drinking coffee, soft drinks, eating lots of chocolate and so on? Excess caffeine (the amount is different for everyone) can result in feelings of irritability, anxiety, heart palpitations as it leads the body to make adrenalin.

When you're stressed your body naturally makes adrenalin, so it's best to avoid consuming things that further exacerbate the issue. The feeling of not being able to digest anything is a natural reaction from the stress response. See if she is better with soups, smoothies and slow-cooked foods, such as casseroles during this particular period, as they're typically easier to digest.

It could be beneficial to have your child talk to a qualified counsellor or psychologist if he or she is struggling during exam time.

If you feel like she is an 'internaliser' and is really not coping well it could be really beneficial to have her talk to a qualified counsellor or psychologist. They will assist with helping her to understand how she can support herself emotionally. Many young women are 'pleasers' and put additional pressure on themselves to perform and live up to their own expectations and they unknowingly perceive that they need to be "perfect" to be loved/liked/accepted.

I'm trying to find more ways for my family to eat more cauliflower, as I've read about its benefits. Kind regards, Raewyn

Hi Raewyn. Cauliflower contains sulphoraphane, a potent antioxidant, that also supports your liver detoxification pathways in a number of ways. It contains antioxidants that support Phase 1 detoxification along with sulphur-containing nutrients that support Phase 2 detox activity. Here are a few ideas for incorporating more

cauliflower in your diet:

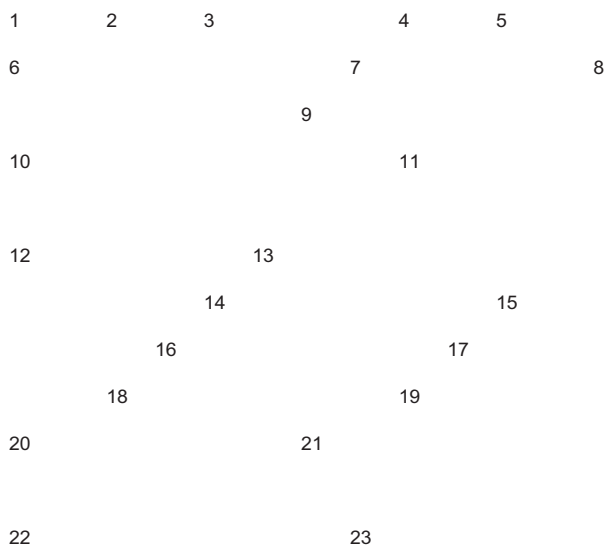
Swap mashed potato for cauliflower mash – while there is nothing wrong with potato, cooked cauliflower can make a beautiful puree/mash, which can easily be used in place of mashed potato. Simply steam cauliflower until it's soft, season and puree with olive oil and parsley.

Roasted cauliflower – roasted cauliflower is delicious! Cut into large chunks and sprinkle with cumin seasons, turmeric, olive oil, salt and pepper and roast in the oven until slightly golden.

Cauliflower soup – one of my favourite soup combos is cauliflower and broccoli. Add to the nutritional benefits of this combination by including garlic and onions. A nourishing winter option!

Dr Libby is speaking across the country during October with her From Surviving to Thriving tour. More information and tickets available from www.drlibby.com

NEW ZEALAND CROSSWORD



- Across**
- 6. Astonished (6)
 - 7. Grief (6)
 - 10. Put in danger (7)
 - 11. Demon (5)
 - 12. Frozen (4)
 - 13. River which runs through Paris (5)
 - 16/17. New Zealander who drove in Formula 1 for 14 seasons and won Le Mans in 1966 (5,4)
 - 20. Fire-raising (5)
 - 21. Free time (7)
 - 22. English sheep breed popular in NZ (6)
 - 23. Woolshed worker (6)

- Down**
- 1. 19sq km nature reserve separated from the North Island by the Rauoterangi channel (6,6)
 - 2. Hawkes Bay's rugby team (7)
 - 3. NZ's 20th Governor General, Sir ___ Mateparae (5)
 - 4. Reluctantly approve (7)
 - 5. Long for (5)
 - 8. Polite (4-8)
 - 9. Unreadable (9)
 - 14. US basketball team Steven Adams has played for since 2013 (7)
 - 15. Sudden urge (7)
 - 18. Lending money at excessive rates (5)
 - 19. Lesser (5)

THE TOP 10

1. In which decade did Chinese gooseberries get renamed as kiwifruit?
2. Who directed The Godfather?
3. What is the largest of the tree-dwelling apes?
4. Who defined democracy as 'government of the people, by the people, for the people'?
5. Only one New Zealand university offers a degree in veterinary science: which one?
6. The distance between the two rails of a railway track is called what?
7. In which country is Lake Titicaca, the world's highest navigable lake?
8. Which Nobel prize-winning writer shot himself in 1961?
9. How many cubic centimetres are in one cubic metre?
10. In tennis, who is the youngest women's No 1?

NZ CROSSWORD

Across: 6. Amazed, 7. Sorrow, 10. Impert, 11. Devil, 12. Iced, 13. Seine, 16/17. Christ amon, 20. Arson, 21. Leisure, 22. Dorset, 23. Rouse.
Down: 1. Kapiti Island, 2. Magpies, 3. Jerry, 4. Condore, 5. Crave, 8. Well-mannered, 9. Illegible, 14. Thunder, 15. Impulse, 18. Usury, 19. Minor.

TOP 10

1. 1950s, 2. Francis Ford Coppola, 3. Orangetan, 4. Abraham Lincoln, 5. Massey, 6. Gauge, 7. Fern, 8. Ernest Hemingway, 9. One million, 10. Martina Hingis.

SUDOKU

Fill the grid so every row, column and every 3x3 box contains 1-9

JUNIOR CROSSWORD

- Across**
- 6. You receive this if you have committed a crime (10)
 - 8. Thoughts (5)
 - 10. Snapshot (5)
 - 13. Scary (11)
 - 14. Someone on a horse (5)
 - 17. Rubber covers for wheels (5)
 - 19. Daily publications (10)
- Down**
- 1. Gigantic (4)
 - 2. Bones on your chest (4)
 - 3. Fried potato (4)
 - 4. Someone who has done something very brave (4)
 - 5. Opposite of weakest (9)
 - 7. Not the same (9)
 - 9. Have a heated debate (5)
 - 11. Bees make this (5)
 - 12. Had a meal (3)
 - 15. Daybreak (4)
 - 16. Thick strong cord (4)
 - 17. Use a typewriter (4)
 - 18. Uncommon (4)

SOLUTION

Across: 6. Punishment, 8. Ideas, 10. Photo, 13. Frightening, 14. Rider, 17. Tyres, 19. Newspapers.
Down: 1. Huge, 2. Ribs, 3. Chip, 4. Hero, 5. Strongest, 7. Different, 9. Argue, 11. Honey, 12. Ate, 15. Dawn, 16. Rope, 17. Type, 18. Rare.

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LOCAL EVENTS AND HAPPENINGS

Public Notices

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Public Notices

The Whangarei R.S.A. (Inc.) hereby give notice of the 91st Annual General Meeting of the Association and Trust

To be held in the Clubrooms on
Sunday 18th September 2016 at 10.00am

Notices of Motion are to be in the hands of the Executive no later than
4.00pm on Friday 26th August 2016.

We also hereby call for nominations for the Positions of

President (1)
Vice President = Associate (1)
Executive Committee = Returned and Service (1)

**Nominations close at 4.00pm
on Wednesday 14th September 2016**

Nomination forms are available from the Clubrooms.

**Paul Leslie
Executive Officer**

Public Notices

**TE KOWHAI
PRINT TRUST
AGM**

**Thursday, 25th August
at 4.30pm**

at Te Kowhai Print Trust
The Quarry Selwyn Ave.
Whangarei.

For more information
please call
438 5868

Public Notices

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10. Campaign advertising impressions will be counted and recognised by our ad-serving engine. A third party ad-serving engine may also be used but its impression count won't be recognised unless we agree otherwise in writing.

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12. The charge for advertising will be in New Zealand dollars and in accordance with the applicable rate card applying at the time for the publication, unless we agree otherwise in writing.

13. Rate card adjustments will be published on our publications and sites. New rates will apply one month after the rate adjustment is published.

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AU-7257968A

ANZ INTEREST RATE CHANGES

We're making changes to some of our ANZ Home Loan Interest Rates.

See below for a summary of the changes and effective dates:

Floating Home Loan	5.59%	Monday 15 August	Monday 29 August
Flexible Home Loan	5.70%	Monday 29 August	Monday 29 August
Business Flexible Facility – Base rate	5.59%	Monday 29 August	Monday 29 August

Interest rates are subject to change. Our lending criteria, terms, conditions and fees apply.

A copy of our Reserve Bank Disclosure Statement is available on request from any ANZ branch.

ANZ Bank New Zealand Limited 08/16 ANZ19134WHL

Public Notices

WHANGAREI PEST CONTROL

Operations

From 23rd August 2016 to 30th March 2017, the Department of Conservation intends to apply diphacinone paste (Ratabate hard paste) and encapsulated cyanide (Feratox) in a pre-ferred paste throughout the bait station network in Whangaruru North Head Scenic Reserve to eliminate pests for the protection of forest ecosystems.

Method of control

Department of Conservation rangers will hand lay the poison paste into bait stations throughout Whangaruru North Head Scenic Reserve.

This pesticide is poisonous to humans and domestic animals. Always remember:

- DO NOT touch bait
- WATCH CHILDREN at all times
- DO NOT EAT animals from this area
- DO NOT allow DOGS access to animal carcasses
- Observe these rules whenever you see warning signs placed at the public access ways in the above areas.

For further information, please contact
Biodiversity Ranger Neil Forrester at 09-470-3374
or nforrester@doc.govt.nz

Under the Northpower Electric Power Trust Deed of Trust, notice is given that on Saturday, 19 November 2016, the election will be held under the first past the post electoral system by postal and online vote, for seven (7) trustees to the Northpower Electric Power Trust, being:

- five (5) trustees elected from the Whangarei District Council area; and
- two (2) trustees elected from the Kaipara District Council area

NOMINATIONS

Each candidate must be nominated on a nomination paper obtainable during normal business hours from Friday, 19 August 2016, from the Northpower Electric Power Trust office (Plus Chartered Accountants Ltd, 134 Bank Street, Whangarei) or by phoning 0800 922 822 to have a nomination paper posted out.

Nominations of candidates must be in the hands of the electoral officer or an electoral official at the above address, or received at PO Box 5135, Wellesley Street, Auckland, not later than noon on Friday, 23 September 2016. Nominations must be accompanied by a deposit of \$200 GST inclusive (payable by cheque, cash or internet).

ELECTORAL ROLL

The electoral roll for the Trust district is available for public inspection during normal business hours from Friday, 19 August 2016 to Friday, 23 September 2016 at the following locations:

- Northpower Electric Power Trust office (Plus Chartered Accountants, 134 Bank Street, Whangarei);
- Whangarei District Council offices (Forum North Building, Rust Avenue, Whangarei and 9 Takutai Place, Ruakaka)
- Kaipara District Council offices (42 Hokianga Road, Dargaville and Unit 6, The Hub, 6 Molesworth Drive, Mangawhai)

Dated at Whangarei, 16 August 2016

Dale Ofsoke
Electoral Officer

Northpower Electric Power Trust [Ph 0800 922 822]

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Go-Whangarei

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13 Councillor candidates.**

**BECAUSE WE ARE A UNITED TEAM-
WE CAN PROMISE AND DELIVER WHERE OTHERS
HAVE FAILED.**

We WILL cut bureaucracy.

We WILL Support our communities.

We WILL Streamline ALL procedures.

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