

**Laundromat to
reopen after
fire** P3

**Ramp rage at
Doves Bay
Marina** P5

LOW BLOW

**Thieves make off with SPCA
property
PAGE 6**

Emily Rikona is living in a derelict one bedroom house with seven others.

Crisis hurts families

CHURCH ROW

**Row over best place for
church
PAGE 16**

BAYLEY MOOR

A Kaeo woman and her extended family are living out of a derelict shack after their Housing New Zealand home went up in smoke.

Emily Rikona along with seven others including young children under her care, were living in the three bedroom state property until the November 2015 fire.

She says the fire was a result of a power surge.

"I had complained for seven years about the power surging, as it happened all the time.

"Nothing was done and we wouldn't be in this situation if they had repaired the power box."

Her family are currently living

**"We wouldn't be in
this situation if they
had repaired the
power box."**

Emily Rikona

at her grandparents old home nearby, where it stinks of sewage and they have to cart water to the house from the nearby creek.

Issues around social welfare and housing have been prominent in the media recently with Social Housing Minister Paula Bennett announcing a \$41.1 million funding boost for emergency housing providers.

Homeless people in Auckland are set to receive financial help of

up to \$5000 to move into empty state houses in the regions.

That includes houses in Ngaruawahia, Huntly, Gisborne, Whanganui and Lower Hutt.

Shelley Turner found herself without a home after struggling to find rental accommodation in Kerikeri.

She says the Ministry of Social Development person she spoke to on the phone about emergency housing was really efficient.

But she's had no contact since.

"There's been no follow-through, I just presume I'm on the list like a lot of other people," she says.

"I understand that if there's no house to give, there is no other alternative."

MSD spokesman Carl Crafar says anyone with a social housing need should come to them to see what help is available.

"There's many different ways we can help and getting an accurate understanding of people's circumstances means we can get them the right help."

He says they need to make sure that social housing is available for those in the greatest need.

"It's important to understand that the social housing register is not a time-ranked waitlist."

According to Housing New Zealand there is one home available to let in the far north district.

As at March 31 there were a total of 56 priority A and B applications on the social housing register for the far north.

BAKE OFF

**Funds raised for rescue
helicopter
PAGE 22**

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YOUR PAPER, YOUR PLACE

to do list

FROM THE EDITOR

Some people have a remarkable capacity for forgiveness. When terrible accidents happen, these resilient people choose compassion over hatred. At Kaikohe District Court on Saturday, Leash King advised American tourist Thomas James Springer to forgive himself for killing her half sister Kylee Anne Rakich, who was eight months pregnant, and Virginia Keogh in a car crash in Oromahoe.

Canterbury mum Lucy Hone expressed her amazing ability to forgive on the *Sunday* programme.

She lost her 12-year-old daughter Abi when a Dutch tourist drove through a stop sign, crashing into the car she was passenger in, along with her best friend Ella and mum Sally Summerfield in 2014.

In these circumstances it would be far easier to succumb to anger at the injustice of losing precious loved ones.

Yet King and Hone have taken action, each in their own brave way, to move forward with their lives.

– Jenny

Contact us

EDITOR: Jenny Ling 09 407 0362 jenny.ling@fairfaxmedia.co.nz **REPORTER:** Bayley Moor 09 407 0368 bayley.moor@fairfaxmedia.co.nz **NORTHLAND SALES MANAGER:** Lynne Popham 0272 202 338 lynne.popham@fairfaxmedia.co.nz **ADVERTISING:** Renee Dintheer 09 407 0365 renee.dintheer@fairfaxmedia.co.nz **CLASSIFIEDS:** 0800 022 812 or clsad@snl.co.nz **DELIVERY:** 09 525 2022 or delivery@snl.co.nz **FAR NORTH OFFICE:** 93 Kerikeri Rd, Kerikeri. PO Box 392 Kerikeri. 09 407 0050. 12,689 audited circulation (ABC for 12 months to 31 Dec 14). Delivered each Thursday to Doubtless Bay, Mangonui, Kerikeri, Waipapa, Paihia, Russell.

1. SPORT

Table Tennis every Tuesday 1pm, Doubtless Bay Christian Hall, 7 Mill Bay Rd, Mangonui (opposite Fire Station). Phone Hilary 09 406 2287.

2. FITNESS

Bay of Island Runners & Walkers meet June 2, 9am in the Stone Store car park (east side of the river) for a run/walk along the Rainbow Falls river track. Phone Jacqui 09 407 4137.

3. DANCE

Dance Scottish, 7.30pm every Monday, Kerikeri Primary School Hall, Hone Heke Rd. New and returning dancers welcome. Phone Heather 021 245 4624.

4. MARKET

Doubtless Bay Market every Saturday 9am-1pm at Doubtless Bay Christian Centre, SH10, Mangonui. Fresh local produce, arts and crafts. Contact Bill 021 406 173.

5. MEETING

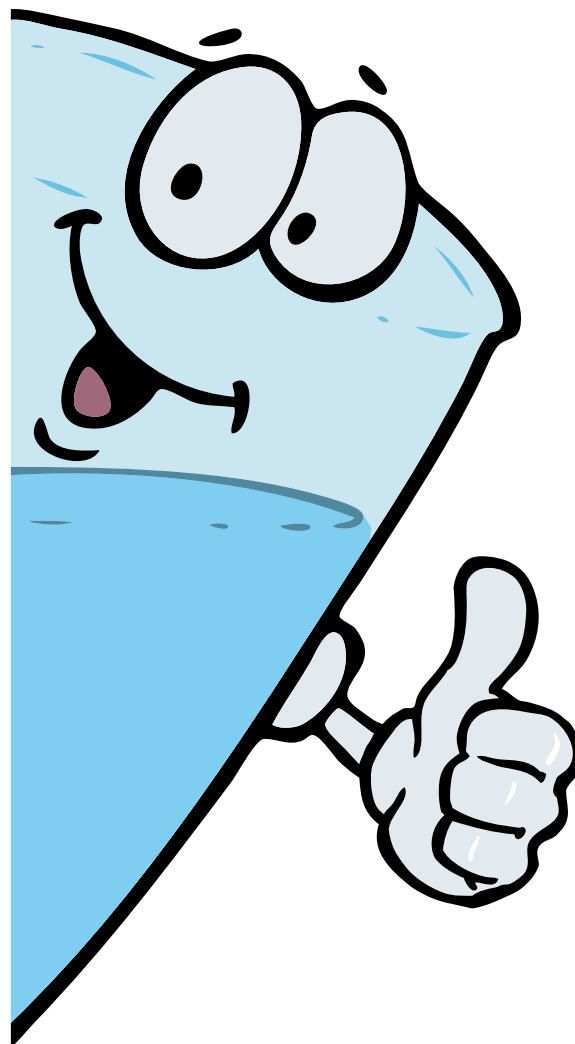
Narcotics Anonymous Open Meeting every Saturday 6-7pm, Kemp Hall at the St James Church, 290 Kerikeri Rd. Support people welcome.

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Laundromat gutted by fire

BAYLEY MOOR

The owner of a Kerikeri laundromat gutted by fire is determined to restart her business.

Michelle Poole, who owns Kerikeri Laundry Services, received a call early May 24, to say the Cobham Rd building was well involved in flames.

None of her coin-operated washing machines and dryers or the larger commercial machines were able to be salvaged.

The day after the fire Poole says she was feeling a “bit shattered.”

“It was hard to see all our stuff ruined, there was nothing left.

“But we are looking forward to opening up again two doors down.”

The laundromat usually employs six people with around eight or nine people working there over the busy summer period.

“We’ve had some great times in there and we are like a family unit.

“There were a lot of sad women once they learnt of the fire.”

Poole says her business services most of the motels in the area and will continue to do so in the meantime with help from a Kaikohe laundromat.

“We have been amazed at how many people have phoned up and shown support.”

The property was insured and Poole estimates the damage to be

Michelle Poole stands outside her laundromat which was devastated by a recent blaze.

more than \$150,000.

Fire Service Area Manager Allan Kerrisk says they received the call out at 5am and the first of two appliances arrived at the scene seven minutes later.

In his six years at the Kerikeri brigade Kerrisk says it was the

closest fire he had attended.

Initially the call came in that the neighbouring takeaway shop was engulfed.

The takeaway shop had some water damage but a concrete wall between the premises helped firefighters to contain the blaze.

Kerrisk says the brigade was ready to leave at around 7.20am but a fire investigator remained on site for much of the day.

Fire Safety Officer Craig Bain says he is still looking at the cause but it is looking likely to be some sort of electrical fault.

ARRESTS MADE

Four men have been arrested in relation to an alleged kidnapping of a man from his Northland home.

The incident happened on May 24 in Kaikohe and the men were arrested the same day by police, including the Northland Armed Offenders Squad.

The victim was found uninjured and returned to his family. The arrested men were charged with kidnapping and were due to appear in the Kaikohe District Court on May 25. Police say further charges were likely and they would continue with their investigations.

FREE SEMINAR

The Civil Aviation Authority has hit the road, bringing its annual AvKiwi Safety Seminar to Kerikeri. The message this year is What happened here? Sifting the lessons from the wreckage.

“Using animation, real-time video, and interviews with the major players, we’ve re-created six incidents and accidents to demonstrate the sort of decision making that can save lives and aircraft, spokesperson Carlton Campbell says. The seminar is free to attend and will be held at the Bay of Islands Aero Club on June 3 at 7pm.

GOOD CAUSE

Kerikeri got behind a successful Pink Ribbon luncheon at the Kerikeri Bowling Club. The 48 women who attended joined into the spirit of the day and wore anything pink they had in their wardrobe.

Everyone left feeling that they had helped local ladies, by supporting the New Zealand Breast Cancer Foundation. Speakers highlighted the importance of regular mammogram checks and self examination. More than \$1600 was raised.

FATAL CRASH

A 26-year-old Northland man died following a car crash at the Puketona Rd junction on May 26. No other vehicles were involved in the crash, police say. The vehicle was travelling south on State Highway 10 and veered across the road onto the gravel verge before rolling over and coming to a stop.

An investigation into the crash is underway.

Hundreds march for Moko in Far North

Hundreds of people have taken a stand against child abuse in the Far North.

The two March for Moko events were held in Kerikeri and Kaikohe on May 22, demanding an end to family violence following the death of three-year-old Moko Rangitoheriri who was beaten to death by his caregivers David Haerewa and Tania Shailer.

About 200 people gathered in Kerikeri and marched from the Kerikeri Domain to the Stone Store.

The hikoi was organised by

Debbie and Joel Tyree, Christina Hunter and Jaedyne Castle-Hiku.

Debbie says it was great to see so many attend the event.

The march finished with a karakia and the release of blue balloons for Moko.

Kaikohe spokesman Mike Shaw says about 300 people turned out to the hikoi led by 89-year-old Irihapeti Pou.

Some people carried pictures of their loved ones who had been killed.

Shaw read a roll of remembrance for the 61 children killed through violence and neglect and

a blue balloon was released for each one.

Outside the Kaikohe District Court impassioned speeches were made including one from a grandmother who has lost a grandchild through violence, imploring people to speak up and help one another.

There were also marches in Whangarei along with many around the country.

Residents gather in Kerikeri to protest child abuse in New Zealand.

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Conversations

“Air New Zealand should reconsider ditching the 6.55am flight from Kerikeri to Auckland. It’s important for the economic growth of the region.”

BROKEN WINDSCREENS

I agree totally with Steve Cochram’s remarks on driving conditions in New Zealand, especially north of Puhoi.

In the 16 years of living in Kerikeri, I have had 12 windscreens broken all except one by logging trucks coming in the other direction.

If you observe logging trucks in wet weather it is plain to see what a hazard they are.

Either side of the trucks are throwing a tsunami of water and whatever else is on the road to oncoming traffic or curb side as well. In parts of Europe and Japan open axel trucks are compelled to skirt the open area with heavy duty plastic strips which contain the road debris within the dimensions of the truck.

Simple, cheap and effective – why has this been neglected in this country?

**Brian James
Waipapa**

FLIGHT CONCERNS

Regarding *The Bay Chronicle* story featuring [Green Party] MP David Clendon advising Air New

Zealand are about to cancel the early morning departure from Kerikeri Airport, and the ramifications this will have for those residents with morning business, or travel connections, in Auckland.

Perhaps he and [Northland] MP Winston Peters should join forces to petition Air New Zealand to reverse this decision. Or is this one of the improvements that were promised for Kerikeri when they withdrew totally from Kaitaia?

**Alan Murgatroyd
Kerikeri**

BUSINESS BLOW

In my daily work I meet a lot of visitors to Kerikeri who think it is a lovely town and they are considering moving here.

These days you can do a lot of work remotely then only go to the city once or twice a week for face-to-face meetings.

By moving their business here they are supporting our local economy – often earning money in the city and spending it in the Far North.

Until now, I have been able to

Brian James has had 12 windscreens broken on Northland roads.

tell them confidently that it is possible to live here and still have customers in the city, because the commuter flight timetable supports it.

Now they won’t be able to get to Auckland to do a full working day. That’s a real blow to Kerikeri’s future economic growth.

I think Air NZ is being very short sighted in their proposed changes and we really need to speak up now before it’s too late.

**Lindis Capper-Starr
Kerikeri**

COMPETITION NEEDED

I totally agree with what MP

GET IN TOUCH ONLINE

“Now they won’t be able to get to Auckland to do a full working day. That’s a real blow to Kerikeri’s economic growth.”

Lindis Capper-Starr

David Clendon had to say about reducing our connectivity and our economic growth. As it is, the Far North struggles to get the funds it needs from central government for essential infrastructure projects such as the sealing of the roads.

If Air NZ were to cut this early morning service, it would only add to the continued sluggish growth in the Far North.

I understand only too well that we live in an era where the almighty dollar reigns supreme, but surely Air NZ make enough total overall profits per year to continue operating this early morning service?

It is a shame there is not more healthy competition.

**Chris Baker
Kerikeri**

SWEET TOOTH

Congratulations to Brian and Carole of Makana for the new cafe at Makana Chocolate. At last, delicious top quality pastries and sweets come to Kerikeri which would equal any in Europe.

**Ian McGovern
Kerikeri**

ONLINE CHATTER

Regarding early morning flights from Kerikeri to Auckland :

I travel to Auckland all the time using that early morning flight...so looks like could be bus for me now!!

- Gayle Natoli, Neighbourly

HAVE YOUR SAY

Let us know what is happening in your street or community at jenny.ling@fairfaxmedia.co.nz

WHO'S NEWS in Business

ADVERTISING FEATURE

Strengthening and Toning Her Business

Certified Pilates Instructor, Alyssa Ramey, has recently opened Aligned Movement, Kerikeri’s first fitness based Pilates studio. A point of difference Alyssa brings is her fun-loving approach to individual and group Pilates training. Students become more mindful of their bodies resulting in high and sustained motivation in achieving desired goals.

Alyssa’s fitness philosophy is that Pilates is the pathway to preventing injury, increasing body awareness, sculpting muscles, and essential core strengthening. Students can start from any fitness level with personalised programmes to achieve a level of strength and stamina to increase daily energy levels.

Why wait? Improve your posture, relieve your back pain, or simply come and relax your mind. Join Alyssa in one of her many invigorating group classes conveniently offered throughout the week in central Kerikeri. For those of you interested in a more intensive kick start to your fitness, private or small group lessons can get those muscles burning faster on the Reformer machine at her home studio. Teens and blokes welcome too! Call 021 022 45016 for more info.

A Clean Shine Every Time

Mega Prestige has now expanded.... And is proud to announce they have opened a car valet service in Mill Lane, Kerikeri.

Ideal for both private motor vehicles and company fleet cars, anyone wanting their car rejuvenated inside and out.

Perfectly positioned down Mill Lane close to many auto repair and service centres. Once your car has had its’ checkups, why not book in for a spruce up?

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Public access an issue at Doves Bay Marina

BAYLEY MOOR

Ramp rage is an ongoing problem at Doves Bay Marina with a number of issues coming to a head, resulting in consultation with local council.

Boat ramps at the marina are managed by the Kerikeri Cruising Club with the general public allowed access.

Bruce Buckland has used the ramp to launch his boat from a trailer for a number of years.

He says he has been blocked from launching it into the water by people parking their boat at the bottom of the ramp.

“Boat use is increasing and there doesn’t seem to be enough boat ramps around.”

Kerikeri Cruising Club Manager
Melanie MacDiarmid

“The club has tried for many years to restrict public access.

“I want the public to understand that they have the right to use the ramp to launch their boats.”

Kerikeri Cruising Club Manager Melanie MacDiarmid says there has only been issues regarding parking and “ramp rage” in the last five years.

“It’s a bigger issue than just our club.

“Boat use is increasing and there doesn’t seem to be enough boat ramps around.

“We are doing the best we can with limited resources.”

Bruce Buckland wants to see public access rights preserved at Doves Bay Marina.

Fellow boatie Alan Rockell had used the ramp for seven years but is now using other facilities.

“There have been times we have gone there and the main boat ramp was shut off for a regatta.”

Commodore Doug France says the main ramp is only closed for regattas three times a year for

health and safety reasons.

“This is in line with the resource management act and we notify users at least a week before.

“They are also able to use the other ramp to launch their boats.”

There are currently 19 car and trailer parking spaces available for public use.

During the summer months

these fill up fast, says MacDiarmid.

“We need to look at the provision of boat ramps in the Kerikeri area.”

Far North District Council district services manager Dr Dean Myburgh says they are aware of past tensions between club members and members of the

public. “We have sought to facilitate positive outcomes for public access in terms of the resource consent conditions that apply.”

■ What do you think about boat ramp access in Kerikeri? Email jenny.ling@fairfaxmedia.co.nz or have your say on Neighbourly.

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Thieves take SPCA trailer

BAYLEY MOOR

A spate of burglaries in Kerikeri and Waipapa have dealt a heavy blow to local businesses and charities.

Thieves made off with a caged trailer from the Bay of Islands SPCA on May 21.

The trailer, which was chained, bolted and clamped, was taken from their Waimate North Rd premises.

BOI SPCA centre manager John Logie says if livestock need rescuing they now aren't able to transport them easily.

The implements shed also had the whole front panel ripped off and thieves stole around \$2000 worth of tools and a Stihl chainsaw, Logie says.

The centre is insured but they are still required to pay a \$500 excess.

"It stops what we are trying very hard to do," Logie says.

"We don't have chunks of money lying around."

The biggest loss for the SPCA is the trailer, which they had saved up for, Logie says.

Two security lights had also been removed but CCTV is due to be installed.

The eight by five metre trailer has high caged sides and the num-

ber plate T740T.

Any sightings can be reported to Kerikeri police.

Also on May 21 offenders broke into the Waipapa Noel Leeming store, Kerikeri Station Sergeant Ross Laurie says.

They used sophisticated equipment to break through security measures, he says.

A number of electrical items were stolen after the offenders rammed the roller door.

Enquiries are ongoing and any information is sought by Kerikeri police.

That same weekend a vehicle with three occupants was located by police off Puketona Rd.

A search of the nearby area located several pairs of jandals, electrical items, costume jewellery and meat, Laurie says.

A Whangarei man was arrested on five charges of theft and appeared at Kaikohe District Court on May 25.

Kaikohe Senior Sergeant Brian Swann says the Waipapa commercial complex continues to have problems.

But there has been a reduction in burglary rates in the wider area over the past month, he says.

He recommends that businesses have CCTV as it aids in catching any potential offenders.

Peaches the piglet thinks she's a dog

Meet the latest addition to Charmdog Daycare - Peaches the piglet. The feisty little Captain Cooker is just four weeks old and joined the Kerikeri Charmdog Daycare and Groom Room family recently. Owner operator Vicki Comrie-Moore says she's always wanted a pet pig. "They make great pets and are really intelligent. "She's a great addition to the family." Peaches frequents the daycare facility at Sammaree Place daily and mixes well with the other dogs, Comrie-Moore says. "She's really good with the dogs, she sticks up for herself though. "She thinks she is a dog. She's Peaches the pig dog!"

Opportunities to develop Maori land

Maori land owners in Northland have many options to develop their land, according to a report that was presented at the recent He Kai Kei Aku Ringa Regional Hui.

The report commissioned by the Ministry for Primary Industries, Te Runanga-A-Iwi-O-Ngapuhi and the Far North District Council outlines potential ways that around 84,000 ha of land could be used.

Primary Industries Minister Nathan Guy says there are nearly

4000 small parcels of unproductive land that have the potential to be developed for uses like horticulture and agriculture in a 50km radius around Kaikohe.

The guiding principles of the Mid-North (Northland) Multiple Maori Land Blocks report includes the need for Maori people to retain ownership of the land, allowing for different levels of development and recognising the aspirations of the landowners and their communities.

Production options include

sheep, beef or dairy farming, apiculture, horticulture and forestry.

The report says that providing opportunities for the future development of Maori freehold land in the mid north is the initial step required to create an environment that will enhance the health, wealth and wellbeing of the whenua and the local community.

The development of under-utilised Maori land is one of the actions identified in the Tai Tokerau Northland Economic Action plan.

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Community cookbook

NADIA LIM IN ASSOCIATION WITH MY FOOD BAG

Artichoke and brie tarts are so simple

These vegetarian tarts makes a great weeknight dinner or weekend lunch.

ARTICHOKE AND BRIE TARTS WITH PEA AND COURGETTE SALAD

Artichoke and Brie Tarts

1 tablespoon flour
250g flaky puff pastry, defrosted
1 egg
150g marinated artichokes (store-bought)
¼ red onion
120g brie cheese

Pea and Courgette Salad

1 cup frozen peas, defrosted
1½ teaspoons vinegar (e.g. red wine, white wine)
¼ teaspoon runny honey
2 courgettes
¼ red onion
3 tablespoons mint

To serve

2 tablespoons basil pesto (store-bought)

Preheat oven to 200C. Line an oven tray with baking paper. Bring a small

pot of salted water to the boil. Lightly dust clean, dry bench with flour and lay pastry sheet on top. Cut pastry in 6 squares and transfer to prepared tray.

Whisk egg in a bowl and lightly brush pastry. Use a fork to prick pastry in several places. Use a knife to gently score a 1cm border around each piece. Pat artichokes dry with a paper towel and slice larger pieces in half. Finely slice onion. Tear off small pieces of brie with your hands and dot over pastry, leaving border around edge.

Top with artichokes and red onion and season with pepper.

Bake for 12-15 minutes, until golden.

Place peas in pot of boiling water and cook for 2 minutes.

Drain and rinse under cold water to cool.

In a bowl, mix a drizzle of extra-virgin olive oil with vinegar and honey.

Using a vegetable peeler, peel courgettes lengthways until you reach the core (discard core); finely

slice red onion; roughly chop mint; add all to bowl with cooled peas. Toss to combine.

To serve

Drizzle tarts with basil pesto and place onto plates. Serve pea and courgette salad on the side.

Recipe courtesy of My Food Bag.

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

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ADVERTISING FEATURE

Community Fitness gym is expanding

Kerikeri's Community Fitness is a non-profit facility that has been operating for 21 years.

Its focus is on community health and sporting excellence and on June 7 will open a new training space after months of planning and hard work.

This space will provide greater opportunities to people from all walks of life. As well as providing gym services it also sponsors 15 to 20 people each year into free, fully supervised training opportunities.

These referrals come through

schools with special needs children, Police, Northland DHB mental health and local GPs via Green Prescription (diabetics, those with heart disease etc).

The new space will offer FreeFit on Friday nights for anyone with health, weight or confidence issues. Designed with easy participation, safety and fun in mind it aims to help participants gain confidence, health and well being. There will also be weekly M&M (Mature & Motivated) group training for \$5 for those suffering from diabetes, weight and general

non-activity issues as well as supervised KidsFit sessions for \$5 per session.

"We see Community Fitness' on-going drive to expand and continue to meet the changing needs of their existing and prospective members as crucial to their proven long-term success in Northland. Community Fitness is supporting people getting active and getting healthy, and this can only lead to the increased well-being of the community," Brent Eastwood, Chief Executive Sports Northland says.

With recent research showing a link between untreated hearing loss and poor mental functions, many hearing professionals are recommending hearing aids be fitted as soon as possible.

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Hands on therapy for the brain

Nothing is as vital to the enjoyment of your later years, and your quality of life, as your brain.

As baby boomers age, questions arise on how best to maintain the viability of the brain? The key to activities that improve brain function is something called transferability.

One process that is available nearly worldwide is a simple hands on practice called 'The Bars'.

Not only is it beneficial for the aging brain but has many benefits for everyone in all walks of life. 'The Bars' process can take consideration, thoughts, feelings, emotions, decision, judgments and beliefs for any lifetime, that are electrically stored in the brain, and release them.

This release occurs when 'The Bars' are touched. It facilitates stored junk to be released.

Sharon Moana Hei of Paihia has been practising this therapy for the last six months, and has been inspired by the positive changes in her own life.

In a typical Bars session a trained practitioner places their fingers on a series of 32 different points on your head over a period of around one hour. In that one-hour session, up to 10,000 years of accumulated thoughts, feelings and emotions that maybe creating limitations and obstacles to your life can be released.

During 'The Bars' session, practitioners claim that the electrical functioning of the brain is changed. Doctors of different disciplines who

Sharon Moana Hei of Paihia has been practising 'The Bars' for the last six months.

are trained in biofeedback have confirmed this. Activity typically moves from the normal waking state of Beta through Alpha into Theta brain waves of deep relaxation.

If relaxation is truly a key contributor to longevity, then 'The Bars' process can make a major contribution.

Sharon Moan Hei says the worst thing that can happen during a session is that you'll feel more relaxed, similar to a fabulous massage. The best thing that can happen is your whole life can change by clearing limitations and a whole range of possibilities can begin to open up for you and life gets much easier.

For a session, or to find out how this can help change your life, call Sharon on 020 4019 6799.

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What's On

**Get
involved!**

MONDAY

Waipapa Indoor Bowls: Invites new members every Monday 7.30pm, Waipapa Hall, Loop Rd. Gear supplied. Phone Bob 09 407 3171.

Bay of Islands Singers: Rehearse in the Events Hall at the Turner Centre, 6.30-9pm. Contact Denise 09 407 4606.

Paihia and District Residents' and Ratepayers' Association: Committee meeting, 2nd Monday of every month, 7pm-9pm, Paihia War Memorial Hall.

Opua Indoor Bowls: Invites new members every Monday 7pm, Opua Community Hall, Beechy St. Opua. Gear supplied. Contact Brian 09 402 6070.

Cooking: Kerikeri Cooking Club meets 2nd Monday of month at flourflower, 2 Cochrane Drive, Kerikeri from 5.30-8pm. Phone Alexa 021 557 228.

BOI Hash House Harriers: Meets Mondays 6pm for a social run/walk. Call Jan 021 269 3056 or Lynda 0272 438 980.

TUESDAY

Kerikeri Pippins & Brownies: Meet Tuesday 3.30-5pm at James Kemp Hall. New girls and leaders welcome. Phone Barbara on 022 477 0139.

Table Tennis: Every Tuesday 1pm, Doubtless Bay Christian Hall, 7 Mill Bay Rd, Mangonui (opposite Fire Station). All welcome. Phone Hilary 09 406 2287.

Tai Chi: Every Tuesday at Kingston House, Hone Heke Rd, Kerikeri, 2.30-3.15pm. Contact Jill 09 407 5054.

Kerikeri Bowling Club: Meets every Tuesday 9.30am, Cobham Rd. Wear flat shoes, bowls available, \$4. Phone Jean 09 407 9033.

Kerikeri Mens' Probus Club: Meets 1st Tuesday of the month at Kerikeri RSA, Cobham Rd, 10am. Interesting speakers. Contact Jack 09 407 3422.

Kerikeri Garden Club: Meets 4th Tuesday of each month at the Turner Centre, 9.30am. Speakers, gardening tips & visits. Contact Ann 09 402 6653.

Kerikeri Quilters Club: Meets 4th Tuesday of the month. Kingston House, Hone Heke Rd, Kerikeri at 10am. Phone Ingrid 0274 808 430.

WEDNESDAY

Tai Chi: Every Wednesday at Totara North Hall, Totara North, 9-10am.

Events

Email jenny.ling@fairfaxmedia.co.nz. Though we try our best to publish everyone's notices, please respect that editorial space can vary from week to week. For urgent notices please contact Classifieds 09 405 2040.

Phone Maureen 027 361 1676.

Christian Meditation: Meet Wednesday at 6pm in Paihia to meditate for 30 minutes. Phone Ann 09 402 8444.

Waitangi Twilight Bowls: Every Wednesday 6pm. Bowls supplied, flat shoes. Phone Dee 09 402 7495 or Rosemary 09 402 6021.

Aqua Aerobics: For Parkinson's Society Northland members at Little Dippers Pool, Kapiro Rd, 11.30am. \$2 donation.

Embroidery: Doubtless Bay Embroiders Guild meet 3rd Wednesday of month 9.30am, at the Vintage Car Club Rooms, Aurere. Phone Marguerite 09 406 0662.

THURSDAY

SeniorNet Kerikeri: June 9, 10am -12.00. Free coffee morning, club room, upstairs Kingston House, Hone Heke Rd. Tutors available to answer questions. Contact 09 407 9152 or email kerikeriseniornet@gmail.com

SeniorNet Kerikeri: June 16, 10am -12.00. iPad Workshop. Upstairs club room, Kingston House, Hone Heke Rd. How to turn your photos into movies. Contact 09 407 9152 or email kerikeriseniornet@gmail.com

Paihia Toastmasters Club: 2nd Thursday of month, 6pm, Paihia War Memorial Hall, Williams Rd Paihia. Guests welcome. Phone Graeme 021 0240 8830.

Coopers Beach Bowling Club: Meet every Thursday 9.30am. Wear flat shoes, bowls available. Contact Carol 09 406 0739.

Kerikeri Girls Brigade: Meets at Kerikeri Baptist Church, every Thursday 3.30-5.30pm (except holidays). All girls 5-17 welcome. Contact Sheryl 09 407 8963 or 027 440 7963.

Bay of Islands-Kaikohe Photography Club: Meets 2nd Thursday of the month, 7pm at Cherry Park House, Landing Rd, Kerikeri. Contact Sherryl 021 023 66186.

Paddle at The Pear Tree: Stand-up

Kerikeri Garden Club president Ann Truscott has an impressive garden.

Thumbs up for garden club

Potty about poppies? Mad for magnolias?

Then the Kerikeri Garden Club may be just the ticket.

More than 100 members meet once a month to swap ideas about all things green including compost, cuttings, pruning, plant species and propagation.

President Ann Truscott, a member for 12 years, has 2.5 acres of garden she potters about in every day.

She's got patios dripping with wandering wisteria, a summer patio with a woodfire oven and rambling pathways lined with banksia roses,

lavendar, irises and magnolia trees.

Her favourite are old roses – anything before 1860.

"It's a lifestyle choice to have a garden this size," she says.

"You can't work full time when you've got a garden like this. You've got to be thinking ahead all the time."

Club members also visit each others' gardens, take part in competitions and have trips to other gardens around Northland.

They're aged anywhere from 29 to 90 and have a range of interests from vegetables, flowers, organic plants and plants grown in pots.

There are regular raffles and once a year there is the two-day Kerikeri Flower Show to attend, which last year drew more than 600 entries.

"The thing about gardening is that miracle of putting a twig in the ground and getting a tree," Truscott says.

"Of sprinkling some seeds and getting poppies every year, the surprise of forgetting you've planted something and next thing you've got a flower."

■ The club meet last Tuesday of the month, 9.30am-1pm at the Turner Centre. Phone Ann 09 402 6653.

paddle boarding at Kerikeri Basin every Thursday from 5.15pm. Paddleboards available, pre-booking essential. Phone 027 777 1035.

Kerikeri Indoor Bowling Club: Invites new members every Thursday 7.15pm at Kingston House, Hone Heke Rd, Kerikeri. Equipment supplied. Phone Mike 09 407 6160.

Kerikeri Ukulele Club: Meets third Thursday of every month 6.30-8.30pm at The Bay Of Islands Golf Club, Fairway Drive. Phone Bob 09 407 3386.

Toastmasters: Learn to be an engaging speaker at Top Start Toastmasters Meeting. From 7.20am at Kingston House, Kerikeri. Phone Melanie 021 107 5578.

Bella a Cappella: Women's a cappella harmony chorus. New singers welcome. 6.30pm-9pm in the Rugby Pavilion, Cobham Rd, Kerikeri. Phone Jos 09 402 7378 or Kate 09 407 8701.

Embroidery: Kerikeri Embroiderers Guild meet 9.30am at the Aeroclub, Kerikeri airport. No experience

necessary. Phone Leigh 09 407 4593.

FRIDAY

SeniorNet Kerikeri: June 3, 10am -12.00. Free Technology Advice Clinic at Kerikeri Library. Contact 09 407 9152 or email kerikeriseniornet@gmail.com

Friday Night Fun Skating: 6pm-8.30pm. Baysport Complex, Harmony Lane, Waipapa. Bring your own skates or hire ours. Entry \$6 Skate hire \$2. northlandstingrays.co.nz

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The Trustees of the Sir John Logan Campbell Residuary Estate invite applications for charitable grants from the income of the Estate.

Generally charitable grants will be for purposes beneficial to the community or advancement of education.

The overriding requirement being that the purpose is of "public benefit" for a *wide section of the community* within the provincial district of Auckland. Refer to grant guidelines for geographic area.

Applications from individuals or for non-charitable purposes are not eligible.

Applications can be submitted *on-line* from 1 June via the website below – closing date 15 September 2016.

Please check the website for grant guidelines and application link.

What's On

Glitz and glamour to hit Kerikeri

A splash of style and glamour is coming to Kerikeri.

Young women from Whangarei to Cape Reinga will take to the catwalk and strut their stuff at this year's Miss Far North NZ at the Turner Centre, Kerikeri on June 11.

The fourth beauty pageant is organised by former Miss Northland and Miss New Zealand contestant Alarnya Ashby.

Previously it was held at Te Ahu in Kaitiaki but this year moves to Kerikeri to be more central for entrants.

Contestants from all walks of life are encouraged to enter the three categories; 18 to 25 years, 13 to 17 years and 12 years and under.

Judges are looking for a young lady who displays grace, charm and personality and will be an example to other young people.

Contestants undergo a ten week training process leading up to the event.

Each weekend classes are held in deportment, etiquette and poise.

They learn modelling routines for each section of the show, hair and makeup as well as a dance routine.

Prizes range from modelling to beauty courses, accommodation, dinners, flight vouchers, jewellery, cosmetics, clothes, hair and beauty vouchers. The show also features supporting performers, and a full night of entertainment.

The event starts at 7.30pm. Contact Alarnya alarnya@gmail.com or 021 408 313. Tickets from the Turner Centre turnercentre.co.nz

Former Miss Teen Far North NZ Stevie-Marie Newsome and Miss Far North NZ Talia Rogers.

Yoga in Paihia: Classes Monday 7pm, Friday 9.15am and beginners Tuesday 12noon. Prenatal and mums n bubs classes also. Contact lara.pressdee@gmail.com or 021 658 576.

Over 55's: Fitness, strength, balance sessions at PT4ME every Tuesday and Thursday, 11am-12. 457A Wiroa Rd, Kerikeri. Phone 027 537 0088 or visit ptforme.co.nz

Kerikeri Yoga Centre: Beginners classes Tues 6-7.30am, Wed 6-7.30pm, Sat 7-8.30am. Visit kerikeriyogacentre.com

Nia Fitness Fusion: Dance classes with Diana Burgess at Studio578 next door to the Rusty Tractor Cafe Kerikeri. Phone 09 407 5572.

Zumba Fitness: Every Monday and Wednesday, 5.30-6.30pm at 57C Cobham Rd, Kerikeri. Phone 09 407 8624.

Paihia Boot Camp: Monday and Wednesday at Bledisloe Domain, Haruru Falls Rd, 6pm-7pm. All fitness levels. Phone Cathy 027 415 3698.

Yoga classes: With Sarah Dunning at Yoga Studio Kerikeri, upstairs, The Courtyard, 3 Homestead Rd.

Tuesday 5.30-6.30pm. Friday 9.30-10.30am. Email happydunning@gmail.com
Yoga in Kerikeri: Upstairs, 3 Homestead Rd, daily classes with Kim Robertson-Barnes, certified Iyengar yoga teacher. Phone 027 540 9937.

Fitness Classes: Jazz-fit and Pilates at St John's Coopers Beach. Ph Nancy 022 156 2508.

DANCE

Russell Dancing: Every Wednesday, 7pm at Masonic Hall \$5. Ballroom, Latin, New Vogue, Salsa. Phone Pat 09 403 7937.

Dance Scottish: 7.30pm every Monday, Kerikeri Primary School Hall, Hone Heke Rd. New and returning dancers welcome. Phone Heather: 021 245 4624.

Learn Dancing: Every Tuesday at Waipapa Community Hall, Waipapa. Beginners 7pm-8pm, improvers 8pm-9pm. \$10. Contact Barbara or Peter 09 407 5212.

Dancing: Every Thursday at Waipapa Hall Loop Rd opposite BP Waipapa. 7pm-9.30pm, \$5. Ph Judy or Les 09 407 5447.

Tea Dance: O2 Dance Studio Kerikeri. Every first Sunday of the month at Waipapa Community Hall, 3.30pm-6pm, \$10. Tea and Biscuits and 30 minutes tuition. Phone 09 407 5212.

MARKETS

Paihia Street Food Market: Every Friday, 5pm - 10pm at Alongside Bar on the waterfront. Street food, drinks and great music. Visit facebook.com/alongside35

Kerikeri Arts and Crafts Market: Every Sunday, opposite the Farmers Market on Hobson Ave, 8am-12. Local quality crafted items. Contact Emily 09 407 6903.

Farmers Market: Every Sunday, 8.30am-midday at Post Office carpark, Hobson Ave, Kerikeri. Fresh, locally grown produce, cheese, honey, coffee, breakfast, plants. Visit bayofislandsfarmersmarket.co.nz

Packhouse Market: Every Saturday, 8am-1.30pm at 505 Kerikeri Rd. Farm fresh products, coffee, breakfast, brunch, arts, crafts. Visit theoldpackhousemarket.co.nz or phone 09 401 9588.

Mangonui Craft Market: Every Saturday 9am-2pm at Mangonui Hall, 132 Waterfront Drive. Fresh local produce, olive oil, kauri and paua products, jewellery, books.

SATURDAY

Kerikeri Union Church Car Boot Sale: June 11 & 25, 19 Homestead Rd, Kerikeri, 8am-12pm. \$5 per vehicle no bookings. Phone Mary 021 722 938

Bay of Island Runners & Walkers: Meet June 2, 9am in the Stone Store car park (east side of the river) for a run/walk along the Rainbow Falls river track. Phone Jacqui 09 407 4137.

Narcotics Anonymous Open Meeting: Every Saturday 6-7pm, Kemp Hall at the St James Church, 290 Kerikeri Rd. Support people welcome.

Bay of Islands Genealogy Group: Meet the last Saturday of each month at Kerikeri Retirement Village social room from 9.30am.

Interesting speakers and help with research. Phone Lynne 09 401 6168.

Paihia Pony Club rally: Meets every Saturday from 10am at the pony club opposite Bledisloe Domain on Haruru Falls Rd. All welcome. Phone 021 204 0717.

SUNDAY

Explore Paihia Half Marathon & 12km: Starting Copthorne Hotel in Waitangi along Paihia waterfront through Waitangi and Haruru Falls bush track. June 5, 8am-12pm. paihiahalfmarathon.com

Music: The Creative Keyboard Club Kerikeri meets 3rd Sunday of month, 2pm. Oakridge Villas Pavilion Lounge. Phone Dave 09 407 6826 or Jill 09 407 5054.

Board & Card Games: Every 1st and 3rd Saturday of month, 7.30 pm. Kerikeri Baptist Church, 41 Hobson Ave. Visit facebook

Meditation: Every Sunday, 9am-12pm at Kerikeri Buddhist Centre. Bring food for pot-luck lunch or koha. 262 Otaha Rd, Takou Bay. Phone 09 407 5275.

ART

Kaan Zamaan Gallery: Paintings by Richard Adams 'Mark Making' until June 5. Minhal Al Halabi, resident artist participates in a gallery artists showcase June 14-17. Visit Minhal painting in gallery, 4 Hobson Ave, Kerikeri. 09 4075191.

Face Your Heart: An exhibition of new heart shaped work by Ann Stewart, Art Gallery in Coopers Beach Shopping Centre, from 1pm until June 30. Phone 09 406 1952.

Art at Wharepuke: Emma McLellan - Artificially Translated, until June 5. Gallery, 190 Kerikeri Rd, open seven days 10am - 5pm.

Calling All Artists: Kerikeri Open Art Studio Trail is seeking artists for the Oct 22-24 trail. See KOAST.org.nz or call Ann 09 401 6423.

Floral Art: Kerikeri Floral Art Group meet 1st Wednesday of month at Kemp Hall, St James Church, Stone Store Hill Rd, 9am. Contact Jenny 09 407 8883.

Art Classes: Hot Ginger Art School, 1617 SH10, Kerikeri. Ladies day weekly Tuesday and monthly Saturday, teens and tweens weekly Wednesday. Contact Monika 027 378 8674.

YOGA/FITNESS

Yoga in Russell: Every Saturday morning 9-10am, upstairs room Town Hall. Phone Dagmar 021 187 2301.

Thursday 2 June to Wednesday 8 June 2016

PHOENIX (M)

A concentration camp survivor returns to Berlin to face her husband, who betrayed her to the Nazis. German with English Subtitles.

Fri: 3:00pm, Sat: 3:30pm, Sun: 10:30am, Mon: 2:00pm, Wed: 3:15pm.

THE NICE GUYS (R16)

Thu: 7:45pm, Fri/Tue: 8:00pm, Sat: 2:45pm, 8:30pm, Sun: 1:00pm, 8:30pm, Mon: 7:15pm, Wed: 8:15pm.

THE MAN WHO KNEW INFINITY

Fri: 2:30pm, Sat: 5:45pm, Sun: 3:30pm, 8:30pm, Mon: 7:15pm, Tue: 5:15pm, Wed: 12:45pm. (PG)

HUNT FOR THE WILDERPEOPLE

Thu: 5:15pm, Fri: 3:30pm, Sat: 1:45pm, 8:00pm, Sun: 10:30am, 6:00pm, Mon: 1:00pm, 4:30pm, Tue: 8:00pm, Wed: 1:30pm, 5:45pm. (PG)

THE JUNGLE BOOK (PG)

Sat: 1:00pm, Sun: 3:30pm, Mon: 11:00am, Wed: 3:15pm.

X-MEN: APOCALYPSE (M)

Fri: 5:00pm, Sat: 4:45pm, Sun: 1:30pm, Mon: 11:00am, Wed: 4:15pm.

Thu: 5:45pm, 8:15*pm, Fri: 6:00pm, 8:30*pm, Sat: 11:00am, 8:30*pm, Sun: 11:00am, 8:00*pm, Mon: 4:30*pm, 6:45pm, Tue: 5:15pm, Wed: 5:45*pm, 7:30pm (PG)

ALICE THROUGH THE LOOKING GLASS (PG)

Thu: 5:15*pm, 7:45pm, Fri: 5:30*pm, 8:00pm, Sat: 10:30am, 5:45*pm, Sun: 1:00*pm, 6:00pm, Mon: 10:30am, 2:00pm, Tue: 4:45pm, 7:30pm, Wed: 12:45pm, 8:15pm. *Denotes 3D Screening.

CAPTAIN AMERICA: CIVIL WAR

Sat: 11:30am, Sun: 4:45pm, Mon: 3:30pm. (M)

COMING SOON:

JUNE 9: NOW YOU SEE ME 2
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ADVERTISING FEATURE

Ford's Sprint to the finish

The Falcon Sprint is larger than life but also out of time. We enjoy a final fang in the XR6 version.
By Sam Charlwood.

Children of the 1970s and '80s will be familiar with the term 'big banger', the heavily flared, big-engined machines that dominated Bathurst's Mount Panorama and enamoured generations of racing fans.

For those who aren't, the Ford Falcon Sprint is a car deserving of the modern comparison. Like the Group C touring cars of the day, the two-pronged Falcon Sprint line-up today combines a modest sedan shell with a larger-than-life drivetrain, a pairing that, ironically, is about to lose out to a newer, more relevant breed.

With Ford shuttering its Australian manufacturing operations in October and moving to an import-only basis thereafter, the swansong Falcon marks the end to 91 years of building cars Down Under for the brand.

The XR6 (driven here) and XR8 Sprint editions of the Falcon will certainly strike a chord with dyed-in-the-wool enthusiasts. But a closer inspection reveals mixed feelings about Ford's last Australian-produced model.

The Sprint features black-painted 19-inch wheels with sticky Pirelli tyres, gold-finished Brembo brake calipers, a low-profile rear spoiler, black headlight bezels and distinctive exterior graphics. The XR8 features a black-painted roof and mirrors that separate it from six-cylinder models.

The Sprint's position at the top of the range is reflected by standard kit that includes dual-zone climate control, satellite navigation, Bluetooth phone and audio streaming, digital radio, a reversing camera and front and rear parking sensors.

Let's get the bad bits out of the way first. The latest Falcon presents much like the BA derivative first launched in the early noughties. This is because it remains largely untouched on the inside from that model, and it has not aged gracefully.

Cheap, uninspiring materials

adorn the dashboard and door trims, making for a stale first impression. This is combined with a much-maligned driver's seat that is perched too high and a steering wheel that is positioned too low. One consolation is that the driver and passenger seats feature partial electric adjustment.

Another key omission from the Falcon is ambient lighting, or for that matter, switchgear lighting. The cabin is shrouded in darkness at night thanks to unlit steering wheel buttons and largely unlit front storage places, which are plentiful and well-sized for odds-and-ends as well as drink bottles.

Ford Australia has managed to modernise the Falcon's SYNC2 infotainment system despite the wrath of the bean counter. Sitting atop the dashboard's centre fascia is an eight-inch colour touchscreen which intuitively splits the entertainment, climate, phone and navigation functions into quadrants. The most important changes for many customers will be in the engine bay, where engineers have turned up the boost, installed a larger turbocharger, intercooler and fuel injectors and fitted a 40 per

1400 Sprints will be produced overall and there are just 50 XR6 models for NZ.

cent larger air intake (made from carbon fibre) to create the fastest-ever Aussie six-cylinder.

The XR6 Sprint's turbocharged 4.0-litre inline six-cylinder engine officially makes 325kW and 576Nm, a 55kW increase over the donor model. Those figures can then rise by 45kW and 74Nm to 370kW and 650Nm courtesy of a transient overboost function that enables extra power for up to 10 seconds when the conditions are right.

Engineers say the XR6 Sprint is faster in 0-100kmh testing than its 345kW/575Nm XR8 counterpart, with a 4.5 second time rather than a 4.6 second time.

The engine certainly feels strong though not earth-shattering off the bottom of the tachometer, but it is

middling revs (specifically 3000rpm) where it really stands out from other XR6 turbos. Stand on the accelerator and the engine is almost maniacal in its forward surge, pulling hard until its cut out.

There is no escaping this is a big car, one that will still push wide in the front end through corners. Outright agility has never been a strong suit of the Falcon, and with an 1818kg kerb weight, this one is no different.

The latest upgrades to the Falcon are centred around performance, and it shows. The approach lays claim to the fact that the Sprint models are the best-driving Falcons ever made. Unfortunately, the rest of the car misses out, but all of that is really a moot point.

Review of damaged vehicle sales wanted

The MTA has applauded TradeMe's announcement that it will require vehicle traders to disclose if a vehicle is an Australian statutory write-off.

It is also welcomes Minister of Commerce Paul Goldsmith's suggestion of a review of CIN (Consumer Information Notice) card information.

Acting MTA CEO Craig Pomare says, "MTA raised this issue with government in 2015 and we are happy to see

movement, but the industry can do better. This disclosure will add to the existing protections consumers have when purchasing a vehicle from a reputable trader. As long as the customer receives full transparency around the history of the vehicle, they will not be disadvantaged in making their purchase decision."

Pomare says. However there is a lack of data about damaged vehicles

coming from countries other than Australia. MTA believes there needs to be a review of the treatment of damaged vehicles across the board - not just recent Australian imports.

Problems relating to damaged imports are not just an issue at the time of delivery. Some of the damage is hidden and may take time to manifest (such as corrosion in wiring and electronic components). While a reputable trader may be open

with a customer at the first sale, there is little guarantee that this transparency will continue with any subsequent sale. There is no clear tracking on the motor vehicle register of this damage.

MTA is calling for a full review of the sale, repair, and re-registration of all damaged vehicles in New Zealand, regardless of origin. It says the move by TradeMe and the Minister's proposal are good first steps.

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2006 TOYOTA VITZ
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ADVERTISING FEATURE

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2013 Mazda Demio 29,000KM \$15,900
2005 Suzuki Escudo 5 Door V6 \$15,900
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Full Leather, 71,000km,
Fantastic Sports sedan only \$20,900
2010 Mazda Premacy Facelift \$14,900
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Church's future worries valley

BAYLEY MOOR

A large group of Taumarere Valley residents are fighting to keep the Saint Andrews Church in the area.

Around 30 locals met with Elizabeth Ludbrook who is spearheading a request to move the church to Paihia.

Ludbrook who is part of the Paihia Haven of History Charitable Trust, has put in a request to the Te Tai Tokerau Pastorate to move the church from its current site at Taumarere, near Kawakawa to the Paihia Mission Village.

Ludbrook is a descendant of Henry Williams who built the church in 1874, originally in Paihia.

It was floated by barge and assembled where it now sits in 1925.

It was gifted to the people of Taumarere, which was once a bustling village.

Robert Goodhue's great grandfather Charles S Goodhue was involved with the transportation of the building.

He says the church was gifted to the Goodhue's and to the area and it can not be taken back.

Saint Andrews gets used for services and special occasions

and the site is maintained by local residents, Robert says.

"My own view is that the church is part of the community.

"I realise congregations are getting smaller but there is a huge love for the church and it needs to be preserved in its community."

Resident Melanie Uren has written a letter to the bishop on behalf of Taumarere Valley and Kawakawa.

"It's such a huge part of the community's history and to see it uplifted would be devastating for most people."

Anglican Minister Bill Cherrington says the church is a landmark and an "icon" of the valley.

Elizabeth Ludbrook says she doesn't know the future of the church as that decision lies with the Te Tai Tokerau Pastorate.

"I understand their pain and when you have people's hearts involved it's an added thing."

Paihia Haven of History Charitable Trust President Anna Wilson says Saint Andrews is one of many buildings they have asked to have at their Paihia site.

"We have nothing to gain, it's just an idea and it's very dear to our hearts."

A petition has been launched. Visit <https://www.change.org>

Steve Watson loved all things aviation and was president of the Bay of Islands Aero Club and a volunteer with the Northland Coastguard Air Patrol.

Flying enthusiast will be missed

of Islands Aero Club, and a volunteer with the Northland Coastguard Air Patrol.

Jacqui emigrated to New Zealand from England in 2003 for work and Steve followed two years later.

He was involved in the aviation world most of his working life, initially with Pan American World Airways, Iran Air, Saudia and finally Qantas until retirement.

After retirement he involved himself in the Kerikeri flying

scene by joining the Aero Club and Air New Zealand, for whom he worked as one of the team at Kerikeri Airport.

Steve loved living in Kerikeri for the same reasons others do, Jacqui says, because of friendly people and good weather.

He leaves behind a daughter in England.

Bay of Islands Aero Club spokesman Alan Murgatroyd says Steve's welcoming smile and friendliness will be sorely missed.

Steve Watson had a love of aviation and of the Bay of Islands.

Sadly, on May 15, the Kerikeri resident succumbed to cancer he had been bravely fighting for seven years, aged 67.

Steve's wife Jacqui Watson says his passion was aviation.

He was the president of the Bay

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Your health

Why do I feel so tired after food?

I often feel tired after I eat - why is this and what can I do about it? Thanks, Bryce.

Hi Bryce. The old adage you are what you eat isn't quite correct; instead, you are what you eat, absorb and assimilate. There are a number of factors that can affect our ability to digest and utilise the nutrients from food including stress hormones, caffeine and medications such as antibiotics to name a few.

Stress is particularly important to consider when it comes to digestive function, as too many people spend their days in Sympathetic Nervous System (SNS) dominance - a constant state of "fight or flight", with high circulating levels of adrenaline. This can have a devastating effect on our ability to effectively produce stomach acid and thus can result in reflux, digestive discomfort or lethargy after eating.

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.

One in five women in Australia experience Irritable Bowel Syndrome (IBS), and of course food plays a major role in this, but so does the relentless production of adrenalin. From your body's perspective, if it thinks you're preparing to fight/take flight, it diverts blood flow away from what it considers non-vital processes such as digestion. All resources go into saving your life from the danger your body perceives you are in, due to the high levels of adrenalin.

If you are feeling tired almost immediately after eating/within the hour afterwards, it's usually just because of vasodilation - widening of the blood vessels

Stress can have an impact on our digestive function by interfering with our ability to produce stomach acid.

supplying your intestines - as part of the normal parasympathetic response or "rest and digest" response to the food entering your stomach.

The body wants to maximise nutrient absorption into the bloodstream as well as maintain

perfusion to the churning stomach etc. This redirection of a portion of blood volume to the "non-essential" organs can make many people feel tired after a big meal.

I often find I arrive home overwhelmed! I'm very busy at

work at the moment and struggling to balance all that I've got on my plate. What's something I can incorporate into my daily routine to help me regain some balance. With gratitude, Sue.

Hi Sue. Be kind to yourself. At the heart of a lot of very successful, busy people is a strong sense of self-worth. In the busyness of our lives, positive affirmations are fantastic techniques to help you centre yourself again.

Meditation, yoga and other breath-focused practices can be highly beneficial every day, but particularly during times you feel overwhelmed.

Repeat calmly to yourself either out loud or in your mind: "Breathing in I am calm, breathing out I smile." Practise this while you wait at the traffic lights, or allow yourself 10 minutes in the morning to breathe lovely long, slow breaths and recite this to yourself.

Say at least one kind thing to yourself a day . . . the more the better! Maybe you love your eyes, your quick wit, or your kind soul. Whatever it may be, appreciate all you contribute to this world just by being you. Be your own best friend.

ANSWERS ARE INCLUDED ON THIS PAGE

NEW ZEALAND CROSSWORD

1	2	3	4	5	6	7
			8			
9				10		
			12			
		13				
14	15			16		
17			18			19
20				21	22	
				23		
24			25			
26				27		

- Across**
1. Weary (5)
4/9. Distinctive Green Party MP who left parliament in 2008 (6,7)
10. Wading bird (5)
11. Lascivious (4)
12. For ever (7)
13. Rent (3)
14. Popular NZ shellfish (4)
16. Notion (4)
18. Medic (3)
20. Improve something (7)
21. Smack (4)
24. Pace (music) (5)
25. Puku (7)
26. South Island town which changed its name from Pembroke in 1940 (6)
27. Bowler's approach (3-2)

- Down**
1. Idle gossip (6)
2. Regenerate (5)
3. Stun (4)
5. Sporty (8)
6. Drive mad (7)
7. Cause resentment (6)
8. Valuable possession (5)
13. Piha landmark (4,4)
15. Barbaric (7)
17. Award (6)
18. Solid (5)
19. NZ band who had a hit with One Day (2,4)
22. Gain knowledge (5)
23. Rain heavily (4)

THE TOP 10

- How old was Anna Paquin when she won an Oscar?
- What did the US army's WW2 general purpose vehicle become known as?
- How many bytes are there in a megabyte?
- Shades of which colour are described as cobalt and Prussian?
- What is the name of the salty lake on the border of Israel and Jordan?
- Which series of children's stories were created by the Rev W.V. Awdry?
- What could Maori voters do for the first time in 1951: vote in non Maori electorates, or vote on the same day as everyone else?
- Which is the only city to have hosted the Summer Olympics three times?
- To the nearest minute, how long is the Queen song Bohemian Rhapsody?
- What name is given to the art of producing miniature trees by selective pruning?

NZ CROSSWORD

Across: 1. Tired, 4/9. Nandor Tancoz, 10. Heron, 11. Lewd, 12. Eternal, 13. Let, 14. Pipi, 16. Idea, 18. Doc, 20. Enhance, 21. Slap, 24. Tempo, 25. Stomach, 26. Wanaaka, 27. Run-up. **Down:** 1. Tattle, 2. Re-new, 3. Daze, 5. Athletic, 6. Derange, 7. Rankle, 8. Asset, 13. Lion Rock, 15. Inhuman, 17. Bestow, 18. Dense, 19. Op Shop, 22. Learn, 23. Pour.

TOP 10

Six minutes (5:58), 10. Bonsai, day as everyone else, 8. London, 9. the Tank Engine, 7. Vote the same Blue, 5. The Dead Sea, 6. Thomas 1. Eleven, 2. The Jeep, 3. Im, 4.

SUDOKU

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

JUNIOR CROSSWORD

- Across**
1. In reverse (9)
6. Turned to ice (5)
7. Very strange (5)
9. Wood-chopping tools (4)
10. Goes by bike (6)
12. Go on a journey (6)
14. Opposite of unable (4)
17. Time of darkness (5)
18. Approximately (5)
19. Looking for something (9)
- Down**
2. By yourself (5)
3. Don't give away (4)
4. Forever (6)
5. A boring tool (5)
6. Squash down (7)
8. Sweet food eaten after the main course of a meal (7)
11. A written message sent my post (6)
13. Have a quarrel (5)
15. Mix red and green to make this colour (5)
16. Clean with soap and water (4)

SUDOKU

SOLUTION

Across: 1. Backwards, 6. Froze, 7. Weird, 9. Axes, 10. Cycles, 12. Travel, 14. Able, 17. Night, 18. About, 19. Searching. **Down:** 2. Alone, 3. Keep, 4. Always, 5. Drill, 6. Flatten, 8. Dessert, 11. Letter, 13. Argue, 15. Brown, 16. Wash.

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SIMMENTALS****ANNUAL BULL SALE****11 Rising 2year old Simmental bulls**

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on the property 325 Hariru Road, Ohaeawai**

Vendors - John & Helen Ellis 09-405-9909

Agent - Vaughan Vijcich 0274-968-706

AU-7275616AA

AU-7286750AB

Establishment fees, terms and lending criteria apply, for details visit our website
* Excludes Quick Fix Loans

9556852AA

CONTRACT 5/16/012**SIMSON PARK NETBALL COURT UPGRADE**

Tenders are invited for the above contract located at Station Road, Moerewa.

The works consist of the construction of four netball courts and associated drainage of approximately 3200m². The works also include the removal, and renewal of fencing and gates and the replacement and installation of new lighting.

Tender documents are available via www.lgtenders.co.nz.

Reference: LGOL725615

Tenders close on Wednesday, 22 June 2016 at 11.00am.

All enquiries should be directed to the Project Manager, Tanya Nowell on 09 401 5228 DDI or 0800 920 029 or tanya.nowell@fndc.govt.nz.

Jacqui Robson

**GENERAL MANAGER
INFRASTRUCTURE AND ASSET MANAGEMENT**

LOCAL EVENTS AND HAPPENINGS

Public Notices

TO ADVERTISE: Phone 0800 022 812 • Fax: 634 5600 • Email: clsad@snl.co.nz

Public Notices

KAIKOHE EAST SCHOOL Board of Trustees Election

Declaration of Staff Election Results

At the close of nominations, as there was only one valid nomination received I hereby declare:

Graeme Shaw duly elected.

Kohi Woodman
Signed
Returning Officer

Public Notices

Furniture and household items wanted

Please call 09-4077515 and we will arrange to collect.

Thank you for your support.

WAIMATE TAUMARERE PASTORATE

Thanksgiving Eucharist Church Service
St Andrews Church, Kawakawa
Sunday, 5th June 2016 2pm
Followed with a shared afternoon tea

All welcome to attend in this auspicious occasion

Any queries please phone
Agnes Cribb, Administrator 021-153-9518

KAIKOHE EAST SCHOOL Board of Trustees Election

Declaration of Parent Election Results

At the close of nominations, as the number of valid nominations was fewer than the number of vacancies required to be filled, I hereby declare the following duly elected:

- Lisa Tuwhangai
- Alicia Tomuri and
- Frances Petera

Kohi Woodman
Signed
Returning Officer

NOTICE OF MEETING – DISTRICT PLAN HEARING

The public is notified of the following joint hearing by Far North District Council (FNDC) and Whangarei District Council (WDC) of **FNDC PC18 & WDC PC131 - Genetically Modified Organisms** to be held on the following dates and in the following venues:

Day 1: **Monday, 13 June 2016 at 9.00am**, at Toll Stadium, 51 Okara Drive, Whangarei.

Day 2: **Tuesday, 14 June 2016 at 9.00am**, at Toll Stadium, 51 Okara Drive, Whangarei.

Day 3: **Thursday, 16 June 2016 at 9.00am**, at FNDC Council Chambers, 5 Memorial Avenue, Kaikohe

Day 4: If required, **Friday, 17 June 2016 at 9.00am**, at Toll Stadium, 51 Okara Drive, Whangarei.

This notice is given pursuant to the Government Official Information and Meetings Act 1987 and Local Government Act 2002.

Kathryn Ross

General Manager – Strategic Planning and Policy

PROPOSAL TO CLOSE ROAD TO VEHICULAR TRAFFIC

Pursuant to the Transport (Vehicular Traffic Road Closure) Regulations 1965, notice is hereby given that the Far North District Council, for the purpose of staging the **Bay of Islands Beast Street Party 2016**, proposes to close the following road to ordinary vehicular traffic for the period indicated hereunder.

Road proposed to be closed: Williams Road, Paihia

Date and Time of Closure: 9 July 2016
2.00pm – 9.30pm

During the proposed period of closure, alternative provision will be made for ordinary vehicular traffic which would otherwise use the road.

Any persons wishing to submit on or object to the proposal are invited to do so from the date of publication of this notice. Submissions may be delivered to any Council office; or posted to Private Bag 752, Kaikohe 0440; or faxed to 09 401 2137; or e-mailed to ask.us@fndc.govt.nz. Submissions should include your name, address, telephone number and e-mail address as appropriate.

Submissions close: 5.00pm, 14 June 2016.

Wil Pille

**Transport Operations Manager
INFRASTRUCTURE & ASSET MANAGEMENT**

Public Notices

KAIKOHE LEARNERS, RESTRICTED & FULL LICENCES, Street Talk & Basic Motorcycle Handling Skills ATC Building, Kaikohe
Tues 7th - Fri 10th June
9am - 2pm
Contact: 09 404 1274

Public Notices

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- You must tell us as soon as possible if there is an error or omission in any material placed by us on your behalf.
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- 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.
- Rate card adjustments will be published on our publications and sites. New rates will apply one month after the rate adjustment is published.
- If you are not a New Zealand resident the cost of any advertising you place with us will be zero-rated for GST purposes. If you are a non-resident agent placing advertising on behalf of a New Zealand resident GST will be applied at the standard rate.
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- We exclude all implied conditions and warranties from these terms except to the extent that they cannot be excluded by law. The guarantees contained in the Consumer Guarantees Act 1993 are excluded where you acquire or hold yourself out as acquiring goods or services for the purpose of a business.
- We will not be liable for any loss including any loss of revenue or profit and any indirect or consequential loss arising from or in relation to any error or omission in publishing or failure to publish and if we are found to have any liability for any circumstance that liability is limited to the cost of the space of the advertisement.
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AU-7257060A

Public Notices

Bowls Far North Inc.

AGM

10.00 A.M.
SATURDAY
18 JUNE 2016

To be held at the **Kaikohe Bowling Club Sydney St Kaikohe**

ALL MEMBERS WELCOME

Kaikohe Community Arts Council

AGM

Now changed to
Monday 13th June, 6.30pm
87 Broadway Kaikohe
All welcome
Change due to public holiday

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KERIKERI MENS SHED INC

AGM

Thursday June 9, 2016 at 12 noon
at the Shed
at 2206 SH 10, Kerikeri
Business: Reports
Election of Committee etc.

Any enquiries
Phone Secretary 09 4078263

All Welcome

Public Notices

MINDS Trust AGM

Tuesday 14th June,
4.00pm
At MINDS Property
Main Road
Moerewa
All Welcome

Shareholders Meeting

For all owners of Matauri 2K. Occupation order (s) from Tuaru & Waimarie Williams Whanau, held Sunday 19/6/2016 @ 10am, Ngaitupungo Marae, Te Ngaere, Kaeo.

Queries to: Marie Williams
021-1738042.

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0800-456-999

Deaths

PYNE, Colleen Mary:
Peacefully passed away on 20 May 2016 surrounded by her loving family. Aged 69 years. Beloved wife of Rex, mother of Julian and loved sister of Kerry. A private memorial service has been held. Rex and Julian would like to invite all Colleen's friends and colleagues to join them in a celebration service of her life to be held in her garden at 4 Tui Place, Kerikeri at 1:00pm on Sunday, 12 June 2016. In lieu of flowers, a donation in memory of Colleen to Hospice Mid-Northland, P.O. Box 141, Kerikeri, 0245 would be appreciated or may be left at the celebration. All communications to the Pyne family; 4 Tui Place, Kerikeri, 0230.

Scotts Funeral Services

Beware good layby's evil twin brother

ROB STOCK

rob.stock@fairfaxmedia.co.nz

GOLDEN RULES

- Layby trumps debt
- They keep purchasing costs down
- But beware warped evil incarnations.

Two things are happening to the humble layby.

The first is that it is being steadily replaced with credit.

That's a win for retailers who see laybys as costly to offer, and (as one retailer put it a few years back) "a pain in the arse".

Laybys allow some businesses to sell people stuff at inflated prices, delivering it only when they have paid off the whole whack.

Better to have Q Card or GEM Finance fund a purchase, and the buyer take their purchases away, and shoulder the cost of interest.

The other thing that has happened to laybys is they have been warped into something approaching evil by business people trying to find ways to make money out of lower income folk.

Laybys allow some businesses to sell people stuff at inflated prices, delivering it only when they have

Buying luxuries like stuffed moose's heads is better done on layby than on credit.

PHOTO: RAFAEL BEN-ARI/123RF

paid off the whole whack.

If the poor buyer wakes up to the awful deal they've entered and cancels, they have to pay big

cancellation charges.

Layby is used by some door-to-door sales outfits that target lower-income neighbourhoods.

The old phrase "the poor man pays twice" fits here.

I tend to think that when it comes to buying stuff, there is a definite ranking in terms of strategies.

In descending order, with the best strategy first:

STRATEGY ONE

Buy as little stuff as possible, and use the money for something better instead (saving, paying off a mortgage).

STRATEGY TWO

Save for the thing, and buy it using cash.

STRATEGY THREE

Layby it, while avoiding evil warped laybys.

STRATEGY FOUR

Borrow to buy a thing using a credit card, store card, hire purchase, extension of your mortgage, overdraft, personal loan, etc.

This last is the worst way as it inflates costs, and exposes the buyer to credit risk.

Not that the humble layby is without risk.

Giving money to a business to pay off a layby makes the buyer an unsecured creditor.

Should the business go bust, some in the middle of a layby could lose their money, though they have a legal right to complete paying it off, so the risk isn't high.

Van Gaal goes the way of most coaches

JOSEPH ROMANOS

attacking enough. Under Van Gaal they were "boring" their fans. That is laughable.

If Man U went through the season unbeaten and won every match 1-0 (a bit like Leicester City this season), would their fans complain about lack of entertainment? Not likely. It's the ticks in the W column that count.

Van Gaal has had success with Ajax, Barcelona (twice), AZ Alkmaar and Bayern Munich. His winning percentage at Man U was 52.4.

The moment professional coaches sign on, they're on their way to being sacked.

David Moyes, his predecessor at Man U, was sacked even faster, despite a winning percentage of 52.9. Before them the incomparable Alex Ferguson won 59.6 per cent of his matches.

No other Man U manager in the past century, not even the much-lauded Matt Busby, reached 52 per cent. Van Gaal's "failure" was only relative.

I wonder about the thought processes behind the constant sacking of sports coaches. It's childish and often self-defeating.

The New Zealand Rugby Union broke with tradition when it retained Graham Henry despite the All Blacks' inglorious 2007 World Cup campaign. The result? World Cup victory in 2011.

Of course, the influence of coaches can be overstated. Ian Chappell and Shane Warne often

Louis van Gaal celebrates the FA Cup triumph with defender Chris Smalling. Van Gaal learned shortly after the match he was losing his job.

PHOTO: REUTERS

claim a coach is only good for driving the team bus, and were particularly disparaging of John Buchanan, who built a fantastic record as Australian cricket coach.

But Buchanan could call on quality players such as the Waugh brothers, Gilchrist, Hayden, Langer, Ponting, Clarke, Warne, McGrath, Lee and

Gillespie. He couldn't help but have a great record with that lot.

It's always been a lot easier to sack the coach than the star players.

So in the West Indies in 1995, when Chris Cairns and Adam Parore walked out on the New Zealand cricket team, coach Glenn Turner (appointed to instil discipline in the side) was

dumped and Cairns and Parore were welcomed back.

Professional coaches are on to a loser. The moment they sign on, they're on their way to being sacked – the date just hasn't been confirmed.

That's how I feel about van Gaal. However, I'm not bleeding for him – he did leave Manchester United with £6 million (about NZ\$12.5 million) as a pay-off!

So Manchester United finally sacked Louis van Gaal. The club management was desperate to wield the axe for months.

Within minutes of Man U winning the FA Cup final, once the showpiece of the English football season, van Gaal was gone. Furious negotiations were already well advanced with The Special One, as Jose Mourinho describes himself.

That's the same Mourinho who was sacked by Chelsea last December.

Van Gaal was sent packing after two years. Man U finished fifth in the league and won the FA Cup this season.

It's a bit rough to call that a dismal season. Virtually any professional football club in England would love that sort of "failure". But Man U are judged by different standards.

The All Blacks can win 10 straight tests, then have one loss and be the subject of hand-wringing and head-shaking. Any defeat is unacceptable.

So it is with Man U. Winning the FA Cup wasn't enough, because in finishing fifth in the league (actually fourth equal), the club didn't qualify for the Champions League, an expensive and embarrassing failure.

It was said Man U weren't

Out & About

Annie Taniwha's son was the 500th rescue for the helicopter at nine months old.

Bill sent Kate along to get morning tea for Paperplus staff.

Melody bought two mixed plates of goodies.

Chopper bake sale success

Westpac Kerikeri are supporting the annual rescue helicopter appeal with funds raised going to the local Northland chopper based in Whangarei. Customers and staff baked cakes, slices and biscuits to be sold in a special bake sale. Reporter **Bayley Moor** got peckish at the sale.

Rawiri Webb and Kane Lorangi bought some treats.

Chris bought biscuits to share.

Michelle Harris and staff member Kyle Moana.

Aroha Wilson tried out the afghans.

Angela Peacock.

A huge variety of baked goods were on display.

Jemma Parrish getting morning tea for her team.

Kerikeri man recognised for saving lives

A Northland man was among those recognised at the New Zealand Search and Rescue Council awards.

Kerikeri resident Murray Miskelly, from Coastguard Northland Air Patrol, was awarded a Certificate of Achievement – Support Activity.

He has contributed over 200 volunteer hours to search and rescue services for Coastguard and participated in every unit training operation.

Miskelly spends a significant amount of time with non-pilot members ensuring they have a thorough understanding of basic

operations in the aircraft which helps with joint search and rescue operations.

Lynn Stuart, from Coastguard Wanaka Lakes, Shane Beech, from Coastguard Maketu, and Steve Binns and Gregor Staley from Coastguard Mackenzie Lakes also received awards.

“Murray, Shane, Lynn, Steve and Gregor have made a huge contribution to Coastguard and Search and Rescue services in

general,” Coastguard NZ chief executive Patrick Holmes says.

“Their dedication and encouragement is infectious and epitomises the volunteer ethos.

“Together they have saved countless lives and motivated many others to become Coastguard volunteers.”

Murray Miskelly was recognised for his life-saving work at Coastguard Northland Air Patrol.

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Wednesday	Jun 1	Russell	3:18AM	3:51PM	Thursday	Jun 2	Russell	4:17AM	4:54PM	Friday	Jun 3	Russell	5:16AM	5:54PM	Saturday	Jun 4	Russell	6:14AM	6:51PM	Sunday	Jun 5	Russell	7:10AM	7:46PM	Monday	Jun 6	Russell	8:05AM	8:38PM	Tuesday	Jun 7	Russell	8:59AM	9:29PM
		Opua	3:21AM	3:55PM			Opua	4:19AM	4:57PM			Opua	5:17AM	5:55PM			Opua	6:13AM	6:51PM			Opua	7:09AM	7:44PM			Opua	8:03AM	8:36PM			Opua	8:56AM	9:27PM
		Kerikeri	3:20AM	3:53PM			Kerikeri	4:19AM	4:56PM			Kerikeri	5:18AM	5:56PM			Kerikeri	6:16AM	6:53PM			Kerikeri	7:12AM	7:48PM			Kerikeri	8:07AM	8:40PM			Kerikeri	9:01AM	9:31PM
		Whangaroa	3:25AM	4:00PM			Whangaroa	4:24AM	5:02PM			Whangaroa	5:21AM	6:00PM			Whangaroa	6:17AM	6:56PM			Whangaroa	7:12AM	7:49PM			Whangaroa	8:06AM	8:41PM			Whangaroa	8:59AM	9:31PM
		Mangonui	3:51AM	4:24PM			Mangonui	4:50AM	5:27PM			Mangonui	5:49AM	6:27PM			Mangonui	6:47AM	7:24PM			Mangonui	7:43AM	8:19PM			Mangonui	8:38AM	9:11PM			Mangonui	9:32AM	10:02PM
		Houhora	3:57AM	4:30PM			Houhora	4:56AM	5:33PM			Houhora	5:55AM	6:33PM			Houhora	6:53AM	7:30PM			Houhora	7:49AM	8:25PM			Houhora	8:44AM	9:17PM			Houhora	9:38AM	10:08PM
		Ahipara	5:31AM	6:09PM			Ahipara	6:31AM	7:10PM			Ahipara	7:29AM	8:06PM			Ahipara	8:24AM	8:58PM			Ahipara	9:17AM	9:49PM			Ahipara	10:08AM	10:37PM			Ahipara	10:58AM	11:25PM
		Opononi	5:51AM	6:29PM			Opononi	6:51AM	7:30PM			Opononi	7:49AM	8:26PM			Opononi	8:44AM	9:18PM			Opononi	9:37AM	10:09PM			Opononi	10:28AM	10:57PM			Opononi	11:18AM	11:45PM
			12:11PM				12:42AM					1:41AM					2:36AM					3:28AM					4:19AM					5:09AM		

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Exclusive

Five Star Apartment**In The Heart of Paihia - Luxurious Living**

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www.rwpaihia.co.nz/PAH21524

Dianne Quinn AREINZ 021 592 369 A/H 09 402 8211
dianne.quinn@raywhite.com

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Opuia Home with Income

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- Established orchard on a large 3000m² site
- Private, spacious outdoor living area
- Add your personal touches with a little TLC
- Offers close to the R.V. of \$415,000 will be considered

For Sale \$415,000

www.rwpaihia.co.nz/PAH22009

Dianne Quinn AREINZ 021 592 369 A/H 09 402 8211
dianne.quinn@raywhite.com

LICENSED (REAA 2008)

Binnie Street Paihia

- Grandstand views over the Bay
- 3 bedrooms, 2 bathrooms
- Double garage
- Great decks for idling or entertaining
- 1231m² - over 1/4 acre with terraced gardens

For Sale \$715,000

www.rwpaihia.co.nz/PAH21856

Ailsa Greenwood 0274 870 851 09 402 8699
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LICENSED (REAA 2008)

Kaikohe \$184,000**How neat it is!!**

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www.rwkaikohe.co.nz/PAH22089

Deb Wilson 0272 942 526 (09) 401 0852
deb.wilson@raywhite.com

LICENSED (REAA 2008)

Paihia - Opuia Section Selection

28 Broadview Road Opuia: Amazing views from this 3999sqm section with plans available for the site \$195,000 PAH21984

2 Lily Pond Lane: 1 acre section Lily Pond Lane.

Private and peaceful and great swimming holes close by. \$175,000 PAH21976

17 Franklin Road Opuia: 1012sqm section with views over the upper harbour. \$100,000 PAH20842

www.rwpaihia.co.nz

Trina Blakey 0274 928 895 trina.blakey@raywhite.com

LICENSED (REAA 2008)

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Trina Blakey 0274 928 895 09 404 1155
trina.blakey@raywhite.com

LICENSED (REAA 2008)

Kawakawa \$195,000

First home owners or investors, take advantage of this opportunity. Spacious family living area with dining, plus separate kitchen and open fire. New carpet and drapes with refreshing new paint throughout, ready to move in today. Elevated to enjoy the rural and urban views from the large deck. Close to the Hospital, town and schools.

www.rwkawakawa.co.nz/PAH21300

Trina Blakey 0274 928 895 (09) 404 1155
trina.blakey@raywhite.com

LICENSED (REAA 2008)

Reduced

Reduced

Kaikohe Lifestyle Change \$285,000

The price is right on this 2.07 ha block of land with a character house and great old shed. The shed is on its way to reality again and has been made very comfortable. Large 3 bedroom home plus sunroom, with lots of space. Established trees and paddocks for your horses and cows.

This property is well worth a look !!!

For Sale

www.rwkaikohe.co.nz/PAH21988

Deb Wilson 0272 942 526 (09) 401 0852
deb.wilson@raywhite.com

LICENSED (REAA 2008)

Kaikohe Family Home \$165,000

Call me to view this 3-4 bedroom family home on a large 1500m² section tucked away down a ROW. Dishwasher, double wardrobes, separate dining and lounge, Kent style fireplace, 2 toilets, rumpus, garden shed and native trees.

Currently rented at \$280pw.

For Sale

www.rwkaikohe.co.nz/PAH21938

Deb Wilson 0272 942 526 (09) 401 0852
deb.wilson@raywhite.com

LICENSED (REAA 2008)

Kaikohe \$179,0000**Invest in a good street**

This 3 bedroom home on Hillcrest Road has 2 huge decks for entertaining. This home is about to have a redecoration inside so you should phone me to view - this era of home was known to be extremely well built and popular. Fantastic neighbourhood. Large shed.

For Sale

www.rwkaikohe.co.nz/PAH21938

Deb Wilson 0272 942 526 (09) 401 0852
deb.wilson@raywhite.com

LICENSED (REAA 2008)

Kaikohe \$168,000

Your retirement home Private 2 bedroom stand alone home. Low maintenance, concrete floor, aluminium joinery. Single internal garage and double carport. Room or office off garage. Short walk to town, very good area and quiet cul-de-sac. Wheelchair friendly and wet bathroom

For Sale

www.rwkaikohe.co.nz/PAH20774

Deb Wilson 0272 942 526 (09) 401 0852
deb.wilson@raywhite.com

LICENSED (REAA 2008)