

FREE

Quarterly

Far North Community Magazine
Term 4 2023

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Far North REAP and AA Driver & Vehicle Licensing holiday hours

AA Driver & Vehicle Licensing closes at 4.15pm on Thursday 21 December 2023
and reopens 9am Wednesday 3 January 2024.

Far North REAP closes at 4.15pm on Wednesday 20 December 2023
and reopens 8.30am Monday 8 January 2024

Cover photo: Houhora - Tohoraha / Mount Camel

Mosaic creation crafted by Nora Smith in Honor Your Life & Upcycle Workshop

A message from Kiri Sloane

2023 Te Hiku Manu Kōrero Far North Schools Speech Competition

This year the Annual Te Hiku Manu Kōrero Far North Schools Speech Competition took place on Thursday 10 & Friday 11 August at Te Ahu Community Centre.

The competition aims to provide young speakers with a platform to confidently deliver speeches in both English and Te Reo Māori.

The topics are provided to the contestants in advance, with the competition progressing through their class and school finals to be elected to represent their school / kura at this prestige annual event.

We had 48 students from 15 Kura/Schools in Te Hiku o Te Ika, in year groups 5 and 6 who competed on the Thursday and year 7 and 8 speeches took place on Friday.

Each year group had both English and Te Reo Māori 1st, 2nd and 3rd placings. With a trophy for 1st place in each category and a certificate for 2nd and 3rd place.

During the day the participants were able to listen to other speakers, make use of the photo booth and chill out zones and enjoy pizza for lunch.

The calibre of the contestants grows each year and with the addition of the Te Reo Māori section over recent years, it has provided a new and exciting dynamic to the competition.

Our MC for the event was Ngawaiata

Evans, bringing her skill set in Manu Kōrero speech competition organisation to the forefront, to help run this event over the two days.

Far North REAP and Building Safer Communities staff were on hand to provide logistical support during the two day event, ensuring it ran smoothly.

Our Judges had the hardest job, listening to our speakers in both English and Te Reo Māori, to decide the winners of each Year group. Our panel included David Aydon CE of Far North REAP, Joanne Bentley Far North REAP board Chairperson, and councillors Felicity Foy and Penetaui Kleskovic.

Far North REAP has been supporting Te Hiku Manu Kōrero / Far North Speech competitions since 2008, when the competition was originally being hosted and held at Pompallier Catholic School, with the English section only.

We are excited and look forward to the Manu Kōrero Far North Schools Speech competition in 2024.

More on page 20 & 21.

Kiri Sloane

Far North REAP
Community Education Manager



Patron's Ponder

There is no doubt that we are entering a new world where robots and Artificial Intelligence will play often critical roles in most lives.

Robots were something only found in science fiction movies or writings 80 years ago and then their functions were rather like puppets. Artificial Intelligence (AI) has been a development in more recent times. For those of us involved in education, these two features of the modern world present considerable challenges.

Challenge One is to come to grips with relationships that are needed between humans and robots and AI. For children entering this era it may not necessarily be a problem because they will be entering into what to them may be a normal relationship. For their parents the issues may be far more complex. Will these advents mean that humans are becoming inefficient parts of the work force? Will jobs be lost because robots work unpaid every minute day and night? Will AI be so smart that engineers,

chemists, designers and other creative professions become superfluous? Will AI and robots take over the world and dispose of inefficient and resource hungry people? Will we be entering a phase where wars will be staged between humans and these "superior" beings?

Those are just a few of the worries that are keeping thinking humans in a state of tension? Have we opened Pandora's Box and let the Genie escape?

As educators, where are we positioned and what can we do?

I have no answers and I have yet to hear one politician or political party offer their policy thoughts on the matter. I guess, for them it is the elephant in the room, however, the room is shrinking and the elephant expanding ever so rapidly.

Ka kīea ano

Robin Shepherd QSO

Far North REAP Patron

Far North REAP Hauhake Rōpū

Hauhake is a collective group within REAPs, representing Māori staff and governance members.

Its name means "to harvest" and symbolises its role in addressing Māori needs within REAP Aotearoa.

Key aspects of Hauhake's role:

- Inclusive: All Māori staff and board members can join Hauhake, where

everyone has an equal voice, and no hierarchy exists.

- Annual Gathering: Hauhake hosts an annual Hui-a-tau in various REAP regions, enabling Māori staff and board members to share best practices and enhance their professional development.
- Māori Initiatives: Hauhake supports

Māori leadership in developing initiatives for Māori individuals and communities, emphasising the need for appropriate support from Far North REAP at local and national levels.

- Cultural Expression: Hauhake provides a platform for Māori members to discuss cultural issues before addressing staff/board matters, allowing cultural sensitivity and expression.

- Te Tiriti o Waitangi: Hauhake places strong emphasis on honouring Te Tiriti o Waitangi, safeguarding Māori rights, and ensuring REAP policies align with Te Tiriti.

In summary, Hauhake plays a vital role in advocating for Māori well-being, rights, and cultural expression within Far North REAP while upholding the principles of Te Tiriti o Waitangi. It fosters collaboration, advocacy, and leadership among Māori staff and governance members in education and community development.

He Māngai | An advocate
Māori voice in REAPs
Represents Māori interests within REAPs
Defends the right of Māori to education,
protected by Te Tiriti o Waitangi

He Kaitiaki | A guardian
Protects the interests of Māori from a
uniquely tangata whenua perspective

He Kohinga Tangata | A gathering place of
people
The coming together of tangata whenua
A space for caring and sharing in a uniquely
Māori way

He Kaiarahi | A guide
The leading force
Provides direction and support, input and
understanding in things Māori as they
impact upon education

Thank you to Ani Pahuru-Huriwai (Tairāwhiti REAP C.E.) for the above reference.



Far North REAP Hauhake Ropu 2023

A Decade of Dedication: Transforming Lives Through Education in Te Hiku / the Far North



A decade ago, Mr Daun answered a tutoring advertisement, embarking on a transformative journey that deeply touched lives and left a positive mark on the community. He assumed the role of a part-time tutor at Far North REAP, specialising in after-school Mathematics tutoring and occasionally offering English sessions. The students under Mr. Daun's guidance spanned from year 7 to year 13, primarily seeking assistance with NCEA Achievement Standards, including MCAT and advanced papers during their 11th to 13th-grade years. Initially, sessions were one hour long, but increasing demand from both students and parents led to extending the sessions to two hours.

Mr Daun's unwavering commitment revolved around helping students grasp complex concepts from their school curriculum. Over time, he identified additional knowledge gaps, prompting personalised support within small groups of

three or four students.

The most successful students attended sessions regularly, with some remaining for the entirety of their five-year high school journey. Mr Daun occasionally provided additional support during the term breaks, gaining the appreciation of parents as their children achieved remarkable success.

The rewards reaped included students gaining newfound confidence in their learning and often attaining qualifications that might have otherwise achieved.

Some went on to gaining careers in the armed forces, apprenticeships, or even the medical field. Mr Daun maintains lasting connections with former students. He said it is heart-warming to encounter them around town.

In addition to his high school tutoring, Mr Daun also extended his support to primary school students grappling with emotional challenges. His role encompassed not only academic assistance but also career

guidance and emotional encouragement. Furthermore, Mr Daun played a pivotal role in establishing the Alternative Education class, where he also taught.

Mr Daun considered it a privilege to be a part of this remarkable journey. He emphasised that Far North REAP's unique atmosphere,

cultivated by its dedicated team, does not happen by accident. It is a place where committed individuals come together to transform lives, one student at a time.

Mr Daun quoted this poem at his farewell: Ozymandias by Percy Bysshe Shelly.

**Full article is on our website*

Ahurei Akoranga | Festival of Adult Learning

Festival of Adult Learning – Ahurei Akoranga – 7 September 2023

This year the ACE Team hosted an adult education day celebrating adult learning with tutors delivering mini taster courses, such as Sewing and Mosaic Up-cycle. We also had our amazing teams from Far North REAP in attendance, with our Parenting, Road Safety, Engaging Priority Families, schools / kura and early childhood education / Kōhanga Reo teams showcasing the great work that they do with our community.

The focus of the event this year was all about adult education, in all areas and all the options available.

We had an awesome kid's zone with free face painting by Merryn and entertainment from Bailey of Kanikani Kids. Te Rito Maioha were present discussing the opportunities they provide. We also had a free sausage sizzle and giveaways.

Our ACE Team are extremely proud of our participants this year, with great attendance and participation regardless of the many barriers we have experienced. It has also been a privilege to support our tutors with their own learning journeys.

Thank you to everyone who supported this event and the community members who joined us in celebrating adult learning.



Honor - Lisa, Kiri Sloane



Jillian Peita, Kiri Sloane



Merryn Grace

Statement from Kelly Stratford - Kōwhai Deputy Mayor

Kia ora to our Far North whānau!

With a sense of hope and relief, we head into summer and, with luck, fewer of the numerous significant weather events we have faced this year.

Cyclone Gabrielle in February hit our district hard, and we are still working through that impact. Therefore, one project I am excited to oversee as part of Cyclone Gabrielle Recovery is the formation of the Te Tai Tokerau Resilience Action Plan. The Action Plan was commissioned by Kelvin Davis, MP for Te Tai Tokerau, and the Cyclone Recovery Governance Group and it aims to boost the resilience of some of our more remote communities in Northland.

But this isn't about the politicians, it is about the people at the heart of those at-risk communities. Our project team has been working with residents to help give them a voice, and they have now established their vision of resilience: "People living safely and well in their homes and on their whenua in the face of increasing natural hazards."

Based on that vision, the communities have also identified priorities for action, including establishing manaaki hubs to support communities during hazard events,



repairs to unusable private roads and accessways, and support for those sleeping rough.

Some resilience work is underway through existing programmes, but other areas need investment. These

include strengthening detour routes, repairing our local roads, addressing drainage issues, upgrading Kaitiāia airport, a climate adaptation strategy through tangata whenua planning and council-iwi partnership, and building business understanding and awareness.

Implementation of this action plan is a joint effort involving government agencies, councils, infrastructure providers, iwi, hapū, and local communities. Things won't change immediately but will be developed over the coming years.

Leadership and cross-agency co-ordination will be key to prioritising and delivering on the Action Plan.

"What never happens, happens", therefore we need to do this resilient work, however long it takes, together - to ensure the wellbeing of the people."

Mental Health Challenges for our Rangatahi *by Karen Chhour*



Education is the biggest weapon against poverty later in life, but it can also contribute to mental health issues and anxiety in young people. This has been the case for as long

as I can remember but even more so since COVID. Young people have had three years of interrupted education due to COVID, which has taken its toll on the many not attending school, and some left out of sheer frustration in knowing they cannot catch up and there are no resources to help them get there. As someone who once fell through the cracks myself, I want to say that it is never too late to turn things around.

Sadly, the number of children missing school is growing. We can't afford to keep ignoring this as having a proper education is how many will ensure they have a bright future, it's how we can decrease New Zealand's rates of poverty. Empowering individuals to have a proper education contributes significantly to the socio-economic development of nations.

For years I dealt with the damage caused to a person's self esteem by not receiving an adequate education. While I always managed to find work and eventually become self-employed, and then to

my amazement become a Member of Parliament, I will never forget what that shame felt like.

That is why I am so proud to work with a Team that understands that home stability is the silent cornerstone of effective education.

When a child's home life is marked by chaos, insecurity, or neglect, their ability to learn and thrive in the classroom is severely compromised. Stability at home and school provides the emotional and psychological foundation for students to concentrate on their studies. Conversely, a lack of it can lead to stress, anxiety, and a decreased focus on learning. Therefore, addressing the challenges of unstable home and school environments, whether through social support systems or community programmes, is crucial for ensuring that every child can receive the education they deserve.

For those who did miss out I just want to express that it is never too late. Embracing education or upskilling later in life can be a tough journey, but it's vital to shed the cloak of shame. Education knows no age limits; it's a lifelong pursuit. Understand that wisdom comes with experience, and returning to learning is a testament to your growth. Recognise that your unique life experiences bring valuable perspectives to the classroom or workplace. Seek support from peers, mentors, and educators who

champion lifelong learning. Remember, learning is a personal triumph, and the only

shame is in denying oneself the opportunity to expand horizons and fulfill aspirations.

Teen Parenting - An Example of Grit and Determination

Motherhood is a beautiful and transformative journey, but for many women, it comes with an array of career challenges that can have a devastating impact. Despite progress in gender equality, mothers often find themselves navigating a complex landscape where balancing professional aspirations and family responsibilities can be an uphill battle. In this article, we explore the hurdles that teen mothers face in their careers and shed light on the importance of addressing these challenges.

Ayla Pene's life journey stands as a powerful testament to the unwavering force of determination and hard work. As a teenager, she graduated from Kaitaia Abundant Life School with NCEA Level 2, ready to face the formidable challenges of being a young adult female. However, her future as a solo mother to twins at 18 years old soon became apparent.

At the time of this discovery, Ayla was working as a shop assistant. Her relentless ambition to create a brighter future for her children propelled her forward.

Encouraged by her mother, who recognised Ayla's natural affinity for numbers, she embarked on the ambitious path to become an Accountant. With her twin babies barely a year old, Ayla enrolled at Massey University for a Bachelor of Accountancy.

In 2012, Ayla took her first steps into the practice of accounting, joining the PKF team as a junior technician. Simultaneously, she continued to pursue her Bachelor of Accountancy, an endeavor she triumphantly completed in 2013—coincidentally the same year she welcomed her third child into the world.

Ayla's pursuit of excellence knew no bounds. Her ultimate aspiration was to become a Chartered Accountant, and during this arduous journey, she secured the highest results in New Zealand for her taxation module. An eloquent testament to her unwavering dedication and remarkable expertise.

In 2018, Ayla's years of relentless effort bore fruit when she finally realised her dream of becoming a Chartered Accountant. Her professional journey continued to soar, marked by her promotion to Manager in May 2019 and her subsequent appointment as an Associate in March 2022.

Now, in 2023, Ayla has reached the pinnacle of her accounting career by becoming a Partner at PKF Francis Aickin. Her journey serves as an enduring inspiration to her three daughters, underscoring the potential of grit and determination to propel individuals to the

pinnacle of success. You have the power to shape your own future, and for generations to come.



PKF Far North Partners

Balancing Act: Navigating the Challenges of the Motherhood Penalty



The motherhood penalty, a term used to describe the disparities that many women face in the workplace after becoming mothers, sheds light on a complex issue within our society. While it reveals differences in wages, promotions, and opportunities, it also presents opportunities for positive change. Research consistently shows that mothers often earn less than their childless counterparts and men. This wage gap is influenced by factors such as temporary career interruptions and reduced work hours, as many mothers prioritise caring for their children during their formative years. Furthermore, biases and stereotypes can unfairly affect professional

advancement for mothers.

One contributing factor to the motherhood penalty is the absence of family-friendly policies, like paid parental leave and accessible childcare, making it difficult for mothers to juggle work and family responsibilities. Discrimination against mothers in the workplace further compounds these challenges.

Addressing the motherhood penalty requires a holistic approach. By implementing supportive policies and fostering a workplace culture that values work-life balance, we can create an environment where both men and women can thrive in their careers while raising families. The consequences of the motherhood penalty, such as lower retirement savings and social security benefits, can be mitigated with thoughtful policies. Addressing the motherhood penalty requires a holistic approach.

By retirement savings and social security benefits, can be mitigated with thoughtful changes in workplace practices.

In conclusion, the motherhood penalty highlights an issue that, when addressed positively, can lead to greater gender equality in the workplace. With the right policies and attitudes, we can ensure that women are not held back in their careers due to the choice to become mothers.

Teen Parent Support

To qualify for assistance, you must be a parent aged 19 or under seeking various forms of support, including educational, emotional, or practical help in any of the following areas:

- Education: We offer assistance to help you stay in school, re-enrol in school, consider correspondence school by exploring Te Kura Pounamu options.
- Training Courses: Our support covers everything from understanding available courses to navigating the enrolment process.
- Mātua Atawhai Parenting Programme: Join our programme designed to enhance your parenting skills.
- Advocacy: We can assist you in advocating on your behalf, whether it involves Youth Services, WINZ (Work and Income New Zealand), or legal matters.
- Licensing: From enrolling in the



- appropriate course to preparing for your license, we can guide you through the process and explore potential financial assistance options.
- Passport to Life: Access help with creating a CV, obtaining your birth certificate, IRD number, RealMe account, and setting up a bank account.
- Car Seat Safety: Our certified car seat technician is available to explain car seat safety and installation.
- Life Skills: Learn fundamental life skills, including cooking and budgeting, through our Back to Basics Living Skills programme.
- One-on-One Confidential Support: Receive personalised, confidential support tailored to your unique needs.
- Antenatal Support: Access support and guidance during your pregnancy.

- Health & Wellbeing: We provide resources and assistance for maintaining your health and overall well-being.
- Self-Care Strategies: Learn strategies for self-care and emotional well-being.
- Housing Support: Receive help with housing-related issues and finding stable living arrangements.
- Addictions Support: Get support for overcoming addiction-related challenges.
- Youth Justice Support: We offer assistance if you're involved in the youth justice system or facing legal issues.

If you're a young parent in need of support in any of these areas, please don't hesitate to reach out to us. Text Maree: 027 385 6036

Te Whare Tapa Wha

Te Whare Tapa Whā is a holistic Māori model of health and wellbeing developed by Sir Mason Durie, a prominent New Zealand Māori health advocate and researcher. This model is based on the concept that wellbeing is a multifaceted and interconnected entity, akin to a four-sided house. Each side of the house represents a different dimension of health, and all sides need to be in balance for an individual to experience overall well-being. Four dimensions of Te Whare Tapa Whā:

Taha Tinana (*Physical Wellbeing*): This dimension relates to physical health, such

Parenting Support Mātua Atawhai - Caring Parents

Wednesdays
9.30am - 12.30pm

Delivered in two parts over 6 weeks

Matua Atawhai - Caring Parents is a parenting workshop that teaches traditional Māori practice of raising tamariki, and is rooted in the holistic well-being model

known as:

Te Whare Tapa Whā
Tākai | It takes a village

FREE | transport assistance | morning tea | completion certificate

as nutrition, exercise, and the overall functioning of the body. It emphasises the importance of taking care of one's physical health to achieve balance and wellbeing.

Taha Wairua (*Spiritual Wellbeing*): This dimension pertains to an individual's spiritual or inner self. It includes one's beliefs, values, connection to culture, and spiritual practices. Nurturing the spiritual dimension is seen as essential for maintaining mental and emotional health.

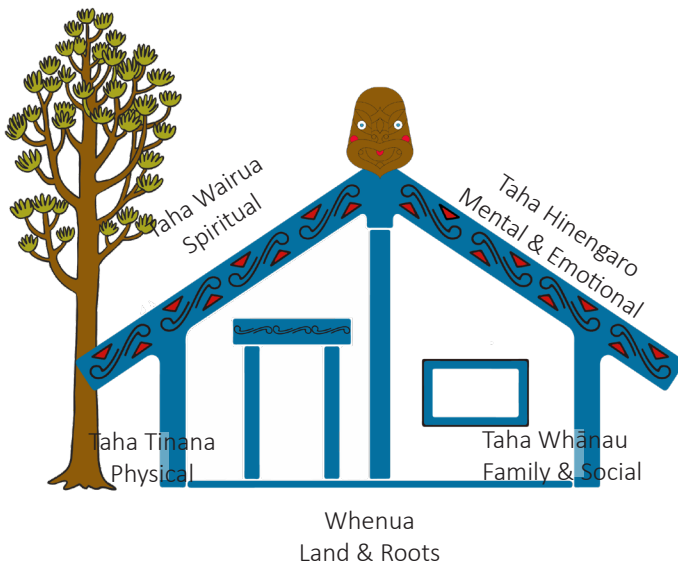
Taha Whānau (*Family Wellbeing*): Whānau play a central role in Māori culture, and this dimension focuses on

the importance of maintaining positive relationships within the family unit. It also acknowledges the wider social networks and community connections that contribute to an individual's well-being. **Taha Hinengaro** (*Mental and Emotional Wellbeing*): This dimension relates to mental and emotional health. It encompasses feelings, thoughts, and psychological well-being. Maintaining a healthy mind and emotional balance is considered crucial for overall well-being.

Whenua (Land & Roots): a place where you stand. It is your connection to the land -

a source of life, nourishment and wellbeing for everyone. It is through the earth that Māori connect with their tūpuna (Ancestors) and the generations to come.

In summary, Te Whare Tapa Whā recognises that these four dimensions are interconnected, and neglecting one dimension can lead to imbalances and health issues. The model promotes a holistic approach to health and well-being that aligns with Māori cultural values and perspectives.



Follow Far North REAP's Socials to keep up to date with courses and workshops



The Māori in Me *Written by Myjanne Jensen*

Growing up in Australia with a Danish father and a Māori-Pākehā mother, I always knew I was Māori, that I was Ngāpuhi nui tonu and that we hailed from the Far North of New Zealand.



Mum would always talk proudly about our culture and the wonderful memories she had of driving from Taumarunui (where she grew up) to visit her Nanny and Koro in Kerikeri (who had retired there from Otangaroa) during the school holidays.

Even though growing up I'd never lived in Aotearoa New Zealand myself, I'd visited countless times and felt immense pride and love for my Māori whānau and that side of me.

Yet with the love I felt about my culture also came a lot of shame because I didn't feel I knew "enough" or looked the part "enough" to call myself Māori.

I'd also been on the receiving end of others telling me the same, which was really

confusing and hurtful and I therefore ended up pushing that part of me aside and leapt into understanding more about my Danish side instead.

As I grew older, however, and after meeting my husband and having our four kōtiro, that feeling of needing to get to know more about my whakapapa and where I came from started to grow stronger.

Then, with the passing of my Nan in 2018, I felt an intense ache to go home and to learn as much as I could about who I was so that my girls wouldn't need to go on the same journey later.

So in March 2021, in the middle of the pandemic, we packed up our lives and headed to Te Hiku o Te Ika and we haven't looked back since.

It's been the absolute best move for our entire whānau and The Māori in Me podcast is all about that journey of coming home and talking about everything I have learned along the way.

I'd love for you to check it out and see what you think!

Ngā mihi nui,

Myjanne Jensen



Rongoā

Traditional Māori Healing

Rongoā, the ancient Māori healing system, represents a rich tapestry of practices rooted in oral tradition. This holistic approach to well-being places significant emphasis on the spiritual dimension of health and encompasses a diverse array of healing modalities. From herbal remedies to physical therapies like massage and manipulation, Rongoā weaves together a comprehensive approach to healing that has been integral to Māori culture for generations.

Long before the arrival of European settlers in New Zealand, Māori communities had already established well-developed systems for managing illness. Their knowledge extended to a remarkable understanding of anatomy, physiological principles, and the therapeutic properties of various indigenous plants.

Central to the Māori worldview was the recognition that illness often had a spiritual foundation. Māori people considered themselves the stewards of the earth, and their existence was intricately woven into the fabric of the natural and supernatural realms. In this perspective, sickness was not merely a medical ailment but rather a manifestation of disharmony with the natural world.

One notable element of Rongoā is the use of the Kawakawa plant, also known as

the pepper tree. Kawakawa leaves played a pivotal role in various healing practices:

- **Wound Healing:** The leaves and bark of Kawakawa were employed to treat cuts, wounds, and stomach pains effectively.
- **Toothache Relief:** For toothaches, Māori applied a Kawakawa poultice or simply chewed the leaves, providing relief from dental discomfort.
- **Stomach Ailments:** The leaf and bark of Kawakawa were known remedies for stomachaches, while the root was chewed to alleviate dysentery.
- **Rheumatism Treatment:** In cases of rheumatism and other ailments, Māori used Kawakawa leaves in an umuroa, a type of oven or vapor bath. Stones heated by fire were used, with water poured over them. A thick layer of Kawakawa leaves was placed on the stones, followed by kete (flax baskets) for the patient to sit on. Other leaves such as koromiko, mānuka, kāretu, karamū, and poroporo could also be utilized in this healing practice.

Rongoā, with its deep spiritual connections and reliance on the healing properties of nature, continues to be a vital part of Māori culture, preserving both traditional wisdom and a profound connection to the natural world.

Story by Rhys Jones Ara | The Encyclopedia of NZ | teara.govt.nz

Kawakawa & Lavender Balm Recipe

Give it a go!

Makes approx. 4 small jars

1 cup olive oil or coconut oil

10 Kawakawa leaves

3 tbsp grated beeswax

10 drops lavender essential oil

10 drops tea tree essential oil



1. Place the kawakawa leaves in a thermos. Gently heat the olive oil in a saucepan over medium heat for about one minute. You want the oil to be almost steaming, not overly hot.
2. Pour the oil over the leaves, and then screw the top on your thermos. Infuse for at least 8 hours. Once cool, you can remove the kawakawa leaves.
3. Combine the infused oil and beeswax together over a double boiler. Stir until melted together and then stir in the essential oils.
4. Pour the mixture into tins or small jars, and allow to set, about 20 minutes.

Kawakawa is native to New Zealand, and is known to have wonderful healing qualities. You can find it in ngahere / forest areas. Look out for their unique heart shaped leaves!

Rongoa Wānanga with Kylie Simeon

Saturday 11 November 2023 | 9am-3pm | Cost: \$20.00

Venue: Kukupa Room, Far North REAP

Bring a plate for shared kai

Join Kylie as she generously shares her extensive knowledge of Rongoa Māori, the traditional Māori medicinal practice. In this gathering, you'll have the opportunity to learn about the healing properties of native plants and how to create homemade balms that can benefit you and your whānau. Enjoy a shared meal with others in a relaxed friendly environment.



Engaging Priority Families Kia Maioha Ngā Ākoranga

This quarter has seen some new enrolments onto our EPF programme, each receiving a winter clothes pack and learning resources. With the wet weather, we have been distributing more learning resources to be used within homes. The Kaitautoko Whānau EPF Facilitator attended the Far North REAP Road Safety Matariki Memorial event, the Festival of Adult Learning, and Tohu Taiao O Puanga held at Te Rangi Aniwanīwa and promoted what is available to whānau. During these events the tamariki made decorated biscuits, decorated rocks, painting, and carried out other fun activities. The Kaitautoko Whānau EPF Facilitator is often asked “What is EPF?”and even though pamphlets and information are shared, it is nice to talk kanohi ki te kanohi (face to face).

Our EPF programme is for tamariki who are not enrolled in an Early Learning Service. We help by providing whānau with learning resources and other support whilst we look for a service of their liking or

if they want to keep their tamariki at home to teach, we can also support in the home. The age range is from three to five years for new enrolments, and we continue to support whānau and their tamariki up until six months after they transition to school or kura. This is a free service offered to whānau. Please contact Denise at Far North REAP if you would like to know more.

On Thursday 2 November 2023 the EPF and Parenting Team are hosting a Tamariki Craft Day here at Far North REAP from 10am to 2pm. Tamariki and whānau will learn how to make resources from recycled objects, make affordable learning tools, play with clay, receive seeds and mix for tamariki to grow their own vegetables, engage in sensory play, paint rocks and decorate cookies among other exciting activities. Kanikani Kids will also be present with a small bouncy castle and face painting for our tamariki, please feel free to come along to this event.



Activities:
Making Affordable Resources
& Learning Materials.
Sensory Play
Clay
Cookie Decorating
Painting
Rock Painting
Kanikani Kids
Face Painting
Sausage Sizzle

Thursday 2nd
November
10:00am - 2:00pm

Tamariki & Whānau Arts & Crafts Day



WHERE:
FAR NORTH
REAP.
33 PUCKEY AVE

For more information contact Denise Proctor: 09 408 1380 Ext. 707 or
Gypsy Taka: 09 408 1380 Ext. 712

Te Hiku Manu Korero | Far North Speech Competition 2023 Results and Gallery

Faye Irwin-Erceg Cup for highest Year 8 score overall

1st Jaden-James Pairama - Te Kura o Te Kao

Year 5 English

1st Toby Mulholland - *Pompallier Catholic School*

2nd Harper Bower - *Pukenui School*

3rd equal: Esme Lambert - *Paparore School*
& Stevie Quilter-Larson - *Ahipara School*

Year 6 English

1st Molly Start - *Oruaiti School*

2nd Mostyn Bridson - *Mangonui School*

3rd Isabella Bowden - *Pompallier Catholic School*

Year 7 English

1st Oliver Bayer - *Pompallier Catholic School*

2nd Mikaere Ropiha - *Te Kura o Te Kao*

3rd equal:

Eelia Lafotanoa - *Oruaiti School* &

Mitchell McLean - *Kaingaroa School*

Year 8 English

1st equal:

Liv Clement-Beaton - *Kaitaia Intermediate School* &

Lennox Dugmore - *Pukenui School*

2nd equal:

Kaycee Te Wake - *Te Kura Taumata o Panguru* &

Layla Thirkettle - *Ahipara School*

3rd Malikhah Walton - *Oruaiti School*

Year 5 Māori

1st Raukura Kani - *Te Kura o Te Kao*

2nd Naius Tioriori - *Te Kura Taumata o Panguru*

Year 6 Māori

1st Viani Stokes - *Te Kura Kaupapa Māori o Te Rangi Aniwanuiwa*

2nd Jayvon Wiki-Peters - *Te Kura o Te Kao*

Year 7 Māori

1st equal: Kahutai Matchitt-Kahui -
Te Kura o Te Kao &

Haylo Bellas - *Te Kura Kaupapa Māori o Te Rangi Aniwanuiwa*

Year 8 Māori

1st Jaden-James Pairama - *Te Kura o Te Kao*

2nd Tammy Ratahi - *Te Kura Taumata o Panguru*



Jaden-James Pairama



Viani Stokes



Tammy Ratabi, Jaden-James Pairama



Molly Start, Toby Mulbolland, Viani Stokes



Esme Lambert, Toby Mulbolland, Harper Bower



Isabella Bowden, Molly Start, Mostyn Bridson



Haylo Bellass



*Mikaere Ropiba, Mitchell McLean,
Oliver Bayer, Eelia Lafotanoa*



*Malikah Walton, Liv Clement-Beaton, Lemox Dugmore,
Kaycee Te Wake, Layla Thirkettle*



Daffodil Day 2023

Far North REAP 10th Year as Area Coordinators

Once again our Te Hiku Far North Community was overwhelmingly generous in giving to Daffodil Day 2023. At the time of writing our community had raised \$10,000 with EFTPOS donations still to be added to this (we will know the final total in October). Funds raised came from the Daffodil Day Street Collection, the Blue Donation Boxes, our Mega Raffle, and our fun Quiz Night held at and hosted by Peekaboo Backyard & Eatery. Sara from Peekaboo was our able and entertaining MC and Quiz Host.

We thank our generous Raffle and Quiz Night sponsors of prizes – Browns Community Pharmacy, Far North Pharmacy, Rip Curl, Folders, Signs of Life, Top 10 Holiday Park Whatuwhiwhi, Millenium Hotels, Essentially Flowers, Ani’s Catering, Riders Sports Depot, Raine & Hawthorne and DD Gold.

We thank our enthusiastic and dedicated team of volunteers – the RSA Ladies who have supported Daffodil Day every year of our involvement and prior, Marie Berghan, Margaret Tolladay, Hinemoa Tipene and JD Kelly and the Building Safer Communities helpers, Te Hiku Hauora Team, Adrian Jones and last but by no means least our Far North REAP Team.

We also thank Pompallier Catholic School and

Paparore School for holding their school events and bringing their donations raised to us.

Toss Kitchen was the surprised and appreciative winner of the Mega Raffle. Quiz Night winners were Team ‘5 Sistas and a Bro’ and the best dressed team were Team ‘Bright Bulbs’. So much fun, laughter and hope was shared and shown amongst the ten teams with many saying they hope that this will become an annual event.

The winner of the Paint the Town Yellow was Browns Community Pharmacy with their thoughtful and beautiful shop window.

All donations make a difference. Our community can feel really proud that the money we all raised helps fund the Cancer Society’s support services, health promotion programmes and life-saving research.

With your help there is hope.

Ngā mihi nui
Lisa Jones, Far North REAP

Area Coordinator
Team on behalf
of Cancer Society



Far North REAP Courses and Workshops



Te kete-tuatea



Te kete-tuauri



Te kete-arōnu

Tāne climbed to the citadel Te Tihi-o-Manono, in the highest of the 12 heavens, known as Te Toi-o-ngā-rangi. There he retrieved three baskets of knowledge: te kete-tuatea (basket of light), te kete-tuauri (basket of darkness) and te kete-arōnu (basket of pursuit).

[Ka ako kia ora, ka ora kia ako](#) | Learning to live, living to learn

To register for our courses or workshops go to our website/[our-courses](#)
Select 'Our Services' tab

*Please note: To register for any ACE course, you must be 16 years or older and not enrolled in school / kura.

Road Safety

Learners Licence Course

Monday 25 - Tuesday 26 October 2023

9.30am – 1.00pm

Testing Day:

Wednesday 27 October 2023

Monday 27 - Tuesday 28 November 2023

9.30am – 1.00pm

Testing Day:

Wednesday 29 November 2023

Monday 11 - Tuesday 12 December 2023

9.30am – 1.00pm

Testing Day:

Wednesday 13 December 2023

**Please note: Learners Licence tests are scheduled on Wednesdays. Your tutor will let you know your appointment time.*



Test yourself: [FREE ONLINE LEARNERS LICENCE TEST](#)

Adult Community Education Courses and Workshops

Cooking on a Budget with Mags

Participants will learn how to cook a meal each week.
Meals will be shared with the class.
Fact sheets and recipes will be handed out to Participants

Register your
interest for the next
course in 2024



Sewing for Beginners

Tuesday 24 October 2023
(runs for 5 weeks)

5 - 7pm

Kukupu Room, Far North REAP
\$25.00 per person

Join Joanne Bentley as she generously shares her expertise of sewing.

In this interactive workshop, you will:

- Gain insights into the various components of an electric sewing machine.
- Build confidence in using a sewing machine effectively.
- Craft essential items for your whānau
- Acquire knowledge of sewing machine best practice, techniques and trade secrets.
- Perfect the art of cutting and measuring basic patterns.
- Discover how to make clothing alterations.



Follow Far North REAP's Socials to keep up to date with courses and workshops





TUESDAY 17 OCTOBER
 10AM - 3PM
 FREE

WORKSHOP

This creative workshop is designed for individuals that are beginners or have little prior experience with Canva. If you are wanting to promote yourself, your business or an event, this workshop is perfect for you!

Workshop Highlights:

- Introduction to Canva: Discover the user-friendly interface and learn how to navigate the platform effortlessly, even if you're completely new to graphic design.
- Creating Stunning Graphics: Step-by-step, learn how to craft captivating social media posts, professional presentations, and eye-catching posters using Canva's powerful features.
- Branding and Consistency: Understand the importance of maintaining a consistent brand identity and learn how Canva can help you achieve that effortlessly.
- Interactive Practice Sessions: Put your new knowledge into action through hands-on activities and interactive sessions.

Our experienced educator will guide you every step of the way.

Laptops a Beginners Guide with Carline Neame

Thursday 26 October

runs for five weeks

10am - 12pm

FREE



Let's Weave

Harakeke Wānanga



Harakeke, also known as New Zealand flax or *Phormium tenax*, is a culturally and ecologically significant plant native to New Zealand / Aotearoa. This remarkable plant has played a vital role in Māori culture for centuries, providing materials for weaving, clothing, and shelter. Harakeke's long leaves are renowned for their strength and flexibility, making them ideal for creating intricate woven patterns and textiles. Beyond its cultural importance, Harakeke also holds ecological value as it supports various native birds and insects, and its nectar-rich flowers attract pollinators. This versatile and enduring plant continues to be cherished for its historical significance, environmental benefits, and the beautiful crafts it inspires.

Saturday 25 November | 9am - 3pm

Tutor: Caroline Neame | Far North REAP | \$20 per person

Rongoa Wānanga with Kylie Simeon

See page 18 for details about this workshop

BCITO
building people

Building & Construction Industry Training Organisation

Each Wednesday evening 5.00 to 7.00 pm

Far North REAP 33 Puckey Avenue, Kaitaia

Supper / Kai provided | FREE | Registration is not required.

Far North REAP is offering this course to assist all apprentices who need help with their theory studies.

Computers and support staff are available to help students complete the theory requirements of their apprenticeships, as well as uploading proof of their practical work.

'Spring has sprung folks'

and it's not too late to generate soil and fertiliser to help your garden grow!

Half of the average rubbish bag in Northland is made up of food waste and paper products, of which 30% could have been recycled. Paper is a dense carbon, which emits heaps of methane (a greenhouse gas that is warming up our climate) when sent to landfill. At EcoSolutions, Para Kore, and Tiaki Taiao, we are keen on composting and worm farming as it's the best individual action we can take against climate change, locking carbon into the soil, reducing drought impact and erosion, while ensuring the kai you grow is nutritional!

So why wouldn't you compost?! It can be challenging if you are on your own to have enough to compost to reach the temperatures you need to break down pathogens and seeds, and renters need to ensure they have a rodent-proof compost system, but we are here to help! EcoSolutions runs FREE Community Compost Connection workshops to teach you how easy it is to compost OR hook you up with Community Compost Hubs which can accept your food waste and turn it into rich soil. Keep an eye out on our Facebook page (EcoSolutions, a CBEC enterprise) to learn where a workshop is taking place near you. We teach folks how to HOT compost, which breaks down compostable waste within 2-3 months to create soil; it's actually pretty simple, just compost equal amounts of green (nitrogen, e.g., fresh grass or food waste) and brown (carbon, e.g., dry

grass, paper, or leaves) in batches of at least 50 litres, keep it moist like a wrung-out sponge, and aerated because compost needs to breathe; we can show you how easy this is. Worm farming or bokashi are the go-to for homemade fertiliser. Tiger worms can eat their body weight in a day, and they breed every three weeks if they have a good food source. Worms breathe through their skin (so don't feed them anything acidic), and they need lots of carbon, like paper; only 30% of their diet should be green! The more you feed them, the more black gold they produce for your garden! Bokashi (which pickles your food waste) is great for getting cooked food and meat into your soil without attracting rodents and out of the landfill; it's super easy with Bokashi Zing. Come along and learn how pickling your food waste improves your soil! Nasty weeds? We can show you how easy it is to make a witch's brew to kill off unwanted weeds and create a strong fertiliser! The Community Compost Connection also offers workshop participants heavily subsidised rodent-proof bins and accessories to make it super easy! We can also show you how to DIY solutions. We also provide support to get you over any hiccups and tailor systems to your needs! Learn to compost and learn how making a few small changes to your daily routine can save money and the environment. Follow the link to register for the next workshop in Kaitaia: [LINK](#)

Te Hiku Revitalisation Update

Written by Andrea Panther

It has been rather quiet on the progress front with the Te Hiku Revitalisation Project. However, in the background work has been ongoing with engineer plans working on the foundations for the waka that will be installed in the Town Square. These have been quite complicated which explains the long wait, but we are nearly there.

Just a friendly reminder that if you are in one of the communities that run monthly meetings concerning facilities, plans and future decision making, go along and have your say. We keep hearing that people haven't had the opportunity to get involved, yet the Kaitaia, Ahipara and Awanui groups have continued to meet monthly for many years now and this is where ideas are raised and decided on for their areas. I know other communities have monthly meetings too such as Pukenui, Doubtless Bay and others so please get involved now while plans are underway. The Te Hiku Revitalisation project has been community led from the start and with the success of it we are hopeful that future governments will continue to offer such funding, but these opportunities can only be taken up if communities have plans in place.

Procurement work has been submitted to get the town square priced and final budgets have been worked on. The

contract has had a variation clause to extend the timeframe out to be completed by February 2024. This has made it much easier while we have had to wait on other external professional services to get final plans completed which are crucial to the project work. By the time the next edition of the Quarterly is ready, we should have some progress in this space and hopefully have the Town Square work well underway. The Te Hiku Community Board has accepted an application to fund a few of the projects that were stopped at the beginning of the year. These include finishing the seat refurbishment in Commerce Street, getting a backdrop done for the Market Square stage, which is underway by Kiri Clark and Signs of Life, creating information boards at each cultural artworks in Awanui, Ahipara and Kaitaia and the board has also elected to



pay for the careful removal of the mosaic tiles off the block walls for the Town Square work.

Exciting news includes Awanui being a

finalist in the Tiny Town category for “Keep NZ Beautiful Awards” and being one of three finalists in the “Best Loo” category. Some of the project working group were asked to give a fun interview on Breakfast recently to promote our Awanui toilet which some of you may have seen. The winners will be announced at the same event in Wellington on 9 November at an Awards Ball. We are hoping to have a table of Awanui representatives at the FNDC table. Part of making it to the finals required sending in a 40 second clip and some of the contractors, elders and project working group were involved in

filming this with the FNDC last week. The FNDC also took the opportunity to take clips for their own promotional material too for their areas. I know other communities have monthly meetings too such as Pukenui, Doubtless Bay, and others so please get involved now while plans are underway. The Te Hiku Revitalisation Project has been community led from the start and with the success of it we are hopeful that future governments will continue to offer such funding, but these opportunities can only be taken up if communities have plans in place.

Kaitaia Business Association

We are thrilled to introduce our new Executive Committee for 2023/2024:

Chairperson: Josh Kirby
Vice-Chairperson: Angela Phillipps
Treasurer: Stewart Russell
Executive Committee: Andrea Panther, David Aydon, John Stewart, Lianne Kennedy, Rose Vazey-Roberts, Sheryl Hansford, and Shirley Neho
Coordinator: Ruth Arona

We would like to extend a special thank you to Andrea Panther for her commendable commitment and service as our previous chair, and thank you to Shirley Neho for stepping up as interim chair for the past few months. And let's not forget our exceptional 2022/2023 Executive Committee, who have tirelessly served our businesses and community over the last 12 months.

Your contributions have made a significant impact, THANK YOU!

Please take the time to read our Chairperson report for 2023 and keep up to date with Kaitaia Business Association via these two links.



kaitaia.co.nz/kba/



facebook.com/kaitaiabid

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FAR NORTH REAP

RURAL EDUCATION ACTIVITIES PROGRAMME

Ozymandias by Percy Bysshe Shelly
*I met a traveller from an antique land,
Who said—“Two vast and trunkless legs of stone
Stand in the desert. . . . Near them, on the sand,
Half sunk a shattered visage lies, whose frown,
And wrinkled lip, and sneer of cold command,
Tell that its sculptor well those passions read
Which yet survive, stamped on these lifeless things,
The hand that mocked them, and the heart that fed;
And on the pedestal, these words appear:
My name is Ozymandias, King of Kings;
Look on my Works, ye Mighty, and despair!
Nothing beside remains. Round the decay
Of that colossal Wreck, boundless and bare
The lone and level sands stretch far away.”*

Read by Mr Daun at his farewell