



Mangakahia Sports & Community Complex NEWSLETTER March 2025

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mailto: mangakahiasportscomplex@gmail.com www.mangakahiacomplex.org.nz

COMPLEX NEWS

It's hard to believe we are already in March as there has been so much already happening at the Complex in the last few months. Don't forget to check out our Club pages to get all the news.

Circus Kumarani was a great addition to our event calendar this year. They hosted the Northland Circus Festival at the Complex from 24 to 26 January and a lot of locals and people from further afield came to enjoy the workshops and shows on offer. We hope to see them again. Check out their website at <https://www.circuskumarani.co.nz/>



Mangakahia Summer Festival is one of our marquee events and was held on Sunday 23rd February. A big thank you to everyone for coming along to support this community event - we hope you all had a great day out as we did! A special acknowledgement to our sponsors, stallholders and amazing volunteers that make this event happen every year! Thank you to our major sponsors & supporters for your generosity.

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MC Extraordinaire: **Charmaine Soljak, The Hits FM**



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Please phone Reception on 09 4308062 or email to

admin@maungataperemedical.co.nz for an enrolment form

COMPLEX MEALS

**14th March
Kokopu School**

**1 1th April
Mangakahia
Group Fitness Club**

**9th May
Mangakahia
Rugby Club**

**1 3th June
Poroti School**

Menu

Steak	\$20.00
Ham steak (lge)	\$16.50
Ham steak (sml)	\$6.50
Battered fish (lge)	\$16.50
Battered fish (sml)	\$9.00
Chicken nuggets (lge)	\$16.50
Chicken nuggets (sml)	\$6.50
Hot dog meal	\$6.50
Hot dog only	\$3.00
Vegetarian	\$12.00

All meals are served with a generous portion of chips and your choice from a salad buffet.

Dessert is included with ice cream, gluten free slice, cheese cake, fruit salad and cream.

Held 2nd Friday each month

Great value from \$3 to \$20 for main meal and dessert!

Gluten free options included with great salads!

In a hurry, no problem, you can order to take-away

Come along and support our local clubs and groups

Meal orders from 6:00pm

MANGAKAHIA JUNIOR FOOTBALL CLUB

We cater for players aged between 4 - 14 years old

Season Start Date: Saturday 3rd May - most teams are mixed boys and girls

Meet your team: Week of Monday 7th April TBC

First Practice: Week of 28th April - days TBC team dependent.

Held at the Mangakahia Sports Complex for approx 45min - 1 hour



Facebook: <https://www.facebook.com/groups/491896628372689>

Email: mangakahiafc@gmail.com

MANGAKAHIA GROUP FITNESS CLUB

MANGAKAHIA GARDENING CLUB

2 great classes to choose from - or do both for an all-round fitness regime

**BODY PUMP
TUESDAYS
5:30PM**



Combines a Barbell and Step workout that will burn calories, shape and tone your entire body, increase core strength, and improve bone health.

**BODY BALANCE
THURSDAYS
5:30PM**



Combines Yoga, Pilates, and Tai Chi that will improve flexibility, balance, strength, and core stability, while also reducing stress and improving well being

Les Mills routines - Qualified Instructor - Great Music

All skill and fitness levels - proceed at your own pace

Equipment provided - just BYO water & towel

Only \$10 per person and \$5 for students

Ten-class concession card available for \$80

Classes run from February to December

CONTACT JAN on 027 4315416

We meet at 10:00am every second Thursday of the month, downstairs at the Mangakahia Complex.

Our meetings incorporate floral and vegetable competitions, speakers and demonstrations, and raffles. Our \$10 a year subscription buys you a wealth of information, new friends, garden visits, and fabulous shared lunches.

Please don't hesitate to call one of us if you would like more information. Hope to see you there one day!

All are very welcome

Happy Gardening

Jackie Hamilton 027 6827501

Philippa Monteith 027 8173330

DANCE

Dance classes will be re-starting
3:45pm on Tuesday 11th March
upstairs at the Complex

Please register your interest on
facebook at

[https://www.facebook.com/
groups/mangakahiadance](https://www.facebook.com/groups/mangakahiadance)



Contact Sue on
021 881100

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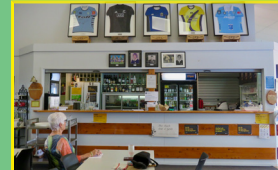
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Open for all sports events

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Contact
Jay
on

021 2764354

MANGAKAHIA RUGBY CLUB

The 2025 season has started at Mangakahia Rugby Club. The IMB and Senior teams have already been sweating it out with their pre-season training.

Club Rally Day will be held Thursday 6th March from 4:30-6:00pm

Any players from any age interested in playing Rugby this season should attend to get registration underway and get information about the season. There will be skills, drills and games to join in on, so make sure players come ready for a run around.

Senior training is at 6:00pm - everyone is welcome!

MANGAKAHIA SQUASH CLUB

Mangakahia Squash started its inter-house competition on the 5th February. Over 50 members are playing in the first round, sweating out all their summer indulgence! This positive start will hopefully see the 2025 season lining up to be one of the best.

We welcome new players and beginners, there are draws to suit every playing ability. Squash is a great game for fitness, and once the weather cools off, the indoor exercise option is always a good one. We have a wonderful Club vibe, so lots of great social side effects as well.

Please contact Wayne or Hayley if interested

Junior Squash will start towards the end of this term. Coaching on a Monday night, with a kiwi Squash programme running in Term 2 on a Tuesday afternoon.

Please contact Donna-Rae for more information

Any businesses that would like to really thrive in 2025, should seriously consider sponsoring the club.

Please contact Vicky for more information

Hayley Taylor.....	021 2621674
Wayne Brown.....	021 853551
Vicky Booth.....	027 6993021
Donna-Rae Carroll.....	021 1370264



MANGAKAHIA LIONS CLUB

Come and join us as we serve our community

Our 2024 Lions Year was brought to a close with the "True Tales of The Mangakahia Valley" book launch, combined with the Senior Citizens Xmas Lunch, at The Complex on Friday 13th December. The book has been a great success, with the first print of 350 sold before Xmas and the first reprint of 150 now sold out too. For those still wishing to order and purchase a copy of the book for \$60; orders are being taken from now until the end of March for a 2nd reprint. Orders can be made at Titoki Store, MTL Maungatapere, The Office Café or to Ian McBeth at mac.farms@xtra.co.nz

Early in January 2025, Lions were involved with parking vehicles at the Mid Northern Rodeo and more recently on the BBQ at The Mangakahia Complex Summer Festival, cooking steak sandwiches and a sausage sizzle.

Coming up we have car parking for Maunga Mayhem on Saturday 22 March and our Mangakahia Lions Charity Golf Tournament at Sherwood Park Golf Club on Friday 16 May.

At the end of July our Lions are, once again, involved in The Zonta / Lions Book Sale. If anyone knows of a large, vacant building in Whangarei, that would be suitable and available through June & July, please let us know.

Our Lions Club will no longer be doing firewood. Thank you to all who have supported us over many years.



Book launch - True Tales of Mangakahia Valley (L-R) Cr. Scott McKenzie, Editor Melanie Haycock, Lions Club President Mike Hibbert, Editor Dot Hunter, Mayor Vince Cocurullo, Cr. Simon Reid

Rob Soar
Mangakahia Lions
021 02474220

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AFFILIATED CLUBS		OTHER LOCAL CLUBS	
Mangakahia Sports Complex	434 6923	Mangakahia Dance Club	021 881100
Mangakahia Gardening Club	021 331836	Maungatapere Bowling Club	434 6392
Mangakahia Group Fitness Club	027 4315416	Maungatapere Valley Aquatics	434 7723
Mangakahia Football Club	021 1295734	Maunu Tennis Club	434 6898
Mangakahia Lions Club	021 02474220	Poroti Outdoors Club	434 6856
Mangakahia Rugby Club	021 347676	Tai Kwan Do	434 6340
Mangakahia Squash Club	021 2621674	Whatitiri Clay Target Club	09 9717900
EDUCATION		BUSINESS	
Schools		2 Ducks Contracting - Sam (lineman/power installation)	021 431899
Kokopu	434 6765	Aches Away! (helps pain)	027 4346635
Mangakahia Area	433 1702	Kevin Trumper (Electrician)	027 4934572
Maungatapere	434 6743	Maungatapere Transport	434 6722 or 434 6632
Maunu	438 8060	The Hardwood Guys (Wooden Flooring)	434 8233
Otaika Valley	432 2731		
Pakotai	433 1727		
Poroti	434 6867		
Pre-Schools		MARAE	
Maungatapere Playcentre	434 6451	Korokota	021 501516
Portland Kindergarten	432 2533	Maungarongo	027 2704067
Titoki Playcentre	021 1587766		

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