



# ŌTAKI TODAY

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ŌTAKI TODAY ONLINE • ĀPERIRA/APRIL 2, 2020

Ngā Kōrero o Ōtaki

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# KIA KAHA!

## We'll get through this together

By IAN CARSON  
Editor

If there's one thing Ōtaki can count on in times such as this, it's our community. We're in this together, and we'll get through it together.

We'll support, we'll be kind, we'll laugh and we'll cry.

We're in tough times and there's worse still to come. Jobs are being lost and businesses have closed – some will never reopen. It will be a new world we emerge into when this is all over, in ways we've never considered before.

The unknown can be scary, but remarkably positive things can come of it.

Unexpected benefits are already arising. One is community cohesion – ironic in a situation where households are isolated and the streets are empty.

Have you noticed how neighbours are now waving out and having a chat over the fence, or people we've not seen before smile and feel inclined to make a witty remark while out walking about our shared woes of confinement?

Neighbourhoods are getting together as never before in virtual ways. Email connections, street-specific social media pages and simple notes in the letterbox are connecting our community. Can I help get groceries, lend you some tools, drop some lemons at your door? All with safety in mind, of course.

Simple consideration and kindness are traits that have been forgotten in many larger towns and cities, and have arguably been discarded to a lesser degree in Ōtaki as the pace of 21st century life rolls relentlessly on.

Yes, we've heard stories of people doing dumb things, and sadly stories of people verbally abusing essential workers. But when we witness it, we need to call it out – with calm and the sort of kindness we're expecting of them. People are stressed. Understand.

And don't go venting on social media – ever. Other people see it, and it reflects more on your character than the people you're complaining about.

There are likely to be many positive consequences of this enforced lockdown.

As people get used to working from home, businesses will find that it's not so bad. Staff have come to enjoy it and the work's still getting done. It will become more common and more people will look at job descriptions that allow remote working. Look also for a change in the type of houses people want – somewhere for an office will become a factor.

People will get used to not driving everywhere. Exercise will become routine, bodies will become fitter.

Home gardens and gardening skills will be valued. The sound of power tools and hammers in my neighbourhood indicate DIY projects are in full swing. That will improve home environments and provide opportunities for kids to learn new skills.

And families might just become more connected. Living at home with limited opportunities to get out can be difficult, but it's also a time to cement relationships. Make the most of it.

Some people simply refuse to buy into the fear and anxiety

that this terrible virus has brought to us. Te Ara Smiler decided to dress up in action hero "protective" gear when she went to Countdown, a humorous poke in the eye to Covid-19 (see page 3). Residents are putting teddy bears and other treasured soft toys in their windows. Those out for a walk are getting their kids to look for them, smile and talk about the children's song, worth quoting here:

*We're goin' on a bear hunt  
We're going to catch a big one,  
I'm not scared  
What a beautiful day!*

Not a bad way to view the world as we look forward to coming into the sunshine again. Kia kaha (be strong, together).



## TURN CLOCKS BACK

Daylight time ends at 3am on Sunday April 5

Remember to put your clocks back before bed on Saturday April 4, because at 3am on Sunday April 5, daylight time finishes and the clocks will go back an hour.



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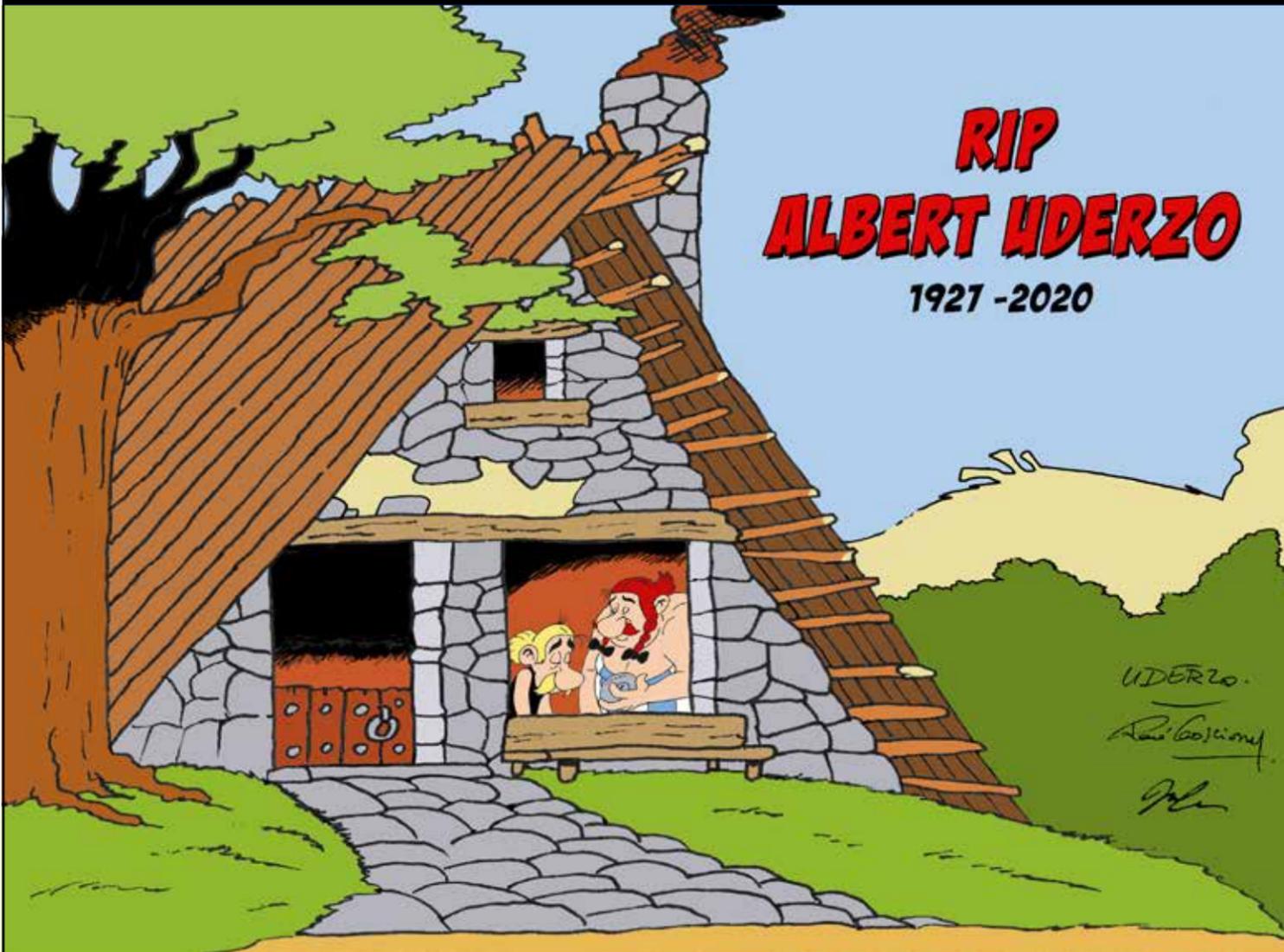
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Jeanine, Brent and Clare wish their customers all the best during this difficult time.

**"Stay home, stay safe, and we look forward to reopening and serving you again with our great RiverStone quality food and service. We're in this together."**

CARTOON OF THE WEEK

By Jared Carson



By Jared Carson

Albert Uderzo, along with René Goscinny who died in 1977, created the *Asterix* comic series. Albert died on March 24, aged 92.

The series has been translated into more than 100 languages and dialects and has sold more than 380 million copies since its debut. It has spawned animated cartoons, live action movies and its own theme park, outside Paris.

"It's a puzzle to me why *Asterix* happened the way it did," Uderzo said in an interview with *The New York Times* in 1996.

"René and I had previously created other characters with as much passion and enthusiasm, but only *Asterix* was a hit."

I remember being about the age of my youngest son, 4, when I was first introduced to *Asterix*. Our neighbour was Richard Campion (father of Jane Campion), and he gave me some of his *Asterix* books as he knew I had started drawing cartoons.

My dad would read me the books as a bedtime story and put on the voices of all the characters as he read to me.

Albert Uderzo's style would be one of my main influences and one off which I would base my cartooning style.

A friend of mine recently told me he gave up cartooning when he was a kid because he knew he'd never be as good as Uderzo.

Dumb reason to quit, but shows you how much regard he held for Albert, who had perfect perspectives, buildings and chariots, always with perfect line work, too.

My first comic strip, *Jon and Gary*, was published in *The Evening Post's* childrens' supplement *Presto* when I was 8, alongside *Calvin & Hobbes*. The main character, Jon, was based on Obelix, with the same moustache and characteristics.

I read an *Asterix* comic to my 8-year-old son for the first time tonight, and the two of us were in hysterics, howling with laughter.

I would love one day to create something as iconic that parents can show their kids.

# Supermarket demand easing

The surge in demand for everyday household items at New World Ōtaki is easing.

"If we get an unexpected increase in demand on a product, we sometimes put temporary limits on the number customers can purchase," Foodstuffs said in a statement to *Ōtaki Today*. "This is so that everyone can have a fair go at what we have in stock and so that no one has to go without."

"The supply chain is incredibly robust and we have been, and will continue, to work tirelessly to get everyday grocery essentials on shelves every day for customers."

Flour and yeast were both bought in much higher volumes than normal so suppliers have been playing catch-up.

"Our suggestion is customers focus on working through the baking items they have in their cupboards and give the supply chain a bit of a chance to get back up to normal levels."

Ōtaki customers will see staff protection measures in place, including some wearing masks, perspex protective screens at checkout, floor decals indicating the 2m physical distancing, distancing at self-checkout and checkout, and customers packing their own bags.

Foodstuffs encourages shoppers to do one big shop and only touch what they wish to buy.

"Our customers have been incredibly patient and considerate with staff and one another in store, and we're extremely grateful for their support. We'll all get through this together if we act with kindness and patience."

## We're with you

*Ōtaki Today* might not be a physical paper meantime, but we're still committed to serving the Ōtaki community with credible news and views, and relevant information throughout the Covid-19 lockdown. Look out for us on Facebook and on our web page: [otakitoday.com](http://otakitoday.com)

# Covid-19 risk profile similar to Canterbury quakes

**I**N the days following the devastating Christchurch earthquakes, Building and Construction Minister Maurice Williamson told colleagues that no matter how the then National-led government dealt with the aftermath, the electoral outcome would not be good for it.

His reasoning was that there would always be some sections of the community dissatisfied with the Government's response. Such dissatisfaction would become more strident and gain increased media attention as the need for urgent measures receded.

The Government's decisions arising from the spread of Covid-19 fit into a similar political risk profile to that of the earthquakes. Acclamation and recrimination are twin bedmates for politicians when disasters of such a scale occur.

While political parties of all stripes muted their critical button during the days that followed the announcement of a national emergency, only the most naive of observers would believe that political considerations were

absent from the government Covid-19 packages outlined by the prime minister and finance minister.

Similarly, it would be naïve to believe that Opposition endorsement of government assistance to individuals, communities and businesses denoted an absence of analysis as to where political points of advantage might arise in future weeks.

That the need for intervention by the Government in broad areas of day-to-day economic life is recognised by both sides offers scope on the one hand for social activists to pressure ministers for what one noted columnist (Patrick Smellie of NewsDesk) has termed: "Progressive political revolution by stealth". Perhaps in furtherance of this aim there have been writings in mainstream media promoting the merits of a universal wage, a concept



POLITICS

BRUCE KOHN

championed in the past 30 years by academics on the left of the political spectrum.

On a less dramatic scale, calls for extensions of the welfare system to cover a broader section of society and higher tax rates seem inevitable from among Labour's support base. And within the public service, temptation exists to dust off old files of projects requiring

fresh state intervention or regulations that were politically unpalatable in more favourable economic times.

So many of the businesses that make up the New Zealand market are dependent on the state to survive past the lockdown that they are not well placed to protest.

But scope exists also for today's Opposition to argue that rather than an extension of government authority and interventionism to meet the need for a rapid restoration of

economic growth, there should be all-out encouragement for businesses to get on with sales growth, especially abroad.

Infrastructure growth laying the groundwork for the New Zealand of the 2030s should be a priority for mopping up unemployment, along with a fresh impetus on technical training.

These factors suggest that the September election looms as one with a potential similar to the first election in Britain after the Second World War for voters to hand down a verdict that effectively says: Thanks to Ardern (Churchill) and her team for handling the pandemic (war) well, but we prefer Bridges (Atlee) and his team to oversee economic reconstruction (social change).

The good news for Ōtaki is that no matter what the outcome, both major parties of the political divide are committed to the Ōtaki-Levin expressway.

■ Bruce Kohn is a former economics and business editor, political and foreign correspondent who recently retired as chief executive of the NZ Building Industry Federation.

## ŌTAKI TODAY

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For editorial enquiries or news tips, please contact editor Ian Carson 06 364-6543 or [ian@idmedia.co.nz](mailto:ian@idmedia.co.nz)

For advertising enquiries, please contact general manager

Debbi Carson 06 364-6543 or [debbi@idmedia.co.nz](mailto:debbi@idmedia.co.nz)

CARTOONS: Jared Carson

CONTRIBUTORS: Pera Barrett (Good Thinking)

• Fraser Carson (Media & Community) • Kyuss Carson (Quiz) • Daniel Duxfield (Fitness) • Miraz Jordan (Waikawa Way) • Kath Irvine (Edible Backyards) • Bruce Kohn (Politics) • Michael Moore (News)

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*Adversity brings out the best in some people. As we head into week 2 of the Covid-19 lockdown, we highlight a couple of examples of how people have brought out the best of human nature.*



## Baa Baa keeps window watch

**Ōtaki has taken to heart the idea of putting teddy bears and other animal toys in windows for people to see as they go by on their neighbourhood walks.**

Michelle Shields has her toy sheep at the window in Lemon Street (at right), still looking good after 47 years. Michelle was given Baa Baa by her parents when she was just nine months old; her father being a shearer.

“They brought it back from Invercargill after Dad was working down there,” Michelle says. “It’s been a favourite toy ever since. It’s even lasted my attempt to shear it like Dad, using Mum’s sewing shears.”

It’s also lasted through the childhood handling of Michelle’s son and two grandchildren, and eight nieces and nephews.

It’s durability is probably down to it being made from sheepskin, with solid stitching and authentic glass eyes.



## Te Ara’s costume challenge

**People have their own idea about personal protective equipment; in the case of Te Ara Smiler (above), she decided it shouldn’t be boring.**

With a combination of Batman and Antman masks, cape and gumboots, she had plenty of sideways glances when she went to Countdown this week.

“The idea came from my babies – anything to keep them entertained,” she said. “We got lots of laughs and smiles.”

Not content with the one-off party suit, Te Ara is now urging the rest of the community to join her (not physically) on a Sunday dress-up.

“Who wants to join me in making our town a colorful fairytale superhero town for a day? Dress up in costumes this Sunday and make it a fun day while you walk, run, scoot, bike and do your daily exercise around the block. We don’t all walk the block at the same time, but maybe it’ll be something fun and exciting for you and your whānau to do.”



## Te Horo toys

Teddy bears and even stuffed toy rabbits are adorning windows and letterboxes around the rural Te Horo community. Michael Moore snapped these three while out for his walk.



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# 'Full service' at Med centre

**Ōtaki Medical Centre says it is continuing to provide a full patient service to Ōtaki residents, although in the current Covid-19 environment, it's being delivered a little differently.**

Anyone who is ill or needs to talk to a medical practitioner is being screened before arriving at the practice.

Chief executive Kiwa Raureti says a patient needs to ring or email a request for an appointment.

"Their request is received, placed in the triage queue and a doctor or nurse practitioner will contact the patient by telephone and triage the concern. In many cases a patient can be helped via the phone call, but if not and if it's safe, the patient will be asked to attend the practice and an appointment made.

Kiwa says if anyone is concerned that they have Covid-19, or if they display symptoms similar to Covid-19 (see at right), they should isolate themselves from others and ring Healthline (0800 358 5453) or the practice.

"In fact, Healthline also advises that you should ring them if you have recently been overseas or have

been in close contact with someone confirmed with Covid-19.

"If it's determined that the symptoms are similar to Covid-19, patients will be tested and appropriate care provided."

Centre staffing levels remain consistent, although two new staff, one a volunteer and one a nurse out of retirement, have been engaged to assist with demand.

As of Wednesday (April 1), about half of the staff will operate from home; the rest from the medical centre.

Meanwhile, Kiwa asks people to be mindful that medical staff and those working in supermarkets, pharmacies and other key businesses are classified as essential.

"They are people from the same community as you," he says. "We are here providing the service because it is our job to do so.

"We are stretched! We are stressed!

"It's so hard to maintain our bubble, so please remember this and show support for these workers. Sadly I've noticed some members of the public being rude to some of these workers. It's not appropriate. Let's be kind while we get through this."

## Flu shot supply runs out



**Ōtaki Medical Centre has run out of flu shots.**

"We've got a supply chain issue at present, so we're just waiting for more of the vaccine to arrive," says Chief executive Kiwa Raureti. "There shouldn't be a shortage, but we've been instructed to vaccinate those aged 65 as a priority."

The centre has been operating a drive-through flu clinic on the north side of Raukawa Marae. Book at the medical centre, drive in the eastern gate off Raukawa Street (next to the medical centre), receive the flu vaccination and drive out the western gate.

"Patients should wear accessible clothing – a T-shirt or singlet – so the vaccinator can access your shoulder"

## KNOW THE SYMPTOMS

**The official covid19.govt.nz website says the symptoms of Covid-19 are:**

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have Covid-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Shortness of breath is a sign of possible pneumonia and requires immediate medical

attention.

We don't yet know how long symptoms take to show after a person has been infected, but current World Health Organization assessments suggest that it is 2-10 days.

If you have these symptoms and have recently been overseas, or have been in close contact with someone confirmed with Covid-19, please telephone Healthline (for free) on 0800 358 5453 or your doctor immediately.

## Speeding drivers take advantage of deserted roads

**New Zealand has been under lockdown for a week now, and reckless drivers are still flouting the rules and using empty roads as an excuse to drive dangerously over the legal limit.**

Although most of them are essential workers, drivers still need to obey the road rules, police say.

Canterbury road policing manager Greg Cottam said one driver was caught travelling at 116kmh in a 50kmh zone on Saturday, and officers were regularly seeing vehicles driving well over the speed limit using the reduced traffic as an excuse.

"This is ridiculous and puts not only you, but others at risk, there are a large number of people out walking including children on both urban and rural roads," Greg said.

Most drivers were doing well, but Greg asked those breaking the rules to think of the damage they were causing.

He said despite the stricter rules being imposed around travel, drivers were regularly caught travelling in excess of 150kmh on the open roads, and 80kmh on urban streets.

Also on Saturday morning, Northland police said while most people were sticking to the rules, there were some outliers.

They reported that a learner driver "going for one last drive" was caught at 175kmh on State Highway 1.

There were "far too many people out for a drive with kids and partners, just being nosey, and risking catching and/or spreading coronavirus".

A 30-minute drive to do some grocery

shopping out of town, a 20km trip to take their dog for a walk and a man going to see his girlfriend were some of the "abysmal excuses" people with a loose view of isolation gave to police on the first day of the nationwide lockdown.

North Canterbury had teams doing checkpoints at two spots in the district last Thursday.

Officers spoke to several hundred people throughout the day, with the "vast majority" abiding by the rules – but there were some with "abysmal excuses".

Police had also noticed cases of essential workers from different addresses car-pooling to work together, breaking the two-metre physical distance rule.

"This has to stop . . . do you want to be the

person responsible for spreading this virus that possibly causes the death of a loved one or work mate?"

Police were also working to mitigate issues with other crimes, such a burglary, robbery or family harm, and reminded people to "take stock" during what is for many a distressing time.

A police spokesman said he was not aware of an immediate increase in other incidents as a result of Covid-19, but said that in times of high stress police could see an increase in incident callouts.

A new online form has been released for the public to report incidents of people breaching the Covid-19 alert Level 4 restrictions.

The form can be found at <https://forms.police.govt.nz/forms/covid-19-l4-breach>

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# Local pharmacy 'panic' settles down

**Hamish Barham Pharmacy in the Ōtaki village is pleased to see a more steady demand for its products after a rush before the Covid-19 lockdown.**

In the days before the lockdown, the pharmacy experienced a huge demand for prescriptions – as much as three times the usual workload.

“This placed huge stress on our staff who worked late into the evening to help clear the backlog,” says pharmacist Ian Barr.

“Thankfully, the level of panic in the community appears now to be reducing.”

Initially the pharmacy had restricted access to a few customers at one time, but it's now not allowing any free access to the shop and has moved its counter to just inside the main door on Main Street.

Staff are wearing gloves and masks and have recently erected a screen on the counter to further protect staff and customers.

All staff have been retained and all are working from the pharmacy. One staff member has resigned.

Ian says there have been many requests for face masks and hand sanitisers, which have been in short supply.

“I hope we'll receive new stock soon.”

The huge demand on prescription medicines throughout New Zealand

has also resulted in some medicines being in short supply. The pharmacy profession made its concerns known to Pharmac, which says that medicines can be dispensed in monthly amounts rather than all-at-once.

This should ensure that there is sufficient medicines for all New Zealanders.

Currently there are good supplies of personal protective equipment (PPE) for staff. It's essential gear to adequately protect frontline workers who are operating in a high-risk environment, while most of the population stays at home.

Ian says he is concerned about the attitudes of some customers to staff.

“While most customers have shown great patience and understanding during these very difficult times, and the pharmacy thanks them for that, there are some customers who have been very rude.

“Our staff are not at work to have rude comments aimed at them, to be verbally abused or physically threatened.

“This behaviour is not acceptable at any time, no matter the circumstances. Please bear this in mind when you visit.”

The pharmacy will remain open during the lockdown, but has changed its opening hours (see at right).



**STILL SMILING:** Some of the Hamish Barham staff, back row from left, Deirdre Barr, Georgina Wilson, Shaneen Kane, Lisa May and Janine Stratford; front row Kayla Ralph, Rachel Cockburn and Sharmaine Cook. *Photo supplied*

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# Empathy from police during lockdown

**Local police are using empathy and common sense as they go about their duties during the Covid-19 lockdown.**

“Our first line of enforcement is to exhibit empathy, compassion, respect, professionalism and discretion,” says Ōtaki police chief Phil Grimstone. “Our last line of enforcement is our compulsive powers under the Summary Offences Act, Crimes Act, Civil Defence Emergency Management Act and Health Act.”

So far, however, no arrests have been made related to the lockdown and no burglaries that can be directly attributed to the lockdown.

“At this stage we’re pretty happy with the general response of the public,” Phil says.

Calls have been received about people walking in the street (they can in their neighbourhood), or other supposed lockdown offences. However Phil says anyone with concerns that are not emergencies should use the new police online form. On one recent day, more than 2000 reports of alleged individual or business breaches were recorded in one day.

The new form can be used to report Covid-19 restriction breaches. It can be used to report isolation breaches or cases of businesses continuing to operate when they are not part of the essential workforce. It’s at <https://forms.police.govt.nz/forms/covid-19-14-breach>

Many police throughout the Manawātū region – of which Ōtaki is part – have been redeployed from roles that aren’t frontline and placed onto a 24/7 patrol roster. Their role has been as prevention patrols that include reassurance visits around supermarkets, pharmacies etc, but also within closed commercial areas.



**NABBED:** Police responded to a report of a male seen on a derelict property in Dunstan Street. He was located at the Ōtaki BP petrol station, given a pre-charge warning and returned home to a Kāpiti address. *Photo Debbi Carson*

“We’re aware that the risk of residential burglaries has been reduced with the lockdown, however the risk of commercial burglaries has increased. The prevention patrols will work with that focus.”

Community patrols throughout the country, including the Ōtaki Community Patrol, have ceased operation during the lockdown.

Any roadblocks are at present not for the purposes of checking whether people are travelling unnecessarily, rather for the usual purposes of breath-testing etc.

Personal protective equipment (PPE) has been issued to staff as required. Station, vehicles

and shared resources are subject to strict cleaning guidelines as recommended.

Phil says he’s aware of the risk of a rise in family violence offences.

“We acknowledge that the current environment is a stressful one for many in our community. We know that in times of high stress we can see an increase in callouts, and we would like to remind people to take stock, take a breath, and look after yourselves and each other.”

He says the main focus of police remains on maintaining public safety, security and public order.

“It’s now more important than ever, that we continue to deliver policing services in a calm, compassionate and confident way.

“The public will notice an increased police presence and we will adapt and change how we police in response to this situation. Our focus will be on prevention and reassurance.

“Stay calm, be compassionate and kind to one another, have confidence that police and our partners are here to support all communities.”

Police are asking that everyone commits to keeping themselves and their community safe by adhering to the restrictions imposed. They encourage everyone to stay home and stay safe.

We know things are difficult and uncertain at the moment, however we just want to take this opportunity to say thank you to our wonderful customers and the local community for their kind words of support for our entire team, along with the lovely flowers, cake, muffins, wine and coffee which have arrived out of the blue recently.



Thank you all...



For help or information please call **04 297 1392**

Thank you all so much, it has helped our team enormously over the past few weeks and we all look forward to seeing everybody again soon.

Tanya & Peter, Maxine, Karen, Leigh, Fiona, Claire and Jess.

# Local vege suppliers 'run off feet'

Two local fruit and vegetable producers are run off their feet supplying residents in the district.

Penray Gardens at Te Horo and Brown Acres Market in Manakau both have retail outlets that have closed for the duration of the lockdown. However, they've been cleared to continue operating a supply service.

They're taking orders but say they're struggling to keep up, with orders of up to 200 a day.

"There was a lot of panic buying before we closed last week," says Brent Bertelsen of Penrays. "We stocked up but the shelves got stripped. It was busier than our traditionally busy time just before Christmas."

"Now we're working 12-hour days six days a week getting deliveries out to people."

It's not just deliveries that are keeping the suppliers busy. Each also has their own gardens to maintain. Early mornings and late finishes are the norm.

Neil Cohen at Brown Acres is also flat out. Brown Acres has two vans delivering to houses throughout Horowhenua and Kāpiti.

"We have some people who just can't get out and they need their fruit and veges," Neil says. "We don't want to say no to anyone."

"It's really hard work at the moment, and my wife, Renee, and our crew aren't getting much sleep, but there's satisfaction in knowing that people are so grateful. That's great."

Brown Acres not only delivers but also offers a pick-up service at their Manakau highway market store. Customers are encouraged to pay online before pickup, but can use Paywave



through at a closed window – which doesn't always work. The service is contactless, so the boxes are available outside the store.

Neil and Renee have four other staff who are helping with the service, though he knows he could easily employ more. Like Brent at Penrays, however, he's concerned about worker safety, and his team has created its own bubble.

Brent says as an essential business he could have more people helping out, but he doesn't want to compromise their safety or that of his family who have "formed our own bubble".

"We've got one horticulture worker out in the fields, but decided at the outset that we would otherwise operate with just myself and [wife] Jane and our daughter, Haley, and partner Roo.

"Roo has who's set up an online ordering

system for us. We've also got our other daughter, Laura in Auckland, and her partner Issac who has been recently laid off. He and Laura are now facilitating orders through Facebook."

Penrays delivers to Ōtaki, Te Horo and Waikanae. They can also book courier deliveries outside the area.

Safety is to the fore at both Penrays and Brown Acres. Hand sanitisers are used liberally on the premises, and deliveries are made with gloves worn.

All deliveries are made outside houses so people can come out and pick up, keeping the physical distancing.

After each delivery and in the packing and handling process, hand sanitisers are used often. Both businesses say supply is not an issue.

Brent is continuing to pick, grade and pack from the Penray gardens. Otherwise, he and Neil say they have well established networks with their regular suppliers for items.

That allows them to source products such as bananas, potatoes and onions, as well as local eggs. Most of the fruit and vegetable staples are available.

"It's as fresh as you'll ever get – no waiting around on a supermarket shelf," Neil says.

As a traditional supplier of tomatoes, Brent is seeing a big pick-up in bulk tomatoes for sauces and pickles.

"Obviously people are going to their recipe books during this lockdown."

■ For more information, go to the Penrays and Brown Acres Facebook pages.



**AGAR FENWICK**  
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Our office is closed but all staff are currently working from home over the shutdown period. Contact us at [office@agarfenwick.co.nz](mailto:office@agarfenwick.co.nz) or email your client manager directly.

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# Wānanga courses go online



## Courses for residential students at Te Wānanga o Raukawa are being delivered online for huringa 1 (semester 1).

In a message to students on March 23, tumuaki (chief executive) Mereana Selby said the Wānanga was stopping all non-essential services and teaching that could be delivered online.

“The [government] direction is to self-isolate to our homes for four weeks, therefore, we anticipate that your redesigned course components will be ready to deliver at the end of this period,” Mereana said. “We will stay in touch.”

The Wānanga will continue to teach the already operating online Iwi & Hapū Studies, MAIT reo online and Poupou Huia Te Reo courses. Tutors will continue to support these courses and will stay in touch with students through mūrau, email and the TWoR app.

“If you are receiving a student allowance, StudyLink have confirmed that student allowances will continue as long as students

remain engaged in study.”

Library staff will continue to be available at wharepukapuka@twor-otaki.ac.nz to assist with queries and researching online resources.

“We urge you to keep communicating with your pūkenga, kaikōkiri and your fellow students.”

Students were urged to:

- Stay up to date through [www.wananga.com](http://www.wananga.com)
- Download the Te Wānanga o Raukawa app from your device app store:
  - Search for and install the SchoolAppsNZ
  - Go to ‘Schools’, type in ‘Te Wānanga o Raukawa’ and ‘join’.
  - Choose the groups you want to receive alerts for.
- Ensure they access their free Office 365 tools to help with study. Email [tautoko@twor-otaki.ac.nz](mailto:tautoko@twor-otaki.ac.nz) for assistance.

“We have a small window of opportunity as a nation to eliminate this disease, so stay home and stay well. Kia whakakotahi ai tātou i tēnei wā,” Mereana said.

## Faith raw milk keeps pouring out the door

By Michael Moore

**The popular Faith Fresh Milk at Te Horo remains open every day as an “essential service”.**

The long-established family farming business has recently been averaging sales of 350 litres a day. In the week before lockdown, the average rocketed to 450 litres a day. In the past two weeks, the popular raw milk outlet on the State Highway has run out of supply almost every day, requiring a more regular refill of the vats during the day to keep up with demand.

The self-serve store has sold more than 20,000 litres of raw milk in the last 72 days.

Stacey Faith says customers have taken on the new Covid-19 precautions with one person at a time in The Little Red Shed milk station.

“It all takes extra time but people doing their bit. We are grateful for the custom over this trying time.”

Stacey is asking all customers to read and follow the signage at the store.

“There are a few more steps in place during this time to keep everyone fit and healthy. We ask people to obey the two-metre rule and only one person in the shop at a time.

“We also ask that anyone who is feeling unwell to not come to the store. “There is alcohol provided to sanitise hands before touching anything in the shop, and after customers leave.”

“Please be safe, be mindful of others and be kind to each other,” Stacey says.

The A2 protein milk has been available since Faiths opened the store to the public in late January.



IN DEMAND: Locals queue for Faith's Farm Fresh raw milk at Te Horo. Photo Michael Moore

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# Care residents 'coping well'

Residents at Ōtaki's only rest home are "adapting well", according to Ocean View Residential Care.

"They're all certainly well aware of what's happening with Covid-19, but they're taking it in their stride," says office manager Janice Taranchokov. "They are relaxed and doing well."

The rest home has kept residents informed about the need for safety, with key messages about regular hand washing and physical distancing where possible. Those who are able are still going for a short walk in the neighbourhood or directly across the road to the beach.

"Getting fresh air and exercise is always important, so unless we have community transmission of Covid-19 locally, we'll continue to encourage the short walks."

Residents are encouraged to eat well and keep up fluid consumption, too.

Janice says residents' biggest concern is the cessation of visits, especially from family members.

"As you can imagine, visits have always been important. Now we can't allow anyone to visit. The safety of our residents and staff is paramount. It would be devastating for the virus to enter Ocean View."

There are two exceptional cases where a family member is allowed to visit, but these are based on the resident's medical condition, and advice from the clinical nurse manager and the DHB.

Those visitors need to liaise with staff as to when they visit, and Ocean View is following DHB guidelines about infection control.



They will be isolated with the resident during their visit and have to produce an authorising letter from Ocean View.

Family members can still contact their loved ones through the Ocean View landline number.

Other essential deliveries of food and supplies and doctor visits are happening as normal, but these visits are monitored and hand sanitiser, gloves and masks are provided as necessary.

"Everyone wants to keep in touch, which is great," says Janice. "Some of our staff have also been taking photos and emailing and texting family to assure them they're well."

Video calls can also be arranged by contacting the rest home.

Meanwhile, the staff have been innovative in stepping up activities for residents. There are more painting and craft activities, exercises and even table tennis. The recreational officer introduces new topical plans every day.

Ocean View has 20 residents and about 20 staff. All staff – from nurses, carers, kitchen and laundry staff – are considered essential workers.

"The whole team is performing remarkably well in this challenging time, and their contribution cannot be overstated," Janice says.

## IN BRIEF

### No cases in Ōtaki

No cases of Covid-19 in Ōtaki had been reported as of 11.59pm on Wednesday (April 1). The number of confirmed cases in the MidCentral DHB district was 17. There were two probable cases. There were six new confirmed cases on Wednesday and two probable cases. Two people have recovered and there are no cases in hospital. The cases confirmed are in Palmerston North (8), Manawātū (4), Horowhenua (5), Tararua (2), Ōtaki (0).

### Expressway idle

Only essential maintenance work will be done on the Peka Peka to Ōtaki expressway during Alert Level 4. All non-essential work on state highways stopped on March 25. NZTA says it will ensure that all temporarily closed worksites remain safe for essential workers and services who need to use the roads, and appropriate traffic management measures will be in place where necessary. NZTA told Ōtaki Today it was too early to say what effect the shutdown would have on project timelines.

### Brigade still on call

The Ōtaki Volunteer Fire Brigade is operating as usual, ready to respond to calls. However, fire chief Ian King says the brigade has several members working at other emergency services. "They won't respond with us to minimise exposure to Covid-19." Meantime, Ian says that while the number of calls has diminished, he asks resident to not burn their rubbish. It carries the risk of a greater fire and neighbours calling the brigade unnecessarily. The total number of calls in March was only eight: two motor vehicle accidents, two private fire alarms, one medical, one to cover a move to Levin, and two special services (a helicopter landing and a lockout).

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**Angela, Fleur, Paula and Rebecca** are looking forward to everything returning to normal as quickly as it can, but in the meantime stay safe out there.

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**COVID-19 NOTICE TO ALL PP20 EXPRESSWAY STAKEHOLDERS**

Kia ora to all PP20 Expressway stakeholders, we hope you are all staying well during the shut-down.

In light of the Government's direction, however, we need to inform you that we have had to cancel all Northern and Southern Neighbourhood meetings till further notice. Most of you will have received an email informing you of this already. We will continue to update you through the email channel if anything of note occurs on site. Also, our **0800 7726 4636** number and the PP20 email line, **pp2o@nzta.govt.nz**, will still be monitored 24/7 to respond to any of your concerns. Though most of our employees have been taken off site for your and their protection as we fight this virus together, you will still see staff carrying out essential work on the project such as traffic management and site security, as well as environmental protection and keeping the site safe. Others will continue to work at home so we can spring back into work as soon as the restrictions are lifted.

Please remember that trespassing on the site during the shut-down is not safe. It remains a construction site with construction hazards still present.

Be safe and stay within your bubble.  
We'll be in touch soon.

**PP20 project team**

# HUATAU/COMMENT

**GURU'S VIEW: K GURUNATHAN**

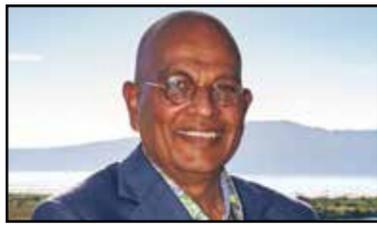
## A time for rabbits, geese, goats and a timely clam closedown

**The Covid-19 virus has upended our understanding of what is normal in so many ways.**

I want to focus on our access to food as a necessity. The Government's managed lockdown has continued our access to supermarkets and dairies. It's the retail end of an internal supply chain where the country already produces food for 40 million consumers worldwide.

If there's one thing the Covid-19 plague has proven is the potential for global supply chains to collapse. There's always a sense of security to know you have a productive home garden.

Apart from the knowledge that our nation is a great food producer, we have access to a little-acknowledged source of food. Millions of rabbits plague farms and reserves throughout



the country. They are considered pests.

The latest iteration of the calicivirus, introduced to kill them off, has failed and rabbit numbers have exploded. Farmers and authorities are poisoning or shooting them.

There are other pests such as Canada geese and goats by the thousands. Nobody I know eats them. Markets don't sell them. Eateries don't serve them.

In a previous column I wrote about the joy Claire gets from joining locals along Ōtaki Beach to gather shellfish.

It's not only about harvesting a feed for the family, but also about exercising a deep relationship with our immediate environment and the corresponding responsibility to care for it. A direct, unpackaged knowing that Mother Earth can feed you out of her abundance.

During the past few months, we have seen a trawler from a Marlborough-based company called Cloudy Bay harvesting clams. We have seen hundreds of small empty shells washed up. A day after one such trawler operation at the mouth of the Waitohu Stream we saw four large dead stingrays washed up.

I have no evidence to connect these deaths to the trawler operations. Others are adamant there is. There are claims Cloudy Bay's harvesting

methods are unsustainable and will deplete the resource.

I have contacted Isaac Piper, CEO of Cloudy Bay, alerting him about the serious local concerns around the sustainability of his trawler operations and the impact on this local resource. Particular mention was made about the customary rights of local mana whenua to harvest these shellfish to put food on their tables.

On behalf of Rupene Waaka, the chair of the local hapū, and the Mayoral Office I invited Mr Piper to resolve the community concerns. As Cloudy Bay has legal consent from the Ministry for Primary Industries (MPI) to operate I suggested a goodwill offer by the company to halt operations along Ōtaki Beach until the issues are resolved.

Mr Piper agreed to both the meeting and the goodwill option of ceasing operations.

"We are fully committed to the sustainable management of this amazing fishery for the future and welcome the chance to meet," he said.

The company, which has been operating for 30 years, said it intended to improve its communications. The parties to this meeting will include local iwi, KCDC, MPI, the regional council and potentially community representatives. The meeting could not be held earlier as Mr Piper, who had returned from a visit to the US, was in isolation until April 3.

Given the lockdown this meeting can now only be held after this crisis is over.

■ *Guru is the Mayor of Kāpiti Coast and is an Ōtaki resident.*

**PLAIN SPEAKING: IAN CARSON**

## No print, but we're online

**The publishers of Ōtaki Today made a decision soon after last week's lockdown to not publish a print version.**

It was probably the first newspaper in New Zealand to make that difficult call. It was motivated largely to protect the delivery people, who are members of our community. The Government ruled soon after that community newspapers could not publish physical papers; only daily newspapers could, and not magazines.

The Ministry for Culture and Heritage later clarified the ruling, saying some non-English language newspapers and papers in remote areas could continue, under certain guidelines.

This has resulted in the likely demise – unless a buyer is found – of such publications as *The Listener*, *North & South*, *NZ Woman's Weekly*, *Woman's Day* and *Your Home & Garden*. Other print media must now be under serious threat.

Where does this leave community newspapers?

As an independent newspaper, *Ōtaki Today* operates under a very different business model than most media organisations. We're lean, but we have an understanding of journalism and newspapers that comes from decades in the industry.

We have a strong connection to the community, and to local businesses, as evidenced by the advertising support we continue to attract in this online edition.

And we take our commitment to our community seriously – to bring you professional and credible news and views, and relevant information.

We're looking forward – not back

■ *Ian is editor of Ōtaki Today*

**LOCAL LENS: JAMES COOTES**

## Manaakitanga – stay home, stay safe, save lives

**In the 13 years I've been an elected member I've had to deal with a number of challenging issues.**

In the last major flooding event, the Emergency Operations Centre was activated and many people across the district were displaced from their homes. I was on the ground, visiting people, helping where I could, both physically and through my council connections.

Today we face a new challenge. Covid-19 is unique. Unlike the previous event I've referenced, people are largely confined to their homes. For people like myself help is remote, via email, phone and the internet. But rest assured you're not alone and we will get through this together.

It's in times like this that our community really shines as it reveals the heart of the people. Yes, there are some twits out there, but largely we are a community that supports each other. It's why "manaakitanga" features in elements of our Ōtaki identity work that was soon to be revealed.

Manaakitanga means to extend aroha (love and



compassion) to others. It's found in acts such as helping a loved one, encouraging one another or even supporting a complete stranger. Manaakitanga is one of the most important concepts to Māori people as it secures the strength of our whānau (families) and communities. That's our community, our people, and I see it every week in action here.

In a recent Stuff article, "Coronavirus: Manaakitanga now means to stay home and keep your distance", the author, Ngahiwi Apanui, explains that in this crisis you can show that aroha or love by staying safe, staying home, and by doing so, saving lives. The future may be uncertain but

what is certain is by supporting each other we can get through this.

Never before have we had the opportunity to evaluate what's important in life. Time to spend with loved ones, either present or remote, time to look at your life and where it's going. Like you, I'm home and doing just that. Let's not waste the time we have but use it as an opportunity to refocus on our future. Think of it as preparing at the start line for life and when the starter gun goes you want to come out of those gates flying!

Before I finish I want to take a moment and thank all those who are out there putting themselves and their families at risk providing essential services. The doctors, nurses, first responders, council staff, supermarket employees and numerous others. You are all amazing and I thank you.

Lastly if you're in need of help I'm here. I may not have all the answers but I know "manaakitanga", so contact me and I'll do what I can.

■ *James is Ōtaki Ward Councillor*

**ŌTAKI OUTLOOK: CHRIS PAPPS**

## Do the right thing and see you on the other side

**As the ancient curse goes – "May you live in interesting times!"**

Covid-19, its effects on the world and the New Zealand lockdown is certainly producing interesting times for all of us. As we head into the second week of lockdown, we're gradually learning how to cope with living 24-7 with the people who are in our "bubble".

Family life can be stressful in normal times. Let's hope the dire predictions of greatly increased family violence and disruption don't come to pass.

Many of us, I'm sure, are spending part of the day on our computers or phones looking at social media such as Facebook and getting some amusement from the clever, and not so clever, quotes, pictures and videos that try to lighten the monotony of our current days.

I applaud our editor's decision to stop publishing the hard copy version during the lockdown. Most



of us are into online news these days. There is no reason to risk the lives of delivery people or those with whom they could come into contact.

We can marvel at, and be grateful for, the thoughtfulness and selflessness of people who are engaged in the essential work of health and those ensuring we can continue to get the products we need to survive.

It's ironic that many of the heroes and heroines helping to keep food on our tables are among the poorest paid in our workforce.

As a community board, all we can do, without breaking the lockdown rules, is to make ourselves available to help people via phones and social media.

Our contact details and the council services continue to be available via the 0800 486 486 number, KCDC website and Facebook pages.

Many council staff continue to work remotely from home and, in the event of service calls, teams of men and women are still available to help and to attend urgent callouts if they occur.

In the meantime, follow the instructions. Stay inside. Stay safe in your bubble and avoid going where there are other people as much as you can. If we do what we're told there's a reasonable chance most, if not all of us, will, as our editor said to us by email recently, "See you on the other side."

■ *Chris is chair of the Ōtaki Community Board.*

**LETTERS TO THE EDITOR:** If you have something to say, write to us. Please include your full name, address and contact phone number. Only letters that include these details will be published, unless there is good reason to withhold a name. Maximum 200 words. Note your letter may be edited for grammar and accuracy. Not all letters received will be published and the publisher reserves the right to reject any letter. Write to *Ōtaki Today*, 13 Te Manuao Rd, Ōtaki or email [letters@idmedia.co.nz](mailto:letters@idmedia.co.nz)

# Suddenly, what's important has a different perspective

**I**F I had written this two weeks ago it would have been rather different. I was in central Wellington for a few days and was so aware of the dense traffic when trying to get through town.

Here in Ōtaki I can often jump on my bike to get to where I want to go – the roads are flat and (generally) safe, it's good exercise and I'm not putting car exhaust fumes into the air.

But as I write this the Level 4 Covid-19 lockdown is just starting, and what's important has a different emphasis.

Many of the things I love about living here are noticeable by their absence.

Yes, I could bike to the library but it's closed.

I was all set to volunteer at the Māoriland Film Festival and attend as many movies as possible, but it was cancelled.

We've had to close the Ōtaki Museum, our singing group and our book group.

But there are other things about our town that carry on regardless, namely our relationships with people.

Because of the groups and activities I'm involved with, our neighbours and our friends, I have lots of connections with people. I'm grateful that I can still greet people as I'm walking or biking around town, even under the lockdown provisions. These are some of the benefits of living in a small community.

I haven't always lived in Ōtaki; I'm an "incomer". I'm originally from Christchurch but lived and worked in Wellington for 28 years.

My partner and I eased our way into living in Ōtaki. First with a small block of rural land with a cottage for holidays, then building a house there and moving permanently in 2004. We planted native, firewood and fruit trees and developed vegetable gardens.

We became friends with many of our neighbours. We enjoyed working on our land and started becoming more involved in the community.

My first involvement was as a volunteer at the museum as I became more interested in Ōtaki history. I still commuted part-time to work in Wellington for a number of years which was tiring, though the Capital Connection was a comfortable way to travel.

I've been fully retired now for seven years and have never regretted the move here.

While we loved our rural home, our large vegetable garden and fruit crops, our own firewood and our neighbourhood, we decided a number of years ago that sooner or later it would become too much for us.

We've now been living in a new house in the town for 18 months. We still have a productive



## WHY I LOVE ŌTAKI JUDITH MILLAR

AT HOME: Judith Millar enjoys retirement at her Ōtaki home.

Photo supplied.

vegie garden, and have created a home that we will happily grow older in.

I also enjoy being closer to people, shops and activities.

I'm heavily involved with the local museum, I sing in a weekly group, and I'm an active supporter of the Māoriland Film Festival and the Māoriland Charitable Trust. We have close friends who also live locally.

As a Pākehā I value living in a place with a strong and visible Māori history. I am appreciating more and more the Māori traditions and kawa that continue today and make this town special.

Right now I'm especially grateful that I live here. As well as the closeness of the community, I value being easily able to walk by the beach or the river. There is a strong connection to those who have lived here for many, many generations and made this their place.

Now it's my home, too.

*“Right now I'm especially grateful that I live here. As well as the closeness of the community, I value being easily able to walk by the beach or the river. There is a strong connection to those who have lived here for many, many generations and made this their place.”*

Judith Millar

## LOVE ŌTAKI?

If you love Ōtaki (or Te Horo, or Manakau/Waikawa), why not consider writing a guest column as above. *Ōtaki Today* is looking for local scribes who have enough passion for their patch to jot down their feelings. If this is you, get in touch with us at [guest@idmedia.co.nz](mailto:guest@idmedia.co.nz)

## QUOTE OF THE DAY

Proverbs 20:4

*“If you are too lazy to plow, don't expect a harvest.”*



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# A community bubble of our own in Waikawa

**When things happen at Waikawa Beach the caring side of the community really shines through.**

A few weeks ago numerous black-backed gulls were found distressed and dying on the beach. Several locals immediately started to help, scooping up sick birds and caring for them, taking some to Massey Vet Hospital and calling in various bird rescue groups.

It seems possible the birds had ingested a poisonous substance, but the Covid-19 outbreak has interfered with getting toxicology back from Massey.

Then along came Covid-19. Members of the Waikawa Beach Facebook group immediately started checking in with folks, offering practical support as well as a safe way to chat.

A new Reay Mackay Grove page sprang up, too, getting a roll call going, again offering chat and even a free piano concert by a local.

The Waikawa Beach Ratepayers Association of course also provided a lot of information on its website and encouraged people to look out for their neighbours.

We have reports of some older

community members receiving multiple offers of help and expressions of concern.

Quite a few people left their usual city residences and came out to the beach to wait out the Level 4 Alert period, while others offered their baches to guests who needed a place to self-isolate.

If you're out for a walk, there are plenty of cheery waves from others taking exercise. It's a delight to reclaim the streets for pedestrians and cyclists. There are no worries about tradie vans and trucks servicing the various building sites around the place.

Waikawa Beach is pretty quiet at the best of times, but now it's rare to hear any vehicles at all. There's a bit of mainly silent gardening going on, with mainly birds and a few buzzing flies providing the soundscape.

Waikawa Beach has always been at the end of the line, because it's not on the way to anywhere.

At this unique time in history it's also in its own little bubble.

■ *Miraz Jordan is a Waikawa Beach resident and blogger. See [www.miraz.me](http://www.miraz.me) and [lovewaikawabeach.nz](http://lovewaikawabeach.nz)*



WAIKAWA WAYS

MIRAZ JORDAN



Where you would normally see several cars for folks walking by the river, these days at Waikawa Beach there are none.



The solitude of the river walk at Waikawa Beach. Photos Miraz Jordan

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### FUNERAL DIRECTORS & STONE MASONS

Over the last few days our way of life has changed dramatically. Our government has enacted the Pandemic Response plan at Level 4 and over the last few days the Ministry of Health have clarified that funerals of family members must not be undertaken during level 3 and 4 alerts as per the government decision.

We understand that this will be very distressing for families and will offer our support to help you negotiate through this difficult time.

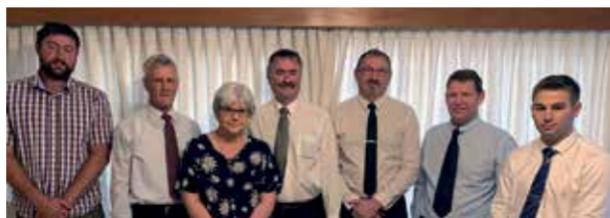
We are taking this directive extremely seriously and are strictly adhering to the restrictions put in place by our government.

We are determined to protect our staff and those we come in contact with.

These are very difficult times and we understand how important it is to farewell our loved ones. We will work with you to offer suggestions to do this in a meaningful and loving way and even though services have changed we will do our absolute best to support you in these absolutely trying times.

There are still ways we can honour your loved ones and we will work with you to ensure your loved ones farewell is performed with respect and care.

**We will get through this together**



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Liam, left, and Kyuss with their great-nana Mae Carson at Ocean View before the lockdown.

## We're all in this together

**Imagine your kuia/nana was passing away and the doctors told you all it would take to save her was changing your lifestyle for a month or two.**

That's literally why we're staying home. You can do it. You might save the life of your own kuia or someone else's.

That's not to say it's easy, and just like everybody goes through life differently, we're all going through this lockdown in our own way.

For some people, the worst part is not being allowed to have a coffee, wine, or beer with their sister or mate. Others are struggling to balance jobs and home-schooling a household of tamariki.

### GOOD THINKING



PERA BARRETT

Some have lost their jobs and livelihoods. Others are worried about losing their health or life. Others already have.

Regardless of how your struggle seems compared to others, it's real. It's yours. But since we're all doing this thing together for a while, it's ours.

Reach out if you need help, even if it's just to talk. Someone might have cut a path for what you're going through right now.

He waka eke noa - we're all in this together. Stay safe!

■ *Pera Barrett is a rap singer, story writer, and founder of Shoebox Christmas. He received the Local Hero award at the New Zealander of the Year awards in 2019. podcast host: [paperback guerrillas.co.nz](http://paperbackguerrillas.co.nz)*

# The fighter plane made in the worst of times

**Tough times are the best of times for progress and change.**

Most of us are likely to believe we are encountering unprecedented difficulties and hardship right now. And I have no doubt it will be tough for most people.

But spare a thought for those through history who've experience plague, famine and brutal war.

I say this not to minimise the current global catastrophe, but to point out that the world has been in crisis before. The consequences have often been world-changing and dire. Sometimes the pain has produced something extraordinary and wonderful.

Take the dark days of the late 1930s when the

**MEDIA & COMMUNITY**



FRASER CARSON

Great Depression was a recent memory and the future was darkened by the prospect of war. This was a time of great innovation and advancement of all manner of things.

An example is the invention of the Supermarine Spitfire, a British single-seat fighter aircraft used by the Royal Air Force and other Allied countries before, during, and after the Second World War. Its invention likely made a life-and-death difference to the outcome of the Battle of Britain, which was a turning point of the entire war with Germany.

It's incredible to think that such a vision of



**FIGHTER:** The Supermarine Spitfire, a great example of innovation in times of adversity.

exquisite design and mechanical genius could be created little more than 20 years after rickety wood and fabric biplanes chugged around the skies of the First World War.

How can it happen that out of difficult times and extreme adversity, humans are capable of such great things?

In the late 1930s, as now, the world faced a very uncertain future. For some, it became a reason to submerge in defeat. For others, it represented an opportunity that simply didn't exist in good times.

When things are swimming along and there isn't much of a care in the world, many would say there's little reason to think about anything

different or new. But when things get tough, the mind turns to what's important – academics call it "essentiality".

It's in difficult times that the inventors, the entrepreneurs and positive futurists get a smile on their face and seize the moment. They know that the environment is different.

Suddenly, things are allowed to happen and there's more of a focus on fixing things and the possibilities of a better future. What there's less of is equally important – less focus on process, red tape and bureaucratic power-and-control thinking. To Hell with frivolous appearances and the risks of losing money, let's go on an unbridled adventure to just get something done.

If you doubt my logic, take a look around and ask yourself how you are responding? Some think the Covid-19 environment is a time to shut up shop and hunker down, and who can blame them?

But you will also see plenty of people who adopt the attitude of "it doesn't so much matter what happens in life. The important thing is what we do about it."

This releasing the shackles and great progress is a trait of history that seems never to be bottled for the next time when we return to "normal" and everything is good again. As the Sun comes out, the innovator with one smart reason to do something once again faces those with 100 reasons to resist it.

I personally have a hope that the lessons from the current obscurity will be abandonment of the things that are destroying the planet for our children and grandchildren. Less carbon and plastic in the oceans and less war might be easier with people looking out for each other, more people working from home and fewer flying long distances to conferences and holiday destinations.

Here's my bit of innovation in the face of this damned pandemic. At the end of March, in just three days we built and launched a new website called [knowthis.nz](http://knowthis.nz). It's designed to be a national hub for information, news and views to help people through this pandemic.

It's not a Supermarine Spitfire, but it might just provide something better than we had before.

■ Fraser Carson is a member of the XŌtaki College Alumni Trust and the founding partner of Flightdec.com. Flightdec's kaupapa is to challenge the status quo of the internet to give access to more reliable and valuable citizen generated content, and to improve connectivity and collaboration. He can be contacted at [fraser@flightdec.com](mailto:fraser@flightdec.com).



## Chorus supports students without broadband

**To support the education needs of students as New Zealand works through the Covid-19 epidemic, Chorus has offered to provide internet service providers with a free wholesale broadband service to support up to 50,000 homes currently without connectivity.**

Chorus will waive the normal monthly wholesale charges for these new broadband services to Chorus's internet service providers for six months.

A broadband connection would be made available to student households that the Ministry of Education identifies as needing broadband to be installed for educational purposes and where Chorus has intact infrastructure.

Chorus chief customer officer Ed Hyde says that since the Covid-19 lockdown was announced, Chorus has been looking at ways to ensure students are able to access broadband at home.

"There is no question that access to better broadband makes a significant difference to the lives New Zealanders, particularly in a time like this," he says. "So I am excited to be able to confirm that the Chorus network can be used to provide access to essential tools for learning to students in homes that do not currently have a broadband connection.

"Chorus is ready to support the Ministry of Education and the Government in whatever capacity is needed."

Under the support that can be provided, Chorus would provide the broadband access on the best intact broadband infrastructure in place – fibre if already installed, VDSL if no fibre is installed, and ADSL if VDSL is not available.

Given the current Covid-19 restrictions, Chorus expects most of the intact broadband connections to be provided over the VDSL/ADSL copper broadband network.

Chorus will work with internet service providers to provide the broadband connections, or services, to the Ministry of Education for their students as quickly as possible to enable students to progress their learning once term two begins.

"As a wholesale provider, Chorus can't deliver the whole solution. We're now looking to the internet service providers who package up our products for consumers to also support the Ministry of Education, with both financial and operational support.

"Delivering these connections to students in a matter of weeks will present a huge operational challenge for the industry but we know how important this is so we will be working hard to get this done."

JAZZ HAIR & CO

Hi everyone, Jacinda here from Jazz Hair & Co. I am with you during these difficult & strange times we are going through. Be strong, stay well & we'll emerge into a brighter day! I look forward to seeing you all again soon.

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## Responding to COVID-19 in Kāpiti

He waka eke noa – we're all in this together.

New Zealand is in lockdown to prevent the spread of COVID-19 and we all have a part to play in helping to break the chain of community transmission and saving lives.

Our daily lives have been disrupted in unprecedented ways. This is a time for unity, kindness and patience as we are all getting used to living in our bubbles and learning to work and play in new and innovative ways.

As a Council we are focused on supporting the national response, and the health and wellbeing of Council staff and the Kāpiti Coast community. Our best chance of making sure this disruption is successful is for everyone to do their bit so please continue to stay in your "bubble" and stick to the rules.

As always, the Ministry of Health's website is the best source for up-to-date health information on COVID-19. Visit [www.health.govt.nz/covid-19](http://www.health.govt.nz/covid-19)

The Government has also set up a website that has everything you need to know about COVID-19 in one place. To find out what help is available and to get the latest updates visit <https://covid19.govt.nz/>

For local information, please visit <https://www.kapiticoast.govt.nz/our-district/cdem/covid-19/>, follow us on Facebook and download the Antenno app to stay up to date.

We are updating our webpages regularly, and you can also view our Facebook feed at [www.kapiticoast.govt.nz](http://www.kapiticoast.govt.nz).

### What does the community need to do?

Follow the rules. The Government has provided clear guidelines for the next four weeks:

- Stay in your bubble – limit your contact to those you are in lockdown with, and reside only in the house you were in at 11.59pm on Wednesday 25 March.
- Exercise and fresh air are important, so when you do go out, keep it local and maintain a 2 meter distance between yourself and the people you come across.
- Our playgrounds are closed. Please do not use them.
- Keep in touch with your whanau, friends, neighbours and colleagues in safe ways. Check in by phone or catch up online.
- Continue to practice kindness, patience and unity.

We're asking everyone in our community to unite with us against COVID-19 and to do the right thing.

We'd like to give special thanks to those delivering essential services to our community – health workers, supermarket and dairy staff, delivery drivers and those delivering our water and wastewater services.

He waka eke noa – we're all in this together. Be kind, stay home, save lives.

**Be kind,  
stay home,  
save lives.**



New Zealand Government

## What is Kāpiti Coast District Council doing during this time?

We've changed the way we operate to help reduce the risk of community transmission.

We've closed all our public facilities including libraries, swimming pools, community halls, playgrounds, tennis courts and public toilets. Playgrounds are classed as congregation areas and are off-limits for now.

Where possible our people are working from home. Like everyone, this new situation is taking some getting used to. Looking after our staff is a priority and we will be looking to ways they can continue to provide their services in new and innovative ways.

We are continuing to process building and resource consents and we are endeavoring to do this in a timely way. We are operating at a reduced capacity and with some significant constraints on working arrangements. As a result, our ability to meet statutory timeframes may not consistently be possible.

We are continuing to assess the impact of COVID-19 on our other work and will regularly communicate with the community over the coming weeks.

Our primary focus is to ensure the ongoing delivery of our essential services. At a glance, these are:

Service	Status at Level 4 Alert
Rubbish collections	Will continue as normal via commercial collectors. If you don't have kerbside collection, stockpile your rubbish on your property until the transfer stations reopen to the public.
Kerbside recycling collections	On hold until further notice.
Greenwaste collections	On hold until further notice.
Waikanae recycling centre	Closed to the public until further notice.
Otaihanga and Otaki transfer stations / recycle drop off stations	Closed to the public until further notice.
Sewer/water/stormwater maintenance	Emergency repairs and maintenance will continue as required.
Reserves, playgrounds and tennis courts, basketball courts, skateparks	<ul style="list-style-type: none"><li>No mowing or planned maintenance will be undertaken until further notice.</li><li>Playgrounds, tennis courts, basketball courts and skateparts are closed.</li><li>If you do go out for a walk or run, please follow the physical distancing rules.</li></ul>
Public toilets	Closed until further notice.
Cemeteries	We will continue to provide burial services.
Roads and coastal infrastructure	Emergency repairs and maintenance will continue as required.
Water and wastewater treatment plants	All fully operational.
Council laboratory	Only undertaking essential water and wastewater treatment plant sampling.
Resource and building consents	Processing continues but no building inspections will be undertaken.
Animal control	Available to respond to requests from the community.
Council facilities (libraries, aquatic centres, community centre and hall and venues)	Closed until further notice.
Contact centre	Available 24/7 via 0800 486 486 or <a href="mailto:kapiti.council@kapiticoast.govt.nz">kapiti.council@kapiticoast.govt.nz</a>

Please note this list This is subject to change.

For local information, please visit <https://www.kapiticoast.govt.nz/covid19/>

Follow us on Facebook

Download the Antenno app to stay up to date, free from your app store.

You can also view our Facebook posts directly on [www.kapiticoast.govt.nz](https://www.kapiticoast.govt.nz).

# CTPH

## CIVIL TRIM PLANT HIRE

Steve and Kyle at CTPH wish their customers and the community all the best, during this tough time.

Stay safe and we look forward to reopening and serving you again. We're in this together.

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- lawns • fencing

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- Rock walls & ponds

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**'LOCALS HELPING LOCALS'**

# MAHI MĀRA/GARDENING



## April in the vege patch – harvest, and plant for winter

### Keep January planted beans, zucchini, tomatoes and cucumbers crops jogging along with a daily harvest – don't let energy get wasted on the big old bean at the bottom!

A daily harvest keeps fresh flowers coming on. Trimming off old leaves also does wonders. Make the most of your garden and get new crops going at their feet.

Whip out any crops that are past their best and recycle them into compost or mulch. Use the space for new sowings or plantings.

### Maximise leafy greens

Get the most out of your leafy greens (salads, silverbeet, kale, chard) by harvesting the older, outside leaves first. Removing the outside leaves regularly keeps fresh growth coming on.

Leave a core of five or six leaves. Take one or two leaves from a few plants, rather than a lot of leaves from one.

Boost growth with a weekly liquid feed.

### Quick turn-around greens

Refresh old kale, silverbeet or chard plants by chopping off the tops and leaving a 20cm-ish stump.

Donate a bit of soil food like compost or rotten manure at the base, pour on liquid feed and mulch – a low travel miles use for the tops you chopped off. Pretty soon you'll have a delightful harvest of little leaves.

### Patient harvesting – pumpkin, yams and potatoes

Be sure of ripe perfection before harvesting. Pumpkin and squash are ripe when the stalk is dry, and not before!

Main crop potatoes store best if you harvest once the tops have died down.

Yams are fatter and sweeter after the first frost, so leave them be for now.

### Kumara harvest is nigh

Today marks 120 days since I planted my kumara. I usually harvest about 130 days, somewhere between 120 and 150 is ideal. Catch them in their prime and get them up before night and soil temperatures dip too much. Cold,

wet soil is kumara's least favourite.

### Boost broccoli, cauliflower and cabbages along

- weekly liquid feed.

- cabbage white control.

If your brassica aren't tucked

up under insect mesh then flick off the eggs beneath the leaves and squash the caterpillars or spray with Kiwicare caterpillar killer. It's not for much longer, they'll be disappearing soon.

- Deep water once a week (if there's no rain).
- Topping up mulch as they grow.
- A side dressing of rotten manure or compost when the plants are 30cm.

### In the next two weeks

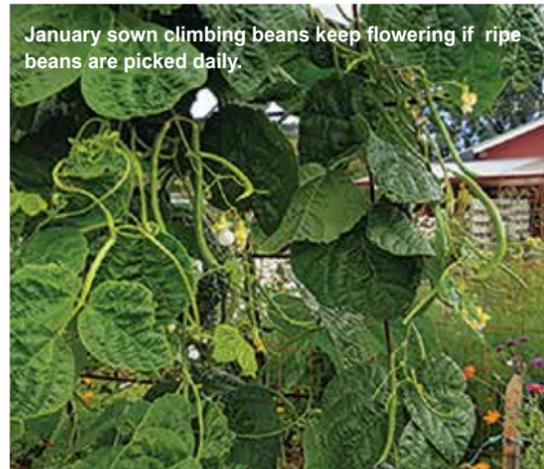
- Plant out lots of salad greens and loads of leafy greens – parsley, kale, silverbeet, perpetual beet or hard to ensure plenty of fresh greens through the winter.
- Plant brassicas for late winter eating.
- Plant celery into a lovely pile of muck.
- Plant garlic.
- Plant companion flowers like calendula, larkspur, cornflower, primula + poppy to keep your spirits up and your beneficial insects fed.
- Direct sow peas, snowpeas, sweetpeas, broadbeans, corn salad, miners lettuce, mesclun mix, rocket, spinach, coriander, beetroot, radish and onion.
- Direct sow green crops in any gaps – phacelia, oats, lupin, broadbeans, wheat, mustard.
- Tray sow globe artichokes, onions and another lot of brassica.
- Thin root crops for good sized crops.

### THE EDIBLE GARDEN



KATH IRVINE

*Kath Irvine has been growing vegetables to feed her family for 21 years. Spray-free, natural, low-input food gardens are her thing. She believes smart design saves time, money and the planet, and makes a garden hum. She recycles, reuses and forages, and uses as little plastic as possible. Kath believes in a daily serve of freshly picked organic greens for a happy mind and strong body. She provides organic gardening advice through her articles, books, workshops and garden consultations.*



January sown climbing beans keep flowering if ripe beans are picked daily.



# HAUORA/HEALTH

## Look after mental health for you and whānau

**Covid-19 is changing our daily lives. It's important to look after our well-being and the well-being of our whānau and community as we get through this together.**

The Mental Health Foundation of New Zealand has suggestions on how to do this:

It's a tense time for most of us. Covid-19 is scary, and it's rapidly changing the way we work, socialise, travel, access healthcare, exercise, shop and live.

We know many people are feeling anxious, stressed, worried and scared. You can call or text 1737 at any time to speak with a trained counsellor – it's free and confidential.

Connecting with people who make you feel safe and loved is the most important thing you can do to look after your mental health and the mental health of people around you.

Self-isolation or staying at home makes this difficult, but not impossible. We need to get creative. Stress and anxiety can make things worse.

Our well-being tips are designed to work for you, however you're feeling right now. Our FAQ on our website answers some of the questions we've been receiving.

We'll be updating our website as often as we can with new information, resources and material.

We're also active on Facebook, Instagram and Twitter, where we'll be sharing ways to support well-being and asking you to share the things that are helping you get through.

We hope you'll join us there.

Connecting with others is so important for our well-being and helps to make us feel safer, less stressed and less anxious. We can support each other to get through this.

Some ideas to connect include:

- writing emails that share a favourite memory
- playing video games with mates, playing online scrabble or other board games
- joining or starting a virtual book club
- sharing a favourite karakia or waiata with your friends on social media
- having video catch-ups with workmates
- calling friends and whānau who are in self-isolation
- reaching out to neighbours to ensure everyone has what they need to get through

- find ways to take notice the beauty in the world around your home
- take time to feel the sun on your skin, breathe in fresh air whenever you can
- make a list of what you're grateful for

- take the time to thank someone for how they make you feel
- do a mindfulness exercise on YouTube
- watch the plants in your home or outside your window growing and changing with each passing day
- find ways to be active – we know this is a tricky one without gyms or sports but it can be done!
- play "the floor is lava" with the kids
- do a yoga class online, try out a new workout on YouTube



- go for walks or runs outside (just stay two metres away from others)
- use the cans in the pantry as weights, stretch
- give compliments
- think about a skill you have that you could share with your whānau, flatmates, friends
- share a favourite recipe
- let people know you're there to help (and tell them what help you can offer – eg can you pick up food for a neighbour when you go shopping?)
- can you help your friends' kids with their English homework via Skype?
- check in on neighbours and members of your community who may need to hear a cheery voice or need a helping hand
- find ways to keep learning
- staying curious and engaging with the world around you is a great way to uplift your well-being
- pick a question you've always wondered about and take some time to look it up
- call your parents or grandparents and ask them

- research your whakapapa or family tree.
- look up stories, myths and legends from different cultures.
- discover the name of the iwi, hapū, maunga and awa of the place you live
- download an app like Duolingo and start learning a new language
- ask your tamariki/kids to teach you something they learned at school
- spend time with nature
- while staying at home doesn't mean you have to stay indoors all the time, it might feel safer for you to do so!
- think about how you can connect with nature from your home. Can you bring some nature indoors? Put up pictures of maunga (mountains), whenua (land), moana (oceans) or awa (rivers) that have meaning to you
- have a chat with your pot plants (this really helps them grow!)
- listen to nature sounds – birdsong is a lovely

- background noise while you work
- open the windows as often as you can
- take time every day to feel the sun or the wind or rain on your skin
- keep taking your medication, don't stop without first talking with your doctor
- phone or email your GP to get any new prescriptions you may need
- if you're staying at home and that's throwing your routine off, set reminders to take your medicine when you need to
- if you're getting help with your mental health, continue with this if possible
- talk to your GP, counsellor, case worker or mental health team about how they can continue supporting you
- can your appointments be over the phone, via email, text or video chat? What tips do they have to help you get through?
- who can you call if you need help urgently? Write this down so you have it handy when you need it.

Source:

[www.mentalhealth.org.nz/covid-1](http://www.mentalhealth.org.nz/covid-1)

**You can call or text 1737 at any time to speak with a trained counsellor – it's free and confidential.**



**CHALK IT:** An Ōtaki Beach resident has opened their fence in Moana Street to passersby on neighbourhood walks, urging walkers to chalk their message. Bring your own chalk if you're in the area!

### HELPLINES AND LOCAL MENTAL HEALTH SERVICES It's OK to reach out for help – never hesitate if you are concerned about yourself or someone else. IN A CRISIS OR EMERGENCY

If someone has attempted suicide or you're worried about their immediate safety, do the following:

- Call your local mental health crisis assessment team 0800 745 477 or go with them to the emergency department (ED) of your nearest hospital
- If they are in immediate physical danger to themselves or others, call 111
- Stay with them until support arrives
- Remove any obvious means of suicide they might use (eg ropes, pills, guns, car keys, knives)
- Try to stay calm, take some deep breaths
- Let them know you care
- Keep them talking: listen and ask questions without judging

- Make sure you are safe.

For more information and support, talk to your local doctor, medical centre, hauora, community mental health team, school counsellor or counselling service. If you don't get the help you need the first time, keep trying.

#### Services offering support & information:

- Lifeline 0800 543 354 (0800 LIFELINE)
- Samaritans 0800 726 666 - for confidential support for anyone who is lonely or in emotional distress
- Depression Helpline 0800 111 757 or free text 4202 - to talk to a trained counsellor about how you are feeling or to ask any questions

- Healthline 0800 611 116 - for advice from trained registered nurses
- [www.depression.org.nz](http://www.depression.org.nz) – includes The Journal free online self-help.

#### For children and young people

- Youthline 0800 376 633, free text 234, email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or webchat at [www.youthline.co.nz](http://www.youthline.co.nz) (webchat available 7-11pm) – for young people and their parents, whānau and friends
- What's Up 0800 942 8787 (0800 WHATSUP) or webchat at [www.whatsup.co.nz](http://www.whatsup.co.nz) from 5-10pm for ages 5-18.
- Kidslines 0800 543 754 (0800 KIDSLINE) – up to 18 yrs.

More options: [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)



# Fitness tips and motivation for the lockdown

**During this lockdown it's a great time to either get on top of your fitness or to re-evaluate what you're doing for exercise and perhaps change it up a little bit.**

Some of you will have been going to the gym, some of you will have been seeing a personal trainer and now obviously you can't do that anymore.

So what can you do? Well, quite a lot actually and you don't need any equipment to do it with either. During this time I've been texting my clients with daily fitness tips and challenges. Things to keep them motivated and on track to keep them healthy and in good shape.

As you all know, you can go outside for a walk, jog or run. This is a great idea. You'll raise your heartrate, get some fresh air and produce some vitamin D while out in the sunshine. A good 30 minutes out and about, while keeping your distance from anyone you come across, will do wonders for your fitness.



GETTING FIT

DANIEL DUXFIELD

Learning how to do body-weight exercises is another great idea for your fitness. Look online and you'll find hundreds of videos on squats, push-ups and lots of other exercises you can do without equipment. These exercises done with no weights will quickly raise your heartrate and push your muscles to their limit when done for any length of time. Especially if your goal is to push yourself to the point of failure.

Perhaps a goal or challenge you could try would be to do many sets of a particular exercise throughout the day. Could you do 200 push-ups over the course of your day? If you did that for five days, you will have done 1000 push-ups in a week!

We are in a time of stress. People are sick, shops are closed and there's plenty to worry about.

But there's a simple way to relax and de-stress. Stop for a moment and breathe. Take a few deep breaths in and out,

breathing from your stomach. Clearing your mind of any thoughts and just being still and in the moment can bring you some clarity and relief from the situation everyone is in right now.

Many of you will also be working from home and just like at the office, stopping for little breaks is essential for your productivity.

Every hour, stop working, get up and do a set of exercises. Squats, push-ups, star jumps, sprints up and down the driveway – whatever you want to do. Exercise will invigorate you better than a third or fourth cup of coffee and I guarantee you'll feel much better and more focused than you were before.

Those are some of the tips I've been passing on to my clients as we all do our part to prevent the spread of Covid-19.

Remember to move well and move often.

■ Daniel Duxfield is an exercise professional who operates DuxFit Functional Fitness from a private studio in Ōtaki. Contact 022 1099 442 or [danielduxfield@gmail.com](mailto:danielduxfield@gmail.com) and see [www.facebook.com/duxfitfunctionalfitness/](http://www.facebook.com/duxfitfunctionalfitness/)

## Watch out for the dreaded week 3

**Trisha Waugh, a Kiwi now living in the UK, gives us some advice about hunkering down during lockdown:**

Back in NZ when I was a probation officer, I was a home detention specialist managing offenders "tagged" to stay at home for up to 12 months, and who would otherwise have received a prison sentence. I managed a wide variety of people, but they all went through distinct stages of their sentence.

Since we are all now effectively on home detention, I thought I'd share these stages so you are aware of the impact this sort of confinement will have.

**First 2 weeks:** A bit of a novelty, settling in and doing odd jobs around the house. Becoming aware of the relationship dynamic (at least other household members could come and go) getting used to the "territory" restrictions – some accepted, others resisted and argued and pounded the "fence line".

**Week 3:** This is key and happened pretty much like clockwork. A real malaise hit (acute confinement depression). This was the week I really had to watch as people would all cope with it differently. A real despair and feeling like a loss of their entire world. Defeat would set in.

**Week 4 onwards:** This is also key. Adapting. The penny would drop about all the new opportunities that presented themselves from this new way of living. I saw creative minds start mapping out a more productive future – studying, business ideas, self improvement, relationship challenges – and finally addressing the internal issues that got them here. This was when the good work started and loved ones started to notice significant change.

The planet has been given a wake-up call. We've all got the opportunity to examine the issues that got us here. Let's all make it count. Just watch out for Week 3, and look after one another.

## Words of wisdom from a school principal to parents

"If I can leave you with one thing, it is this: at the end of all this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during those weeks is gone. So keep this in mind every single day . . ."



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[bigimage.co.nz](http://bigimage.co.nz)



# Official guidelines for tangihanga

*The Ministry of Health has issued new guidelines for funerals, with a particular perspective on Māori tangihanga.*

Immediately contact your local police and inform them of the death. You may wish to speak with the police iwi liaison officer, which your local police should be able to facilitate.

Appoint a whānau member to liaise with police and health providers. This may be the person who contacted local police in the first instance.

Māori communities, iwi, hapū and whānau are being encouraged to establish local kaiwhakarite, people who can assist whānau during this time as well. You may wish to contact your kaiwhakarite to seek advice. Get in touch with your iwi and hapū organisations as well as marae to see if a kaiwhakarite has already been established.

Contact the deceased's health provider (GP, Hauora, PHO).

If your loved one has died from a known health issue, this will be critical information for the police – your loved one's health provider must liaise directly with the police to pass on this information.

If your loved one has died from Covid-19 then it will be critical for the police and/or health provider to support you with information on what to do next.

If your loved one has died from an unknown cause, a post-mortem will need to be undertaken. The police will facilitate this process and will liaise directly with your appointed whānau member.

Get in touch with a local funeral director to organise arrangements for burial or cremation.

If you are unsure about funeral directors, work with your local police iwi liaison officer, kaiwhakarite, tribal authority, health provider and/or local Civil Defence Emergency Management Centre to identify someone suitable.

Once you have secured the services of a funeral director, be prepared:

- They will uplift your loved one wearing full protective clothing including masks, gloves etc. – this may be daunting for whānau, especially young ones.
- They will allow only one appointed whānau member to facilitate arrangements including paperwork – this may need to be done remotely or at least using strict social distancing measures.
- Whānau are not allowed to go to the funeral home for viewing, karakia, poroporoakī or mihi.
- All funeral directors are being encouraged to carry out burials and cremations as quickly as possible and at the nearest cemetery or burial

ground as defined by law.

- Depending on where you are located there may be the ability to have the deceased interred at an urupā or private cemetery. However, this will need to be agreed with the funeral director. This does not preclude whānau from electing to have their loved one placed in storage (refrigerated), if this facility is available locally, until we are past the current Level 4 Alert national emergency. You can discuss this option with the funeral director if you wish to.

#### **To note:**

Tūpāpaku (bodies) are potentially contagious. Where possible, minimise contact with the deceased loved-one. It will be very hard, but we cannot allow any others to come into contact with the deceased or those who are in isolation with them.

This means that whānau and friends are unable to visit your home or funeral home to pay their respects.

It also means that the time available with your deceased loved one will be short.

#### **Cremation**

Although you might not be used to cremation, you might have to consider it, especially if you are wanting to return your loved one to their whānau urupā once we recover.

Be prepared to potentially not have your loved one's ashes returned until after the pandemic.

#### **Honouring your loved one**

Once whānau know the time of the burial you may want to hold a service at that same time in your own home with those whānau you are isolating with.

You may also choose to livestream this service with other whānau and friends.

Once we recover from this pandemic, your whānau may want to come together to honour your loved one.

If your whānau member was cremated, you may want to bury their ashes at a whānau urupā. If they were buried immediately, you may choose to hold a service at the burial grounds. These are only some of the ways you may choose to remember your lost loved one.

#### **Getting support**

We encourage whānau to use the services of their police iwi liaison officers, their local kaiwhakarite and their deceased loved one's health providers.

Grieving is never easy. If you feel you are not coping, it's important to talk with a health professional. For support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.

# HĪTŌRIA/HISTORY

## The 1918 flu took more than 50 Ōtaki lives

Few people alive today will remember the influenza pandemic of 1918-19 that resulted in about 9000 deaths within two months in New Zealand – the country's worst loss of life from a single event. That flu has been compared to the current Covid-19 pandemic. The following is extracted from an article in the winter 2019 issue of Ōtaki Street Scene.

**Lasting from January 1918 to December 1920, the pandemic dubbed Spanish flu infected 500 million people worldwide, about a quarter of the world's population.**

The death toll is estimated to have been anywhere from 17 million to possibly as high as 100 million, making it one of the deadliest pandemics in human history. It resulted in more deaths than what the armies of the First World War could achieve in four years.

Ōtaki lost more than 50 people in an illness that killed men, women and children equally. Māori, however, seemed to be particularly afflicted nationwide, with more than 4 percent of the estimated Māori population of 51,000 dying. It's not known how many Māori in Ōtaki died.

It's been suggested that being still largely rural-based, many Māori had not developed any immunity by

surviving less virulent strains over the years. There was also less access to medical assistance for them.

The higher death toll in the Māori population actually worked against it. The Minister of Health banned tangi, though European funerals were allowed.

Māori were also stopped in some areas from using the trains; the MP for Northern Māori famously being refused a ticket at Auckland after attending flu-related duties with his constituents and attempting to return to Wellington.

Public gatherings in general were discouraged. Even celebrations of Armistice Day in November 1918 were thought to have encouraged the spread of the flu (see photo at right).

As in many small towns around the country, Ōtaki people rallied to offer assistance to the ill. Soups and blankets were distributed to households who often had the whole family bed-ridden.

Orphans were taken in and temporary hospitals established.

The old Town Hall that was opposite Raukawa Marae (and is now where Countdown operates), was used as an emergency hospital, as was the Anglican Railway Hall at the



Even celebrating Armistice Day in November 1918, was thought to encourage the spread of the flu. This gathering was outside the Levin Post Office. Photo: G L Adkin, Horowhenua Historical Society

Rāhui Milk Factory. The milk factory was somehow immune to the illness, with not one worker succumbing. It ran 24-hour shifts during the crisis to compensate for other factories that had been hit by staff illnesses.

Its owner, Frank Wilton, was one of the few people who owned a car. The local doctor, William Huthwaite, had only a horse and gig, so Frank would ferry the doctor – and another doctor

who had arrived to help out – on patient visits.

The *Free Lance* newspaper of November 28, 1918, recounted a story involving one Ōtaki resident, Arthur Spiers, a lawn bowler. It showed how widespread the epidemic had become.

A pathetic interest attaches now to the bowling match that was arranged to be played on Peace Rejoicings Day

(12th inst.) between Karori and a visiting team of two rinks from Ōtaki. When entries were invited at the Karori Club of members willing to play in the match on the day specified (12 inst.) Tom Spiers was the first man to enter his name, and Arthur Bright [perhaps should read "Spiers" – ed] was one of the first of the Ōtaki Club to enter. The match never came off, but on the day for which it was fixed Tom Spiers of Karori and Arthur Spiers of Ōtaki were being buried, both victims of the 'flu'. It is a fruther melancholy coincidence that about the same time Tom Spiers' cousin – A E Spiers, one of the crack bowlers of the Newtown Club – died of influenza at Invercargill whither he had travelled on business.

Even after the epidemic was declared over, it took time for wary officials and the public to regain confidence in public gatherings.

As late as 1920, Bright's Theatre (where the Civic Theatre is now) still banned children under the age of 15 from attending, on instruction from the Public Health Department.

■ Sources: Papers Past, National Library of New Zealand – [paperspast.natlib.govt.nz](http://paperspast.natlib.govt.nz)  
Horowhenua Kete – [horowhenua.kete.net.nz](http://horowhenua.kete.net.nz)  
Ōtaki Historical Journals, [otakihistoricalsociety.org.nz](http://otakihistoricalsociety.org.nz)

## Software and tear: archiving born-digital content

By David Klein  
Ngā Taonga Sound & Vision

**A computer hard drive arrives on Tom Ackroyd's desk. Tom, the digital collection team leader at Ngā Taonga, deals with this kind of thing all the time. He plugs the drive in to his network-isolated computer and sees what it holds.**

Tom collects "born-digital" material.

"That means the production was shot and cut in an entirely digital way; in the digital realm," he says.

Moving images can be shot on physical film, or they can be recorded to videotape or other formats. Sound can be recorded to magnetic tape or cut direct to a disc.

"In recent years though, we've seen the movement away from material being stored physically to purely digital files, stored on hard disks and servers, and moved around on the Internet using services like Dropbox or Google Drive."

However it's made, the audiovisual material created today becomes the archived material of tomorrow.

As you can imagine, born-digital covers a huge amount of content. Fortunately for Ngā Taonga, Tom has a good background in working with and managing digital assets. His early career began with basic videotape editing, before gaining experience at an advertising agency using Final Cut Pro.



Digital collection team leader Tom Ackroyd.

Photo David Klein

"A lot of my work was with large numbers of digital audiovisual assets. They needed management and I developed an understanding of archiving."

He brought that experience and knowledge to Ngā Taonga.

The flow from videotape to digital is reflected around the world over the last few decades – aside from niche film or tape productions, almost all new media created is entirely digital.

"There is a boom of born-digital content: Instagram stories, Facebook videos, Tik Toks, and gifs on Twitter," Tom says. "It's a fire hose of audiovisual digital material flying

around on social media and places like YouTube."

This deluge is at the crest of a wave of

changes. Institutions around the world are dealing with this explosion in the democratic production of audiovisual materials.

"With more and more people creating content, it's started us on a journey towards new ways of dividing up responsibilities and collection strategies."

As it stands, while Tom collects born-digital material, his colleagues who collect film or radio also bring in digital content.

As long as films remain under people's beds or videotapes sit in

post-production houses, Ngā Taonga will need the expertise of particular members of staff to deal with those materials and formats. Despite the broad scope of digital material, 90 percent of what Tom collects is from traditional modes of production – film, short film, television or internet video.

The audiovisual content created today becomes the archive of tomorrow, but keeping on top of what to keep – especially outside film, television and news – is tricky. The Selection and Acquisition Policy (SAP) is a guide for collecting.

"It's a massive help because otherwise we might want to collect everything – and that's an impossible task."

Tom also maintains relationships with the screen production industry.

Recent acquisitions include the *Loading Docs* series of short documentaries and *The Stories of Waitara*. The latter came about because Tom had worked with the producers on their previous series, *The Stories of Ruapekapeka*.

Both *Stories* and *Loading Docs* are shared and streamed online, and well supported by funders like NZ On Air.

But what happens to low budget independent productions?

"Without a concerted effort from institutions like Ngā Taonga, productions like these are arguably at risk of being lost in the future

because they are not supported by established broadcast or post production film infrastructures.

"There are many different approaches not just to collecting but looking after digital materials. I am in frequent discussion with colleagues inside the organisation and people in the industry because this field is in a state of flux."

Ngā Taonga, and Tom in particular, is thinking about archiving in a way that some commercial providers aren't.

"We reach out to content makers or production houses to suggest that they might like to deposit their titles with us. Often they are delighted to be asked and hadn't thought about it before. A different kind of reaction might be, 'Oh, why would you want to collect this as it's on YouTube?'"

"I respond: 'Well, how long is YouTube going to be around?' It's a commercial operation and when it comes to an end – which it will, just as MySpace did – what happens to that archive and who's responsible for it?"

In the next issue we'll follow up on Tom's work and find out some of the tricks he uses to keep on top of the flow of material.

■ Ngā Taonga cares for an enormous number of recordings that captured New Zealand life. They can be explored in the online catalogue at [ngataonga.org.nz](http://ngataonga.org.nz) and you can sign up for the Ngā Taonga newsletter at [www.bit.ly/2NwsLtr](http://www.bit.ly/2NwsLtr)

# Supporting our children while they're at home

Children's well-being is connected to your well-being. Helping our children cope with the changes caused by Covid-19 means providing accurate information, discussing facts without causing undue alarm, and re-establishing routines.

You are an important role model for your children. Staying calm. Enabling time and space to be together with children will help them adjust to this "new normal".

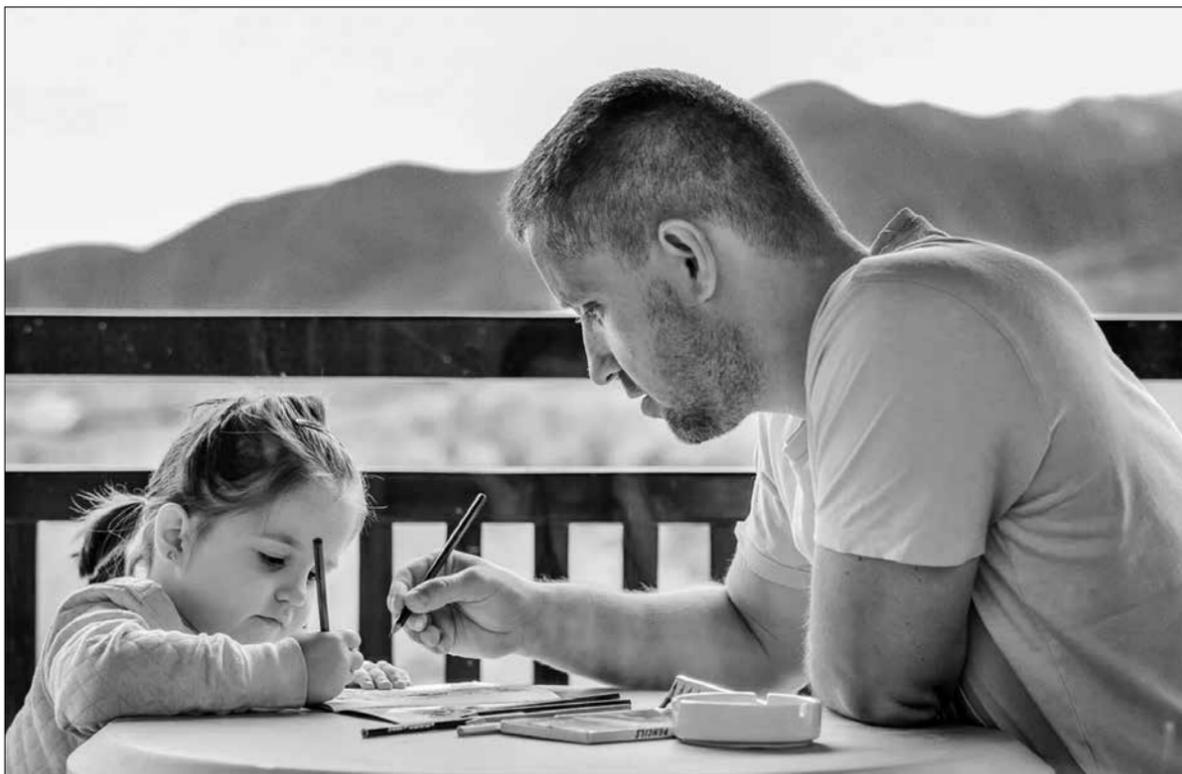
Children look to adults for guidance on how to react to stressful events. If you seem overly worried, children's anxiety may rise. You can reassure them that everyone is working together, from the prime minister down, to help people stay healthy, and to limit the spread of this virus. Remember, Covid-19 may never come to your place or to your community.

If you feel anxious, that's normal, but children notice when we are anxious. Think about how your reactions affect people around you.

Take a quick break if things feel overwhelming, and try some slow breathing or concentrate on the sounds outside.

You can express your feelings but base your words on facts and truth, and model how you want children around you to behave.

Your school is helping your child to



everyone is being especially careful to isolate now, to make sure as few people as possible get sick.

- It is important that everyone treats each other with respect, and not jump to conclusions about who may or may not have Covid-19.
- Let's keep up with the news – but not all the time.
- What else are you interested in?

– have them breathe slowly in and out, count two, move to their middle finger and repeat, count three, and so on. Use both hands to count to 10. Can they do it for you?

Sparklers has a range of calming activities for young children you could try at [sparklers.org.nz](http://sparklers.org.nz)

There are some great online apps for this as well. Get children or young people to explore these.

Headspace – [headspace.com](http://headspace.com) – has a range of things that help people keep calm and activities that help with sleep. Support them to share the helpful activities with their friends.

If a child feels overwhelmed, or that things are feeling out of control, remember that offering simple choices can help, ie shall we do this, or this? Or would they like to use this, or that?

Spend time together – would they like to do a puzzle or listen while you read a story? For older children allow time online to connect with friends.

Dr Michelle Dickinson (Nanogirl) has a great informational video on Youtube for kids about Covid-19.

## Make yourself available

Children may need extra attention from you and may want to talk about their concerns, fears, and questions.

Making time for them will let them know they have someone who will listen. Tell them you love them and give them plenty of affection.

You know your children best. Let their questions be your guide as to how much information to provide. But don't avoid giving them the information that health experts identify as critical to ensuring your children's health.

Children do not always talk about their concerns readily, so they need your patience. Watch for clues that they may want to talk, such as hovering around while you do the dishes or work. It's typical for younger children to ask a few questions, return to playing, then come back to ask more questions.

Often they will ask the same questions again and again as they try to make sense of things – keep your answers simple, truthful and age appropriate.

When sharing information, try to provide facts without promoting a high level of stress, remind children that adults are working to address this concern, and give children actions they can take to protect themselves.

## Structure your days one at a time

If your routine has been shaken up, like you're now working from home, it's good to structure your time. Routines are reassuring, and promote health and physical well-being.

Encourage children to keep up with activities at home. Invite them to try different learning activities. These might be sent from school, be things they enjoy, or activities you decide together that would be good to do at home, but don't push them if they seem overwhelmed.

Make the most of the reality of spending more time together as a family. Establish new goals together, think about learning something

at particular hours of the day or by tracking the amount of time you use social media.

Don't forget to schedule time to exercise. Look up YogaGlo or Nerd Fitness. Videos from Yoga with Adriene or the Scientific 7-minute Workout programme are also good.

Get young people to check out Hong Kong Academy's virtual sports day to help students stay active.

## Distance learning

Two online spaces went live recently: Learning from Home and Ki te Ao Mārama. These websites have resources for parents and whānau, teachers and leaders spanning early learning through to senior secondary, and new material will be added over the coming weeks.

## Coping with isolation

Everyone will have different responses to being isolated. While some people will enjoy isolation others may find this trickier. Stay connected. Here are ways to do that:

Online communities: While sticking to a social media routine, find online communities that are sharing these experiences. There are groups on WeChat, Facebook and WhatsApp that are just for parents and educators.

Colleague and Friend "Happy Hours": Reconnect with our friends and colleagues by scheduling a regular video call.

Venting: Complaining can be OK – it helps us express our emotions, helps our bonding, decreases our stress, and develops our perspective.

Be aware though that for others, complaining can become a bit much. The key is to be aware of our motivation for complaining and think through the feelings we are having before making that call.

## Avoid excessive blaming

When tensions are high, sometimes we try to blame someone. Check in



continue their learning through hard copy and/or online materials. Keep children engaged in activities at home and, wherever possible, keep their usual routines. This will support their well-being, connection with others and their learning.

Here's some tips on what you can say about the virus and what you can do to support their well-being.

- You can say yes, there are some people unwell with Covid-19, which is the reality of a pandemic.
- We all need to work together and help each other. Schools are closed to stop the spread of the virus and we are self-isolating to help prevent our people getting sick and having to go to hospital.
- Most of the people who first had the disease got this from overseas and are now getting better. That's why we have closed the borders. We want to stop people with the disease entering New Zealand.
- Because there is some virus spread between people in New Zealand,

Let's find out more together.

- What messages are you hearing from your friends?

Let's help them focus on the important stuff, helping others, keeping in contact and keeping active, planning fun things. Give permission to be online but decide on limits.

If there is no one with the virus in your family or your community, and no one has had close contact with anyone confirmed with Covid-19, emphasise to children that they, their friends, teachers and family are well.

Remind them that you and everyone in the community are helping to keep them safe and healthy. Create the space to enable children to talk about their feelings.

If they are feeling anxious you can support simple calming activities such as breathing exercises. This works for adults too, so feel free to join in. Gently hold their thumb – have them breathe slowly in and out, count out loud, one, move to their pointer finger



new together and/or helping others who may be in need (while ensuring physical distancing boundaries and lockdown expectations).

Before you go to bed, write a list of five things you are going to do the next day. It will give you a framework to hang your day on, a way to keep moving forward and a sense of achievement at the end of each day.

Consider scheduling time to use social media and establish usage time parameters. There are apps that can help block you from certain sites

with children about what they may be saying and model kindness.

Avoid stereotyping any one group of people as responsible for the virus. Be aware of comments other adults are having around your family.

## Review and model basic hygiene

Encourage children to practise everyday good hygiene to prevent spread of illness, especially frequent handwashing.

<https://www.education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/talking-to-children-about-covid-19-coronavirus/>

# TAMARIKI FUN PAGE



**KYUSS' YOUR BODY QUIZ**

1. What organ is used for breathing?
2. What are nails and hair made of?
3. How many basic senses do humans have?
4. What are the bones that make up your spine called?
5. True or false? Your ears help you to keep balance?
6. What is the biggest bone in the body?
7. What is the smallest bone in the body?
8. What is the biggest organ in the human body?
9. How much of the human body is made of water?
10. What is the best way to avoid getting a virus?

*If you don't know the answers, Google them, or look in a book, just like Kyuss did! Bee quiz answers are below.*

Email your answers to [KyussOT@idmedia.co.nz](mailto:KyussOT@idmedia.co.nz) and the first drawn with the correct answers will win a \$20 book voucher, or one of Jared's *Animals in Vehicles* books – your choice.

Print a copy off, colour it in, take a photo and put it up on Ōtaki Today's FB page to win a book voucher or *Animals in Vehicles* book by April 16.

## LET'S MAKE A SANDWICH!



Unscramble these words to see what ingredients you might use to make a sandwich.

Answers are below. When you're done go and make yourself a sandwich using one or some of these ingredients!

1. drabe \_\_\_\_\_
2. eamrtmie \_\_\_\_\_
3. heesec \_\_\_\_\_
4. omtaot \_\_\_\_\_
5. ahm \_\_\_\_\_
6. cetltue \_\_\_\_\_
7. ajm \_\_\_\_\_
8. eapntu utbter \_\_\_\_\_
9. ipchpies \_\_\_\_\_
10. gaussae \_\_\_\_\_
11. alasmi \_\_\_\_\_
12. ustmard \_\_\_\_\_
13. geg \_\_\_\_\_
14. rosputs \_\_\_\_\_
15. ickchen \_\_\_\_\_
16. utbter \_\_\_\_\_
17. omatto asuce \_\_\_\_\_

**KYUSS'S BEE QUIZ ANSWERS**

1. Wallace's giant bee (Megachile pluto) – with a wingspan more than 2.5 inches (6 cm) – is Earth's largest. Despite its conspicuous size, the big bee had been lost to science since 1981.
2. Perdita minima are slightly less than two millimeters long.
3. Killer bees are one of the most aggressive and dominant insects in the world.
4. Honey bees are the most important bees for their production of honey and beeswax, as well as the large role they play in the pollination of plants and flowers.
5. Wallace's giant bee has the biggest stinger.
6. Bees collect nectar and pollen from flowers.
7. There are more than 20,000 bee species in the world.
8. Bees live in hives.
9. Bees are mainly black and yellow.
10. Bees make HONEY of course!

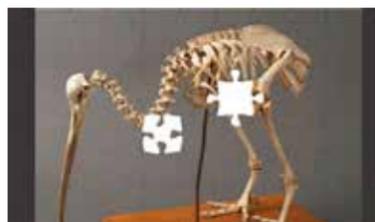
## 20 learning apps for stir-crazy kids

The closure of schools across the world has left many parents and carers in the sudden, unexpected position of being home-school teachers. Schools are providing support where they can, but there are also still plenty of smartphone and tablet apps that can be used as part of learning.

Here are 20 apps that could get parents off to a good start. The "younger children" apps are most suitable for preschool and early primary kids, while the "older children" apps are more for later primary and early secondary age.

<https://www.theguardian.com/technology/2020/mar/29/learning-apps-for-stir-crazy-kids-while-schools-are-closed>

## ŌT KIDS'



### Te Papa's jigsaw puzzles

Try out online jigsaw puzzles using taonga from Te Papa's collections. Choose a puzzle, then select the difficulty (the number of pieces) you want once it has opened.

Above is the Stewart Island Brown Kiwi *Apteryx australis lawryi*. Keep coming back – you may find some new ones. Kia ora!

[www.tepapa.govt.nz/related-links-for-online-jigsaw-puzzles](http://www.tepapa.govt.nz/related-links-for-online-jigsaw-puzzles)

1. bread
2. marmite
3. cheese
4. tomato
5. ham
6. lettuce
7. jam
8. peanut butter
9. chippies
10. sausage
11. salami
12. mustard
13. egg
14. sprouts
15. chicken
16. butter
17. tomato sauce

## KIDS' DAILY SCHEDULE EXAMPLE

Here's an example of a routine to keep kids' days as "normal" as possible:

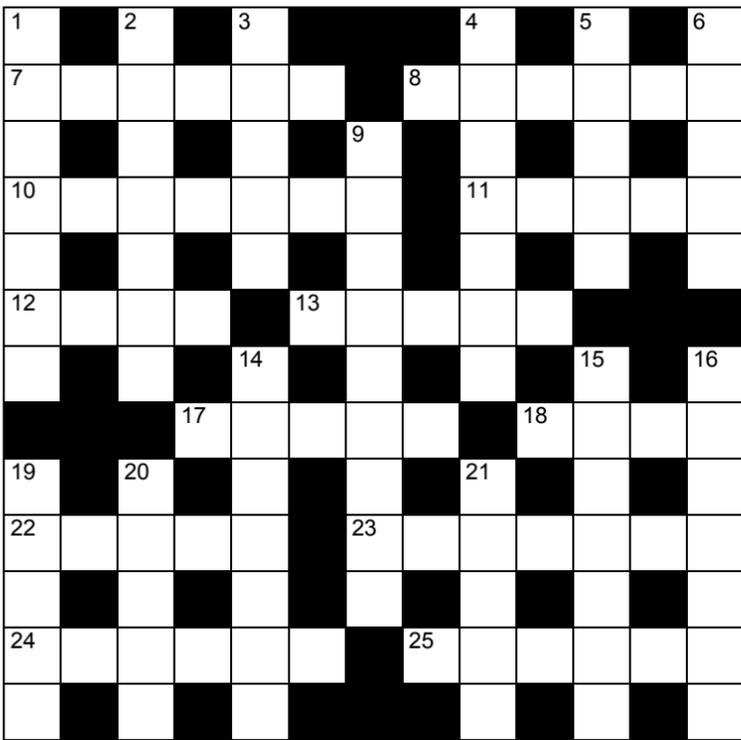
- Before 9am** Wake up  
Eat breakfast, make your bed, get dressed, put any dirty clothes in the laundry
  - 9-10am** Morning walk  
Family walk, bike ride, Yoga or exercises if it's raining
  - 10-11am** Learning at home  
School-led learning or Sudoku, books, flash cards, study guide, journal etc
  - 11am-12pm** Creative time  
Legos, magnetiles, drawing, crafting, play music, cook or bake
  - 12pm** Lunch
  - 12:30** Helping at home  
# wipe all kitchen tables and chairs  
# wipe all door handles, light switches and desk tops  
# wipe bathrooms - sinks, toilets
  - 1-2:30pm** Quiet time  
Reading, puzzles, nap, radio NZ stories
  - 2:30-4pm** Learning at home  
School-led learning or iPad games, Prodigy, Educational show
  - 4-5pm** Afternoon fresh air  
Bikes, walk the dog, play outside
  - 5-6pm** Dinner
  - 6-8pm** Free TV time  
Kids shower time
  - 8pm** Bedtime
  - 9pm** Bedtime for kids who follow the daily schedule & don't fight
- \*Adapted from a resource developed by Jessica McHale Photography*

**COLOURING COMPETITION**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ PHONE: \_\_\_\_\_

**CROSSWORD NZ1786D** (answers below)

The Puzzle Company



- ACROSS**
- 7. Soldiers (6)
  - 8. Product New Zealand has exported since the 1850s (6)
  - 10. Ear (Maori) (7)
  - 11. Superlative of bad (5)
  - 12. Maori term for a sinkhole (4)
  - 13. Contempt (5)
  - 17. Terrible (5)
  - 18. Run away (4)
  - 22. Jandal (if you're an Aussie) (5)
  - 23. Work enthusiastically (colloq) (3,4)
  - 24. Biscuit, often topped with chocolate icing and a half walnut (6)
  - 25. Harmony (6)
- DOWN**
- 1. Law (7)
  - 2. One of the bids in the card game 500 (2-5)
  - 3. Tip over (5)
  - 4. Exterior (7)
  - 5. Rear of a ship (5)
  - 6. Penned (5)
  - 9. Place of safety (9)
  - 14. Self-inflicted setback (3,4)
  - 15. Ailment (7)
  - 16. Echo (7)
  - 19. Predator introduced in 1884 to control rabbits (5)
  - 20. Cyathea dealbata, or the silver tree-fern (5)
  - 21. Backbone (5)

**CROSSWORD NZ1786D ANSWERS**

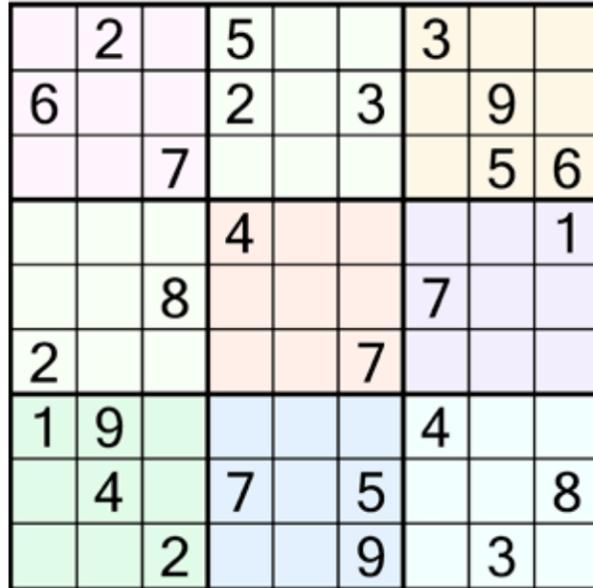
**ACROSS:** 7. Troops, 8. Butter, 10. Taringa, 11. Worst, 12. Tomo, 13. Scorn, 17. Awful, 18. Flea, 22. Thong, 23. Rip into, 24. Afghan, 25. Unison. **DOWN:** 1. Statute, 2. No-trump, 3. Upend, 4. Outward, 5. Stern, 6. Wrote, 9. Sanctuary, 14. Own goal, 15. Illness, 16. Resound, 19. Sroat, 20. Ponga, 21. Spine.

**TE REO MĀORI QUIZ ANSWERS:**

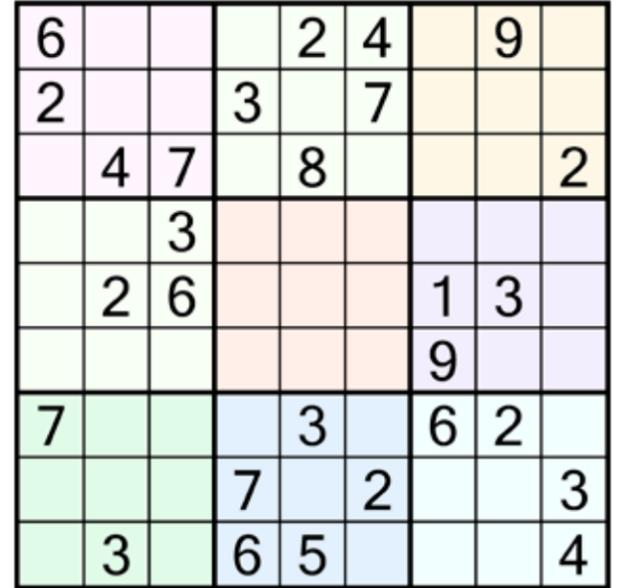
- 1. Rāpa 2. Yes, 3. Waeuae 4. Yellow 5. 5+7 = 12 6. Alcohol 7. Land of the Long White Cloud 8. Haere rā 9. New Zealand Parliament, House of Representatives 10. Too much 11. Greetings, Hello to you all - 3 or more people 12. Kōwhiri 13. A curator 14. Only you can answer this! Your name. 15. As for number 14, your job! 16. Wellington, capital city of NZ 17. Taitoko 18. Kei te pai (I'm good) 19. Happy birthday 20. sports field, playing field, playground, adventure playground, court, sports stadium.

**SUDOKU PUZZLES** www.thepuzzlecompany.co.nz

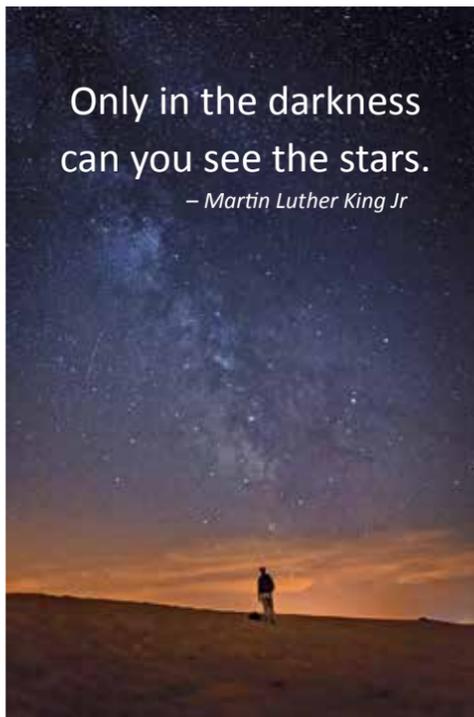
Use logic and process of elimination to fill in the blank cells using the numbers 1 through 9. Each number can appear only once in each row, column and 3x3 block. Puzzle solutions below.



HARD #15



EASY #16



**QUIZ: HOW SHARP IS YOUR TE REO MĀORI?**  
(answers below)

1. If today is Rāhina what will tomorrow be? Rāmere, Rāapa, or Rātapu.

2. Pāti is the Māori word for

3. What is the Māori word for feet/foot?

4. Kowhai is what colour?

5. What do rima and whitu add up to?

6. If you were drinking Waipiro, You would be drinking? Milk, water, alcohol or juice?

7. What does Aotearoa mean?

8. What is the Māori word for goodbye?

9. What is the Pāremata Aotearoa?

10. What does this kiwi

slang word mean: Tu Meke?

11. Tēnā koutou katoa means?

12. If you mix whero and kākāriki what will you get?

13. What profession is this: Kaitiaki Taonga?

14. Ko wai tō ingoa?

15. He aha tō mahi?

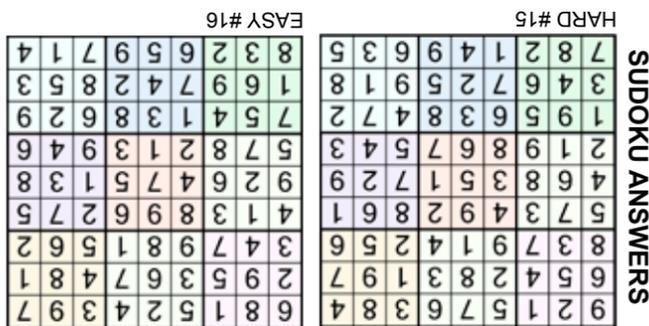
16. Te Whanganui-a-Tara is what?

17. What is the Māori name for Levin?

18. If you are asked Kei te pēhea koe, what might your reply be?

19. If someone says Rā whānau to you what are they saying?

20. If I am at a papa tākaro where am I?



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