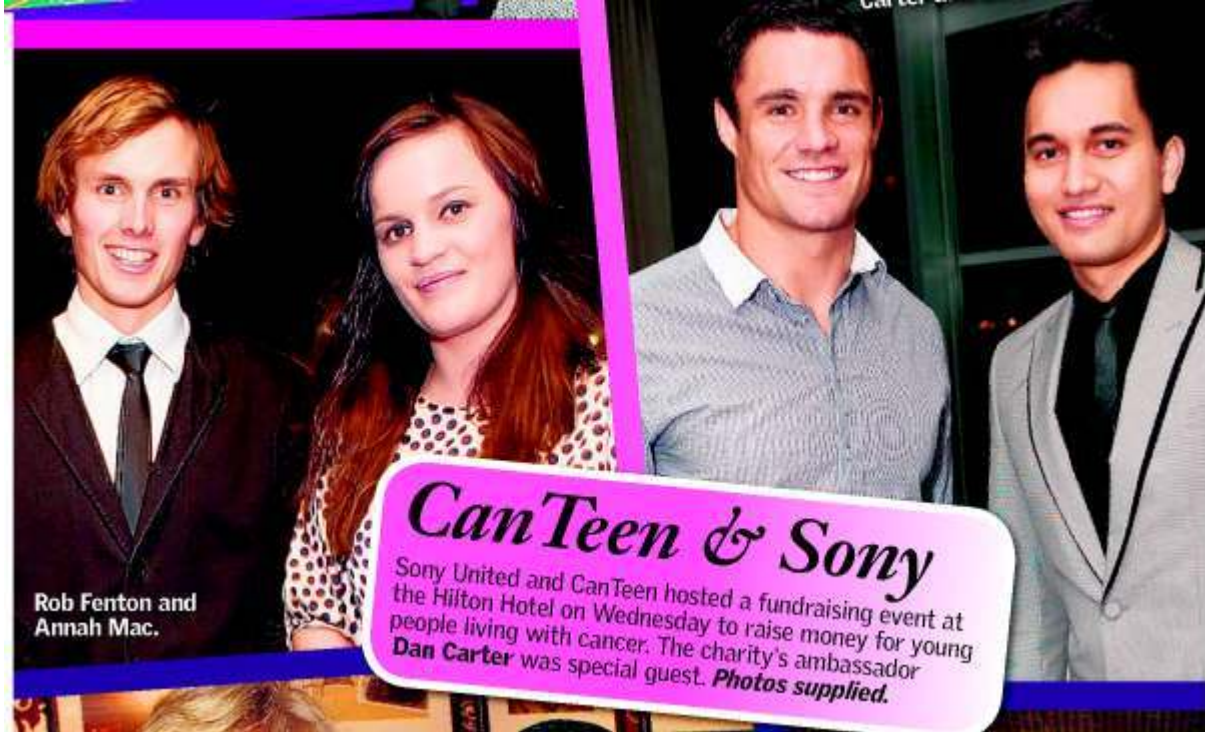




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COMMUNITY NOTICES

► NOTICES

ASTHMA SOCIETY NORTHLAND (inc), offers information and support for people with a respiratory condition. Call in to our office at 1/15 Central Ave. Ph 438-5205 from 9am-2.30pm.

ASTHMA CLASSES, Free weight training and breathing exercises for asthmatics. Kensington Fitness Centre Wednesdays 3.15pm and Sundays 11.15am. All welcome. Ph Keith 435-1726.

ASTRONOMICAL SOCIETY (NORTHLAND), Public viewing nights @ Heritage Park, Maunu. Weather permitting. Ph 437-1819 or 435-0818.

ATHLETICS WHANGAREI, Junior track and field – Mondays 5.30pm. Laeonie 438-8108. Pack run or walk, all abilities – Wednesdays 5.25pm. Ian 437-1657. All events at Marist Clubrooms, Park Ave. www.athleticswhangarei.co.nz.

ATTENTION DEFICIT HYPER-ACTIVITY DISORDER, Find out more, 2nd Tues, 8pm each month. Ph Joy 435-3122.

BALLROOM DANCING PRACTICE, Wednesdays 7pm-9pm and monthly dance, 1st Saturday of each month from 7.30pm, at St Johns Golden Church Hall, Kamo Rd, with Glidetime Ballroom group. Ph Josephine 438-0818.

BADMINTON DAY CLUBS, There are a few day clubs in the Whangarei District. Anyone interested in playing on Tuesday or Wednesday mornings ph Deidre 434-6425.

BEE CLUB (Whangarei), Meets 10am, 1st Sat each month, wet or fine. Now offering hands on experience with club hives. Contact (after 6pm) Mike Maunder 437-5847; Bob Smith 435-6880; Kevin Wallace (09) 423-8642 (Wellsford).

BODY MOVES, Low impact exercise for women of all ages. YWCA, Thurs 11am-11.45am, ph 438-2926.

BRASS BAND WHANGAREI DISTRICT, rehearsals Tuesdays, 7.30pm, 8a Dyer St, new members welcome. Ph 438-6809.

BREAM BAY ASSEMBLY OF GOD, 223 Marsden Point Rd, Ruakaka. Sunday Service 10am. 1st Fri each month 7pm, Power House. Pastors Ken and Christine Hubbard welcome you to the church at the Beach. Ph 432-7855.

BREAST CANCER SUPPORT NORTHLAND TRUST, Practical

support for women with breast cancer diagnosis from women who are breast cancer survivors. Ph 021-0468-718 or 021-048-7863.

BREASTFEEDING SUPPORT & Info (La Leche League), Meets 2nd Friday each month, 9.45am. Whangarei Parents Centre, Te Mai Rd. Ph Madeleine 437-2304 or Megan 437-0242.

BUDGETING & DEBT COUNSELLING, Trapped with unmanageable/ out of control debt? Christians Against Poverty (CAP) may have the answer for you. Ph 0508-227-111.

BUSINESS NETWORK INTERNATIONAL (BNI) B'Nspired chapter, Thursday 6.45am-8.30am, Aspire Cricket Pavilion, business breakfast, networking and fun. Ph Jill 438-5078.

BUSINESS & PROFESSIONAL WOMEN'S CLUB OF WHANGAREI, Welcomes working women to their meetings on the 4th Weds each month from 5.30pm at A'Fare Restaurant, Lower Dent St. BPW is ability-raising, not fund-raising, via leadership development, motivation, networking, education, advocacy, and social events. Ph Diana 438-5508 (w) 021-755-332.

BUTTERFLIES, A listening ear for women, men and their families who have experienced baby loss, miscarriage, stillbirth or infertility. Ph Gay 437-2961 or 432-8988, Ruth 435-2168, or Linda at Lifeline 437-0658 for appointment.

CACTUS & SUCCULENT SOCIETY (Northland branch), Meets fourth Thurs of month. Ph Els van Drunen 027-467-9186.

CAKE DECORATORS GUILD, Meets 1st Tuesday each month, 7pm at St Paul's Church Hall, cnr Boswell St and Station Rd. Ph 438-6809.

CANCER SOCIETY, Support for people with a new diagnosis of cancer and their families. Info on cancer, treatment, reducing risks. Ph Daffodil House 437-5593 or 0800-366-066.

CANTEEN NORTHLAND, Supporting young people living with cancer in Northland. If you are aged 13 to 24 and are a cancer patient, or the brother or sister of a cancer patient, or have a brother or sister who has passed away from cancer then we can offer peer support and fun monthly activities such as camps, movie nights

and fishing trips. Ph Leeann on 021-546-646 or northland@canteen.org.nz.

CHIP, Coronary Health Improvement Project. 30-day health education programme and support group helping Kiwis prevent and reverse heart disease, diabetes, elevated cholesterol, high blood pressure, obesity, and other lifestyle related diseases. To register for the next free information sessions ph Lorraine 437-3438. www.chiphealth.org.nz for other Northland programmes and more info.

CHORAL SOCIETY WHANGAREI, Meets Monday nights, 7.30pm-9.30pm, St Johns Church, Kamo Rd. All welcome. No audition. Ph Trish 437-5387.

CHRISTIAN MEDITATION, Groups meet at several venues in Whangarei for weekly meditation and brief teaching from the Christian contemplative tradition. Meeting duration about 45 minutes. Educational courses and resources also available. Contact www.christianmeditationnz.org.nz Michael 436-5663 or email md1@ihug.co.nz.

CITIZENS ADVICE BUREAU: Not sure? Ask us – free, independent advice and advocacy, consumer and legal rights, local information/contacts, Justice of the Peace on site every morning, free legal advice clinics two weekly. Municipal Building/Old Town Hall, 71 Bank St, 9am-4.30pm Mon-Fri, Sat 9am-1pm. Ph 438-8046 or 0800-367-222, cab.whngr@xtra.co.nz, database www.cab.org.nz.

CLASSICAL GUITAR SOCIETY, Informal group for playing classical guitar, solos, guitar orchestra. BYO guitar, stool and music stand. Shaun 021-270-5751.

CLAY TARGET SHOOTING, Shoot DTL or Skeet at our club grounds at Mac Alister Road, Mangapai, Whangarei. Regular club shoots are held on the first Sunday of each month. Weekly practices on Wednesday mornings or Saturdays. New shooters welcome (over 16, firearms license required). Ph John Hendriks (09) 459-1206.

CMA, branches in central Whangarei – meets Tues 9am-1pm, St Andrews Church, phone Pat Adams 437-7937; Kensington – Tues 10am-1.30pm, Golden Church, Kathleen (Irish) 437-2334;

COFFEE & CHAT, Drop In Centre at St Johns Church Centre (The Golden Church), 149 Kamo Rd, Kensington. Every Tuesday 10am-noon. All welcome. Ph 437-1601.

COFFEE BREAK LIFE'S WAY, Be our guest each Friday at 10am for coffee/eats. If you are lonely and looking for friends, or new to New Zealand and want to develop your English through conversation, call in at Life's Way (corner of Tarewa and Otaika roads) for coffee and company. Ph Bernie 434-6426 or Don 437-7770.

COMBINED PROBUS CLUB OF WHANGAREI, Meets for fun and friendship, 1st Monday each month. Dorothy 430-0383.

CONNECT OVER COFFEE, Join us every 2nd Thursday of school term, 10.30am-11.30am for adventure, interesting speakers, and new friendships. Thirty3 Event & Conference Centre, 33 Porowini Ave. Ph Claire 435-3577.

COOK ISLANDS INTEGRATED GROUP, Meets at St Francis Xavier Parish Church Hall, Friday each week, 6-8.30pm. Everyone welcome. Cnr Kamo Rd and Park Ave. Ph./fax 438-3351 (business hours), 021-213-2039.

CRAFTS AND ARTS IN NORTHLAND (C.A.N), Meets 1st Mon most months, Whangarei Bowling Club, Second Ave. 1pm. Gwen 437-2771 for further info.

CROQUET at Kensington Club, 41 Mill Rd. Sept to May, Thurs-Sat. During winter, cards v rummykub, played Thurs and Sat in clubhouse at 1pm. Croquet coaching any time. Ph George 437-5571 or the club 437-6751.

CROQUET & GOLF CROQUET, New fast-fun-game. Kensington Croquet Club, 41 Mill Rd. Club days Sept to May, Thurs and Sat. Coaching anytime. Ph 437-5571. Also during winter, 500 and rummykub played Thurs and Sat 1pm. Ph 437-6751.

CROQUET at Whangarei Croquet Club, 2 Third Ave begins September, every Thurs and Sat. Coaching and times ph Kathleen 438-0576.

CYCLING, Social cycling group meets Kensington Stadium (north side) Sundays 8am during daylight saving and 8.30am NZST. Cater for all abilities. Ph Steve 435-1901 or Marge 434-8151.

DANCE, Join the Mady



Dancers and friends, 3rd Sat
each month from March to
Nov at the Golden Church hall
Kamo Rd for a variety of
dancing, 8pm-11.30pm. Ph
437-6025.