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### Far North Link - summer bus routes Every Saturday 16 Dec - 10 Feb

Get to the beach or into town for the  
Saturday Farmer's Market  
Fares: Adult \$4.00 (per trip) - Children \$2.00 (per trip)  
Under 5's are FREE  
Get the bus to the beach!  
Ka eke ki runga i te pahi ki te takutai

**Buslink**  
www.buslink.co.nz

**Northland**  
REGIONAL COUNCIL  
Te Kaunihera ā rohe o Te Taitokerau

Departs Kaitaia - Melba Street	7.30am	10.00am	12.00 noon
Arrives Ahipara - Foreshore Road	8.00am	10.30am	12.30pm
Departs Ahipara - Foreshore Road	8.10am	10.40am	2.30pm
Arrives Kaitaia - Melba Street	8.40am	11.10am	3.00pm
Departs Kaitaia - Melba Street	8.45am	11.15am	3.15pm
Arrives Awanui	8.55am	11.25am	3.25pm
Departs Awanui	9.00am	11.30am	
Arrives Kaitaia - Melba Street	9.10am	11.40am	

## Happy Holidays Key Messages

Christmas and the holiday season are a time of the year when people come together socially more often;

Increased numbers of people travelling away from home, or visiting whānau across the motu, can also put pressure on local healthcare providers, especially those based in popular holiday destinations where populations can swell dramatically. To support the health sector at this time of year, here are some clear guidance on the appropriate pathways for accessing healthcare information and services according to their level of need.

The focus this year is to help people have a healthy and safe summer by reminding them:

- To protect themselves and others by keeping up healthy habits
- To plan ahead and be prepared before visiting whānau, travelling or attending events
- About the many ways we can look out for ourselves and others over summer
- Where to find support for themselves and their whānau from the right healthcare providers when they need care
- To be aware of the viruses, bugs and illnesses to look out for this summer
- How to manage issues related to El Nino, including extreme heat

### Helpful contact information

- Te Whatu Ora Health Information and Services – [info.health.nz](http://info.health.nz)
- Healthline - 0800 611 116
- Plunketline - 0800 933 922
- Healthpoint – <https://healthpoint.co.nz>
- Healthify – [www.healthify.nz](http://www.healthify.nz)
- Prepare Pacific – [www.preparepacific.nz](http://www.preparepacific.nz)

## Apple Cider Vinegar and Raw Honey Health Benefits

Raw, unfiltered apple cider vinegar has many uses, especially for those who prefer to use natural remedies. Not all apple cider vinegar is created equal, so buy the organic, raw, unfiltered kind. The nutritional benefits haven't been filtered out, so the unfiltered particles will provide your body with the most benefits. Apple cider vinegar contains a bacteria known as acetobacter. This "friendly" bacteria breaks down food in the gut.

Organic, raw, unprocessed honey provides many excellent health benefits, partly thanks to a phenolic compound it contains, known as eugenol. Eugenol has been shown to have anti-tumor properties. The active compounds in raw honey are believed to help kill cancer cells in the body, making it a great addition to a colon cleanse. Unfiltered honey also provides the body with probiotics, which help to restore healthy bacteria to the digestive system. These friendly bacteria help the body digest food and absorb nutrients.

### Ingredients

- 1 cup of warm water
- 2 tablespoons of organic raw apple cider vinegar
- 2 tablespoons of organic raw honey

### Preparation

- Shake the apple cider vinegar to mix up the unfiltered part that settles at the bottom.
- Add 2 tablespoons of apple cider vinegar to 1 cup of warm water.
- Add 2 tablespoons of raw honey to the mixture.
- Stir the mixture until the honey dissolves.
- Drink each morning or any time throughout the day.



\$19.00 - Raw Honey  
Kai Ora New Zealand  
56 West Road,  
Awanui



\$14.99 - Apple Cider  
Far North Pharmacy  
Commerce Street  
Kaitaia

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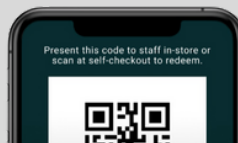
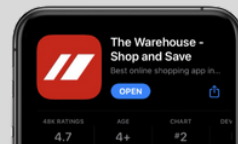


#### Step 1: Sign Up

Sign up on The Warehouse website or app or join the club.

#### Step 2: Download the app

Download, open and log-in to The Warehouse app  
Already got it? Make sure it's the latest version and sign in.



#### Step 3: Checkout in app, on web or scan in-store

Checkout on app: Relevant offers will automatically be applied.

In-Store: Open the website, app or Wallet pass on your mobile. Scan your QR code in-store to redeem your offers.

Online: Relevant offers will automatically be applied when checking out on The Warehouse website. You must be signed into your MarketClub account online for offers to apply.

In-store receipts are automatically saved to the app and to your online account when you shop in-store with MarketClub. To see your receipts tap on your account then tap store receipts.

Health Benefits

acetobacte  
r  
benefits  
digestive  
honey  
organic  
raw  
apple  
body  
eugenol  
natural  
phenolic  
remedies  
nutritional

E K C L X B K W R Q R S P N R  
N C J J L U G M P E I A Y U E  
D E R E T L I F N U D E W T T  
A I R E T C A B B Q N I B R C  
P E G C T S L O F O Z E C I A  
R V Q E V Y D I H L N U D T B  
O I P E U Y U O I E K L G I O  
P T Q D Y G H S F S U A Z O T  
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T G B J D S Q Q O B U T P L A  
I I F E Z I M H T L N A L S V  
E D M O R G A N I C S N P L L  
S E Y H T L A E H A P P L E R  
R R N L B Q P H E N O L I C H

1. Response hub name based in Kaitaia – A. Te Hiku  
2. Airline that lands at Kaitaia airport – A. Barrier Air  
3. Maori word meaning "food destroyed by floods" – A. Kaitaia  
4. Key phases in Maramataka A. Four  
5. Recommended isolation days for covid - A. Five  
6. Road where you find the office of Tuhata Mahiora – A. North  
7. Another name for covid – A. Coronavirus  
DOWM

ACROSS

## Community Christmas Breakfast

The Details:  
Serving at 9am  
25 December 2023  
Buffet breakfast  
Te Ahu, Kaitaia

Bring your kids &  
whānau  
Call Tash  
022 102 4434

You can find us on phone, email and social media



0508 884 428



Te Hiku Care in the Community



manaaki@tuhiata.org.nz



tehiku\_careinthecommunity