

Karikari Panui - Bringing Community Together

www.facebook.com/KarikariPanui

Edition Six, 2021

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Christmas Greetings to all our readers

Hari Kirihimete, Merry Christmas to all our wonderful supporters and friends in the community. For many whānau this will be another Christmas without loved ones nearby. Is that your neighbour, friend or acquaintance? I encourage you to reach out to help those who are feeling alone or discouraged this summer. Even a phone call can make all the difference.

It can be difficult to live with uncertainty and an on-going barrage of fear. We generally prefer predictability and things to remain constant. If living in a global pandemic has taught us anything, it's that we need to learn to live with uncertainty, and develop skills to face fear and a sense of loss.

Here are three tips to help you get through if things feel a bit out of control:

1. Accept that things are tough right now.
2. Do the little things that give you a boost (like catching up with a friend or taking a walk on the beach).
3. Take some time to reflect upon the good stuff you're grateful for every day.

With thanks to Hello@alright.org.nz

If there is a Civil Defence Emergency over the summer please ensure your guests know the necessary drill. Many of our evacuation directional signs have been stolen (even replacements!) so it will be up to locals to share the message. If the tsunami sirens sound, then check the Civil Defence Northland Facebook page, your radio, TV or phone app, for guidance. If necessary take your emergency supplies, medication, family and pets, to the nearest safety location; Karikari Community Hall, Rangiputa Hall, or the old airstrip along Inland Rd (not far from Ramp Rd).

Have you got your water sorted for summer?

The Karikari Fire Brigade will deliver water across the peninsula. Charges are per 5,000 litres: \$130.00 for local area and \$140.00 to Rangiputa. To order contact Lorraine: 0274501080 with your details and make payment to Bank account: KKFB 12 3096 0027374 00. Include name and address in reference. Please keep check of your water tank regularly as you may be disappointed if same day delivery is not possible. Please note: there are **No Sunday Deliveries**.

Recycling Station Summer Hours: between 20 Dec and 13 Feb the Whatuwhiwhi Recycling Station will be open Mon-Fri 7.30–1pm. Weekends: 9-1pm except in January when it will be open 9-5pm. Make sure your recycling is clean please.

Wet Wipes: these go in the rubbish not through the sewer system!

A huge thanks to all our supporters who have enabled the Panui to continue for another year, including Rural Delivery who ensure the hard-copy of the Panui gets into letter-boxes, and the contributors to this edition. Your help is much appreciated.

Thank you also to all the advertisers who trust us with their message. Please support them, and check out this edition for the new advertisers that have recently come on-board.

Special points of interest:

- Non-urgent police calls—phone 105. Your call will be treated confidentially.
- Advertisers: Thank you to those who support this community newsletter. Adverts are \$20 a year to cover printing costs. Alcohol Drug Helpline: 0800 787 797 (24/7)
- Meth Helpline: 0800 638 443 or visit drughelp.org.nz/meth
- Crimestoppers NZ: 0800 555 111
- Covid 19 Test Sites: www.healthpoint.co.nz/covid-19/northland/

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Gardening Angels About

Thank you to all those who selflessly work to make our place beautiful and behave like true Kaitiaki across the peninsula. Gardening Angels, Norma and Diane, recently weeded and tidied up the traffic island outside the old Kura on the corner of Tokerau Beach Rd and Maitai Bay Roads. The two neighbours have decided to take this spot on as their special project, so give them a wave if you notice them working there.

"We want to do something positive because we are grateful that despite all the negative things going on, we can still put one foot in front of the other," said Norma.

Norma recalls tidying this area when the Kura was still operating, and the positive feedback from the children she received at the time. "If everyone does some little thing then we will be able to show our pride in our peninsula. We've only just started; we will keep at it until the area is beautiful again," she said. After two hours of weeding and picking up rubbish, the pair filled the back of their vehicle with the results. Their next step will be to source a few plants to add variety.

Perhaps there is a spot you and some friends could adopt and follow the example of some of the more mature residents?

And a shout out to Donna and her team for their tireless work over this year to also bring beauty to locations about the Peninsula. Donna can often be seen tending to the garden at the corner of Simon Ulrich and Inland Roads (below). Thank you.



Sadly, not everyone is as thoughtful as Norma, Diane and Donna. This photo, below, was taken early November of a pile of rubbish collected from the multi-courts at Karikari Community Hall. Shame on those who use the facilities but do not take responsibility for their rubbish. If you can carry it there, you can carry it away!



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Say hi to the free-range chickens on the way.
Phone Sel 406 7969.

CCTV Project

Warning:

The police recently alerted residents of Karikari Peninsula to thefts from letter-boxes.

It is a good idea to keep an eye out, especially when parcels are expected. If you are not going to be home, ask a neighbour to collect your mail. If you are leaving items for the Postie to collect try not to leave them unattended for long periods.

Alternatively, you can leave parcels for the Postie at Bayview Store.



CCTV Project on-going support

Donations are still needed to pay for on-going maintenance etc.

Make your donation to Karikari Peninsula Residents and Ratepayers Association: CCTV Project ASB 12-3096-0082138-56

Include your name and CCTV for reference. Email: cctvkarikari@gmail.com

Major Supporters – FMG, Meridian Energy, Top Energy, Northland CCTV, Far North District Council



Bay Heights Upholstery

Marine - Domestic - Automotive - Squabs - Boat-covers - Zip replacements. Contact John

09 408 7478

72 Bay Heights Drive,
Whatuwhiwhi



Doubtless Bay Water

Is under new management.

Contact Matt and Sarah Maraki
021309654

Keep an eye out for more news
from this enterprising couple.



Process for Accessing CCTV Footage:

1. Lodge an incident report with the Police on the Crime Reporting Line: 105

2. Send an email to cctvkarikari@gmail.com or contact Northland CCTV 09 407 8788 with the following information:

- Your name
- Address
- Incident number (from Police)
- Your contact details
- Incident date and approx time-frames

- Brief explanation of incident and what you want them to look for.

3. The CCTV monitoring team (Based at Kaitia Police Station), will respond to your query and begin the search. This may take up to 3-4 business days due to workload.

4. The CCTV Team will respond with outcomes and if applicable will provide footage/images to police to accompany the file. Footage will be provided on a case-by-case basis. The Team must adhere to privacy policies and procedures and must ensure all information is provided in the strictest of confidence.

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Welcome to second Ventia Team

A second team from Ventia working on the installation of fibre across the peninsula were welcomed and inducted into cultural protocols by Nina Raharuhi, Cultural Advisor, at Karikari Community Hall, and organised by Haititaimarangai Marae. See edition five of the Panui for information about the protocols the team will follow.

Rev Robert Ulrich opened the gathering with karakia and hīmene, and said that in this troubled time of confusion and fear it was important that everyone got a fair bite of the apple, and did not give into fear of persecution.

This crew will initially be based in Section 7 (see map below) while the initial crew continue working in Section 3.

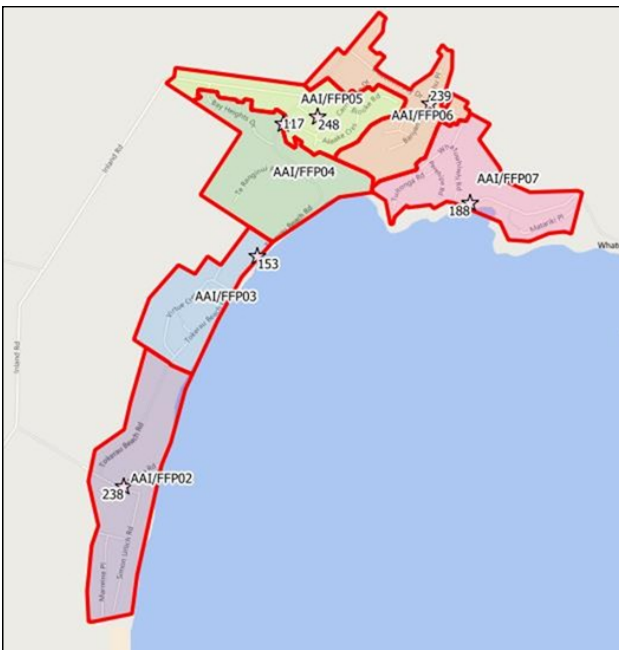
Doug Gayland, Project Archeologist, reminded the team to watch for possible indications of previous occupation or activity. These could be black sooty layers, thick layers of shell, stones and rocks that appear unusual, and bone. If the latter are disturbed all work will cease immediately, and strict protocols followed.

Waikura Landscaping and Native Plant Services Ltd.
Native plants for beautification and protection of wetlands, lifestyle blocks, dunes, lakes, hedging, wind breaks and more. Ph Sana on 0212167720.



The Ventia team, including Doug Gayland (check shirt) Grant Mason; Site Works Manager, and Rev Ulrich (far right).

Right: Nina Raharuhi Cultural Advisor from Haititaimarangai Marae.



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Pest Plant: Cape Honey Flower

Mary Watkins shares an experience of trying to eradicate this plant from the dunes.

Gary Butt recently called the Department of Conservation regarding the Cape Honey flower that is growing over their nearby walkway to Tokerau Beach.

Mary said, "It is encroaching on our land now and it's growing way too fast. A contractor came out to look and he said it had gotten out of hand. Gary told the contractor that he asked for help over three years ago and nothing has been done to date. The contractor said it will now be a major job, but whose fault is that??? We think DOC needs to step up when it affects other people's property near it."

The couple are not sure what the results will be until they hear back from the contractor or D.O.C. If anyone else has any thoughts please let them know. Gary can be contacted on 0274-907-607.

With thanks from Mary and Gary.

What does it look like?

Cape honey flower is a clump-forming shrub, with stout, rough, hollow stems and a suckering root system. It has frond-like leaves, divided into distinctively folded leaflets, that are covered in grey, hairy down (especially underneath).

Tall, erect flower stalks have foul smelling, dark reddish-brown flowers from July to April, followed by inflated, papery, sharply-angled seed capsules containing long, shiny black seeds.

Cape honey flower grows in a variety of habitats, including: sand dunes, sheltered coastal and steep areas, estuaries, inshore islands, disturbed lowland forest margins, shrub-land, fern-land, and especially on the east coast. It is also found in gardens, waste places and along roadsides.

Why is it a problem?

It forms a dense cover of 2m in open conditions and impedes regeneration under 50% canopy cover and competes with under-storey natives growing under tall kanuka/mānuka forest. Cape honey flower is toxic to stock.

Control Methods

Physical control:

Dig out small plants and dispose of roots at a refuse transfer station, burn, or bury deeply.

There are also a range of herbicides that will deal with this plant.

See:

www.nrc.govt.nz/environment/weed-and-pest-control

Left: Gary inspecting the out-of-control weed in the dunes.



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lawncare@karikari.nz



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09 4067656.

New is not always best: An inspirational account by Liz St George

The brief: Is there anyone willing to write an article for the Panui about the bargains of Christmas op-shopping?

"Well, not me," I thought. Yes, I love op-shopping, but not for Christmas presents.

I was tidying up my bedroom this morning and came across five little cars that I'd hidden away. You guessed it, they were for stocking-fillers for the grand-children. And then I remembered Rastahorse. How on earth could I have forgotten him?

A couple of Christmases ago, my partner, Keith, bought a small bagful of toys from an op shop in Kaitaia. Amongst them, was the most bedraggled horse one could imagine.

With our little grand-daughter in mind, we placed the horse and its accessories in tinsel wrapping-paper and added it to her Christmas collection, not worrying if she liked it or not, as there were other new toys for her to enjoy.

Well, that ugly horse with the matted mane, was an instant hit; the new toys being totally ignored. She loved that horse. And it has stood the test of time; still as ugly and as much loved as it ever was.

A trip to Kaitaia or Kerikeri is never complete without a visit to at least one of the op-shops in town. I used to have an inner conflict, thinking that if I was buying something, I might be depriving a person more in need than myself, but then I thought about who was benefitting from my purchase; perhaps the Hospice, SPCA, Salvation Army or one of the Churches or other organisations around. That settled my conflict.

Keith and I have got plenty of bargains from these shops over the years. Even if one wanted to buy something new for someone, an extra gift from one of these shops wouldn't go amiss and who knows, it may just hold more value for the recipient than that expensive one.

Live on Rastahorse.



Above: Joan adores her Rastahorse

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Annual Awards for Indoor Bowls

Karikari Indoor Bowling Club held their annual prize-giving and lunch at *The Trough* in Coopers Beach. Members and partners enjoyed an afternoon of fabulous food and company as usual.

For indoor bowling and fun afternoons the Club invite you to join them next year on Monday and Wednesday afternoons. New members are most welcome and the best thing is you don't need to know how to bowl, as they have experts to show you. They say that the second best thing is the cup of tea and biscuits afterwards. The Club will start back again March 2022 at our wonderful Karikari Community Hall.

Keep an eye on the Panui Facebook page for dates.



Above: Karikari Indoor Bowls Award Recipients for 2021. Congratulations!

Early Action for Faster Recovery

No virus in the community

Build Natural Immunity

Virus in the community

Reduce Viral Load

Infection Days 0-5

Rest and Recuperate

Infection Days 6+

Rest and Monitor

NUTRITIONAL FOODS

Vitamin C	Vitamin D	Zinc	Probiotics	Quercetin	NAC	Omega 3	Flavonoids
Citrus Kiwifruit Berries Leafy Greens Broccoli Brussel Sprouts	Safe Sun Exposure Sardines Salmon Mushrooms	Red Meat Shellfish Pumpkin Seeds Sunflower Seeds Legumes Cashew Nuts	Natural Yogurt Sauerkraut Kefir Kimchi Miso Tempeh	Red Onions Capers Red Grapes Berries, Citrus Honey, Broccoli Brussel Sprouts	Beef Chicken, Eggs Fish Cheese, Yogurt Lentils	Mackerel Salmon Herring Sardines Anchovies Flax Seeds	Lemons Oranges Tangerines Grapefruit

SUPPLEMENTS

Vitamin D3 - 2000 IU/day
Zinc - 15 - 30mg/day
Vitamin C 500 - 1000mg/day

SUPPLEMENTS

Vitamin D3 - 5000 IU/day
Zinc - 30mg/2x day
Vitamin C 1000 - 2000mg/2x day
Zinc Ionophore - Choose 1 from below

NAC - 600mg/3x day
(if available)

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Hot Lemon, Ginger & Honey
Healthy Diet
Reduce Alcohol
Reduce Processed Foods

REDUCE VIRAL LOAD

Betadine Gargle & Nasal Swab
Colloidal Silver Nasal Spray
Propolis & Manuka Lozenges
Inhalations

ZINC IONOPHORES

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Nigella Sativa 1000 - 3000mg/day
Colloidal Silver 15 - 20ml/day

ANTI-INFLAMMATORY

Omega 3 Fish Oils
1000 - 4000mg/day
Turmeric, Garlic, Ginger,
Broccoli sprouts

ANTI-VIRAL

Herbals
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Reishi mushrooms
Garlic, ginger, thyme
Chlorella

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Ginger
Turmeric
Cayenne
Garlic
Vitamin E


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Please ensure you keep in contact with your medical practitioner should you become infected with the virus.



OVER THE COUNTER MEDICATION

Aspirin - 300 - 325mg/day Ibuprofen - As required

LIFESTYLE

Exercise
Breathe

Relax
Meditate

Wash hands
Wear a mask

Gargle Inhalations
Hydrate

Keep a daily
record of
symptoms

Rest
Isolate at home

Please use this protocol as a guideline. It is not intended to replace medical treatment. Supplement guides are designed for adults, choose from food groups for children, pregnant women, and breast-feeding mother's. If you are on medication or have specific health conditions please consult your health practitioner before taking supplements.

Seniors Christmas Luncheon

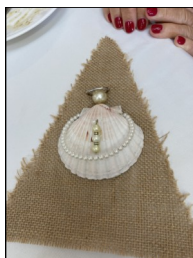
We would like to give a huge thank you to Debera Mcleod and her troupe of volunteers who organised this year's event. We enjoyed another successful luncheon with a crowd of around 65. It might have been a bit more subdued, but the atmosphere was great and the food awesome. A special thanks to Leona Steel for her tuatua fritters and Barbara Gibson for once again stepping up with her snapper fish dish.

Lesley McCormick was the MC and we had a special guest speaker from the police, Detective Sergeant Simon Wihongi. The ladies from the Line Dancing class entertained us again this year with boot scootin' and great music.

This year the council did not fund our dinner, but we were able to get local donations and we each paid \$5.00 at the door. The local fire brigade was kind enough to donate a mutton and a few ladies cooked it to perfection. Well done everyone!



Above: Debera Mcleod with the flowers she was presented with to thank her all her work.



Above top and bottom: happy festive folk enjoying their afternoon together.
Middle: The team who put the lunch together.

To enable the Fire Brigade and other emergency services to reach your property:

- 🔥 Make sure your driveway is at least 4x4 metres wide.
- 🔥 Clearly signpost your rural property with its RAPID property number.
- 🔥 Ensure there's an adequate water supply for fire and emergency services.

Defibrillators: these can be accessed at Bayview Store, Whatuwhiwhi; Karikari Peninsula Hall, and at White Sands Motel, Rangiputa.



Top left: Barbara Gibson snapped!
Left: Mary Watkins and Gary Butt enjoying their kai and a cuddle.
Top right: Muscle shell Christmas trees.
Above: The coordinated line-dancers showing how its done.

Karikari Community Library requires helpers

Librarian, Ere Page, will be away for 2 – 3 weeks at the beginning of February 2022. She is also likely to be away a couple of times throughout the year – for maybe 7 – 9 days each time.

Consequently, she'd appreciate somebody, or some people, to volunteer to cover the library over the February period as a start. So anyone who has just over three hours they could spare on a Thursday next year, please contact her on 09 408 7197.

The KC Library will close on the 14th December 2021 and open again on 20 January 2022.



Whatuwhiwhi Top 10 Holiday Park

Whatuwhiwhi TOP 10 Holiday Park casual showers & laundry facilities will not be available for locals from the 20th December until the 20th January 2022.

DIVE TANK FILLS: SUMMER 2022 Monday to Sunday between 8am-1pm & 4pm-5pm ONLY. \$10.00 PER FILL. TOP 10 members only pay \$6.00.

VACCINE PASS ASSISTANCE Whatuwhiwhi TOP 10 Holiday Park can laminate your vaccine pass. We charge \$3 a page. \$4 if you need us to print out your document. Hours 11:00 am to 3:00 pm, Monday to Saturday only. Please park outside the gate and walk up to the office.

Please wear a mask to enter and scanning-in is required.



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Korari Ora

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Ph Nina 021 0380 394

The Karikari Community Library

Will close on the 14th December 2021 and open again on 20 January 2022. Make sure you get your summer reading supplies!.

Clubs and Activities.

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These do not incur a charge for publication, although an occasional koha would not be turned away

All Saints Anglican Church (off Wairahoraho Rd) No services at Present. Phone Rev. Robert Urlich 09 946 7564.

Karikari Book Club: Ph Mary 027 490 7607. 2nd Weds of month at 7pm. An informal group who share their enjoyment of reading books and the occasional movie.

Karikari Community Library: Open Thursdays 10am-1pm at the Hall. Come and get your summer reading supplies. \$2 a year subscription. New books, Puzzles, DVDs and magazines in regularly. Reopening 20 January 2022.

Karikari Crafters: Will begin again February 2022. Phone Barbara 021 1864 442.

Karikari Garden Club: 1st Tuesday of the month. Contact Debera 027 4437 169 or Leigh 09 408 7229.

Karikari Indoor Bowls: Karikari Community Hall; Mon + Weds from 12:45 pm. For more information contact Dot 027 4867 486. Starting again March 2022.

Karikari Hall Committee: meets first Tuesday of the month at 5pm at the hall. Chairperson: Bertha Yerkovich. Secretary and Bookings: Leona Steel; 021 026 72159.

Line dancing: Karikari Community Hall; Intermediate: Sunday 10.30am; Beginners: Thursdays at 10:30am. Gold coin Koha. Tutor: Joy Hatcher. Mobile 021 407 855. Great fun and easy beginner's dances. Social and fun interaction for all ages.

Tai Chi for health: In recess at present.

Karikari Peninsula Residents and Ratepayers Association: Chairperson: Brian Page; 09 408 7197 or 027 322 1652. Deputy-chair: Glenys Urlich; Treasurer: Karen Urlich; 408 7153; Secretary: Lesley McCormick; 027 7413230. Meets every 3rd Tuesday of the month at 7.00pm at the Hall. All are welcome. Subs are \$15 a year per family. Pay to: ASB 12-3096-0082138-01. Please include your family name as reference.

Te Roopu Raranga Tahī o Whatuwhiwhi (weaving together). Fortnightly at the Karikari Community Hall. Kai and gold coin koha for the Hall. Contact Ima 022 3069 829 or Mereana 027 254 8334.

Tuatua Tavern: opening hours are 4pm to midnight Mon to Fri with an 11am opening Sat and Sun. **Food Caravan** hours are roughly 5 to 9pm every night.

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Nina Raharuhi

Your Holiday Manager

phone 021 038 0394

email explore.karikari@bachcare.nz

Bachcare Support Office

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bachcare.co.nz

Merry Christmas to all
and to all a good night!