

# TE KAMO CONNECT

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September / Spring 2023

Kamo Community Inc (KCi) is a voluntary organisation established to support the community and improve environments in Te Kamo. It works with existing groups supporting community projects for the betterment of the whole community. KCi is forward-thinking, liaising with government agencies and business associations to improve facilities and infrastructure to create recreational spaces and a business-friendly, pedestrian-friendly, and safe village for all to share.



**The New Zealand Geographic Board announced on the 9th August 2023 that the Whangārei suburb of Kamo has been renamed Te Kamo.**

Chairperson Anselm Haanen says “The original name of the land and kāinga (village) was Te Kamo, and we can see this reflected in the record of the Crown’s purchase of the ‘Te Kamo’ block in 1858,” says Mr Haanen, “In the years since, the name has been unofficially shortened to ‘Kamo’. So this decision restores and raises awareness of the history of the name and corrects a grievance of mana whenua that the name is spelled incorrectly. In te reo Māori the word ‘Te’ is often used to elevate the status and mana of a person. It is just as an important part of a name as the Scottish ‘Mac’ in ‘MacDonald’”.

Information provided by Ngāti Kahu-o-Torongare and several hapū states that Te Kamo was a leader who worked behind the scenes to guide hapū alongside other rangatira. He worked hard to ensure his people living at Te Kamo were safe and prosperous. Local kaumātua Richard Shepherd said there was a big push to restore the name Te Kamo because of the historical figure’s great importance. Mr Shepherd hopes the name restoration will bring the area’s history back to life for the younger generation already asking questions about the area’s past. He says Te Kamo is rich in history. He gives the example of Te Kamo’s pā site, Te Rauponga, which was situated on the grass area behind the Kamo War Memorial Hall on Grant St and extended down to the Kamo bypass. That section of the main highway is now called Te Rauponga. Mr Shepherd



*Richard Shepherd*

told the Kamo Connect last year that a moment of enlightenment for him was reading what is on the wall outside the Kamo 4 Square. “It talked about acknowledging the past and embracing the present; and in a wider context we, as Māori, see it as also referring to acknowledging traditional times while embracing our contemporary times.”

The restoration was not welcomed by everyone. Of the 651 submissions, 535 opposed the change and 116 supported it. Those against the proposal were concerned about the long-term use of the name Kamo and their strong personal associations as well as the costs associated with the change. But the board ruled those concerns did not outweigh its reasons to support the change.

Minister for Land Information, Damien O’Connor, confirmed the Board’s decision to alter the name.

Official documents such as maps, websites, databases, and tourist publications will need to use Te Kamo. This includes road signs referring to ‘Kamo’, which can be updated with ‘Te Kamo’ as they age and are replaced as part of regular maintenance. Mr Shepherd notes that some places in Kamo are already using the suburb’s original name, such as Te Kamo Kindergarten. “I think the feeling that we have is that while it’s a general issue happening around the country, people are recognising that Māori place names particularly have a real and important meaning.”

Sources: Ngā Pou Taunaha o Aotearoa New Zealand Geographic Board, 9 August 2023, Kamo Connect Autumn 2023 and The Northern Advocate’s ‘New Zealand Geographic Board announces Kamo to become Te Kamo’ by Karina Cooper 10 August 2023.



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# Kia Ora from the Editors Desk

You will notice that there are no political party adverts in this edition. Heading into the national elections, we thought it was better to keep focussed on local news and stay out of the political arena because of the 'regulated period'. The regulated period takes place in the three months (14 July 2023 – 13 October 2023) leading up to a general election where there are restrictions on election advertising and publicity. The rules are enforced by the Electoral Commission under the Electoral Act 1993. During this time, election advertisements can be anything that may reasonably be regarded as:

- encouraging or persuading voters to vote or not vote for a candidate.
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Some examples of things that are not considered election advertisements include MP's contact details, editorial content in the media, and unpaid individuals or groups expressing their personal political views online. Given the complexity of policing the above, we decided to step aside until after the elections\*. BUT we do urge you to please vote, because every vote counts.

As you will see, there is a lot going on in Te Kamo at the moment! Kamo Inc is going from strength to strength on its work for Te Kamo village, and local groups are busy with mental health, environmental, youth and social education projects. Have a look at our contents and see what interests you.

\*Based on <https://www.parliament.nz/en/visit-and-learn/parliament-in-election-year/>

*The Te Kamo Connect Team*

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## CONTACTS KCI

David Templeton	027 248 2164
John Nuttall	09 435 0287
Ruth Marsh	021 500 564
Rebecca Reynolds	027 391 0960
Charm Hauraki	cpshauraki@gmail.com

**If you are a victim of family violence or in a relationship that makes you fearful about your own or anyone else's safety, seek help as soon as possible. You have the right to be safe.**

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Sensitive Claims ACC	0800 735 566
Shakti - for migrant and refugee women	0800 742 584 Open 24 hrs
Shine National Helpline	0508 744 633 Open 24 hrs
Victim Support - support for men and women victims	0800 842 846 Open 24 hrs
Women's Refuge crisis line	0800 733 843 Open 24 hrs

Electronic version of the Te Kamo Connect also available at:

<https://www.issuu.com/kamoconnect>

## Published in March, June, September and December

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Editor: Margie Kent  
Email: [margie.kent9@gmail.com](mailto:margie.kent9@gmail.com)

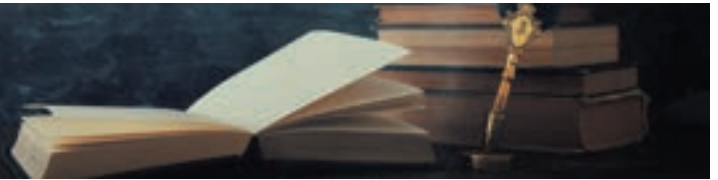
Advertising: Meg McIsaac 022 641 9786

Design: Megan Lavin-McIsaac 022 641 9786  
Email: [graphics@megatype-publishing.co.nz](mailto:graphics@megatype-publishing.co.nz)

Accounts: Rebecca Reynolds  
Email: [reb.reynolds@xtra.co.nz](mailto:reb.reynolds@xtra.co.nz)

# ChairNotes

By David Templeton, Chairman, Kamo Community Inc.



## Chairman's Comments Spring 2023

**Kia Ora Koutou. Welcome.**

**M**y name is David Templeton. At the recent AGM, I had the privilege of being asked to lead the team at Kamo Community Inc.

My wife and I have lived in the Te Kamo district for the last 20 years and we have got a strong connection to the community. I'm excited to be part of this team invigorated by the enthusiasm within the team to work with the local community. The KCI team is led by myself as the Chair, John Nuttall Vice Chair, Ruth Marsh Secretary, Rebecca Reynolds Treasurer and Charm Hauraki as our Community Coordinator.

At the AGM we ratified an updated Constitution that was required as we are an incorporated society. So we took this opportunity to revisit and define the purposes of the organisation as follows:

- Revitalise Te Kamo Village and environs as an attractive and vibrant and safe place to live, work and play.
- Engage and connect with local community groups, residents, and businesses.
- Acknowledge, celebrate, and promote Te Kamo's heritage.

To do this we need to engage and hear from our community. For the community to get involved we need to encourage membership of KCI. A flat annual \$10 subscription will apply whether it is for a business, an organisation like a club or a group, or a resident of Te Kamo. Check out our website for how to join.

The larger the KCI membership becomes, the more ideas, skills, and influence the organisation will have access to - to make a difference in our community. There are a number of projects that we are looking at, some of them are new, some have been around for some time. They include (but are not limited to):

- Promoting backyard trapping for a Pest free Te Kamo
- Welcome signage for Te Kamo Village
- The development of a 'Community Hub'
- Creating more seating in the Village
- Continuing to make Te Kamo more pedestrian-friendly

- The development of a Concept Plan for Te Kamo
- Continuing to produce the quality Te Kamo Connect in a sustainable way
- Updating and modernising KCI website as a useful hub for community information sharing

For these to progress we need to pull together teams that will work together to make these happen. Also we need to be able to attract funding to support these projects. Funders are always looking at our level of community engagement and that can be measured by our membership numbers and our community reach through the Te Kamo Connect and through social media.

If you would like to be part of these exciting times for Te Kamo Village, whether in a small way or getting more involved in one of the teams, please make contact through Our Website at

[https://kamovillage.kiwi/kci/about\\_join/](https://kamovillage.kiwi/kci/about_join/)

Thank you, and the team looks forward to working with, and for, you.



**LEFT TO RIGHT - BACK:** Ruth Marsh; Charm Hauraki  
**FRONT:** John Nuttall; David Templeton; Rebecca Reynolds

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# GROWING COMMUNITY

By Charm Hauraki, Te Kamo Community Coordinator, Kamo Community Inc.



## Hi Te Kamo, an update on some of our ongoing projects.

### Te Kamo Village Website

The bones of the website are largely complete but it is still evolving as we find new ways to utilise it for informing and engaging our community.

The homepage now contains a noticeboard, where we will display upcoming news for the community to be aware of, such as the construction of stage 5 of the Te Kamo shared path, and the accompanying road work disruptions.

We are also expanding the Kamo Community Inc section for upcoming projects, to give the community detailed descriptions of projects we are working on and encourage feedback, with options to ask questions or give opinions on each one. The first project detailed for feedback is one that has repeatedly come from our suggestion boxes - more public seating in the village. Check it out and let us know what you think (the link is in the slideshow on the homepage or <https://kamovillage.kiwi/kci/project-bench-seats-picnic-tables/>).

Also if you are thinking of joining KCI to help make a difference in the community, in the KCI section you will find information about what we do, and a form to join. Membership is \$10 per year.

Please keep using those suggestion boxes and the feedback forms on the website. We are keeping track of everything we receive, recording it, and looking for repeated themes so we know we are pursuing projects that the community wants.

### Pest Free Te Kamo

In continuation of our joint efforts with Tiakina Whangārei to reduce the pest population in Te Kamo, we held a rat trap giveaway outside the Kamo Four Square in early June (thank you Kamo Four Square!). Due to an amazing response from the community, we gave out 50 traps and trap boxes in one hour! This was followed up by many more requests, and over the following weeks we were able to supply more residents with a further 25 traps. We are planning another trap giveaway, if you are in need, so keep an eye on the Kamo Community Inc/Te Kamo Connect Facebook page for dates.



### Visit To Te Hiku O Te Ika Revitalisation Project

KCI members travelled to Kaitaia last month to meet with the project manager and view some of this amazing award winning project, consisting of over 80 individual urban improvement, restoration and revitalisation projects. It's a great example of collaboration between the community, the business association, several iwi and the council and can serve as a template for others to use. We came away with many lessons, and a wealth of ideas as to how we can apply a similar strategy to planning projects for Te Kamo, with the community leading the way. Website blog coming soon.



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# GOOD SORTS



This edition's good sort is a man who chips away at a hidden problem for the community good - he's not seen, won't necessarily make the news, nor does he garner much public attention beyond the small circle who know about his community work. Our good sort and everyday hero for spring 2023 is John Shanks.



John Shanks at work

John lived in McMillan Avenue, off Kamo Road, in Te Kamo for many years before moving to Pinehurst Close - a relatively new road in a development a stone's-throw away over State Highway 1 and located between Station Road and Corks

Road. This street is a cul-de-sac into a circular area bordered by Balmacewan Drive and Pebble Beach Boulevard. In this area is a substantial reserve of mostly Totara trees, named Balmacewan Drive Reserve.

"Not long after settling into our new home on Pinehurst Close in the summer of 2021, when with a group of Whangārei South Rotary Club buddies, I mentioned

how badly infested with exotic shrubs and trees the Totara bush was" John explains. "Murray Neighbour suggested that it would be a good hands on Community Service project for the club. Consequently, during NZ Clean up week we held a community working bee. Thirteen of us attended and attacked the Privet, Tobacco Weed and Taiwan Cherry immediately inside the entrance. It was very thick and hard work but we were pleased with our efforts. We later held working bees in April and October 2022."



Dumped rubbish that has been cleared

John usually goes into the reserve for about an hour or two each week in the afternoon, sometimes assisted by family, friends or neighbours. He is encouraging other locals to join him in this large task of clearing out the weed species and rubbish. "We are not the first to be interested in the bush" he says, "The Cleanen Place backyards back onto the reserve, and this area was infested with Gorse and Tobacco weeds. The homeowners removed these and replaced them with grass. A couple of other householders have also cleared weeds from the bush immediately behind their properties. One owner, at his own expense, employed contractors to remove Gorse and Tobacco weeds and developed a grassy playing area."

"I would love to have a small group of people to work with who are interested in the health of this bush" he says. "We are probably nearly three quarters through the initial clearing and have been delighted to see regeneration starting. I can identify young Titoki, Nikau, Tararie, Pseudopanax, Karamu, Mahoe, and Karaka."

Thank you John for your mahi. If you would like to assist John please give him a call on (09) 435 1079.

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# Introducing Men-tall

By John McFarlane



The Men-Tall Health Club's Barbershop chat is a monthly meeting designed to encourage men to talk openly and honestly about their mental health. The group is a safe space for blokes to talk without the fear of judgement and is a great opportunity to socialise, connect with other men, and gain support.

The Barbershop Chats were created by blokes, for blokes who believe that men, in particular, need a space to speak their minds and share without fear of judgement or criticism. Since its inception, the Barbershop Chat has seen an increase in the comfort level of participants as they talk about their mental health and day-to-day troubles. The group is focused around a variety of different topics such as stress, anxiety, relationship issues, work problems, and anything else that is impacting on their mental wellbeing.

What makes the chats truly unique is this - the discussion is fostered by the members themselves and is supported by the 24-hour group chat on WhatsApp that ensures an ongoing space for all topics to be explored openly and without prejudice or judgement. The discussion is tailored to the needs of the men in the

group, and everyone is encouraged to share their own experiences and learn from others in the group. We all need a safe place to discuss the things that are bothering us, and the Men-Tall Health Club Barbershop chats provide that for men. It is an excellent resource for those who are struggling, as it provides an opportunity for men to talk in a judgment-free zone. So, if you, or a man that you know, could benefit from such a group, then why not give them a chance to attend the next monthly chat?

The Men-Tall Health Clubs Barbershop chats are run once a month and the atmosphere and setting are friendly and welcoming, allowing all men who participate to feel completely at ease. Josh McFarlane has been spreading the word about Men-tall. "We run the barbershop chats for all men in Whangārei - and although we are located in Kamo, you don't have to live in Kamo to attend." he says. "It's really discreet, and you can get in touch with us - to set up coming along and trying us out - from Facebook, Instagram or WhatsApp".

Find us on Facebook and Instagram: @mentallnz  
To join the WhatsApp group chat, use the QR code on the right:



## WDC Notice: Whau Valley Dam open again

The road up to the Whau Valley Dam parking area was closed on 28 March following a slip that threatened to cover the car park. The slip has been monitored to check whether it is likely to slip further and a tall fence was erected by the Council along the road and the edge of the car park to keep people off the unstable ground.

The gate blocking access to the car park has now been opened, and the area on the edge of the lake is open to the public again. Visitors are asked to use common sense, keep outside the fenced area and to stay off the walking tracks. The concrete path along the crest of the dam is open.



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# Community gathers to discuss social justice issues

By Mike Nielsen

**Community conversations are currently being held on important social justice issues. The Building Better Communities conversations are being led by local experts and give members of the community an opportunity to hear how others see these issues and express their own point of view.**

A local church – the Kaurihohore/Kamo Co-operating Parish – is hosting a series of community conversations focused on important social justice issues raised in the Salvation Army's State of the Nation Report 2023 (children and youth; work and incomes; housing; crime and punishment; social hazards; Māori wellbeing).

Richard Smith, who is leading the team organising the community conversations, says "We hope to forge a community-focussed process beginning with listening to other perspectives of what the issues really are, genuinely considering these and thoughtfully sharing in developing a more coherent consensus of how to build a better community for all of us."

An enthusiastic group of people have been gathering at the Kamo Bowling Club Cottage Hall at 7pm on Wednesdays (often despite atrocious weather) to hear from local experts and discuss the issues in groups.

Richard says people attending have appreciated having someone with firsthand experience and were surprised and concerned by some of the findings in the report.

"The majority of those who have provided feedback indicated that attending the conversation had changed their perspective on the issue being discussed. They are

coming away from these conversations with a better understanding of the issues our community and country are facing and are making connections with others in the community who are also wanting to see change."

The Building Better Communities conversations are continuing through late August and early September. The final two conversations are going to be held at 7pm on 30 August (Liz Cassidy-Nelson discussing Māori Wellbeing) and 6 September (Arthur Fairley discussing Crime and Punishment) at the Kamo Bowling Club Cottage Hall, 15A Three Mile Bush Road.

For more information, please visit <https://kaurichurch.methodist.org.nz/>



## NEW ARTHRITIS TREATMENT

A new arthritis treatment for cats (Solensia) and dogs (Beransa) has been released in NZ and we have already used it in several cats and dogs with good results. Already having been used with great success in Europe for about 18 months, the new treatment is a monthly injection given under the skin.

It works by blocking a major pain mediator in chronic pain.

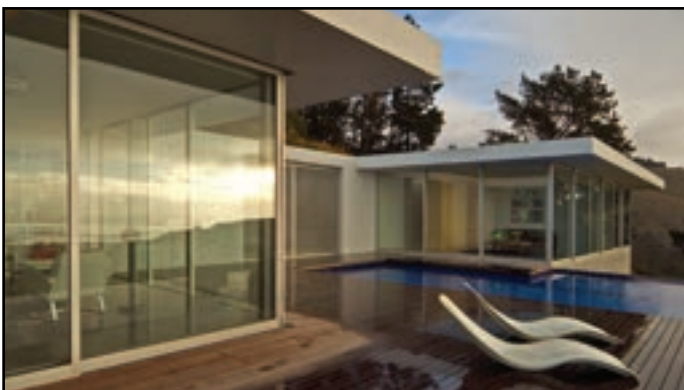
There are several types of treatments available for pain management and arthritis but this is a completely new one.

Check if your cat or dog is showing signs of arthritis such as slow to rise, difficulty jumping up or down, lagging behind on walks, limping after exercising.

Many cats and dogs will suffer in silence and not give many indications they are in pain.

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# The City Report

By Cllr Gavin Benney, Whangārei District Council



You may or may not have noticed a significant increase in the CCTV cameras that have gone up in Kamo and Hikurangi. To be honest it is a real shame that we need these cameras in the first place, however they are a great reactive crime tool.

We have had a couple of wins lately. Work was completed on the spring in Clark Rd which has damaged the road for thirty plus years. I am hesitant to say that that is the end of it but we can only hope.

Safety improvements in Clark Rd are programmed to start soon. This is well overdue.

Stage 5 of the Kamo shared path is due to commence in October when the weather gets better (he says with a smile) and will complement a new roundabout being designed on the bypass to link to Totara Parklands and neighbours to hopefully relieve congestion.

There are still lots of complaints about motorbike riders causing havoc on the streets and parks. Just keep reporting it to the Police and take photos discreetly if you are able.

Work has begun on the Old Town Hall to restore it. It's been a very frustrating process but it will be good to have it back. Councillor Carol Peters has been able to access some funding for the project which will reduce the ratepayer contribution.

The long term plan is done by Council every 3 years to plan ahead for the future. It is scheduled to be adopted next June but I am suggesting that if you have any projects, wants or needs to let your local councillor know ASAP.

**A new Long Term Plan will be developed by Whangārei District Council next year. Council needs to identify the most important projects you want funded through the plan. PLEASE CONTACT YOUR PREFERRED COUNCILLOR WITH YOUR SUGGESTIONS:**

Vince Cocurullo	Mayor	021 438 952	mayor@wdc.govt.nz
Phil Halse	Deputy Mayor / Bream Bay General Ward	027 303 5671	cr.halse@wdc.govt.nz
Ken Couper	Bream Bay General Ward	021 464 069	cr.couper@wdc.govt.nz
Gavin Benney	Hikurangi - Coastal General Ward	021 256 0126	cr.benney@wdc.govt.nz
Scott McKenzie	Hikurangi - Coastal General Ward	022 026 2744	cr.mckenzie@wdc.govt.nz
Simon Reid	Mangakahia - Maungatapere General Ward	021 938 268	cr.reid@wdc.govt.nz
Deb Harding	Whangārei District Māori Ward	021 0830 1818	cr.harding@wdc.govt.nz
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Carol Peters	Whangārei Urban General Ward	021 557 498	cr.peters@wdc.govt.nz
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# CYBERSPACE

By Vince Cocurullo

## Technology - what do we need?

Have you ever walked into a tech shop wanting to buy a computer, then get bombarded by the salesperson telling you about the fancy tech, or the latest gadget? This is not an uncommon experience and can sometimes leave you with a feeling of despair, or the feeling of buyer's remorse.

Here are some helpful tips when you want to upgrade your computer, phone, or tablet.

- Know what you are going to use it for. In simple terms, Desktops typically have a monitor, sometimes two or more and a separate box - used for photo/video editing, computer games and/or word processing; and are not portable. Laptops are portable; they are smaller than a desktop, and today they do not have a DVD player installed in them. They are typically used by people who want to work on the run. Tablets typically do not have a keyboard, are used mainly to access emails and for searching the internet. Phones, well I don't need to explain that one.
- Brand does not matter. Dell, Acer, HP, Apple, etc... what is important is what is inside running the computer, as well the processor power and storage capacity.

- Buy for the now. Technology changes daily, in fact desktops have a life expectancy of between 3 and 6 years, Laptops have a life of 2 to 4 years, tablets have a life of 1 to 4 years. With updates happening regularly it is very hard today to purchase a device that will last forever.
- Price does matter. Again, this does depend on what you are purchasing the device for, yet if you buy a cheap device, do not expect it to last a long time. Possibly the most important aspect is - do talk to your local IT person, as they are here to help.



**Vince**  
Vince Cocurullo  
Northland's Fix-it man

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# Te Kamo Community Policing

by Sergeant Paul Nicholas,  
Kamo Police



## Dealing with Scambags

Recently there has been an increase in the number of files that have come across my desk that relate to online scams...from small monetary amounts to some very large numbers. The most common file that comes across my desk is the Facebook marketplace scam. Some dirtbag offers up something for sale and then takes your money before disappearing into thin air.

The best advice is don't pay for anything on Facebook marketplace unless you have seen it yourself and are going to pay cash. That is the only way to avoid being scammed or ripped off.

Now let's talk about the more sophisticated type of scams, particularly email and phone scams, and provide you with a few tips on how to safeguard against these scummy cybercriminals. Lately these scambags (I think I'll trademark that phrase) have been contacting us on our Police phones, so they are certainly just picking random numbers.



## The Rise of Online Scams


In recent years, we have witnessed a surge in online scams that prey on our trust and exploit our vulnerabilities. These scams come in various forms, but the most common ones involve fraudulent emails and deceptive phone calls. Scammers have perfected their tactics to appear legitimate and gain our confidence. They seek to steal personal information, financial data, and even manipulate us into transferring money into their hands.




Remember, being vigilant and cautious is the first line of defence against online scams. Page 11 lists some tips and tricks for keeping safe. Remove this page and put it on your fridge to remind you about what to do if it happens to you.

For more information about staying safe online have a look at [netsafe.org.nz](http://netsafe.org.nz)

Until next time, stay safe and roll-on summer.



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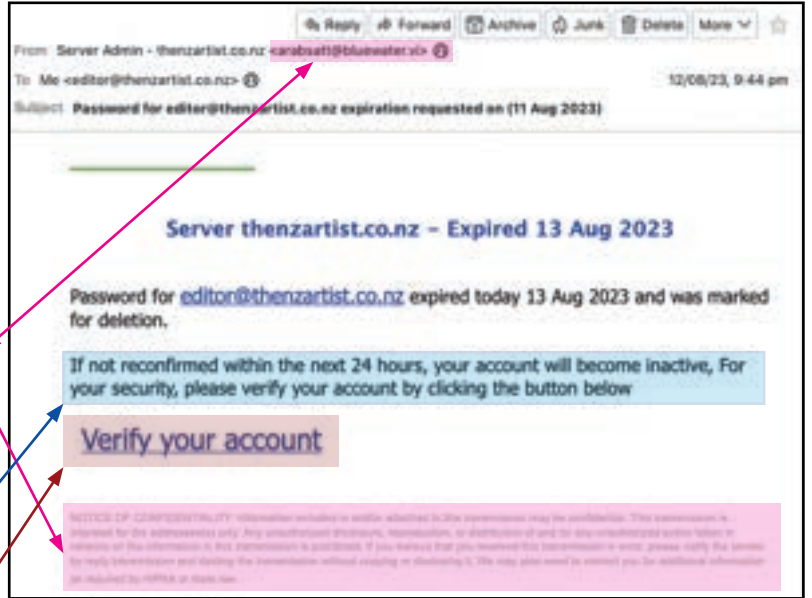
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# AVOIDING SCAMS POSTER

## Email Scams: Spotting the Red Flags

Email scams, also known as phishing attempts, can be highly convincing and difficult to detect. Here are some warning signs to look out for:

- 1. Sender's Address:** Pay close attention to the sender's email address. Scammers often use addresses that closely resemble legitimate organizations but contain subtle misspellings or variations.
- 2. Urgency and Fear Tactics:** Beware of emails that create a sense of urgency or threaten dire consequences if you don't act immediately. Genuine organisations do not resort to fear tactics to prompt action.
- 3. Requests for Personal Information:** Legitimate entities will never ask for sensitive information like passwords, bank account numbers, or credit card details via email.
- 4. Suspicious Links and Attachments:** Avoid clicking on links or downloading attachments from unknown or suspicious sources. Hover your cursor over links to see the actual web address before clicking.
- 5. Spelling and Grammar Errors:** Scammers often make mistakes in spelling and grammar. Be cautious if an email contains such errors, as professional organizations take care to avoid them.



A very current example of an email scam

## Phone Scammers: Don't Fall for Their Tricks

Phone scammers can be persuasive and manipulative. Protect yourself by keeping these pointers in mind:

- 1. Caller ID Spoofing:** Scammers can manipulate caller ID to make it appear as if they are calling from a legitimate organization. Don't solely rely on caller ID to verify callers.
- 2. Government and Law Enforcement Impersonation:** Be aware that government agencies and Police will never demand immediate payments or threaten legal action over the phone.
- 3. Unusual Payment Methods:** Scammers prefer untraceable payment methods like wire transfers, bitcoin, or gift cards. Avoid complying with requests for such payments.
- 4. Pressure Tactics:** Scammers often create a sense of urgency to pressure you into making quick decisions. Take your time and verify the legitimacy of the call before acting.



An example of a phone scam

## Staying Safe: Our Collective Responsibility

Preventing online scams requires a united effort from all of us. Here's how we can work together to outsmart these criminals:

- 1. Stay Informed:** Regularly educate yourself and your loved ones about the latest scams circulating in the digital realm. Share this knowledge with your community.
- 2. Verify Requests:** When in doubt about an email or phone call, contact the organization or individual directly using verified contact information to confirm the legitimacy of the communication.
- 12. Report Suspicious Activity:** If you encounter a scam or suspect fraudulent behaviour, report it to the police or to Netsafe at [netsafe.org.nz](https://www.netsafe.org.nz)

## Jumping June

By Year 6 Students: Ella.T, Mia.M, Leane.B and Elin.M



Jumping June was a fun experience that brought joy, laughter and tired people. The Junior College has been practising for weeks and been challenging themselves to master new skills. We saw lots of kids trying new drills and having big proud smiles when they achieved them.

It was a great way to raise money for the Heart Foundation and our Junior College has raised over \$5000 so far. Thank you to all the teachers that helped plan the event, with

a massive thank you to all the whānau who fundraised money for the Heart Foundation. Thank you so much to Nat for engraving names, and measuring skipping ropes for the whole Junior College.



## World Vision 40 hour Challenge

By Caleb Duinkerke, Head Boy

This year Excellere College's Year 7's to 13's participated in the World Vision 40 Hour Challenge. On the weekend of the 9th - 11th of June we took part in a range of activities to raise money for clean water resources in Malawi. This involved each participant going for 40 hours without something, or limiting a necessity. Some ideas people completed were:

- 40 hours using no technology
- 40 hours to run or walk 40km
- 40 hours using only 40L of water
- 40 hrs no talking
- 40 hours using no taps

Excellere's goal was to raise \$1,000, which would provide 10 water pumps for children in Malawi. The online donations surpassed this goal, with \$2,675.99, the mufti day we had raised another \$399.70 and the cash donations brought in \$570.00. The total raised by our school was \$3,645.69.

A special mention to Rosie de Vetter and June Underwood who both raised over \$400 each! June ran around the Whangārei Loop 8 times to run a total of over 40km, and Rosie got over 20 people to sponsor her to not talk for 40 hours. We are so proud to have raised this much money for such a worthy cause. Well done to those who participated in the 40 Hour Challenge and those who donated and sponsored the participants. Next year we hope the event is just as successful.



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# MAYOR'S MESSAGE

## Passionate about sport? Thank your ref!

Ciao, kia ora, and hello to everyone in Kamo!

I'm always impressed by the hive of activity on our sports fields every weekend – especially in winter, with the freezing winds and rain! From the Oakura Sportspark and Hukerenui Domain in the north of our District, across to the Mangakahia Sportspark and Maungakarama Recreation Reserve on the west and down to the Takahiwai Sportspark and Ruakākā Recreation Grounds in the south, Whangārei District Council maintains a total of 23 sports grounds and recreation facilities across our District, and it's obvious our need for sports facilities just keeps growing.

Northlanders are passionate about sport. Whether it's in a supporting role or being in the team, it's a key part of our social (and family!) life up here in the North. What strikes me most about our sporting community is the number of people volunteering their time and efforts in volunteer roles. I'm talking about our umpires, coaches, referees, kitchen volunteers and support crew. The people who show up at every training session, game and organisational meeting to make sure our sports season goes off without a hitch. These are the people our sporting community rely on, sacrificing their free time with no thought of reward or recognition. Without them, we wouldn't have the muddy, wet, happy, healthy, and exhausted kids we see every weekend – so thank you to you all.

Making sure we have the right sporting and recreational facilities for our communities is an important part of our future planning at Council. Our communities need to have the right facilities in the right places, and to make sure we get it right, you need to let us know what you need, and where you need it.

We'll be asking for your feedback on sports facilities (along with many other things), to help shape the 2024-2034 Long Term Plan (that's the larger, 10-year plan that directs Council decision-making). Now that Council's Annual Plan process has wrapped up, the Long Term Plan consultation is next in line, and I'll be sharing more information about this as we get closer to consultation time.

For now, I just wanted to acknowledge the people who volunteer to help, and the whānau, caregivers, educators and sports club members who enable kids and adults alike to play the games they love. Your support helps build pride in our District, strengthens communities and gives our young people a chance to be part of our fantastic sporting culture here in Whangārei.



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# Kamo Club Report

Since my last report the Kamo Club has been preparing for its AGM in August this year, as the Treasurer of the organisation it is an interesting time. We have had some good events and the place has been very busy. Membership is growing and that is a very good sign.

The Kamo Club, through our Board Member Jill Dahl, has offered the Kamo High School funding to support six students to attend Hillary Outdoors. As part of this program students will participate in a five day program which aims to support students to develop their confidence and leadership abilities within a positive environment. Jill has been the liaison person between the Kamo High School and the Kamo Club and has been involved with the selection process. The Kamo Club will fund this through the 'Kamo Club Youth Trust'. Jill's project started during a 'Youth Crime Hui' held last year and we see it as a positive step towards helping young people find their place in the community.

On the entertainment front we have had some great shows with ticket sales going well. Our band nights have had good support too, however we have had to introduce a \$5 per person cover charge due to higher costs.

In October, on the weekend 13th to 15th, we celebrate our 'Spring Fever Dance and Music Festival' which is in its 19th Year. We have a great lineup of entertainment starting on Friday night with the ever popular Emerald Brothers. Then, Saturday morning from 8am there is a market in the Club's car park. The indoor entertainment starts again in the Club lounge at 12 noon when we have a Morris Dance demo followed at 12.30pm by the very popular entertainer Raymond Haika-Solomon who plays until 3.30 pm for your entertainment or dance if you want to. Saturday night we have another extremely popular band, The Brendon Ham Band with Marian Burns playing for the dance from 7pm. Then if that's not enough Sunday is packed from 11am with line dancing and popular tutor, Phoenix Adamson. Finally at 4pm there is an old time dance with the piano accordion playing Music Meister. So we have something for everyone. Only \$30 for the whole weekend, or \$15 for night events and \$10 for day time events. Purchase at the door! Come along and sample some of what the Kamo Club has to offer.

Cheers  
John Nuttall

## FREE medical consultations

The Whatu Ora have let us know that all children under 14 now receive free consultations at White Cross Whangārei Monday to Friday, 7.30 am to 8 pm, and Saturday and Sunday, 8 am to 8 pm. The clinic is also open on public holidays.



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# SPRING FEVER

Dance/Music Festival

13th-15th October 2023

**Friday 13th October:**  
7.00pm-10.30pm **The Emerald Brothers**  
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**Saturday 14th October:**  
8.00am-Noon **Market in the Kamo Club Carpark**  
Noon-12.30pm **Morris Panselg Demonstration**  
12.30pm-3.30pm **Raymond Haika-Solomon**  
Enjoy a great afternoon of Panselg & Entertainment  
7.00pm-10.30pm **The Brendon Ham Band with Marian Burns**  
Dance the Night Away to a Great Band

**Sunday 15th October:**  
11.00am-3.30pm **Tutor Phoenix Adamson**  
Live Panselg Workshop & Social  
4.00pm-7.00pm **Music Meister**  
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# Kamo Bowling Club 75th Jubilee

The Kamo Bowling Club will be celebrating its 75th Jubilee Friday/Saturday 24th/25th November. Events will include a social gathering at 4pm on the Friday, and on Saturday, a mixed fours tournament, morning and afternoon tea and a luncheon. If you are a former member of the club or know of former members of the club who may be interested in attending, contact with the club can be made through President, John Ridling (0273078041), Secretary Roger File (0275259914) or via the club's email, [kamobowlingclub@outlook.com](mailto:kamobowlingclub@outlook.com)



Monday mornings throughout the year feature social bowls; just turn up by 8.45am if you wish to play. Entry fee is \$5; bowls are available for use should you not have your own.

Twilight bowls runs on Wednesday evenings for ten weeks from 11th October and then a further 10 weeks from 10th January, with a 6.00pm start. Entry fees are \$18 per team of three. Contact Kelvin Robinson (0276611643) if you are interested in entering a team.

Even if you are not interested in playing bowls, you may like to participate in Housie, which the club runs every Wednesday, throughout the year, from 12.30pm until 2.30pm.

By Roger File,  
Secretary

While celebrating the past, Kamo Bowling Club is very much a future-focused club. A second carpet green is being installed during August and by the Jubilee weekend we will have three greens in use. (Two carpet, one grass, all full size.) Bowls is very definitely an all-year sport at Te Kamo!

Amongst our activities, there are two regular events that non-bowlers or casual bowlers can participate in, without being club members.



*Trophy winners at the Bowling Club prizegiving*



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# Kamo Shared Path – Stage 5

By Amy Evergreen

The Kamo Shared Path is nearly complete, with four out of five stages finished and open to the public. Work on the final stage, connecting the shared path with Kamo Village, is due to start in October and should be completed in June next year (2024).

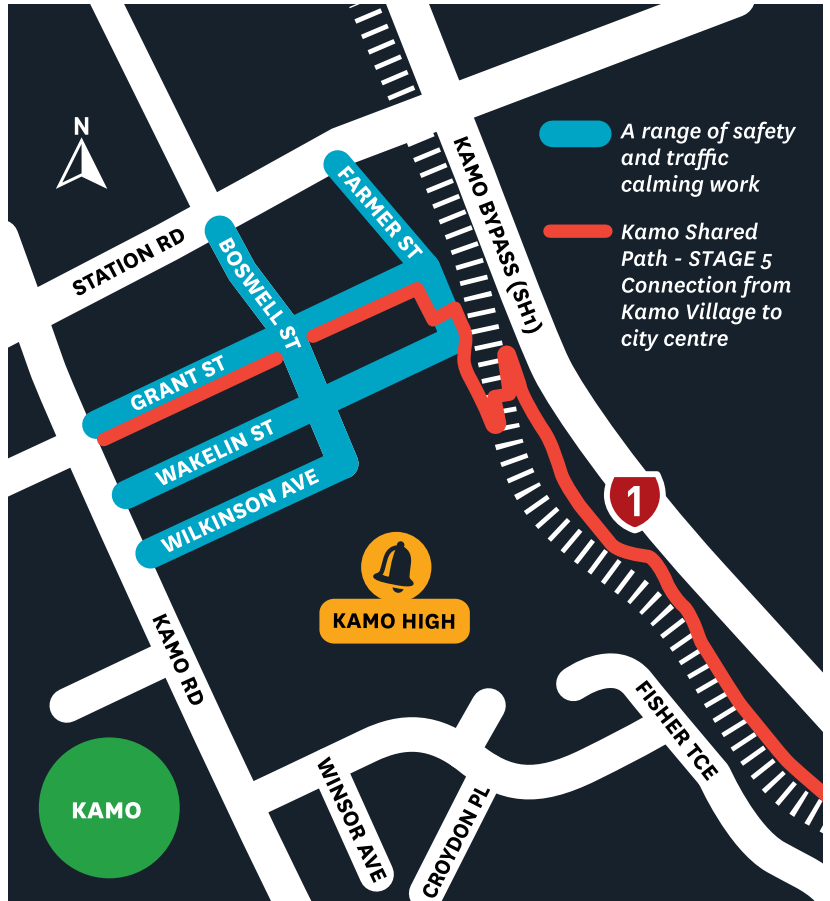
One of the really cool features of this stage is going to be the 50m long repurposed rail bridge. The bridge is being put in to span a gully and will remove the need for any steep sections and tight corners - which will be great for the cyclists!

In addition, the work along Wakelin Street, Grant Street and Boswell Street and Farmer Street will make it safer for cyclists and pedestrians to transition from the shared path along these streets to Kamo Village and Station Road.

The work will include:

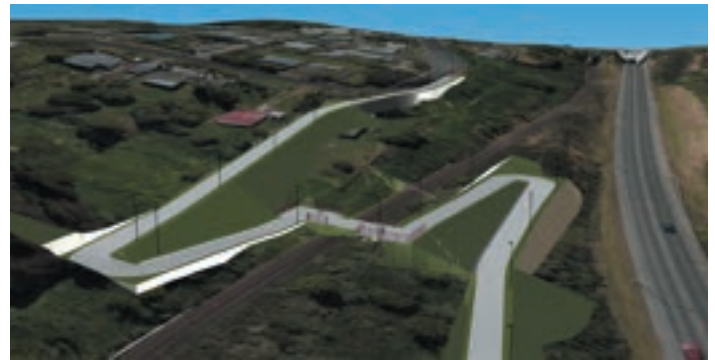
- Extending the shared path from Fisher Terrace
- Installing a pedestrian/cyclist level crossing with automated gates over the railway lines
- Installing a 50m-long repurposed rail bridge
- Calming traffic by installing raised platforms, speed bumps and building out the kerbs on Wakelin Street, Grant Street, Boswell Street
- Connecting the shared path to Kamo Village and Kamo High School with road markings, kerbing, footpath widening and new lighting

The safety measures will cause some traffic disruption while they are being put in. More detailed information will be provided before the work begins in October.



The Kamo Shared Path Network is part of Whangārei District Council's Walking and Cycling Strategy that aims to expand and improve our cycling networks, improve the walkability of our neighbourhoods, support safer travel to school and provide low- emissions travel options.

Source: Amy Evergreen, Northland Transportation Alliance





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# Calling all Te Kamo Creatives

by Ann Freeman

Times have been hard in recent years and just when we thought the worst was over, we've had to start worrying about inflation and the weather challenges of global warming. No wonder we have felt the strain - and also the need for something good in our lives that WE have control over.

For me the 'something good' that helps me cope with these rough times is switching my focus onto my 'creative' side. If that sounds a bit 'artsy' then let me put it another way. I kept my head calm by keeping my hands busy. There is nothing new or magical in that. There is a well researched link between using your hands to make things and feeling 'better' about yourself and your world.\*



*I did say creativity comes in many forms didn't I? When I wanted to repurpose my old, uplifted carpet I was delighted when a friend said they had a use for it. I was not expecting this! Just how cool is a dinosaur in your dining room.*

You don't have to be an artist to have a creative side. The thing to remember is that creativity can come in many forms, shapes and sizes. If you can imagine something in your head, make it real with your hands and feel a passion for it in your heart then you are a 'creative' person. What you call yourself (artist, crafter, hobbyist ...) is not important. The act of making something that fulfills you is.

For me, my passion lies in clay. Handling and forming clay actually gives my brain down time while my hands are busy doing their own thing. It gives me head space and that amazing feel good factor; when I see the results of my labour emerging before my eyes.

Do you feel the same? Is there some creative activity in your life that gives you purpose, fulfillment and that buzz that comes from making something others can see

and appreciate? If so, we want to know about it and share it in the Kamo Connect. We would love your stories about how you became interested in your own particular branch of creativity, what you are making and how you make it.

**Please drop us a line at [HeartsHeadsnHands@gmail.com](mailto:HeartsHeadsnHands@gmail.com). I'm looking forward to hearing from you.**

\*Kelly Lambert. *Lifting Depression: A Neuroscientist's Hands-On Approach to Activating Your Brain's Healing Power*

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# Hannah Wilkinson Avenue?

Hannah Wilkinson scored a goal that captured the imagination of New Zealand on the opening night of the FIFA Women's World Cup against Group A favourites, Norway. This was Wilkinson's third goal for her country on the World Cup stage, with her first being in 2011 against Mexico and her second against China in 2015. In total, Wilkinson has scored 29 goals for New Zealand.

Hannah's father Simon Wilkinson is a local GP and was there to see Hannah's goal "It was really just [a feeling] of pure excitement. It's hard to describe such a great feeling. Everything happened so quickly. It was a very swift passage of play, with four or five passes to get the ball to Hannah and she stayed sharp and focused to put it away," he said. "I just erupted and the whole crowd did - it's something I will never forget and we are just so proud of Hannah."

As a youngster, Wilkinson attended Kamo High School and was a natural athlete. She loved anything to do with sport and was one of the few girls competing with the boys at school, and also at the Kamo Football Club. "I played with the boys until I was about 16," she says.

"My dream throughout those years was to play for my country. I travelled to Auckland weekly, hoping to catch the eye of a national team coach. That hard work eventually paid off, and I have to thank my father, and some of my other fellow northerners' families, for the long nights of travel to Auckland and back each week."

Wilkinson has reflected many times on where her career began. She has sound advice for any young girls and boys who dream of playing for their country. "Never give up," she says. "It will get very tough, but always remember why you started."

Deputy Principal Darryl Davies of Kamo High School was the Head of Phys Ed when Hannah was at high school. "You could see she was a person who would go places" he says "In addition to her sporting excellence, she was a very good artist and academic... she had extremely high academic scores." Kamo High School women's football coach Ivan Gurney nearly spilt his tea when watching Hannah's goal. "For me it's great seeing an ex-student from here doing so well. I was just saying to the girls - this is what you can do if you put your mind to it. If you put your mind to it you can go anywhere."

Daryl Davies has jokingly pointed out that Kamo High School is on Wilkinson Avenue and that maybe the street name should be changed to Hannah Wilkinson Avenue in recognition of her success. Let Kamo Inc know if you think this is a good idea!

Based on 'Hannah Wilkinson - from Kamo to the world', by Peter Thornton, Newsroom, 22 July 2023; 'Kamo High School celebrates former student Hannah Wilkinson' by Leonard Powell, Radio NZ, 28 July 2023; and 'Fifa Women's World Cup: Dad of Football Fern Hannah Wilkinson so proud of Whangārei striker' by Mike Dinsdale, The Northern Advocate 21 July 2023.  
Photos from Peter Thornton, Senior Media Advisor, ACC



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ONGOING	Community Education Whangārei (CEW) at Kamo High School - Term 4 ends 16 December. Website: <a href="https://www.cew.ac.nz/">https://www.cew.ac.nz/</a> Email: <a href="mailto:cew@kamohigh.school.nz">cew@kamohigh.school.nz</a> ; Phone: (09) 435 0889; Class venue: Unless otherwise stated all classes are held at Kamo High School
ONGOING	Love Whangārei Monthly Clean Up - We love Whangārei and we love living in a clean environment. Come with us and help keep it that way! Check our FB page for upcoming events. <a href="https://www.facebook.com/LWMCU">https://www.facebook.com/LWMCU</a>
ONGOING	Men-Tall mental health support - Monthly Barbershop chats - every third Monday of the month, from 6 30pm, at Brothers Barbers in Te Kamo. A support group for men dealing with everyday struggles. Contact Josh MacFarlane, 021 0255 1594 or <a href="mailto:josh.macfarlane@mentall.org.nz">josh.macfarlane@mentall.org.nz</a>
ONGOING	Repair Cafe Whangārei - Volunteers will repair most things for a koha. Every third Saturday of the month, 1.30 - 4pm, Reyburn House at the Town Basin. For more information, refer to the Facebook page or email <a href="mailto:karen@force.org.nz">karen@force.org.nz</a>
Saturday 26 August	Multicultural Day - Food, performances and music - Whangārei Central Library - 10am to 12pm
Sunday 27 August & 24, 28 September	Sewing Jamboree - Come along for a social sewing session where we will help you mend your clothes to extend their life and give them a refresh. 2-4 pm. Location: Hundertwasser Art Centre, 81 Dent Street
Wednesday 30 August & 6 September	Building Better Communities - Come along to the final two community conversations focused on important social justice issues raised in the Salvation Army's State of the Nation Report 2023. Each conversation is led by a local expert (Liz Cassidy-Nelson discussing Māori Wellbeing on 30 August; Arthur Fairley discussing Crime and Punishment on 6 September). Join us at 7pm at the Kamo Bowling Club Cottage Hall, 15A Three Mile Bush Road. For more information visit <a href="https://kaurichurch.methodist.org.nz/">https://kaurichurch.methodist.org.nz/</a>
Thursday 7 to Saturday 9 September	FREE Climate Action Tai Tokerau Conference 2023 - The programme covers a wide range of climate solutions from agriculture, the marine environment, energy and transport, the circular economy and the food system. The first two days will be held in the conferencing area of Forum North. A third day will include field trips around Whangārei. 9.00 - 3.30pm Te Kotahitanga Expo Hall, Forum North, 7 Rust Avenue
Thursday 14 September	Transition Expo - an Expo exploring the next steps after school for young people with disabilities. 5-7pm at Te Pukenga NorthTec interactive learning centre, 51 Raumanga Valley Road. For more information contact Claire at 021 621 613 or <a href="mailto:dias@northable.org.nz">dias@northable.org.nz</a>
Saturday 16 - 23 September	Clean Up Week 2023 - Be a local champion and register your group for Clean Up Week. A great opportunity to get your group together to be part of New Zealand's largest clean up event. Register with Keep New Zealand Beautiful <a href="https://www.knzb.org.nz/">https://www.knzb.org.nz/</a> . Council will provide FREE waste disposal for the litter collected
Friday 6 October	Quiz Night - Troy's road to the Paralympics. McKay Stadium, 97 Western Hills Drive. Doors open 6pm. Quiz starts 6.30pm. Tickets \$40 per person or \$320 for a table of 8 (includes nibbles)
Wednesday 27 September, 25 October, 29 November	Heritage Talk Series - A local speaker presents on a topic. Speaker not yet confirmed - please check with the Whangārei Libraries. Location: Cafler Suite, Forum North, 7 Rust Avenue



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# Puāwai Festival 2023

By Anna Moreton

<https://www.inspiringstories.org.nz/>

Photo Credit: Coastal Creative Content



As a young teen Mum in Whangārei, Aorangi struggled with her mental health and wellbeing, and didn't always know where to look for support. In October 2022, she attended one of the Regional Youth Hui run by the Kiwi charity Inspiring Stories in Whangārei – a free event to help young people connect with a community of like-minded peers and support, access to inspirational speakers, workshops, and support to develop ideas to make a difference in the local community.

It was there that Aorangi teamed up with local rangatahi Takai and Cezanne to develop and pitch an idea. Their idea was to create a free youth-led wellbeing festival where rangatahi could find out what health and wellbeing services that were available for young people in a fun and engaging way. That idea would go on to become known as the Puāwai Festival. In te reo Māori, Puāwai means to bloom, come to fruition, open out. "When people leave this event we hope they feel empowered. We also hope they gain knowledge on how to access health services if need be, without feeling intimidated" said Aorangi.

Six months later – after weeks and months of planning, meeting with local community stakeholders, and having to reschedule the event due to cyclones and severe weather warnings – the Puāwai Festival finally happened on 27th May in Pūtahi Park at the town basin and it was amazing! More than 250 young people and their whānau attended



the festival. The team did a phenomenal job of bringing together a wide range of local community organisations who provided education and information about health services and practices in a fun and engaging way. This included local wellbeing organisations, youth organisations, health services, kai, games, interactive



art, sports and a youth-led marketplace. There was also a lively programme of young entertainers including a school band, Te Kura Kaupapa Māori o Te Rawhitiroa kapa haka group, local rapper Tremaine as well as dancers and singers performing. Festival goers got to try their hand at circus skills thanks to Circus Kumarani, make fruit smoothies using a bicycle thanks to Sport Northland and even print a free t-shirt thanks to Common Goods Printshop.

Despite a stressful lead up thanks to severe weather; the team remained positive, resilient and determined to deliver an enjoyable and valuable event for their community. The festival attendees really enjoyed the day, taking part in all aspects, including a wellbeing quiz and enjoying spot prizes kindly donated by local organisations.

Aorangi, Cezanne and Takai went on to be recognised and celebrated for their community leadership as part of the Volunteering Northland Awards. The Whangārei community is richer for the experience, and there are already plans to establish Puāwai as an annual youth-led event.

Puāwai Festival instagram account - @puawai\_festival

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