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Giving News

We work with groups and individuals who want to help meet the needs of the people in Northland. We encourage the spirit of giving as a means of improving our communities for everyone's benefit.



Mountains To Sea Conservation Trust

New Zealanders and their environment are intrinsically linked, all the way from the top of our mountains down to the sea. These catchment regions that we live in provide us with all our essentials for survival, and it is water that connects them all.

Since 2001, Mountains To Sea Conservation Trust (MTSCT), through their Whitebait Connection (WBC) and Experiencing Marine Reserves (EMR) programmes, have instilled communities and school students with wonder and awe towards water and the life it holds, by giving them a chance to slow down and get connected with the environment they depend upon. Realising we are not the only ones who depend upon healthy catchments and marine environments leads to a greater sense of

responsibility, and a natural path toward action.

Since 2021, the programmes have resulted in 122,470 trees being planted along 52.01km of riparian habitat, with a total programme reach of 107,411 people, and 106 inanga spawning habitats identified and adopted. They have taken 73,180 people into NZ's marine reserves and over 27,291 people have been engaged in marine conservation events. A total of 147,905 people have snorkelled with EMR!

"It was the best ever snorkeling experience I have had - especially the sunfish and the kingfish. The kingfish were rubbing their backs on the sunfish!" - Ben Wigley, Kaingaroa School

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Trustee Voice

A change in direction:

Article written by Nicola Hartwell (Trustee of the Northland Community Foundation)

I have been a trustee of NCF for approximately four years. When I first joined NCF's board I was a civil litigation lawyer fresh out of Auckland after moving to Whangarei Heads in search of a better lifestyle. If someone had told me then, that within four years of my move I would suffer a marriage breakdown, be living on a piece of land with very basic accommodation, and leave the legal profession, I would have immediately frozen in Auckland in fear that something terribly awful was going to happen. But it didn't...

Growing up and having whanau roots near the Waitakere Rangers allowed me to realise a connection with New Zealand's native bush from an early age. Hikes with my grandad in my younger years led to bush walks, treks and trail running in my adult years. Spending time in the bush always gave me a good physical workout, some peaceful space for mindfulness, and a sense of comfort that everything, at least for that moment in time, was okay.

Now, after having the privilege of living not far from the Bream Head (Te Whara) Scenic Reserve, my appreciation of the bush has turned into a fierce love. An energy exudes from Te Whara which I only assume manifests from its mana with local iwi and the aroha this maunga has received from the community, working for over 20 years to bring it back to its beautiful natural state. I have spent many an hour in the Reserve - for pleasure and spiritual sustenance in difficult times. I am forever indebted for its beauty and guidance.

Always enjoying team sporting activities and community work, I was a volunteer firefighter for seven years, and coached netball teams prior to having children and studying law. When I moved to the Heads in 2017 with two young boys and a promising legal career, I felt a responsibility to use the skills and knowledge I had obtained for something other than making a dollar.



And so, I made a conscious decision to 'give back' to the three loves in my life: my children; the Bream Head Scenic Reserve; and my Northland's communities. Before long, I signed up as a nippers coach, I enrolled as a trapper for the Bream Head Conservation Trust (BCHT), and I accepted a position on Northland Community Foundation's board of trustees.

The last three years for me, like so many others, have been extremely busy, and hard. As a dispute resolution / civil litigation lawyer, my job was to resolve problems using the arm of the law, which I found a difficult and flawed system. Although I had growth and success in my career, the pandemic, a marriage separation and parenting two energetic boys led me to seek a new line of work. Around the same time, I spoke with Adam, the incredibly fantastic project manager/ranger at BCHT, about possibly taking up more volunteer work for the BCHT. I had worked in the legal profession in some shape or form since I was 19 years old and I knew nothing else so changing careers was a big decision. I struggled with misplaced feelings of failure, until I could finally say to myself two things: being a lawyer does not define who I am; and, my skills and contributions are just as valuable, whether used in legal battle or not.

And so, in December 2021 I took up employment with the Northland Regional Council. I forgot that there were just as many jokes about council workers as there are lawyers, but regardless of

Continued on next page

mindset having a positive impact on my children and my trustee duties for NCF and BCHT. I am currently assisting the BCHT establish an endowment fund with NCF which will provide ongoing and sustainable income, allowing BCHT's mahi to continue for years to come.

I am also now finally able to invest some time in becoming acquainted with te ao Māori and te reo. I spent a number of my childhood years growing up in a community with a high Māori population. After law school gave me a more accurate version of Aotearoa's history that I had never been taught before, making me feel somewhat ashamed of my lineage (and by proxy myself), I was imprinted with a greater respect and understanding of my Māori friends, colleagues, and communities. I hope to bring greater value to Northland and the organisations I am affiliated with by nurturing relationships with iwi and hapu, which I see as key to the success and wellbeing of Northland's communities going forward.

During these times, there is a lot to question. A karakia I have recently come across has stayed with me, which I have also been using as my personal guide for successful relationships. I thank te ao Maori for this simple guidance:

Mā te titiro
Mā te whakarongo
Mā te mahi tahi
Mā te whakamomori
Mā te aroha
Ka taea e mātou

By believing and trusting
By having faith and hope
By looking and searching
By listening and hearing
By working and striving together
By sheer desire and determination
By all being done with compassion
We will succeed

For the last four years, I spent my professional days dealing with broken relationships in their rawest form. Being the ambulance at the bottom of the cliff was tough, and I learned a lot about the actions, inactions, and personality types which are harmful to relationships of any kind. On the other hand, I also learned the critical importance of trust, respect, honesty and effective communication in successful relationships.

An update from Teru Carrington - Carlos Reed Fund Recipient

Kia ora Northland Community Foundation,

I am excited to be returning to InZone Education for my fourth year of high school. This year I will be Year 12 and a senior student at Epsom Girls Grammar School. Last year was tough with a lot going on especially the lock-in in August. Online learning was difficult and it was hard being away from all my friends.

For school this year I have chosen some subjects that I am looking forward too. Especially, vocational pathways where I will get to explore different career paths. I am also looking forward to Travel and Tourism as I am possibly interested in this field when I leave school. For now though I am just really grateful for the opportunities Epsom Girls Grammar School are able to offer me so that when I finish in 2023 I should have a good idea on what I want to do with my future.

Today is my first day back at InZone after nearly six months away. It is amazing to see all my friends again and to be back in the kāinga, which is beautiful and had so many good changes. It feels great to be back and I cannot wait to get back to school and give this year my best efforts.

Ngā mihi, Teru



Teru Carrington
- Carlos Reed
Fund Recipient
(left) with her
friend

COVID-19 Recovery Fund Update and Marae Care Packs



The Northland COVID-19 Recovery Fund was created in 2020 in response to the COVID-19 pandemic. A total of \$103,500 has been raised so far. Nearly \$70,000 has been distributed as grants to community groups and individuals in dire need of support. Requests for help are still coming in regularly, and the fund is starting to run low.

Money from the fund has contributed to providing essential services to support our most vulnerable Northland communities as they deal with COVID-19. Funding has also been provided to Northland DHB patients struggling to cope with the health and economic effects of COVID-19 while also dealing with existing health problems. As a result of the Omicron variant outbreak, our most vulnerable communities' need for support remains great.

The Recovery Fund's supporters include The Tindall Foundation, Clare Foundation, The Warehouse, Countdown, and many generous Northland individuals. We are grateful to you all!

To date, almost 80 individuals have received grants up to the value of \$500 each. Those in need have been identified via applications of support from the Northland DHB Social Workers.

Nina Karwowski (Northland DHB Social Worker) recently sent us this email about a fund recipient:

"I just saw XXX and he had been given the vouchers last night which I wasn't aware of. He is so touched he couldn't stop tears of gratitude! Please pass on to the Foundation team how much your support means to recipients - and I get the pleasure of seeing patients' joy and gratitude; it touches my heart and gives the soul a boost. Thank you to all involved, your help is much, much appreciated!!"

Without the donors, this kind of support would not be possible.

The Northland DHB Social Worker Professional Lead Te Ami Henare-Toka recently said:

"Social workers often comment on how fantastic it is to have this resource to be able to help whānau out with a significant and concrete resource when they (the patient) are up against it all, and have a serious health event that brings them into hospital adding to their stressors."

Here are two examples of the type of support that patients and communities have received via the fund.

Access to cancer treatment supported

One of our recent oncology patients' lives rurally in the Far North has little family support and has to travel great distances to receive treatment. The patient is currently having difficulty paying for petrol and groceries and unfortunately they have exhausted all other sources of support. The Covid-19 Recovery Fund has been able to support the patient with \$500 worth of petrol and grocery vouchers.

Their social worker says:

"With the Covid-19 pandemic, there are now some significant restrictions that impact patients' care and their support teams. With the restrictions of no visitors in the treatment area, it has increased the need for patients to buy extra food for visitors whilst they wait outside. The cost of petrol is also a massive barrier - with the price of petrol increasing it has meant that patients sometimes have to delay and reschedule their various appointments to accommodate their pay days."

Continued on next page

Marae support care packs for whānau isolating at home

Northland Community Foundation also recently become involved with the Māori COVID-19 Vaccination Philanthropic Network. Te Tai Tokerau was identified as a significant region of need of support. Dr Moana Tane (General Manager for Te Poutokomanawa - Māori Health Directorate, currently on secondment to the Ministry of Health, Health Equity Team) presented to the network about Tai Tokerau Māori needs. A grant of \$80,000 was agreed upon by the philanthropic funders and allocated for Marae Support Care packs to help whānau isolating at home. The packs will consist of

groceries and first aid essentials to be held at the Marae on behalf of whānau. Moana stated her appreciation for the support of the network: ***"Kia ora kōrua, thank you so much for your confirmation that the foundations would like to fund us for a total of \$80,000 for our Marae Care support packs. We thank you and acknowledge your support of our efforts with this koha. He mihi, he mihi, he mihi."***

To find out more about the COVID-19 Recovery Fund, and donate, you can go to our website here: <https://northlandcommunityfoundation.org.nz/giving/funds/northland-covid-19-emergency-response-fund/>

Sport Northland Endowment Fund

In 2016, Sport Northland and the Northland Community Foundation (NCF) signed a Memorandum of Agreement (MOA) for the establishment of a Northland Sport Endowment Fund.

As part of the MOA, Sport Northland transferred its Kauri Club funds of \$191,000 to the NCF to kick-start the Northland Sport Endowment Fund. This Kauri Club fund was originally established back in 1988 when local sponsor Northern Bakeries granted Sport Northland foundational seed funding, and this was added to in 2000 after the family of the late Garry Frew (Sports Editor at the Northern Advocate and a champion of Northland sport) donated part of his estate to Sport Northland for the benefit of young sportspeople.

The fund had been held by Sport Northland in perpetuity, the distributions of which have always been used for talent development of promising young Northland sports people, as per Garry's wishes.

Sport Northland uses the distributions from the fund to provide talent development grants and scholarships to promising young Northland sportspeople to better prepare them to reach the top of their chosen sport.

Since the establishment of the Northland Sport Endowment Fund, Sport Northland and NCF have partnered to grow the fund through their investment partners, Craigs Investments, and through new donations and bequests. A significant recent donation was received from long-time Okau Swimming Club stalwart Heather Atkins to help establish a Learn2Swim Assistance Fund under the umbrella of the Northland Sport Endowment Fund, while Whangarei man Gareth Foster has gifted a legacy to his many passions, including a bequest under the umbrella of the Northland Sports Endowment Fund for the benefit of promising young Northland sports people.

Ongoing contributions to the fund are also being received through payroll giving, a process where individuals can contribute with regular donations through their workplace's payroll system. One such individual is Whangarei's Anna Markwick, who says

"for the equivalent cost of one coffee every week I get the satisfaction of being able to support young Northlanders to strive towards their goals in their chosen sport, and it's a cost I don't miss as it comes out of my pay before it hits my bank account"

Bay of Islands Physiotherapy Donation

By Nateele Howarth (Team Leader Physiotherapy, Occupational Therapy and CARS, Bay of Islands Hospital)

In 2021 the Physiotherapy Department at Bay of Islands Hospital received an extremely generous donation of \$50,000, via Health Fund PLUS, from a lovely Northland couple.

Health Fund PLUS allows people to make donations and gifts to our Northland hospitals or services for the "optional extras" that are so important to patients and their families.

The donor was an earlier participant in our Better Breathing Programme at Bay of Islands Hospital. The couple were very concerned about the lack of gym equipment to rehabilitate people in the Mid North and felt the Mid North community deserved decent exercise equipment. This donation will improve the quality of the rehabilitation available in the Mid North, not only for this group of people but for everyone that needs our help.

The Better Breathing programme is designed for people in our community who suffer from many different types of lung disease. During the seven-week programme, people attend twice a week for a progressive exercise programme and education to improve their knowledge about healthy habits, quitting smoking, nutrition, medication, pacing of activities, stress and anxiety tools, and breathing management.

The donation has not only helped create a gym for the breathing management group of patients, but also for the rest of our patients who need rehabilitation but do not have access to gym equipment. It has also enabled the Physiotherapy Department to add an inpatient gym so, if patients are needing further rehabilitation while on the General ward, a space and equipment is now available. We've been able to update telehealth technology to support our patients at home and can supply breathing devices that are not normally available through the DHB. In future the gym will also be available to staff after hours to encourage healthy habits.



To date, this donation has enabled us to purchase commercial grade exercise equipment – a treadmill, upright and recumbent bikes, a dual cable weight machine, Pilates reformer, boxing bag and gloves, portable exercise pedals, mirrors, and parallel bars. We've also been able to buy inspiratory muscle trainers (think of weights for your diaphragm), and other respiratory devices that we are not normally able to offer patients. We've also been able to purchase a new large screen and computer to enable telehealth exercise sessions in the future, and we still have some of the donation left over.

We are forever grateful for this most amazing gift. The ongoing positive impact on our community is priceless.

Our good fortune has continued in the form of a second donation from another lovely couple in the Mid North. These donors asked that their donation be used to create professional videos of the Better Breathing exercises, so people have the opportunity to continue the exercises at home after they have completed their course with us. Thank you to our generous donors!

Whangarei Children's Ward Refurbishment - Update

We have now raised \$160,148 towards our goal of \$561,019 for the Whangārei Children's Ward Refurbishment by the end of 2023. Donations have been received from several major donors including recent grants from the Oxford Sports Trust and the Lindsay Foundation. Thank you!

Judith Hapi, Whangārei Children's Ward Manager, is thankful for the recent support:

"We are so grateful for the generosity shown by donors, Trusts, and Foundations towards the Whangārei Children's Ward Refurbishment. The donations have enabled us to purchase nearly all of the medical equipment on our wish list. Recent grants from the Lindsay Foundation and Oxford Sports Trust will enable us to purchase furniture for the new ward and play equipment for children in our hospital."

"We are still looking for funding support for upgraded furniture and whiteware, interactive wall designs, graphite wall wraps, treatment room monitors, TVs for patient rooms, and a range of Te Reo Māori resources."

The purpose of the Whangārei Children's Ward Refurbishment is to ensure that every child who becomes a patient at Whangārei Hospital benefits fully from a calm and supportive environment.

Donations will provide items such as comfortable chairs and beds for patients and caregivers, distraction devices (interactive wall designs, graphite wall wraps, treatment room monitors, TVs for patient rooms, special learning equipment, laptops, and gaming consoles), upgraded furniture and new whiteware.

We also need support for Te Reo Māori resources (wall decals, books, and games) and additional paediatric medical equipment specifically designed to support the clinical needs of our tamariki. This in turn will have the added benefit of helping to reduce the pressure on an already stretched health system. These donations will allow us to go above and beyond the traditional clinical setting, which is more

conducive to the care and environment we want to provide for our tamariki in hospital.

Andrew Higgott CEO from the Lindsay Foundation which provided a \$25,000 grant for the Children's Ward Play Equipment said:

"Last year Greta Buchanan (CEO of the Northland Community Foundation) kindly organised a tour through the Whangārei Children's Ward with Judith Hapi (Whangārei Children's Ward Manager) and Yvonne Hunter (Child Health Team Manager). The tour highlighted Whangārei Children's Ward and Whangārei Hospital's significant and urgent need for resourcing and support. Our Trustees also saw news coverage about the significant lack of resources for Whangārei Hospital. This encouraged us to give our donation to support the Children's Ward."

Judith Hapi, Whangārei Children's Ward Manager said: *"Thanks to the Lindsay Foundation, our wish for play equipment has been answered! We can now purchase gaming systems, Lego and technic sets, board games, a 3D printer, guitar and keyboard, art packs for crafts, toy sets, and sensory items for children with special needs for the Whangārei Children's Ward. Our children are going to be so happy that they can use these during their stay. It's going to make a real difference for staff and caregivers as well, in helping to distract children from their illnesses and ailments. It will help children stay calm for treatments, and perhaps even mean that they can enjoy a little bit of their time here in hospital as they recover. Thank you so much Lindsay Foundation!"*

With \$400,000 still to go to reach our fundraising goal we still need your help. If you would like to find out more about the Appeal, or if you would like to donate or fundraise on our behalf, go to our website here: <https://northlandcommunityfoundation.org.nz/giving/funds/health/whangarei-childrens-ward-refurbishment/>





I Have a Dream Charitable Trust
Self-care for self-esteem

I Have a Dream (IHAD) Charitable Trust was a recipient of a donation from one of the Northland Community Foundation's donor's for support towards its operations. We caught up with IHAD recently to find out what they have been up to....

Every year, Navigators task their Dreamers with raising money through a fundraising activity which they can put towards an end of year activity. Navigator Daisy's Year 11 Girls really wanted to go to Rainbows End to celebrate the end of 2021, but with lockdown restrictions, this soon proved unrealistic. In amongst this and as the year progressed, it became apparent to Daisy that many of her Year 11 Dreamers were dealing with self-esteem challenges. The prospect of their first school ball seemed to peak anxiety in a number of girls, with many concerned about having to do their own hair and make-up, some worried that they wouldn't be able to find a ball dress that suited them and others opting to not attend to avoid this pressure altogether. Daisy realised that her Dreamers were in need of some self-care and with Rainbows End off the table, the group came up with the idea of a weekend away full of pampering and a touch of luxury.

Daisy enlisted the help of a business mentor (Josie Rogers of New Beginnings) who came in to discuss how through an injury, she needed to find a way to financially support herself and therefore got creative and made a business out of material that would otherwise have been thrown away. The 'Recycled Earrings' project was born. During after-school programmes, the Dreamers made 130 pairs of earrings and



sold them over 10 months at various markets and through private sales. After costs, they raised over \$1,500 which was put towards their weekend away. Tangible benefits aside, the fundraising activity helped the girls develop creativity, entrepreneurial and proactive attitudes, drive and enthusiasm.

Then came the task of organising the weekend away. None of the group had ever stayed in luxury accommodation before, nor had they been treated to an afternoon of pampering from professionals. Through research and Dream Team support, an amazing holiday home was sourced in Whangārei Heads (of which a second night koha was gifted) and the expertise from the team at Lush Life was enlisted to provide all the beauty treatments. But it wasn't a guarantee that all the girls would automatically go on the trip. The group came up with their own set of prerequisites that each girl had to meet in order to attend:

1. All had to achieve NCEA Level 1
2. There had to be at least 80% attendance for fundraising throughout the year
3. Girls had to show visible contribution and a good attitude

Thankfully, all the girls achieved these requirements and the trip was booked.

As with many Year 11 teenagers, there is a lot going on emotionally, physically and mentally. The Youth19 Rangatahi smart survey of nearly 5000 secondary school students found that

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EVERYONE'S INVESTMENT STORY IS DIFFERENT.
WE CAN HELP YOU WITH YOURS.
PROUD SUPPORTERS OF NORTHLAND COMMUNITY FOUNDATION



Brian Kerr

Heidi Findley

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Speak with us today.
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Grassroots Fund



The Northland Grassroots Fund grants around \$80,000 each year to worthy causes and charities in Northland. Organisations can apply for a grant of up to \$15,000. The Northland Grassroots 2021 funding round is now closed. The 2022 funding round is planned to open in May 2022.

Northland Community Foundation acts as a Local Donation Manager for The Tindall Foundation, a philanthropic family foundation working throughout Aotearoa to support families, community and the environment. We distribute donations on behalf of The Tindall Foundation to projects and initiatives that support The Tindall Foundation Family/Whānau Focus Area within Tai Tokerau. The funds provided by The Tindall Foundation are boosted by donations made to Northland Community Foundation's Community Fund.

Northland Grassroots Fund Panel members (Left to right): Season-Mary Downs, Nicola Hartwell, Rosemary Archibald, Debbie Evans, Sophie Lane and Terri Donaldson.

The Grassroots Fund is expected to open at the beginning of May 2022 and close at the end of June.

Applications are welcome under the Families category from groups that support the wellbeing of: Tamariki/Children, Rangatahi/Young people or Whānau/Families.

To find out more about Grassroots Fund visit our website <http://northlandcommunityfoundation.org.nz/receiving/how-to-apply/> or email info@northlandcommunityfoundation.org.nz



Bald Angels Charitable Trust

Article by Therese Wickbom

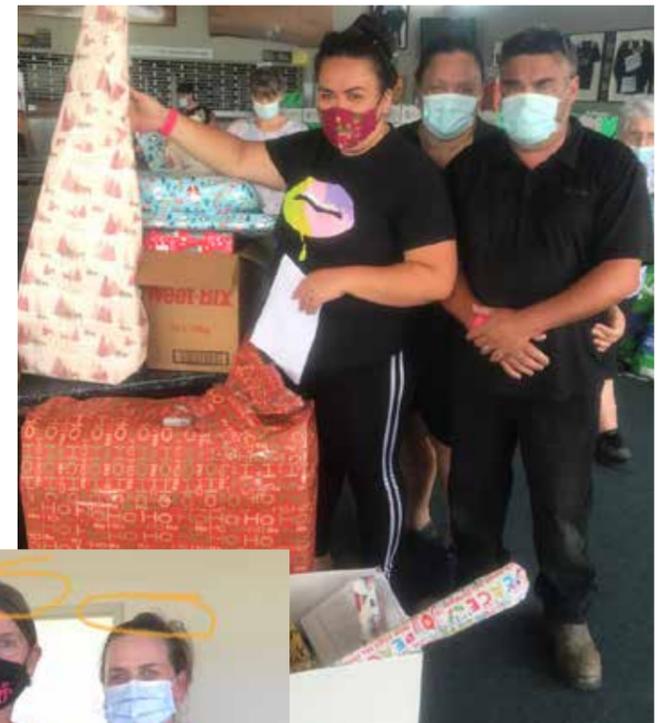
Alleviating poverty in our communities and supporting our tamariki to thrive is no easy task but the Bald Angels Charitable Trust community have been flying hard-out with super powered halos - to help as many tamariki (children and young people) as possible have a better day and the \$5,000 support from Northland Community Foundation - Northland Grassroots Fund has helped keep them flying!

Jumping in to action last year with 'Lazy Sneakers' and Active Angels they've given hundreds of sports shoes to kids, schools and clubs to mobilise our rangatahi; distributed over 6000 items of warm clothing and bedding during their winter 'Keep Our Kids Warm' campaign; provided food parcels and sanitary items, books and toys for dozens of whānau in the Hokianga during lockdown; helped out with Super Saturday across the Mid North sites and given away 400 pair of shoes to vulnerable whānau as a reward for getting vaxxed. Just before the year ended the Angels and over 150 volunteers packed 2000 boxes of groceries, (including hygiene, fresh veggies and meat and Christmas cake) to get fabulous Christmas Kai boxes to over 400 whānau plus collected and distributed gifts to over 1500 taitamariki at Christmas via their Angel Partners.

Partnering and resourcing other organisations such as social services, Hospice, Plunket, Women's Refuge, educators, Police and health workers at the frontlines really does make a difference to the relationships those services can build with whānau, and that leads to better outcomes. Bald Angels is an organisation grounded in the principles of manaakitanga, whakawhanaungatanga, and kaitiakitanga.

"Our tamariki are our future, and we are their future. We MUST support them to thrive. We must empower and elevate our most vulnerable. They must be valued and encouraged to hope and dream. Only then will we see the poverty cycle crumble."

Co-founder and CEO, Thérèse Wickbom



Mentoring to build skills and empowering young māmās to develop entrepreneurial plans to support their whanau within the Angel's 'kiwiMANA Kaiārahi'

programme is part of their strategic focus to empower and enable our rangatahi to thrive. Their latest project is building values and action around inclusion and diversity for our most vulnerable rangatahi by facilitating a youth led support network for the young Rainbow community.

Our own Northland based charity, Bald Angels, is fueled by the belief that ALL children deserve to thrive.



Grassroots Fund: Rongopai House Community Trust

By Roberta - Whanau Coach

Rongopai House community Trust received a grant last year from the Northland Community Foundation – Northland Grassroots Fund. In collaboration with St Saviours Anglican Church Kaitaia, Rongopai House have been able to provide a variety of outreach services and programmes to the Far North community. Rongopai House Community Trust support whanau to learn the skill needed to raise their tamariki in a healthy, loving and caring environment and act as a gateway and flagship to help with social needs, education, housing, health, mental health and addictions and resourcing.

Through the smorgasbord of outreach services provided such as Feed my Lambs parenting programme and Messy Church, Te Reo me ona Tikanga classes, Life Skills 8-week course, Mainly Music as well as 1 on 1 support from the experienced professionals at Rongopai House



Community Trust, the service has continued to provide a safe and supportive network to Far North whanau.

Many of their success stories have included supporting whanau with mental health and addictions, getting their tamariki back in their full-time care after Oranga Tamariki involvement and progressing to tertiary studies, professional development and employment. One success story is Haley who struggled with life, meth addiction and being a single mum. Haley has been addiction free for approximately 3.5 years, has her children back in her full-time care, is in employment and looking towards tertiary studies in 2022 to further support her in her professional development, thanks to the support of Rongopai House Community trust.

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“It’s been amazing to see how life can flourish if you leave it for a time, so biodiversity can rejuvenate and repopulate. It’s been special for my eyes because Hokianga is my home and I don’t want it to be wrecked. I made an action plan to face the council, because the Hokianga needs to be rejuvenated and protected like this. The fish life and marine life were my highlight- and the cave!”

– Waikoru Wikaira, Te Kura Kaupapa Māori o Te Tonga o Hokianga

“How good the fish is and the kingfish and how clear it was. We’ve been learning how to look after the sea. I felt really safe and well looked after by everyone.”

– Awanuiarangi Bedggood-Kaiawe, Te Rangi Aniwaniwa

“I’m mostly a gatherer, but this was just a great opportunity to watch and see what’s going on. It’s important that we look after our kai moana and limit our catch. It’s been beautiful to see the marine life and the caves. It really shows how taking care of our marine life is paramount to us. It’s beautiful to see.”

– Whiti Noa (parent/guardian)

EMR were recently recognized for environmental action in the community and won the Te Tohu Matua-Supreme Award at Northland Regional Council’s annual ‘Whakamānawa ā Taiao - Environmental Awards, recognising it’s long and outstanding contribution to Northland’s environment over the last 20 years.

The community guided snorkel days are a great way for community members of all ages to experience and enjoy their local marine environment while raising awareness about why marine conservation is needed.

The Trust have an active focus on marine conservation and together with the Whitebait Connection, restoration of catchments, from the Mountains to the Sea. Much conservation remains to be accomplished through community and school-based experiences and the Trust want you to continue this journey with them.

By creating an Endowment Fund for the Mountains To Sea Conservation Trust with the Northland Community Foundation the Trust has provided the facility for staff, members, volunteers and the community to donate into a fund which will create a sustainable source of income for the Trust’s operations forever. Samara Nicholas, MNZM - Poutokomanawa/ Co-director - Marine Lead for the Trust has led the way by making a bequest in her Will for the Fund. Samara says

“By making this gift I am ensuring the sustainability of the Trust into the future, for our children. There is so much hard work that goes into trying to find annual operating funding, that if we create an Endowment Fund we won’t have this worry anymore.”

Article produced by Mountains to Sea Conservation Trust.

Vince **fix it man**
Vince Cocurullo
Whangarei’s Fix-it man



IT
COMMUNITY
PROJECTS
LOCAL ISSUES

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23% of students reported significant symptoms of depression. This was particularly high for students at low decile schools and for those living in high deprivation neighbourhoods (i.e., lower income communities). More females reported significant depression symptoms (29%) than males (17%). [source: National Library of NZ]. Over the weekend, Daisy and the Dreamers held a lot of korero around these themes and explored how they can try and help themselves, and one another, work through these various thoughts and feelings.

Overall the weekend was a great success. The girls were overwhelmed by the beautiful home they stayed in, with one Dreamer commenting that they were "going to get a good job so I can get a view of the ocean every day", and the pampering brought up everyone's confidence levels. Daisy was ecstatic that the weekend had its desired effect and more,

"The weekend was incredible. I knew that a pampering weekend would be a good example of self-care but it had the added benefit of exposing them to another lifestyle and the girls wanting to work hard so they can achieve that for themselves." said Navigator Daisy.

With the feeling of aroha high, the Dreamers wanted to say thank you to the generous hospitality of the holiday home owners and Lush Life staff. They made them earrings, crystal key chains, and bought flowers as a token of their appreciation. They also showed their gratitude to their Navigator, Daisy and prior to the trip, each Dreamer and their whānau coordinated a special gift to share with her.

It was a very special weekend with lots of bonding and memories made. These kinds of shared experiences are important for all rangitahi, to grow confidence and create a sense of belonging.

The Northern Wairoa Fund

Article by Richard Alspach

The Northern Wairoa Fund (NW Fund) had its genesis in the committee of the Sportsville Development. At the time the Committee was struggling to get the funding for the development, and when they learnt of the existence of Northland Community Foundation (NCF), they realized that having a fund operating under the auspices of the NCF, but benefiting just the Northern Wairoa area would be a boost for the region.

There is no shortage of need, community groups, sporting clubs, Marae, etc; are all largely populated by volunteers. They all struggle to make ends meet, competing with much larger centers for available funds from the traditional funders, who by and large do a good job, but they too have limited resources. The realization here is that if we don't look after ourselves nobody else is going to do it for us. To that end the establishment of the NW Fund has struck a chord with our community.

The fund received an initial kick off with a substantial donation from Bruce and Merle Wade, then a couple of years later Johnny and Margaret Bishop gave it a further kick along. The fund is now in a position to make a few modest grants each year, while the goal is still to grow the fund. The existence of the NW Fund has also provided the local Rotary Club an opportunity to re-invest its funds, enhancing their returns as well as lifting our profile.

The NW Fund profile is lifting, and hopefully will get a major impetus if the Race Course Development goes ahead. We are also aware of a couple of Dargaville residents who are altering their Wills to benefit the NW Fund. What better way to benefit a District you have lived in all your life. Certainly My wife and I will make that adjustment to our Wills, hopefully more locals will also consider the need for it.

Give and get back

Donate before 31 March 2022 and qualify for a

33% tax rebate

for the 2021/22 Financial Year

End of Year Tax Deduction

Donate to Northland Community Foundation (NCF) before 31 March 2022 and qualify for a 33 percent tax rebate for the 2021/2022 financial year. NCF has existing local area funds, charity funds, environmental funds and/or health funds which you can choose from. You can donate to any one of our existing funds or establish your own (new) fund.

NCF can either donate your funds directly back to the community or invest the funds forever. Invested funds can deliver the interest each year to your chosen charitable cause.

Get in touch before 31 March 2022 to give and get back!

Make a donation or bequest

Thank you for your interest in becoming a donor. There are a number of ways that you can donate: by adding a bequest to your Will, or donating by credit card or internet

Donate by internet banking

You can pay directly into our bank account. The details are listed below:

Northland Community Foundation
Bank and branch number: 02 0492
Account number: 0111777-025

Donate by Credit Card

www.northlandcommunityfoundation.org.nz/donate

Make a gift through your Will (bequest)

Please fill in the form below and post to Northland Community Foundation, or email us on: info@northlandcommunityfoundation.org.nz

Thank you to our supporters:



Yes, I want to give something to my local community

Name: _____ Phone: _____

Email: _____ Address: _____

I would like to donate or make a bequest

Local Area Funds:

- Northland Fund
- Far North Betterment Fund
- Northern Wairoa Fund
- Waipu Endowment Fund
- Northland Sport Fund

Charity Funds:

- Waipu Museum Fund
- Mountains to Sea Fund
- Puketi Forest Fund
- Volunteering Northland Fund
- I Have a Dream Fund

Health Funds:

- Health Fund Plus
- Cancer Centre Fund
- Child Health Fund
- Diabetes Fund

Other Fund (Please specify): _____

For perpetuity Or for gifting out now Payment made by internet banking

