



ŌTAKI TODAY

otakitoday.com

ŌTAKI TODAY • HUNE/JUNE 17, 2020

Ngā Kōrero o Ōtaki



BIRTHDAY BOY: Tim Faith celebrated his 50th birthday on June 11 with a cake from his workmates at New World Ōtaki.

Photo Ian Carson

Trolley Tim celebrates 50 years

Tim is 50, celebrating his birthday with other staff at New World Ōtaki on June 11.

The seemingly ageless and friendly face of Tim Faith has been missing from the staff list for the past few weeks as the Covid-19 lockdown kept him at home looking after his mum, Marie. But now he's back at the Ōtaki supermarket, just in time for a celebration to mark his birthday.

Staff made him a special cake – recognising not just his age milestone but also his 33 or so years as

part of the Ōtaki shopping scene. Tim has worked at New World Ōtaki since his teenage years, starting about 1986-87 (no one's quite sure of the exact date) and turning up for work like clockwork ready to greet customers, gather trolleys and help them with their groceries.

As a man with Down's Syndrome, Tim has enjoyed life to the full, participating in special Olympics sport and with interests much like anyone else his age. He's a huge All Blacks fan,

watching with interest all their big games.

He has won swimming medals at the Special Olympics in Ireland and although he's now 50, still swims at least twice a week to keep fit. He also plays bocce, a boules game similar to petanque, and goes weekly to Pilates classes taken by his sister-in-law, Stacey Faith.

He's the youngest of four children to Marie and Paul Faith. His dad died several years ago.

continues page 4

Yard opens with a bang

Ōtaki Yard Market opened on Saturday (June 13) with hundreds of people flocking to the old Caltex site at the highway shops.

Aided by a glorious winter's day, a prominent location and the recent addition of a huge mural by Kāpiti artist Theo Arraj, the opening drew crowds that pleased the organisers as well as most local retailers.

"We couldn't have asked for a better opening," says market manager Kyle Clark. "The place was humming with locals and out of towners by the time the market started at 8am and was bustling for most of the day."

Kyle estimated more than 1000 people visited the market, with stallholders reporting big sales – many had sold out by lunchtime.

While some highway retailers had initially voiced reservations about the market taking income away from their own businesses, an unofficial Elevate Ōtaki poll late on Saturday showed overwhelming support. At least one retailer opened early to catch the first visitors and most reported busier than usual trading. Many seemed happy to see the previously vacant site in use after delays due to Covid-19.

■ See also page 7
■ Photos page 23

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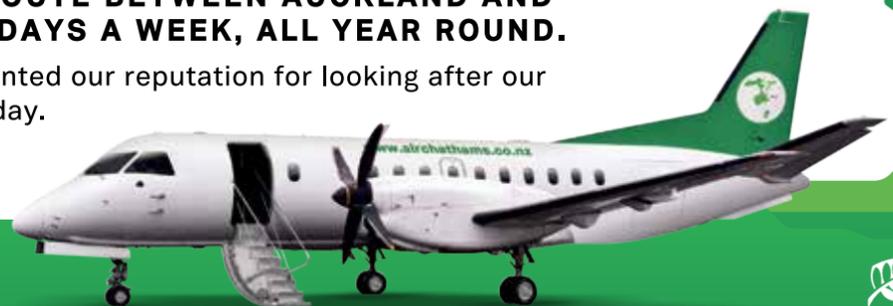
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China one-up as NZ out of kilter with Five Eyes

STAND BY for a watershed period in New Zealand's external relationships as the Government grapples with the issues posed by China's economic and strategic clout and the declining influence of the United States.

The key question, as posed by former diplomat and defence secretary Gerald Hensley, is whether self interest or principle will be the dominating factor in Wellington's positioning.

The current score card, with self interest ahead, reads China 1; Western alliance 0. Beijing will have been delighted by New Zealand's decision not to join with its Five Eyes security partners – the US, Australia, the U.K and Canada – in delivering a protest to China at its taking greater de facto control of Hong Kong through security legislation.

The fact that New Zealand issued a separate statement of unhappiness at the situation rates little beside the predominant fact that China's economic strength and New Zealand's dependence on the Chinese market for its products resulted in a wedge in unity between the alliance partners.

Pressure on New Zealand's position is almost certain to escalate as the White House continues to rile Beijing with criticism of its policies, be they trade, human rights or Hong Kong autonomy. Australia considers New Zealand's positioning as brittle.

There is recognition of the country's economic imperatives to preserve the trade links with Beijing. But nervousness exists in Canberra about the future course of Wellington's policy making.

There is a view among foreign ministry mandarins that Wellington can have its cake (trade) and manage the relationship with Beijing through careful choices of words and actions that do not unduly trouble China and leave room for pacifying its security partners.

Singapore's careful positioning as something of a go-between with China and the US may be an example.



BRUCE KOHN

POLITICS

Such a position, however, demands that domestic calls for New Zealand to speak out strongly on breaches of human rights and assertive strategic actions by China in the South China Sea are likely to come up against the self interest versus principle base of policy makers.

The security axis with the Five Eyes group has for long been a cornerstone of Wellington's

foreign policy. Withdrawal from Anzus shook the relationship. The implication of the current "self interest" v "principle" debate is even more significant for the future direction of New Zealand's global relationships and strategic positioning.

Meanwhile, in Wellington the dark arts of the political field stand alongside those of front row forwards in rugby scrums as often unnoticed at the time and frequently, after the event, becoming the subject of ribald verbal jousting among the participants.

A painful, but probably useful, lesson of their merits for new National leader Todd Muller came his way less than 24 hours after he achieved the position.

Background politicking by his supporters within the caucus won him a majority vote over Simon Bridges. But the failure of his backers to ensure he was ready for unveiling to the public beyond initial statements cost his public image.

The art of pre-briefing public leaders before undergoing media scrutiny fits at the lighter end of the dark arts category. But the need in the political arena for a politician to be aware of, and ready for, media questions of a potentially image-bruising nature is among the top 10 necessities for success. This is because on the other side of the political spectrum, opponents will be cajoling media into pursuing questions likely to be helpful to them. Examples included Muller's ownership of a Donald Trump "Make America Great Again" cap.

■ Bruce is a former economics and business editor, political and foreign correspondent in Washington, London and Hong Kong. He recently retired as chief executive of the NZ Building Industry Federation.

LOCAL EVENTS

DIRT DUATHLON

If you can mountain bike, walk (or run) and use a map and compass then a new event by the Big Bang Adventure Race organisers, the Dirt Duathlon, a 3-4 hour adventure race series, is on over winter. Contact event director Carrie Yaxley for more information or to enter go to dirtduathlon.co.nz

ŌTAKI POTTERY CLUB OPEN DAY

Saturday July 4, 1-5pm to celebrate the opening of new rooms at 47 Te Roto Road, Ōtaki (at the racecourse). Demonstrations onsite, new gallery the Tote Modern showing members' work, sign up for a wheel or hand-building class for adults and children – beginners to advanced tuition.

ŌTAKI COMMUNITY EXPO

September 5, 10am-2pm. Memorial Hall, Ōtaki. To book a stand email Carol Ward at otakicommunityexpo@gmail.com

ŌTAKI GARAGE SALE:

third Saturday of the month, 9-11.30am, rain or shine, Presbyterian Church, 249 Mill Rd. 06 364-6449. Rev Peter Jackson 021 207 9455, owpresb@xtra.co.nz

ŌTAKI YARD MARKET

Every Saturday 8am-3pm. Old Caltex site, SH1. Growers, crafters, bakers, makers and more. To book a stall or for other information see otakiyard.nz

ŌTAKI WOMEN'S COMMUNITY CLUB CRAFT MARKET

SH 1, opposite New World, open 9am-2pm, first, third (and fifth) Sunday of the month from July 5 over winter. Contact Georgie 027 234 1090 for bookings.

TE HORO COUNTRY MARKET

Te Horo Community Hall, School Rd. First Sunday of the month, 10am-12.30pm. Free range pork, produce, preserves, olive oil, plants, herbs, jewellery, cafe.

TE HORO COUNTRY MARKET AGM

The market's annual general meeting is from 7.30 to 8.30pm on Monday June 22 at the Te Horo Community Hall, School Road.

ŌTAKI MUSEUM

Open Thursday-Saturday 10am-2pm, excluding public holidays, Main Street, Ōtaki Village. See otakimuseum.co.nz

ENERGISE ŌTAKI

Gertrude Atmore Supper Room, cnr Aotaki and Main Sts. Bi-monthly meetings: Wednesday August 12: AGM; Wed October 14; 6-8pm. energise.otaki.net.nz

XŌTAKI COLLEGE ALUMNI TRUST AGM

The trust's annual general meeting will held in the college staffroom at 5pm on Tuesday July 7

WAITOHU STREAM & DUNE CARE GROUP

Mondays 9-11am. Contact Lyndsay Knowles 364-6283.

To list your community event, contact debbi@idmedia.co.nz or 06 364-6543.

CARTOON OF THE MONTH

By Jared Carson



ŌTAKI TODAY

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EDITOR: Ian Carson. For editorial enquiries or news tips, please contact Ian at 06 364-6543 or ian@idmedia.co.nz

GENERAL MANAGER: Debbi Carson. For advertising enquiries, please contact Debbi on 06 364-6543 or debbi@idmedia.co.nz

CARTOONS: Jared Carson

QUIZ: Kyuss Carson

COLUMNISTS: Pera Barrett (Good Thinking) • Fraser Carson (Media & Community) • James Cootes (Local Lens) • Daniel Duxfield (Fitness) • K Gurunathan (Guru's View) • Steve Humphries • Kath Irvine (Edible Backyards) • Miraz Jordan (Waikawa Way) • Rex Kerr (History) • Bruce Kohn (Politics) • Chris Papps (Ōtaki Outlook)

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Community rallies for 'Sam the Man'

Some people pack a lot into their lives. Sam Doyle is one of them, but now he's battling leukemia in Palmerston North Hospital and pondering how much more he will be able to do.

The out-of-the-blue diagnosis came just six weeks ago for Sam, wife Tracey and their four daughters, Kara, Kotuku, Wikitoria and Raukawa. It's thrown their lives into disarray, but they're stoic in their confidence that Sam will be OK after all of this is over.

"His recovery is a bit out of our control, which is difficult for someone like Sam," Tracey says. "But he's positive and upbeat. I'm very proud of him."

Sam will move soon from Palmerston North for chemotherapy at Wellington Hospital, which is likely to take several more months. It means long stints for Tracey to be away from her girls, who are being cared for by other family members. It puts incredible pressure on the family, not just emotionally, but also financially.

A Givealittle page entitled Project "Sam the Man" has been set up, which at press time had accumulated \$13,700. Levin College Old Boys also ran a raffle at Saturday's games against Rāhui.

As Sam was a Hurricanes rugby player, the franchise's alumni group held a virtual celebrity charity chat show and auction on Monday evening (June 15). An initial tot-up showed it



FIGHTER: Sam Doyle in hospital with wife Tracey. Sam is undergoing chemotherapy for leukemia.

Photo supplied

raised \$15,400, which will be passed on to the family.

Organiser Mike Russell said the aim was to help the family stay connected whenever possible.

"There's a financial burden on the family during a time when they shouldn't have to worry about money,

so we're getting behind Hurricane No 11 and showing our support."

When the Hurricanes were first formed in 1996 Sam was the 11th player (in alphabetical order) to receive the jersey.

Tracey is humble in her appreciation of support – from her whānau, the

Ōtaki community and their wider circle of acquaintances.

"We know it's going to be a long road and we just don't know what's ahead," she says. "We've got a good tight team around us who have really helped me and Sam and the girls. We just appreciate every bit of support."

Tracey's sister-in-law, Tanya Doyle, is organising a working bee to landscape around the Doyle house. It was a project that Tracey started the day Sam was diagnosed, so was put on hold.

Sam played for Wellington from 1994 to 1997. As a more than useful utility back playing anywhere from half-back to full-back, he played 30 games for Wellington, scoring 64 points.

He came into the Hurricanes side in 1996 as a replacement for another great Kāpiti rugby player, Christian Cullen. He played in two matches at fullback against the Highlanders and the Reds, scoring a try in the 44-15 win against the Highlanders.

His top-level playing career was hampered by injuries in 1997 and he was unable to recapture his place the following year.

Sam also played for Manawātū, Horowhenua-Kāpiti and Rāhui into his late 30s, following a similar career path to his father, Bill. Father and son have both coached Rāhui's senior team, a role Sam enjoyed up until his illness precluded him from attending training sessions.

At the end of last year Sam left his role as tumuaki (principal) of Te Kura-a-iwi o Whakatupuranga Rua Mano, the kura opposite Te Wānanga o Raukawa. He's currently a senior adviser for the Ministry of Education.

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Last term for school principal

Chris Derbridge is retiring after nearly 25 years at Ōtaki School, the last 21 as principal. He is to be replaced as principal next term by Rauru Walker, who is currently a teacher at the school.

Chris grew up down the road in Paekākāriki. He attended Paekākāriki Primary School and Kāpiti College, before in 1970 studying at Wellington Teachers College. His first taste of teaching was at Paraparaumu Beach School. Apart from two years overseas on an OE, he has been teaching ever since – 44 years.

After many years working in the Porirua area he came to Ōtaki Primary in 1996 as deputy principal. He was appointed principal in 2009.

“I think the greatest achievement for our school in my time as principal is the establishment of our three very successful learning pathways – English immersion, Māori immersion and bilingual,” Chris says. “There are very few other schools in Aotearoa/ New Zealand that can offer such learning opportunities to their communities.”

He says it’s been a huge honour to lead the school.

“Ōtaki School has amazingly dedicated teachers and support staff, a committed board of trustees, a supportive community and absolutely wonderful tamariki.”

Chris and his wife, Alice, who also works at the school, had planned to travel but that has been on hold because of the Covid-19 crisis. Alice is deputy principal and is staying on until the end of the year

“There’ll be time to play some golf, swim, bike, potter in the garden and chill,” Chris says.



RETIRING: – Ōtaki School principal Chris Derbridge, who says it’s been a “huge honour” to lead the school. Photo supplied

Tim turns 50

from page 1

He now lives with his mum just south of the new fresh milk outlet at Te Horo run by the Faith family farm. Tim’s great-grandfather, John Faith, built the Te Horo general store in 1911. Morphing eventually into the Red House Café, the historic building burned down in July 2015.

The family has always had an interest in horses, and Tim has been to the Melbourne Cup, when a horse owned by the family ran in one of the event’s races.

Born and raised in Ōtaki, Tim went to kindergarten here and was briefly at St Peter Chanel School before joining a special needs class at Levin School, and later Waiopahu College in Levin. In the last couple of years at Waiopahu his teacher, Bet Mills, organised for him to gain some work experience at Ōtaki’s New World, which was previously Self Help in Ōtaki Village, where Curry Town is now.

Marie says Bet was keen to find a full-time job for Tim, so she approached the then owners of New World, Don and Lee Richardson.

“That was Tim’s first job and he’s still there.”

New World moved to the highway several years ago, and four other owners have been Tim’s employers – Alison and Andrew Cranston, Mark and Denise Dowman, Jackie and Mark Kennedy, and current owners Steven and Janine Cole.

Steven says Tim is a valuable and reliable member of their team.

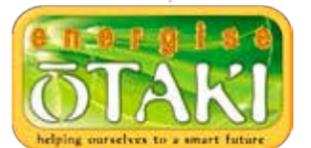
“Having worked in the store since it opened, he’s a much loved and valued team member,” Steven says. “He always turns up to work with a smile and a cheeky disposition.”

“He’s well known and loved by the customers at New World Ōtaki and is quick to help at any opportunity. His infectious smile and willingness to help make him a real asset to the Ōtaki team.”

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Changes afoot at for-sale Family Hotel

Bar, café due to reopen soon

By Ian Carson

The Family Hotel is closed, but it won't be for long.

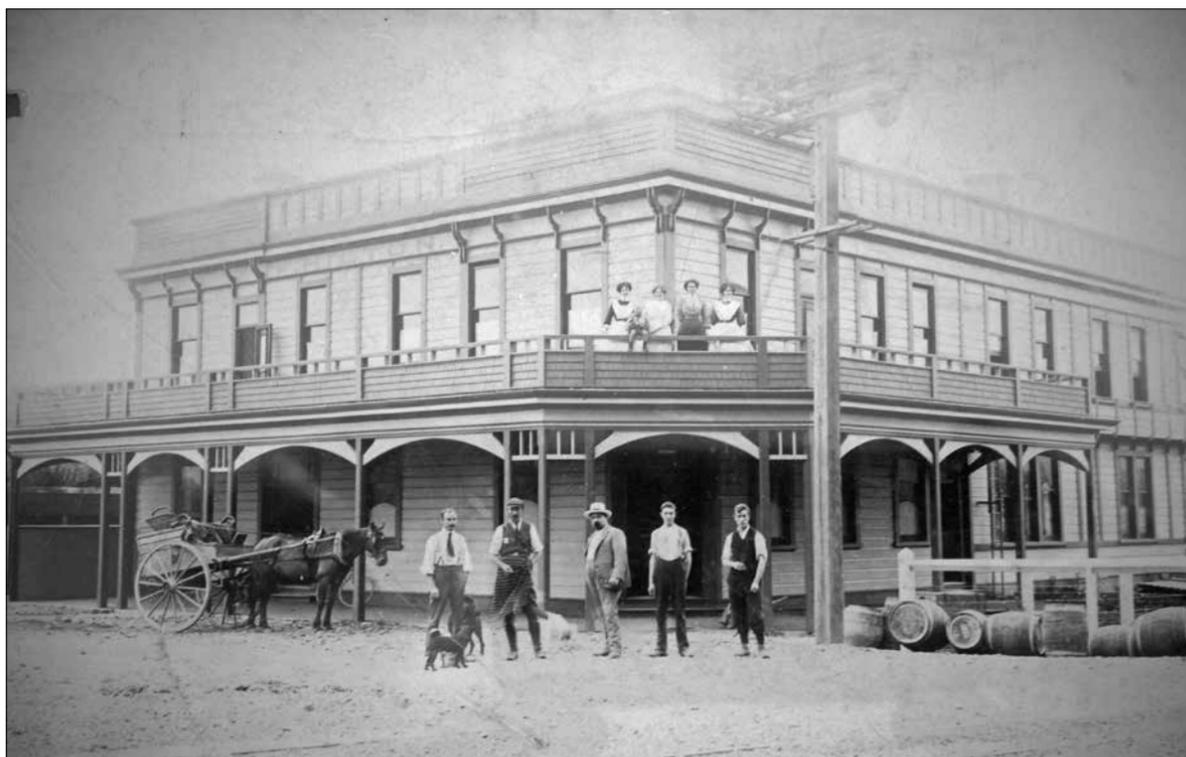
The historic hotel on Main Street is for sale and closed under the Covid-19 lockdown. The shuttered doors and lack of activity at the hotel's Stag Café have sparked rumours of a permanent closure.

However, Harcourts real estate agent Tony McEwan says a new lease was signed last week with business people experienced in hospitality and hotel operations, meaning a reopening is imminent.

Stag Café at the old hotel is also likely to reopen – having been closed since March 26. If the new hotel lessees are not interested, Tony says there's interest from other parties keen to operate the café.

The hotel has a rateable value of \$850,000. It's a figure Tony says is close to the mark.

"There's been quite a bit of interest in it, and I think we'll get near that figure," Tony says. "It returns about 9.5 percent, so that's pretty good value."



OLD FAMILY: The Family Hotel from the early 1900s. Note the maids on the balcony, the horse and cart and the beer barrels to the right.
Photo from Yvette Elliston

The Harcourts website says the Family is an "iconic landmark building in central Ōtaki on a high profile corner site and would make a solid investment as the town grows".

The Family is one of the last three of Ōtaki's five modern-era hotels (others have long gone). The Jubilee, built in 1890 on Waerenga Road was demolished last year, and the Central

Hotel, built in 1893 (where Sunlong is now) was destroyed by fire in 1961. The Telegraph Hotel was built in 1875, the Family in 1881 (according to the KCDC Heritage Register, though other accounts put the date at 1883), and the Railway Hotel in 1891.

The *Cyclopedia of New Zealand* in 1897 said the hotel had 28 rooms in total, including 19 bedrooms and

five sitting rooms "two of which are set apart for the use of ladies and families", and two dining rooms that could seat up to 50 guests. A "fine piano" was in one of the sitting rooms upstairs and another in one of the parlours below.

The back of the hotel had large stables comprising 10 stalls and nine loose boxes "specially constructed

for the use of the racing fraternity who frequent this house in large numbers at the time of the several race meetings".

Meantime, Brenda Christison, who formerly ran the hotel and the Stag Café, is doing some catering at the Railway Hotel. The Railway and the Family are both currently owned by Mario.

"We'll be starting a regular steak night soon," Brenda says. "We were doing it at the Family, so we'll do it now here at the Railway on a Thursday night, and there'll possibly be some new stuff to come."

Running another hotel café is not on the cards for Brenda. She oversaw the establishment of the Family's Stag Café and says she found the dual roles of café manager and hotel publican too much.

"I was essentially running two businesses. I was driving myself into the ground."

Having been in lockdown for a few weeks, she also found time to reassess what was important in her life, including her own health and well-being.

A big motivation for change is the impending birth of a new grandson in Australia.

"I want to spend more time with family. I think a lot of people decided to do that after the lockdown."

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RECOGNISED: Liz Hird, who has become a Member of the New Zealand Order of Merit (MNZM) for services to health.

Photo supplied

Liz Hird honoured for health work

Te Horo's Liz Hird was recognised in the Queen's Birthday Honours by becoming a Member of the New Zealand Order of Merit (MNZM) for services to health.

Liz co-founded – along with Gloria Johnson – the Otaki Women's Health Group in 1987, which provides health services and empowers women in the Otaki community. She convened the group until 1991 and has been chair of the Ōtaki Community Health Trust since 1995.

The trust has enabled maternity services to be provided in the community and attracts other services including counselling, parenting programmes and cervical screening.

It also provides health scholarships for tertiary study.

Liz says the honour announced at Queen's

Birthday weekend was for a her a recognition also of the many people she had worked alongside in the health community.

"It's recognition that there are other people you're involved with over the years – it's always a community effort."

Among her many achievements in health is her time as a district inspector for Mental Health Services, a role she took up in 2002.

"It was probably the one that had the most impact," she says. "As a district inspector you're required to visit anyone who's under the Mental Health Act.

"It's a very important role because they're very vulnerable and we have to ensure their rights are being met."

Despite being involved in policy work, Liz

never considered herself a bureaucrat.

"Meeting people and listening to their problems and trying to help them was more my style."

From 1989 to 2007 she was legal advisor to Healthcare Aotearoa, an umbrella group of Primary Health Organisations in Wellington. During that time she negotiated contracts for primary health services in the Wellington area with the Ministry of Health. She led the establishment of the Ōtaki Primary Health Organisation in 2003.

Liz was appointed as a lay member to the Medical Council from 2003 and 2013, including a period as deputy chair. She has been deputy chair of the Chiropractic Board of New Zealand since 2017.

IN BRIEF

Butcher staying in Ōtaki

Shane the butcher is staying in Ōtaki, although he's moving out of his current premises in Main Street. Shane Saville told *Ōtaki Today* that he was negotiating for new premises in Ōtaki that would keep him in town. He dispelled social media rumours that he was closing his Ōtaki business and moving to Levin.

Sixteen callouts

The Ōtaki Volunteer Fire Brigade had 16 callouts in May. There were two medicals, three motor vehicle accidents, five rubbish or grass fires, two property incidents (one tractor, one electrical fire), two special services (one public assist, one chemical spill), one private fire alarm attendance and one where the brigade was on standby for Levin.

Election jobs

The Electoral Commission is recruiting for roles in the 2020 General Election. People are needed to fill more than 25,000 roles. It's an opportunity to be part of the election team and help voters have their say at the September 19 elections and referenda. There's a of roles including working in voting places and counting votes. The work can last from one day to a couple of months during the election period. They are all paid roles. The commission will provide the training and support required. Voting places are run by people who live in the area, so it's a great way to get involved in the community. For information see <https://elections.nz/jobs/work-at-the-2020-general-election/>

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Theo's big mural ideal Yard backdrop

The Ōtaki Yard Market opened to post-Covid fanfare on Saturday (June 13) with food trucks, fruit and vege sellers, art and craft stalls – and a giant mural clearly visible to passing traffic.

The mural provided an ideal backdrop to the market and attracted plenty of positive comments from the many hundred of visitors on Saturday. It adorns the site's big shed previously the workshop for a motor mechanic business.

Fine weather allowed it to be completed in the week before opening by Kāpiti artist Theo Arraj.

Theo has done many murals to revitalise public spaces around the Kāpiti Coast and lower North Island. This is one of his biggest projects.

"Apart from one at Kāpiti Lights, this is probably the biggest," he says. "It's been challenging because of the corrugation on the wall, and it's been done in a tight time frame. But I'm pleased with it."

After poring over the notes about the Ōtaki Yard plans, Theo produced the concept of the mural that he's named *Gaia's Gift*. It represents Mother Earth and her giving nature.

"Being a space where you will be hosting markets I wanted to incorporate fresh fruit and vege in a unique way, while also creating a piece with meaning and impact," he says. "I set out to create a concept that encompasses Ōtaki Yard's vision and colours, while telling a story and expressing an idea."

Theo draws inspiration from all areas of his life. Even when he's working with a client to produce a mural he likes to retain creative control, so there's always a level of self-expression.



BIG ART: Kāpiti artist Theo Arraj at the Ōtaki Yard Market on Saturday, with his giant mural in the background.

Photo Ian Carson

He hopes the art will make people stop and think about the story of respect and beauty for the life the Earth gives.

While it is an Ōtaki Yard concept, and largely paid for by the Yard, Elevate Ōtaki has also contributed to the cost.

"The purpose and kaupapa of Elevate Ōtaki

has always been to work in support of enabling a thriving, bustling, enhanced community," says Elevate Ōtaki chair James Cootes. "Building up business confidence is a big part of achieving this."

"The Ōtaki Yard's vibrant market will attract people to our town with a flow-on effect to surrounding business."

Elevate Ōtaki had previously identified the wall – among many others throughout Ōtaki – as a site for future big image photographs to support the rollout of the soon-to-be-revealed Ōtaki identity.

"To get it showcased on national TV was an added bonus," James says.



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ABOVE: The Red House Cafe burns on July 8, 2015. Photo Ian Carson
BELOW: The historic building, the style of which there are hopes to re-create (story opposite).



Fire five years ago

The blaze that destroyed the Red House Café in Te Horo occurred five years ago, on the evening of July 8.

The building was built by John Faith in 1911 and was for about 80 years the Te Horo general store and post office. It was then a dairy that was converted to the Red House Café when Wendy Reid bought the building in 2004.

Wendy went on to establish Reds Café in Ōtaki, which has recently changed hands.

The Te Horo community lost a big part of its history when the building was razed.

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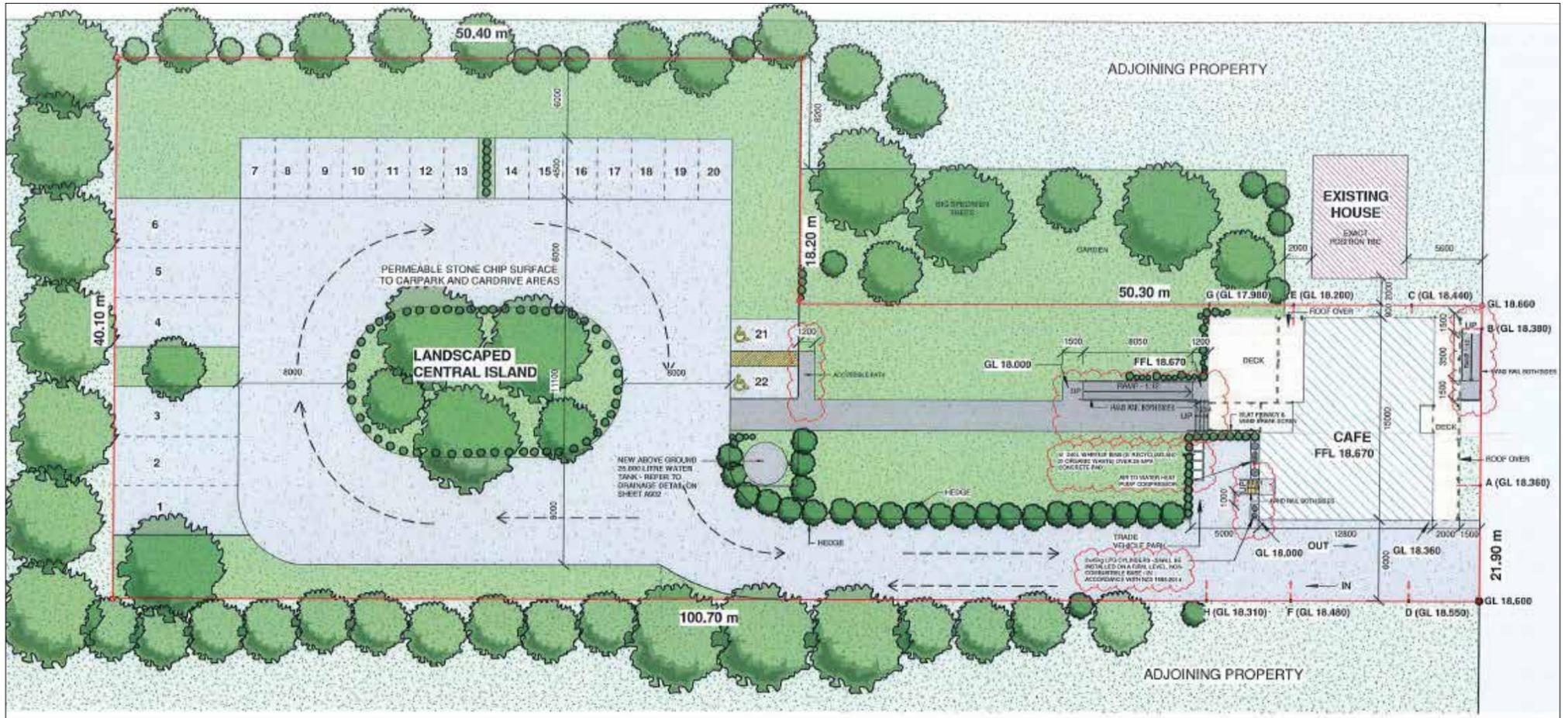
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PLANS: The architectural plans showing the space available for development of a new café at Te Horo where the old Red House Café once operated.

Plans supplied

Hopes for revival of Red House glory

Another café is destined for the site on the highway at Te Horo where the old Red House Café burned down five years ago.

The owners have architectural plans (see above) for a new café based on the look and feel of the old Red House, approved by Kāpiti Coast District Council.

These plans are within the character, intensity and size of the previous café.

The old style and history of the building was what appealed to both locals and visitors who used to go to the Red House Café.

The new plans cover a smaller footprint than the old café, about 170 square metres, and include ample parking space at the rear.

The owners, who prefer not to be named, also have another property available – an adjoining building that was previously the post office for Te Horo and currently let as an office. This adds to the mixed use opportunities of the properties.

There is plenty of space on the existing sites that could also attract visitors, which might

include an arts centre or craft workshop, which could complement the café.

The current owners say they're not concerned about the reduction in passing traffic once the Peka Peka to Ōtaki expressway is built. They believe plenty of people will still take the old highway and stop at the businesses along the Ōtaki-Te Horo strip.

"There's big potential to develop and promote those businesses, supported by a strong local base," they say.

Ōtaki agent Grant Robertson at First National Real Estate, who is marketing the property, says the prime driver for the sale is to find someone who can lead the rebirth of the Red House Café.

"That could be someone who wants to buy the site, or someone who wants to take a long lease. There is the option of the current owners developing it with a good lease in place.

"Either way, it is time to move forward on this project."

Tenders close on July 22.

The old style and history of the building was what appealed to both locals and visitors who used to go to the Red House Café.

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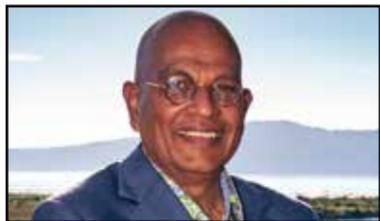
GURU'S VIEW: K GURUNATHAN

A signal that our small town with a big heart is confident in the future

There was a buzz in town on Saturday. The opening of the long-awaited Saturday market at the old Caltex site on SH1 sent a clear signal that Ōtaki is confident of its future.

Every time I attend or officiate at the opening of a new business I see it as a vote of confidence in the local economy by the investors who risk their money.

The June 13 opening is extra special as it comes at a time of economic challenges on three fronts. One is the challenge we have known for several years now – the impact of the PP2Ō expressway, which will bypass Ōtaki. It poses a challenge for Ōtaki to reinvent itself as a destination.



Secondly, the impact of Covid-19 lockdown on the national and local economy with its projected business closures and loss of jobs.

And thirdly, the effect of change with the promise of PP2Ō and Transmission Gully fuelling growth and the threat of this growth being so rapid that it overrides the ability of the local character to organically

absorb this increase.

Local think tank Elevate Ōtaki, funded jointly by NZTA and KCDC, has been working over several years to promote the township in the face of the challenges from the expressway. That job is all the more critical today because of the economic challenge.

The June 13 opening of the Saturday market saw Elevate Ōtaki take advantage of the event to initiate a soft opening of its branding vision.

The Small Town, Big Heart brand cleverly captures and frames the quintessential Ōtaki character. The character we need to nurture and promote to prevent us being swamped by the growth that's happening and

projected to accelerate.

It may be useful to accept that the Covid impact may have slowed the potential of rapid growth just enough to allow us time to appreciate who we are as a township and the local values and character we want to help shape the future.

The market provides one important gateway for this. All around the world Saturday markets, weekend markets and farmers markets are known to be platforms for local growers, artisans, crafts folk, artists and food vendors. Melting pots for locals and visitors.

Businessmen like Nigel Ross, the British investor who has backed this market at the Caltex site, are a special

breed. Yes, the developer has bought several commercial properties along SH1, but the market is more than another privately owned commercial site. It's also an investment in developing social capital.

The market is also a social space, a community centre without walls that helps build public cohesion. The success of this market will grow the heart of Ōtaki. The foot traffic it attracts will spill over to bless other businesses on the street.

It's called symbiosis. A relationship where everyone wins.

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

PLAIN SPEAKING: IAN CARSON

Positivity has got to be the winner

It's always tough on Ōtaki when national media attention focuses on the negative without any apparent justification.

A Newshub report just a week ago said Ōtaki had struggled to keep shops open after Covid-19, and there had been a steep decline in the number of locally owned shops.

"... the mood has been blue in recent years, they've had it tough when it comes to business," the report said.

It quoted someone who's not an Ōtaki resident who said that "since everything closed I haven't seen hardly anybody here. [Business has been] completely wiped out, lots of big work cancelled, weddings, events."

While business had been bad in Ōtaki for the last couple of years, the report went on, Covid-19 had made it much worse, with many businesses forced to shut up shop. And while State Highway 1 traffic made the shopping strip seem busy, no one is stopping.

What bollocks.

What the report went on to say was that the new Ōtaki Yard was going to great for Ōtaki.

It's a sentiment with which I agree, but the positivity came too late to cool the boiling blood of this born, raised and proud Ōtaki resident.

Sure there are empty shops, but there aren't many. No one is bailing out because Ōtaki is in the doldrums. I know of only one shop that's closed temporarily after lockdown, and that's only because of a lack of supply from China.

What I'm hearing is there's good interest for our shops. Landlords are also coming to the party. I recently heard of a landlord offering a sliding scale of rates, starting at a 90 percent discount and gradually returning to full price.

Even at Level 2, and certainly at Level 1, the highway shops have been humming. Some are reporting sales well in excess of those before the lockdown that began on March 26.

Sure there's still some uncertainty about the future. Is the retail high just a reaction from customers who have not been able to get out and shop? Will they slow down their spending, and will the inevitable national economic downturn produce local job losses?

Some of this might still come to pass, but I'm sticking with the positivity that's already winning the day.

■ *Ian is editor of Ōtaki Today*

LOCAL LENS: JAMES COOTES

Fiction clouds facts on rates increase dilemma

Following on from my article in the last issue of Ōtaki Today I want to take the time and explore rates further and address a few rumours, facts and myths.

You'll recall from my previous article that Kāpiti Coast District Council has proposed an average rates increase for the 2020/21 financial year of 2.6 percent, down from a proposed 5.7 percent. For Ōtaki/Te Horo this is an increase of about 1.16 to 1.62 percent.

I've seen the call for a "zero rates increase" with people stating, "all the other councils can do it, why can't you"? So, let's dig into that a little deeper. Out of the 78 councils around the country, only 12 have confirmed a rates freeze. Kāpiti is sitting at 21st out of the remaining 66 councils at 2.6 percent with the lowest being Central Otago District Council at a 1 percent increase, and at the higher end Thames-Coromandel District Council proposing a 9.98 percent increase (source: Independent Ratepayers Report – taxpayers.org.nz – and accurate at the time of writing).



So you can see that not ALL councils are freezing rates as claimed and statistically speaking KCDC is among the lower rates increase councils. Next up we have the ole "Well, we never get anything for our rates in Ōtaki" comment.

There's a list on page 14 that is not even a complete list, but it's simply what I can recall has been done in Ōtaki in the last financial year. Added to this is all our "business as usual stuff" such as street sweeping, animal management, service requests, maintaining all of our parks, reserves and cemeteries etc. There's also a list of projects and programmes scheduled for the current financial year.

A big part of our issue of higher rates now is past councils trying to keep rates low and passing that cost on to later years. A total of \$50 million of our debt is unfunded depreciation that we are currently paying interest on, which contributes to the cost of rates.

So, as you can see from the list of funded works and projects, it's easy to make comments that aren't accurate. Unfortunately, a lot of the work councils do is often largely unseen, such as the \$3.5 million upgrade to our water treatment plant to ensure safe drinking water. This year's rates increase has been stripped to a bare minimum while still doing essential projects.

I'll finish with the comment from Infometrics senior economist Brad Olsen: "Just like central government, local government has a key role to play in times of economic downturn. When the private sector stops spending, local government needs to keep spending to keep the economy going and provide stimulus back into local communities."

■ *James is Ōtaki Ward Councillor*

ŌTAKI OUTLOOK: CHRIS PAPPS

Life goes on and it will be different, but keep smiling

Each time we've written our columns for Ōtaki Today in the past few weeks – and it has been only a very few weeks since the start of Level 4 lockdown to where we are now – it's seemed the news worldwide was grim and getting grimmer.

Death toll and infection rates continue to rise, mostly it seems in countries where we should have been able to expect vastly better results. We're in the middle of a global debate over police and racist attitudes. The global economy is in tatters. Bankruptcies and unemployment numbers are rising rapidly.

Amazingly, but no doubt aided by our size, our generally spaced-out urban living and relatively easily controlled borders, we've gone from the possibility of several hundred deaths from Covid-19 to less than 30 and only and 1500 cases. Most New Zealanders responded



well to the lockdown restrictions. There were and are many heroes.

Ōtaki is one of the few areas in the country where no cases have been recorded.

So now we're at Level 1 and things can basically return to normal, although the Government is still warning us to be careful, maintain hygiene, stay home if we're feeling unwell and try to keep a record of where we've been in case there's a need for contact tracing.

We're all being encouraged to buy local and support local businesses. Ōtaki has its outlet stores and food businesses and, judging by the queues I've seen and encountered, we're taking that message to heart. Many of us did more online buying during the lockdown and the various levels. Before you do more I'd urge you to see if there is a local Ōtaki or Kāpiti business that can meet your needs. Use local tradespeople.

After weeks of Zoom meetings the first face-to-face council meeting was last Thursday and, by the time you read this, our first public Ōtaki Community Board meeting since lockdown will have happened as well.

Life goes on. It will be different. We should all try to be kind. Look around you. See if there's something you can do to help someone else and please remember the value of a friendly smile.

■ *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

Why the death of George Floyd touched us personally

WE SELDOM witness, through global media, an everyday incident that instantly moves massive numbers of people to outrage and protest.

But, around the world, that's what has happened in recent weeks.

The police killing of George Floyd, an ordinary middle-aged African American, in Minneapolis should not have seemed remarkable. After all, police in the United States routinely kill about 1000 citizens annually, a disproportionate number of whom are black and Hispanic Americans.

Any killing of a human life should attract attention, but when it becomes an everyday happening, our responses become immune.

The pent-up tensions among black Americans towards racism and institutional brutality have been simmering and boiling for as long as the country has existed. Add in the collective anxieties of a country besieged by a pandemic and dysfunctional leadership, and we see the ingredients for foment.

But that alone does not quite explain why this explosive outpouring of outrage, not just in the US, occurred. Black people have been killed,

MEDIA & COMMUNITY



FRASER CARSON

lynched and choked to death many times before. "I can't breathe" was murmured by another police victim, Eric Garner, less than a decade ago.

If Floyd had been gunned down in cold blood, the facts

alone might not have moved many to protest,



Protests against the killing of George Floyd have erupted around the world.

Photo BBC News

especially if it was merely a news report and there was no video or photographic evidence. Moreover, have not we seen people gunned down a thousand times in movies and on television to the point it has lost its shock value.

Somehow, the video of the cop pinning the man down struck a particular reaction and people could see the brutality of it. It became personal.

George Floyd – a grandfather and sports-loving giant of a man – died slowly and with an apparent absence of drama. The cop simply had him immobilised and pinned him down with a heavy knee to the neck for nearly nine minutes while the helpless man's life ebbed away. Some bystanders offered protest and Floyd informed the cop, "I can't breathe".

We can each best explain our own outrage by examining our personal reaction. The long, slow and passive murder of a man immobilised on the ground, with hands cuffed behind his back, is the stuff of nightmare. We feel his pain. For some it's likely to be a recurring dream, especially for those, like Floyd, who understood and feared the ever-present threat of attack by law enforcement officers.

The deprivation of mobility and of life-giving air equates to the denial of basic human rights that institutional racism visits on many people around the world. This is not just an occasional mindset for many people, it is an ever-present reality of life. So, for those who don't experience this, they could now see the terror of it and relate to it personally.

In my professional life as a communicator, I have sometimes used a question to explain the powerful forces of an emotional response. The question is: "Why would any sane person rush into a burning house, even if it could mean death or serious injury?"

The answer is: "Because the person must save a child."

Now, ask that same question with the possibility that a bag with a million dollars is in the burning house? Most people would have to stop and weigh whether loss of life is worth gaining a million dollars – a rational, rather than emotional choice.

People in the US protested in their thousands without thinking about the threat of Covid-19 or retaliation by the police. They were prepared to risk anything, even their lives, because they were outraged by the situation, and the personal emotions they felt. It would have been even easier for those who felt they had nothing to lose anyway – black and marginalised people. All were hell-bent on getting justice and changing things for the better.

There is surely a useful lesson in all this. The world is full of injustices and problems, from inequities and pandemics, to the state of the environment. Facts and statistics inform us, but they rarely move people to take affirmative action.

It's a fact that a scene of hundreds of starving children in Africa will fail to move many people to donate to help them. A photo of a single starving child with tears in their eyes snaps many to action. It's because it's personal.

■ 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.

When the tethered wing never gets the ball

"We will have to repent in this generation not merely for the hateful words and actions of the bad people, but for the appalling silence of the good people." – Martin Luther King

AMERICA has shown Aus (again) the result of generations of tolerated racism.

If you watched George Floyd's death or the riots and thought how lucky we are to live in Aotearoa where we don't have systemic racism, you're in the privileged position of not being subjected to it.

The US shows us historical protection and handing down of exploited privilege without addressing the harm done to others. The rugby ball of privilege gets passed down the line without anyone noticing the players on the wing have one arm tied behind their back and never seem to get the ball. The next generation play the advantage and that ignorance stays put.

Our own racism is a little younger, with a little less violence, but don't let comparison to the US make that position of privilege one of ignorance as well.

Ask any minority or marginalised person here if they've experienced bias, exclusion, or outright racism. Then ask yourself, have you ever heard a surprised "Gee she's articulate". Why was the speaker surprised?

Have you ever noticed a young brown person being followed around a store by staff while the rest of the customers are ignored? Ever heard an impersonated accent, making fun of the

way someone else speaks? If so, what did you do? Did you address it? Or did you tolerate it, silently giving acceptance?

The intent doesn't change the impact.



GOOD THINKING

PERA BARRETT

Normal is whatever we see in society for long enough. When your tamariki, co-workers or friends see you tolerate casual racism, it becomes normal. Not being taught to be racist at home isn't enough. Our children need to be taught anti-racism.

Being taught to embrace our cultural differences and understand that we all experience Aotearoa differently might keep us from going backwards. Being

taught to pull others up when they're being racist will move us forward.

Sticking up for what's right might feel uncomfortable at first, but letting our racism grow old and mature will feel much worse for some of us.

We have people in government saying they don't look at things through the lens of race. When they're surrounded by people who look and think like them, what they're really saying is they don't see race other than their own. Racism only exists if we tolerate it as society. It's easy to tolerate something affecting a group you choose not to see.

Acknowledge our racism and fight back. Be intolerant of intolerance, whether casual or extreme. Be anti-racist.

■ Pera 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.



Release of council operations review report due June 29

The public should get to see the Kāpiti council organisational review report on June 29.

The review of council operations efficiency and effectiveness was commissioned in 2019 and was due to be submitted to the council by reviewing company Martin Jenkins in May.

However, the report was delayed due to Covid-19.

Councillors proposed after workshops the following timetable for release of the report (it will be formally approved at the next council meeting on Thursday (June 11)).

- June 15 – report released by Martin Jenkins
 - June 19 – key findings briefing by Martin Jenkins and report released to mayor, councillors, and chief executive
 - June 23 – detailed briefing by Martin Jenkins to the mayor, councillors, iwi, community board chairs and the chief executive
 - June 29 – report released to the public.
- Mayor K Gurunathan says that once

the report is released to the lawyers acting for councillors (Simpson Grierson), there will be no opportunity for the report to be altered. This ensures that all affected parties are treated fairly, legal advice can be received, and safeguards the council's obligations as a good employer.

The independent organisational review will report on:

- The internal culture of the staff organisation, including staff satisfaction and turnover.
- The relationship and interface between governance and the staff organisation.
- The relationships with key stakeholders and the interface between the staff organisation and ratepayers.
- The effective delivery of the Open for Business programme.
- The capacity and capability of the staff organisation to deliver the council's objectives in a cost-effective and efficient manner.

Ōtaki Ward councillor James Cootes was instrumental in setting up the review.

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RiverStone rocks!

Riverstone Café on the highway next to Kathmandu has become a favourite for visitors and locals alike with its range of no-nonsense fare and excellent coffee.

The success of the family business, run since 2012 by Jeanine Cornelius and Brent Havis, along with daughters Claire and Rebecca, has been for many reasons. One is certainly its commitment to supporting events, activities and individuals in the Ōtaki community.

The public signs of that include the billboards supporting Rāhui Rugby Club at The Domain and regular sponsorship of races at the Ōtaki-Māori Racing Club. However, there are always lesser-known activities that the café quietly supports to ensure people and organisations get the best chance to succeed.

The number of diners who flock to the cafe throughout the week are testament to the high level of food and service. Along with a busy coffee cart at the front of the cafe, RiverStone also runs the restaurant at the Ōtaki and Districts RSA, offering evening dining on selected days throughout the week. It also provides catering at the racing club for its race days crowds, stewards and dignitaries.

Catering services are available for business meetings and other informal gatherings throughout the Ōtaki area.

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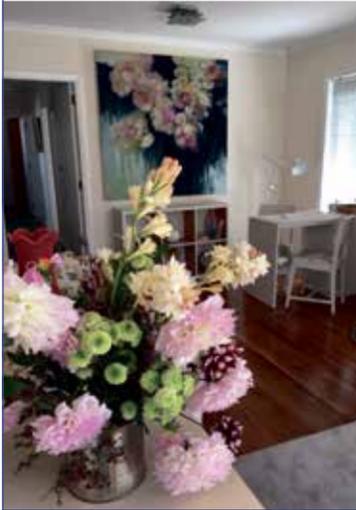
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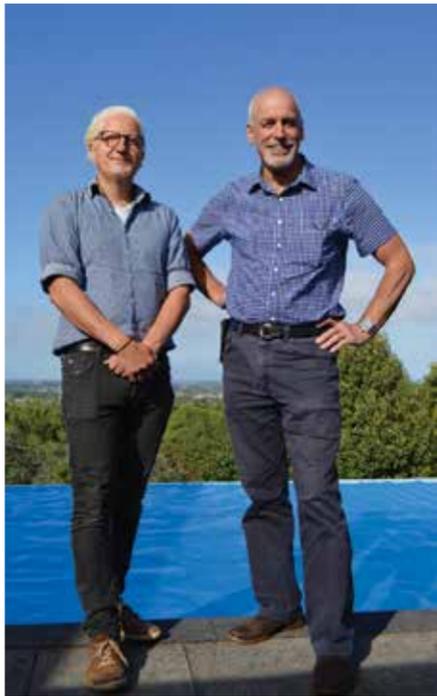
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Dynamic duo

The 'dynamic duo' of Grant Robertson and Derek Kelly at First National Real Estate straddles two generations of Ōtaki real estate expertise.

The younger Derek joined Grant four years ago, and together they have achieved more than 400 sales – nearly one every three days.

As a born and raised Ōtaki lad, Grant is steeped in local



knowledge. There's little about the local landscape and people that Grant is not familiar with, and 'telling our stories' certainly gives people confidence to purchase.

Derek is the physical manifestation of the 'new' Ōtaki – characterised by the professional and motivated go-getters who find the district a fantastic place in which to live and work in the modern world.

With rural and

lifestyle blocks a specialty, the First National team has developed a solid reputation for expertise and integrity.

Grant has been an award winner in the local real estate scene since 1986. Derek joined the team in 2016, and the 'dynamic duo' have received numerous national awards as top echelon sales people within the First National group.

See otakiproperty.co.nz



Artel – happy in Ōtaki

It's been just over a year since the Artel Gallery + Store moved in to the heart of Ōtaki's highway shopping district, but it already seems like an institution.

Having moved from Waikanae's Mahara Place in May last year, owner Maude Heath is enjoying the vibrancy of Ōtaki and loving her location among other stores selling 'arty stuff' that's always just a bit different.

"It really feels like things are happening here," she says. "It's just great."

Right from the first day, Maude says she's been delighted by the support she's received. Local people have thanked her for bringing the gallery to Ōtaki, and she's met many new customers from the regular passing traffic.

The gallery's large window space allows passers-by a great view of Maude's extensive and eclectic collection of artwork. It includes everything from paintings and ceramic sculptures to jewellery and pounamu. It also offers plenty of reasonably priced giftware, making purchases for special occasions a breeze.

Artel participates in the annual Kāpiti Arts Trail – usually run over two weekends in early November, when it showcases local artists and has demonstrations in-store so people can talk to those who create the art.

See artelgallery.net



We would like to thank everyone for their business and support during lockdown – it was much appreciated.

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PAKIHI/Business

Pop-up school helps aspiring business people

Budding Kāpiti businesses and entrepreneurs can now register for a free start-up programme aimed at bringing great business ideas to life.

The Pop-Up Business School, which is a comprehensive 10-day course consisting of online and in-person workshops, covers everything from starting a business to online sales and networking.

Councillor Angela Buswell, who holds the business and jobs portfolio at council, says the course is an ideal programme for an emerging business owner or anyone interested in knowing what's involved in starting a business.

"It will help them to build the confidence and core skills to tap into their personal potential and get out there," she says.

Not only new businesses can benefit.

"As Kāpiti begins to recover from our work to eliminate Covid-19, we know that our business community is having to adapt and pivot to a new normal.



Cr Angela Buswell

"If you're a small business facing change and have some ideas on how you might do that, this course can help you also."

Now in its third year in Kāpiti, the programme is delivered by Pop-Up Business School Aotearoa with support from Kāpiti Coast District Council, WellingtonNZ and the Ministry of Social Development.

"We've seen some exciting new businesses popping up across Kāpiti after going through the programme,

with 60 percent of participants in 2019 having either started, or in the process of starting a business," Angela says.

Spots are limited to 75 participants and registrations can be made at www.popupbusinessschool.nz/kapiti-coast-jun-2020.html

Local businesses are also encouraged to enter the annual Electra Business and Innovation Awards and the Wellington Gold Awards.

The Electra awards celebrate innovation and best business practice across all industries and sectors in Kāpiti and Horowhenua, and this year include a Covid-19 innovation award.

Both events are well established and notable Kāpiti businesses such as Omeo Technology and NZ Proud have overcome regional competition in previous years to be recognised for their work.

To enter the Electra awards go to bkh.org.nz before July 5; and the Gold awards enter at the website goldawards.co.nz by July 2.

List of council-related works

Ōtaki Ward Councillor James Cootes says the list following is a snapshot of just some of the council works done in Ōtaki/Te Horo in the last financial year, and scheduled for the coming year (see column page 10). We reproduce it here for public information.

- 12 of our older persons housing units (of which we have 118 in Ōtaki) were refurbished with a total of \$733,000 spent across the portfolio.
- Various footpath upgrades, including the shared path on Tasman Road
- The installation of the new toilet at the Ōtaki River Estuary. The cost was shared equally between the council and the regional council. There was the additional cost of the supplied toilet, paid for by Friends of the Ōtaki River fundraising.
- \$24,000 in community grants distributed via the Ōtaki Community Board.
- Funding for Maoriland and the Ōtaki Kite Festival.
- \$50,000 towards Ōtaki College gym maintenance.
- Funding and support for Elevate Ōtaki.
- Districtwide speed limit review and implementation.
- Major input has continued this year into the three major roading projects within the district. Compliance staff have been ensuring that the Mackays to Peka Peka expressway is meeting its consent requirements after opening and that the construction of Peka Peka to Ōtaki and those parts of Transmission Gully that are within the Kāpiti district are meeting their obligations to the environment and the community.
- Dune restoration and biodiversity work.
- Preparation work for the Ōtaki wastewater treatment plan due to be upgraded this coming financial year.
- Improvements to the road junction at Ōtaki cemetery.

- Ongoing funding for the library and swimming pools operations.
 - The accessible and family changing rooms, and ventilation were upgrade at Ōtaki Pool.
 - Financial support to Zeal who provide a range of youth services/activities in Ōtaki.
 - \$345,000 a year for nine social investment projects and programmes. Included were Age Concern Kāpiti, Volunteer Kāpiti, Kāpiti Impact Trust (Challenge for Change), Māoriland Charitable Trust, Kāpiti Youth Support, and Energise Ōtaki.
 - Tailored support for Ōtaki CAB.
 - Council's bid to the Government for ultra-fast broadband (UFB) in Ōtaki,
 - Free wifi capability in Main Street installed.
 - The annual marae maintenance and development fund was allocated to Te Pou o Tainui Marae in Ōtaki.
 - Upgrading our streetlights to LED.
 - Various playground upgrades.
 - Artificial multi-sports surface on the tennis courts at Haruātai Park.
 - Graffiti removal funding.
 - Refurbishment of the grandstand at Ōtaki Domain.
- For this financial year, some of the things being done in Ōtaki and Te Horo:
- Start Hautere/Te Horo drinking water safety upgrades – \$1.3 million.
 - Complete upgrade of the Ōtaki water treatment plant – \$3.5 million.
 - Continue the stormwater programme to protect homes from flooding and improve downstream flow – \$4.2 million districtwide (Ōtaki Beach is in this programme).
 - Progress the Beach Bylaw review.
 - Support economic development in the district, including continuing work on the Economic Development Strategy refresh, and contributing to Elevate Ōtaki.

Subsidies, benefits and redundancy

THIS MONTH I answer a couple of questions that came through about government support for employers and employees.

The wage subsidy I received for my staff is almost used up, but we're still struggling. Can I get any more help from the Government for my staff?

If your business is still significantly affected by Covid-19, you might be eligible for an 8-week extension payment once the original subsidy period ends (it started on the date you applied).

"Significant" was originally seen as a 50 percent drop in revenue for a continuous 30-day period in the 40 days before applying for the extension as compared to the closest period last year. On June 5 the Government announced this was changing to a 40 percent drop in revenue.

If your application is granted, it will be paid as a lump sum at the same weekly rate as the original wage subsidy.

Applications opened at Work and Income on June 10. For full details and to apply online visit: www.workandincome.govt.nz/covid-19/wage-subsidy-extension

I've been made redundant. Can I get help from the Government without going on a benefit?

You might be eligible for the Covid-19 Income Relief Payment if you lost your job from March 1 to October 30 this year because of Covid-19. The payment is tax-free and is set at \$490 a week if you were working 30+ hours a week, or \$250 a week if you were working 15 to 29 hours.

There are several edibility criteria. You need to:

- Have normally worked 15 hours or more a week (for 12 weeks or more) before you lost your work because of Covid-19
- Be a New Zealand citizen or a resident with a residence class visa and normally living in New Zealand both when you lost your job and when you receive the payment
- Be 18 years old or over, or a financially independent 16- or 17-year-old.

There are additional criteria if you are:

- In a relationship
- Already getting a benefit or Covid-19 payment
- Getting NZ Super or a Veteran's Pension
- Getting Paid Parental Leave from IRD
- Studying, or
- Self-employed.

You can't get the payment if you:

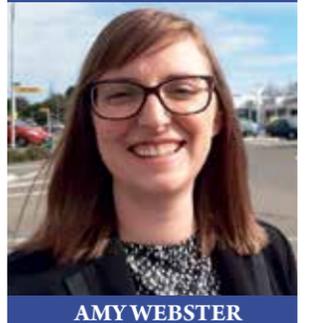
- Get a redundancy payment of \$30,000 or more, before tax
- Had private income protection insurance in relation to the job you lost
- Get ACC payments
- Left your job for another reason, such as:
 - You resigned
 - You retired
 - You wound up a viable business
 - Your employment was terminated under a 90-day trial for poor performance, medical incapacity, or you were dismissed for misconduct.

Applications opened at Work and Income on June 8. For details and to apply see: workandincome.govt.nz/covid-19/income-relief-payment

If you have an employment law question you would like answered, please submit it via the Wakefields Facebook page or email me at info@wakefieldslaw.com

■ Amy is an associate at Wakefields Lawyers and an expert in the area of employment law. She heads the company's employment team, which helps both employers and employees in all areas of employment law.

EMPLOYMENT LAW



AMY WEBSTER

COLOMBIA QUARANTINE

Kiwi Mike toughs it out as restrictions ease

By Ian Carson

Mike Aston is looking at his home country with some envy, living as he does now in Colombia where there's been a recent spike in Covid-19 cases.

Mike spent most of his working career as a journalist in Wellington, mainly at *The Evening Post* as a news page designer. Before he left New Zealand he was working for Fairfax out of the *Kāpiti Observer* office.

He never dreamed he would end up in Colombia, let alone near Medellin (pronounced Meda-jeen), notorious for the exploits of international drug lord Pablo Escobar. But he enjoys the town of Bello (Bay-jo), where he lives with his Colombian wife, Angela.

The country went into quarantine,

as it has been called, on March 20. It quickly closed its borders to visitors, but many Colombian expats returned from Europe, some bringing the virus with them. At press time, the country had close to 45,000 confirmed cases, and nearly 1500 deaths.

The capital, Bogota, has been particularly hard hit. A virus epicentre in a working-class neighbourhood populated by a million people had its total lockdown extended in early June in an effort to contain the disease.

In most of Colombia, however, restrictions have been relaxed in stages. In early May about 500,000 people got back to work in some key industries, mainly construction, manufacturing and textiles – the textile industry being big in Medellin particularly.



Mike Aston with Colombian wife Angela in Colombia.

Photos supplied

By last Saturday (June 15), the Government was looking at having 70 percent of the economy up and running again, allowing citizens a little more freedom and more shops reopening. However, in the past couple of weeks, the number of new Covid-19 cases has grown nationwide.

At the last count, Bello with a population of 548,000, had 69 active cases. Wearing face masks in public is mandatory. No one can travel between cities and the borders are still closed.

During the early lockdown weeks, Mike could go out three times over a two-week period to get groceries, go to the pharmacy or ATM/bank. A walk was allowed – alone – between 2-3pm each day within a kilometre of home, and there was a blanket curfew between 7pm and 5am. Everyone has an identification card – the last couple of digits show what days card holders can be out.

“I can now shop, go to the ATM or

LEFT: The picturesque Parque Bello (town square in Bello).

RIGHT: A sample of the famous Feria de las Flores (Flower Festival) in Medellin.

BELOW: A view of Medellin.

bank and pharmacy four days a week,” Mike says.

He says the quarantine has been a challenge for Colombians.

“It's been a mixed bag in terms of people observing the quarantine. Some places have done well, others have ignored it completely.

Colombians love being outdoors. They have big families, they love family get-togethers so being locked away in their houses is something pretty foreign to them. Mother's Day was tough and there's been a lot of partying going on.”

Mike kept working during lockdown at home as a contract editor for a Bogota-based company. As a worker in the textile industry, Angela went back to work in early May, travelling about an hour and a half each way. She carries a letter from her employer to allow her to travel by bus and the metro.

Although Mike admits to only

having a smattering of Spanish, he's loving life in his new country. After Wellington he enjoys the climate that can bring temperatures between 24 and 32 degrees. Bello has a beautiful town square – Parque Bello – and festivals are big attractions in Medellin, especially the Feria de las Flores (Festival of Flowers). Many of the country's flowers, especially roses, end up in New Zealand.

The Feria de las Flores was scheduled to be on from July 31 to August 8. Whether it will go ahead is still to be determined by the relative success of virus containment.

Mike is optimistic.

“Compared with Brazil, Peru and Chile we've done well here. Medellin also has a relatively low number of active cases and a high recovery rate.

“I guess the next few weeks, when there has been a lot more physical interaction, will reveal whether we are closer to beating Covid.”



MAHI MĀRA/Gardening



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.

Our deciduous fruit trees have nearly lost their leaves – pruning time is around the corner!

It's really helpful to have a pre-prune ponder this month, especially if you're new to pruning.

Take some twine or pegs with you and use these to mark any branches you decide to remove.

Thinning cut and heading cut

Understanding the difference between the two types of cut – thinning and heading – will instantly make you a better pruner. It will make a big difference to your fruit trees when you give up heading and get thinning. Though you aren't cutting yet, knowing this will help you plan your prune.

To thin is to completely remove. To head back is to shorten.

Make the majority of your cuts thinning cuts for a beautiful open tree.

Off with the dead

Start by removing the broken, dead stuff. Prune back behind the damage, maybe even right back to the trunk, for a clean slate. Mark the spot with a tie.

Let there be light

Light is our secret weapon in the bid to grow fruit – wood bathed in light is productive wood. The two for one deal here is that with light comes airflow, a major player in tree health.

If this is the only thing you shoot for you won't go wrong! Work out where your tree needs light and remove branches that are cluttering the tree. Be brave. Open up dark, cluttered spaces with thinning cuts. Often times the removal of one branch does it.

You can safely remove up to a quarter of the wood. Any more than this and you'll stimulate vigorous shooting next year that clutters the tree and is a headache for the pruner.

Plan to remove everything beneath the first set of branches. Good airflow here is super important. I go for about a metre gap between the ground and the first branches because of our high rainfall and vigorous grass growth. Make the height of the first set of branches work

for your situation, for example mowing, animals, gardens.

Mature trees can have one older branch removed per year. Choose the tallest, the one that's clogging up the middle, or one that's overshadowed by another. Removing it will keep fresh new growth coming on.

Take a few steps back and circumnavigate your tree to work these cuts out. Mark them with a tie.

Balance equals strength

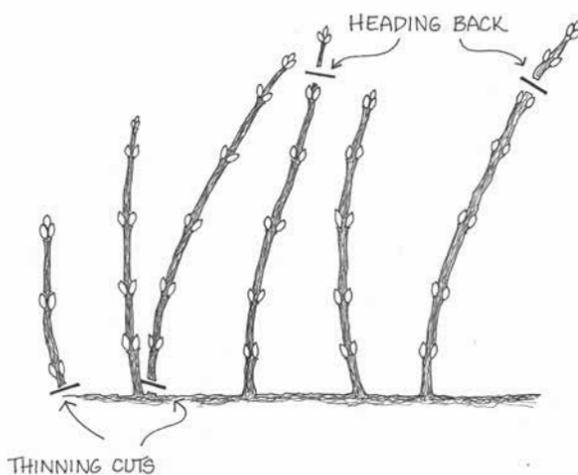
Lopsided trees are heading for breakage or a fall. If your tree is on a dangerous lean, or one branch is longer than the others, figure out what you need to do to create a balanced shape. Mark the place you'll be cutting with a tie.

Plan to keep your tree in a strong, balanced shape by keeping the length of branches even. Use the shorter branches as your measure.

Rethink ties and stakes

Dwarf rootstocks need a permanent stake. Refresh the ties and check the stakes while you're at it. Be sure they aren't rubbing on any part of the tree and that they are solid.

Medium to large trees need only a stake for the first couple of years. If they are big enough and sturdy enough, set them free.



Photos:

Above top: Ponder your cuts before starting your pruning.

Above: Let there be light! Well-spaced scaffold branches.

Below right: This Mayflower apple is a balanced shape but needs more light.

Below left: Thinning and heading cuts



HAUORA/Health

Enzymatic conversions create the wonder of vitamin C

With the outbreak of Covid-19, sales of vitamin C supplements have soared, with consumers looking to boost their immune systems.

The health benefits of vitamin C are well documented. It is one of the body's most powerful antioxidants and is essential for collagen production – a key structural protein for healthy blood vessels, skin and bone. Inadequate levels of vitamin C result in impaired immune function and susceptibility to infection.

All plants and animals require vitamin C for healthy functioning and survival, and most species have the ability to biosynthesize this crucial compound. Unfortunately, humans can't make their own vitamin C, so we must consume regular portions of fruit and vegetables that contain the vitamin.

Interestingly, we carry the gene for making ascorbic acid, but somewhere in our ancestral past mutations inactivated that gene. Not being able to biosynthesize our own vitamin C is a serious handicap, but as a species we have become adept at ensuring our diet contains fruit and vegetables.

During the "Age of Sail", sailors who spent many months at sea without fresh fruit and vegetables developed severe vitamin C deficiency (scurvy) characterised by fatigue, bleeding gums, skin lesions, poor wound healing and eventually death.

By 1928 the water soluble factor in food that prevented scurvy was isolated and called vitamin C. Chemists then identified the compound and named it L-ascorbic acid (ascorbic being a Latin derivation of "anti-scurvy").

By 1934 synthetic L-ascorbic acid was being

HEALTH SCIENCE



DR STEVE HUMPHRIES

mass produced and sold as the vitamin C supplement Redoxon. This was the start of the vitamin supplement industry. You can still buy Redoxon today.

Today ascorbic acid manufacture is a billion dollar (100,000 ton) a year business.

In a series of enzymatic conversions, wheat or corn starch is converted to glucose and then into L-ascorbic acid. Almost all the world's vitamin C (ascorbic acid) is made this way.

Natural L-ascorbic acid, extracted from plants, and synthetic L-ascorbic acid are identical in all chemical and biological properties, though many people would want to avoid vitamin C made from GMO wheat or corn.

People wanting to buy a vitamin C supplement are faced with a wide and often bewildering range of choices.

There is plain L-ascorbic acid, which is a perfectly fine source of vitamin C but it's quite acidic (pH 2.5) and for people who are sensitive to acid foods high doses may cause gastrointestinal upset. With long-term contact to high concentrations it may also damage tooth enamel.

For these reasons manufacturers neutralise ascorbic acid to make non-acidic (pH 7) mineral ascorbates – mainly sodium ascorbate and calcium ascorbate. These mineral ascorbates are referred to as "buffered". All the mineral ascorbates are equally effective at supplying ascorbate (vitamin C) to the body.

At very high doses mineral ascorbates may still cause gastrointestinal upset due to excess ascorbate not being absorbed in the gastrointestinal tract.



Image by pasja1000 from Pixabay

ascorbates. Different formulators use different blends to get the pH level they want, and also a desirable taste. Consideration is also given to supplying useful minerals (for example calcium and magnesium).

Ester-C is a popular brand of vitamin C. A somewhat confusing name as it is not an ester (a combination of an alcohol and an acid) but is

simply a mineral ascorbate (calcium ascorbate). It's promoted as an advanced formulation made by a unique process. In fact it's made the standard way by reacting ascorbic acid with calcium carbonate. What is unique is that oxidation by-products of this chemical reaction (dehydroascorbic acid and threonate) are not removed. It's this final chemical mix that is patented and trademarked as Ester-C.

It makes sense to not remove the dehydroascorbic acid as it is readily absorbed and converted in the body into ascorbic acid. Indeed ascorbic acid and dehydroascorbic acid can both be termed vitamin C.

The manufacturer claims that the threonate in Ester-C improves the bioavailability of the ascorbic acid. In my next article we will look at what the science has to say about manufacturer's claims and the effectiveness of vitamin C supplements.

■ Dr Steve Humphries is a director at Hebe Botanicals in Ōtaki, and was previously a lecturer at Massey University and director of the Health Science Programme.

And with very high doses of mineral ascorbates you might have to consider your mineral intake. For example, people wishing to limit their sodium intake need to take into account that each gram of sodium ascorbate supplies about 100mg of sodium to their diet.

The adult recommended daily allowance (RDA) for vitamin C is 90mg, which is easily obtainable from a balanced diet with recommended quantities of fruit and vegetables.

However, common recommendations with vitamin C supplements are to take a 1000mg tablet, and up to three times daily. The body struggles to absorb these high doses. Up to 200mg are almost entirely absorbed in the intestinal tract, but for doses over 1000mg less than half is absorbed. If you're taking large amounts of vitamin C it's best to take it in divided doses, or take a time-release vitamin C so you don't overload your body's ability to absorb it.

If you look at vitamin C ingredient lists you will see that different brands will have different blends of ascorbic acid and the various mineral

An acceptable level of fitness

What is an acceptable minimum level of fitness? Is it what your doctor recommends for you to not get cancer when you get older? Is it how fit you should be for your job? Do you need a certain level of fitness just to get through your life?

The New Zealand Air Force, Army and Navy all share a minimum standard of fitness for its service people. They call it being fit to fight. As do the police and fire service. Each of these occupations require certain types of functional fitness for the people in them to do their jobs and support their team.

This ensures that each soldier and officer is strong, healthy and can "carry their part of the load" if they are asked to. It means they can rely on each other to get the job done. It also means that the occurrence of injuries sustained by those occupations is kept at a minimum and recovery from those injuries occurs reasonably quickly.

Now let me ask you this; what if other civilian occupations had their own minimum standards of fitness? What if many professions had a "certifiable/certified" standard of fitness you needed to meet to be part of your workplace?

This will sound like I've gone a bit mad, but bear with me and I'll explain.

Jobs in the 21st century require you to be either physically capable or mentally capable. The best way to be one of those or both, is to have a good to great level of physical fitness.

When I worked in forestry years ago, I kept going to the gym and worked out to ensure I had the physical capability

GETTING FIT



DANIEL DUXFIELD

to do my job on the logging deck. So imagine if an apprentice plumber, builder or other trade had to pass a six-monthly fitness test? Then every year the journeyman tradie had to pass a fitness test, just to make sure they could handle the physical demands of their profession as they got older?

If you'd like to have a minimum standard of fitness for your job, an important place to start is to think about the activities you do for your work. What kinds of movements do you often perform? Are you on your feet all day or do you sit often? What things do you do that would

be easier to perform if you were stronger or your heart healthier?

Most importantly, ensuring that you meet a minimum standard of fitness means you will be less prone to strains, sprains and other injuries that your profession may be prone to. If your job requires a lot of lifting and carrying, would it not be a good idea to train your body for those tasks, rather than risking a serious injury later on?

It's good to remember that our body becomes its function and you can train it to do whatever you want it to do. Having a minimum standard of fitness helps you achieve that and keeps you healthy for the future.

As Bruce Lee said: "We must become like water. When water enters a teapot, it becomes the teapot. When it goes into a cup, it becomes the cup."

■ 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 and see www.facebook.com/duxfitfunctionalfitness/

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 – includes The Journal free online self-help.

For children and young people

- Youthline 0800 376 633, free text 234, email talk@youthline.co.nz or webchat at 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.whatsapp.co.nz from 5-10pm for ages 5-18.
- Kidsline 0800 543 754 (0800 KIDSLINE) – up to 18 yrs.

More options:

www.mentalhealth.org.nz

HĪTŌRIA/History



Class of '48

A cute lineup of young children from an Ōtaki School class in 1948. Many of these children will now be old enough now to perhaps have great-grandchildren; others may have died in the intervening years. Email debbi@idmedia.co.nz if you can identify any or all of them. The photo is also on otakitoday.com

Warm times return and a new landscape emerges

Local historian REX KERR continues the story of how the natural phenomena have shaped Ōtaki's landscape. This is part 2.

At the beginning of the Holocene Period about 10,000 years ago, the Earth began to gradually warm up, the great ice sheets started to melt and the sea gradually advanced, flooding low lying areas.

The North and South Islands were separated by a resurgent Cook Strait. The South Taranaki Bight became a shallow sea once again, the lower course of the Ōtaki River was drowned and a large estuary developed as far as the entrance to the gorge.

DESTINATION OTAKI



REX KERR

It's possible that at this time Pukehou was an island. About 3000 years ago the sea reached its furthest penetration, cutting into the Hautere alluvial fan – it's marked by an extensive marine escarpment known today as the Te Horo Cliff, which stretched from Waikanae to the Ōtaki River.

This cliff – about 3-4 metres high, about 3 metres above sea level and about 2.5 kilometres inland – ran remarkably

parallel to the existing coastline. It was later modified by changing conditions but is still clearly visible along Te Waka Road from the southern river bank of the Ōtaki River to Te Horo.

With the return of warmer times the climate also became wetter and the increased flow of the Ōtaki and Waitohu rivers and the Mangaone Stream and their tributaries cut into the soft glacial sediments in their upper reaches, bringing down large amounts of alluvial materials to begin forming the Ōtaki flood plain, initially as a small delta at the mouth of the gorge that gradually grew.

In the case of the upper Ōtaki River, the gorge was deepened

and widened. This process continued for thousands of years. During this time progradation of the coastline became a feature with the rapid accumulation of sand.

The fine sediments brought down by the larger rivers to north – the Whanganui, Manawatū and Rangitikei rivers – were carried out to sea and washed southward by the prevailing ocean currents, and deposited forming a bar several hundred metres offshore that gradually emerged above the waves broken only by the mouths of the rivers and larger streams.

Consequently, an extensive almost continuous lagoon developed behind it from Paraparaumu to Santoff. Over time the continued build-up of wind-blown sand from the shoreline resulted in the formation of dunes that gradually penetrated inland, driven by the prevailing westerly winds and burying the existing vegetation that was preserved as peat.

The still waters of the shallow lagoon were gradually filled in by sediments deposited by the numerous rivers and streams emerging from the hills and mountains to form areas of swamp with small islands of high ground rising above them.

Gradually the flood plain of the Ōtaki River grew, filling in the estuary between the older river terraces on the north and south banks of the river.



As the flood plain grew the Ōtaki River meandered back and forth, depositing fine alluvial silt and in place boulder berms. The river's meandering was contained by the high terraces on either side until it reached the lagoon and ultimately the sea.

With the warmer, wetter times the rainforest returned, pushing up through the valleys and ravines to cover the slopes. Rich stands of tōtara grew on the Hautere gravels, while rimu, matai, rata and tawa flourished on the slopes and valleys.

Tussock grasses occupied the high rocky slopes and summits as the snow retreated. Kahikatea stands grew around the low damp areas.

The swamps became a tortuous ribbon of waterways masked by a rich tangle of harakeke (flax), raupō and toitoi while the older sand dunes were held in place by a covering of mānuka, fern and bracken and the more open areas with pingao.

References:

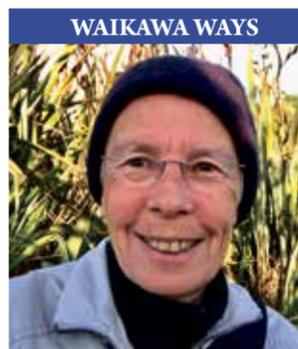
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- Te Puna, M.T. "Some Geological Features of the Otaki-Waikanae District." *NZ Journal of Geology and Geophysics*. Vol 5. 1962. Wellington. Pp517-530.
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Part 4: Other forces come into play.

Why did the Waikawa residents cross the road?

Some mornings it can be terrifying trying to get across the road with the steady stream of truck and car traffic between the hours of 5.45 and 9am.

That's what one resident said when talking about her usual daily commute to Wellington from Waikawa Beach. She went on to say: "[I'm] taking my life into my hands turning south onto SH1 from Waikawa Beach Road."



WAIKAWA WAYS

MIRAZ JORDAN

In the last few years traffic has built up tremendously along State Highway 1 between Ōtaki and Levin. In the interests of safety NZTA made changes: now it's 80km/h through Manakau, rather than the previous 100km/h, and islands at each end help to slow traffic.

But at the same time road markings that Waikawa Beach residents and regulars really liked were removed. There is still a right-turn bay for those travelling from the north who want to turn into Waikawa Beach Road.

But for all others, turning into and out of Waikawa Beach Road was made more difficult and has been an ongoing source of frustration and annoyance.

A flush-median and flexible posts have been installed along the middle of the road through that 80km/h zone, and the turning lane for those heading south was removed. It seems many people



LEFT: The Waikawa Beach Road/State Highway 1 intersection, showing the soft median barriers behind the car heading north.

ABOVE: The intersection from Waikawa Beach Road – source: Google Maps

don't know you can turn onto the flush median while waiting to merge into the southbound lane.

Those who do know have difficulty with it for a couple of reasons: some worry how oncoming southbound drivers will react, while others complain that the flexible posts prevent them from getting up to speed while merging into southbound traffic.

To turn left into Waikawa Beach Road from the south requires moving onto the shoulder of the road while slowing and hoping following cars also slow sufficiently, given the median posts don't allow room for them to move aside.

Even those turning north out of Waikawa Beach Road have

been dinged by the changes: where previously there was room to go around the corner and wait for a gap in traffic, reshaped kerbing makes that impossible.

And if two vehicles wait side-by-side at the Waikawa Beach Road stop sign, no one can see what traffic is heading their way. For those turning towards the south a concrete pole right on the corner impedes clear vision, too.

These gripes aren't new, but they are often repeated. Unfortunately, it seems no one is listening.

■ Miraz Jordan is a Waikawa Beach resident and blogger. See www.miraz.me and lovetwaikawabeach.nz

Cook Island archivists kept their cool in Covid crisis

By David Klein
Ngā Taonga Sound & Vision

What do you do when you're working on a special archiving project in another country and a pandemic hits?

If you're Susan Love and Kate Ngatokorua of the Cook Islands Ministry of Cultural Development (MOCD) – Tauranga Vananga, you take a deep breath and try to roll with it.

Material from the Cook Islands National Archive has been cared for in Wellington by Ngā Taonga since 2013 and the pair were working through this collection – preparing it for digitisation – when Covid-19 changed the way much of the world works.

Although they were due to go home in mid-April, for now, they're both still in Wellington. Kate was flatting with friends for the duration of the project while Susan, who spends her time between the capital and the Cook Islands, is at home with her husband and two sons.

"It's definitely been a bit of a shock," Susan says. "And frustrating that the project is on hold."

However, when we have a video call under Level 4 lockdown in late April, they both seem in very good spirits. There's plenty of laughter and smiles, and acceptance of how things have gone. It seems like the lockdown-enforced changes will be just a temporary pause on what is an exciting and successful project.



Nearly 6000 audiovisual items were transferred to the care of Ngā Taonga in a wide range of formats. Susan and Kate were in the country for the third and final push to get this material accessioned (given a basic archival description) and ready to be digitised.

With the help of government and Unesco funding, the pair were over halfway and tracking well to complete the project, based at the Hutt Valley offices of Ngā Taonga.

"We were working at Motutawa – Avalon and it was fantastic," Susan says. "It was a really positive environment and the people were great. Our workstation was completely surrounded with material."

"We were fully in the swing of things – it was so nice to work on this project again."

Like all archival work, time and the environment can degrade the material. With these items from the tropical Cook Islands, though, there were some unexpected surprises.

Kate says dirt and mould had had found their way into some items.

"There were also some remains of geckos and their eggs," she says. "Mostly in the covers of the



Ngā Taonga CE Honiana Love and Cook Islands archivists Kate Ngatokorua and Susan Love.

open reel tapes, though it was very rare to come across these."

Stored on these tapes and film are of course significant cultural records. Kate especially loved hearing a chant called Mire.

"It's from my island of Mangaia and I hadn't heard it before. But it's part of the Fanshawe collection. It was so eerie to hear. It will be great to return it to people and revive it. And it's great to do it now while we have the old people to explain some of the context. Once they're gone, it's harder to make that connection."

For Susan, recordings of tapa cloth being made are invaluable.

"It's a dying art in the Cook Islands, though it exists elsewhere in the Pacific. There is a tape of a tapa exhibition from 1988 and I'm hoping it will include some workshoping, showing the tapa being made. That would be good to see."

She also loves seeing recordings of ceremonial events, investiture and hair cutting. The Tangi Kapi collection contains a lot of this material.

The pair take on a more sombre tone when they discuss seeing footage of the aftermath of Cyclone Martin, a hugely destructive 1997 storm that killed 28 people.

"People don't really talk about it," Kate says. "I remember hearing when I was little that a huge wave went right over the island of Manihiki. You wouldn't know what the island looked like before that hit."

Although another major incident is affecting almost every part of the world, the Cook Islands are thankfully Covid-free. At the time

of speaking, Susan and Kate remain in limbo. A "double quarantine" is in place with travellers having to isolate for two weeks before and after flying to the Islands.

It's uncertain whether they will return to the Cooks or stay on in Wellington – there are many unknowns with the pandemic.

They're both keeping busy in the meantime. Kate works as a policy analyst for the Ministry of Cultural Development and she's focused on a proposal for equipment for the newspaper collection.

"Last year we received a new scanner and workstation," she says. "We've digitised the newspapers from 1958 to 1980 and are planning to go up to 2000."

Susan, meanwhile, has been exploring cataloguing work.

"That's been interesting – a real learning curve. I made a draft catalogue template and sent it to the Cook Islands. They verify details, especially people's names."

Our conversation is punctuated by lots of laughs and smiles. It's undoubtedly a strange and unprecedented time, wherever you are in the world and whatever you do. But for Kate and Susan, spending a little longer in Wellington with the prospect of soon finishing this project isn't such a bad place to be.

■ 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 and you can sign up for the Ngā Taonga newsletter at www.bit.ly/2NwsLtr



Communicating in Level 4 – meeting via video call. Left Susan Love, top right David Klein, bottom right Kate Ngatokorua.

TAMARIKI FUN PAGE



What is Matariki?

Matariki is the Māori name for a group of seven stars known as the Pleiades star cluster. Matariki appears in the eastern sky some time around the shortest day of the year, and is thought to determine how successful the harvest crop will be in the coming season. The brighter the stars, the more productive the crop will be. Matariki symbolises the coming of the Māori New Year. Some iwi, or tribes, start celebrations when Matariki is first seen, others celebrate on the first new moon after Matariki, and still others on the first full moon.

The Matariki new moon happens some time in June or July each year. In 2020, Matariki will begin on July 13. What are you doing to celebrate Matariki this year?

Drop a copy of your coloured picture into Ōtaki Today's box at Riverstone Café to win a \$20 book voucher or an *Animals in Vehicles* book by June 14.

MATARIKI WORD SEARCH

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

Use different coloured pens or pencils to put a line through the words as you find them. Look up, down, across, back, or around!

PLEIADES	SKY	JUNE	NEW	TREES
STARS	MOON	JULY	YEAR	HANGI
CLUSTER	FAMILY	CROPS	VEG	LAND

KYUSS' FRUIT & VEG QUIZ

- How many different varieties of apples are there?
 - Are tomatoes a fruit, a vegetable, or both?
 - How do monkeys peel bananas?
 - What is another name for chinese gooseberry?
 - What vegetable is meant to help you see in the dark?
 - What are hot chips made out of?
 - What is another name for aubergines?
 - How many different coloured capsicums are there?
 - Do grapes grow on trees, in the ground or on a vine?
 - What percentage of a watermelon is water?
- If you don't know the answers, Google them, or look in a book, just like Kyuss did! Video games quiz answers are on page 21.*

Email your answers to KyussOT@idmedia.co.nz The first drawn with the correct answers wins a \$20 book voucher, or one of Jared's *Animals in Vehicles* books, your choice.

ŌT KIDS' NEWS



NZ population hits five million
New Zealand's population has officially reached five million. Stats NZ announced this in March, just before lockdown.

There were 5,002,100 people living in New Zealand. The exact date the threshold was crossed won't be known until more analysis is done. It is the fastest million in our population history – it took just 17 years to get from four to five million.



Strawberry moon wows NZ
Kiwis have been treated to amazing views of the annual 'strawberry moon' rises. A strawberry moon – otherwise known as the Mead Moon, Rose Moon or Thunder Moon – is the name given to the full moon in June. This year it rose on Saturday, resulting in some spectacular views. The moon marks the start of the eclipse season. Despite the name, the Moon won't look like a strawberry or its colours. It is a penumbral lunar eclipse, which means the Moon will pass through an outer part of the Earth's shadow,

appearing to dim the lunar body's brightness. Sam Lord, an astronomy guide from Dark Sky Project, said the name relates to the time when wild strawberries are ripe in the northern hemisphere.

Remains of 60 mammoths found
The bones of about 60 mammoths have been found by archeologists near Mexico City in an area that long ago was a shallow lake. They believe the remains of hundreds more could be there. Mammoths were large beasts with trunks and tusks. They are closely related to our modern-day elephants. Mammoths died out in North America about 10,000 years ago. The lake has been dried up for centuries. Much of Mexico City is built on top of it. In recent years, one part of the ancient lake has been used as an airbase for Mexico's army. Now the army airbase



Photo: jan zeschky, via Flickr.com

is being torn down and a new international airport is being built. A team of archeologists is taking advantage of that change to do some digging in the area where the airbase was. To read more about this story go to: <https://newsforkids.net/articles/2020/05/29/remains-of-60-mammoths-found-in-mexico-city/>





SOUP'S UP: From left, Sheila Hart, Tony Hart, Lyn Eathorne and Jill Watson at their lunchtime Cobblers. Photo: Simon Neale

Souper heroes back with Cobblers

Cobblers is back.

The weekly lunchtime soups prepared and served by volunteers is to restart this Thursday (June 18) at the Gertrude Atmore Lounge (Supper Room) next to the library. It provides an opportunity for anyone to walk in off the street, have a chat with locals and enjoy a hearty, home-made soup and bread roll.

Koha is accepted, but not expected. No one is turned away if they can't pay for it. Sometimes 50 or more people come in.

Cobblers is run under the umbrella of the Cobwebs charity shop. The lunchtime soups are made at volunteers' homes and

served every Thursday from about 11.15am to about 1.30pm.

Two Cobblers stalwarts, Tony and Sheila Hart, kept in touch with many of their "regulars" by delivering soups to their homes every Thursday during lockdown Level 2. The couple have been delivering up to 25 soups around Ōtaki, carefully sealed in a plastic pottle with a bun on top and wrapped in a bag.

"We got around those people we had an address for, but we know there are a lot of others who could have done with the help. Some of the ones we delivered to had tears in their eyes. They certainly appreciated it."

To list your group, or update contact details, email debbi@idmedia.co.nz

COMMUNITY ORGANISATIONS

- AMICUS CLUB OF ŌTAKI 364 6464
- COBBLERS LUNCH CLUB Thursdays 11.15am-1.30pm Gertrude Atmore Lounge. Free soup.
- FOREST & BIRD PROTECTION SOCIETY Joan Leckie 368 1277
- FRIENDS OF THE ŌTAKI RIVER Trevor Wylie 364 8918
- FRIENDS OF THE ŌTAKI ROTUNDA Di Buchan 364 0180/027 683 0213
- GENEALOGY SOCIETY Len Nicholls 364 7638
- KĀPITI COAST GREY POWER June Simpson 021 109 2583
- KĀPITI HOROWHENUA VEGANS: Alastair 364 3392 Eric 367 2512
- KEEP ŌTAKI BEAUTIFUL Margaret Bayston/Lloyd Chapman
- LIONS CLUB OF ŌTAKI Peter 021 267 3929
- MORRIS CAR CLUB Chris Torr 323 7753
- ŌTAKI BRIDGE CLUB Tim Horner 364-5240
- ŌTAKI COMMUNITY PATROL Errol Maffey 027 230 8836
- ŌTAKI & DISTRICT SENIOR CITIZENS Vaevae 027 447 7864
- ŌTAKI FLORAL ART & GARDEN CLUB Maureen Jensen 364 8614
- ŌTAKI FOODBANK 43 Main St, Lucy Tahere 364 0051
- ŌTAKI HERITAGE BANK MUSEUM TRUST 364 6886
- ŌTAKI HISTORICAL SOCIETY Sarah Maclean 364 2497
- ŌTAKI MENZSHED 022 406 9439 OtakiMenzShed@outlook.com
- ŌTAKI PLAYERS SOCIETY Roger Thorpe 364 8848 or 021 259 2683
- ŌTAKI POTTERY CLUB Rod Graham 027 445 7545
- ŌTAKI PROMOTIONS GROUP Cam Butler 021 703095
- ŌTAKI AND DISTRICT RSA, 9 Raukawa St 364 6221
- ŌTAKI SPINNERS & KNITTERS' GROUP, Barbara Austin 364 8381
- ŌTAKI WOMEN'S NETWORK GROUP Carol Ward 06 364 7732
- ŌTAKI WOMEN'S COMMUNITY CLUB/SUNDAY MARKETS Kerrie Fox 027 340 0305
- ŌTAKI WOMEN'S INSTITUTE Rema Clark remaclark@xtra.co.nz
- RESOURCE RECOVERY CENTRE Jamie 027 444 9995/Drew 021 288 7021
- ROTARY CLUB OF OTAKI Michael Fagg 021 294 3039
- TIMEBANK Suzanne Fahey 021 1275 074
- TOASTMASTERS OF WAIKANAE Graham 04 905 6236
- TRANSITION TOWN OTAKI Jamie Bull 364 0550
- WAITOHU STREAM CARE GROUP Lyndsay Knowles 364 6283

CHILDREN

- ŌTAKI TOY LIBRARY 027 621 8855 Saturday 10.30am-noon Memorial Hall, Main St.
- KIDZOWN OSCAR 0800 543 9696
- LITTLE GIGGLERS PLAYGROUP Baptist Church Hall, Te Manuao Rd. 10am-12noon Friday each fortnight. Denise 027 276 0983
- MAINLY MUSIC Hadfield Hall, Te Rauparaha St. 021 189 6510
- ŌTAKI KINDERGARTEN 68a Waerenga Rd. 364 8553.
- ŌTAKI MONTESSORI PRESCHOOL Haruātai Park, Roselle 364 7500.
- ŌTAKI PLAYCENTRE Mill Rd. 364 5787. Mon, Tue, Thu 9.30am-noon
- ŌTAKI PLAYGROUP otakiplaygroup@hotmail.com
- ŌTAKI SCOUTS, CUBS AND KEAS Brent Bythell 364 8949.
- PLUNKET MANAKAU PLAYGROUP Honi Taipua St, T & Th 9.30am-noon.
- SKIDS ŌTAKI out of school care, St Peter Chanel School. Sonia: 027 739 1986.
- TE KŌHANGA REO O TE KĀKANO O TE KURA Te Rauparaha St, 06 364 5599
- TE KŌHANGA REO O RAUKAWA 5 Convent Rd, 06 364 5364

SPORTS CLUBS

- EASY-CISE/WALKING GROUP (BODY & SOUL) Joseph 364 6191
- EQUESTRIAN HORSE CLUB 364 6181: Horse Trekking club Debbie 364 6571; Ōtaki Pony Club Paul Pettengell 364 5781
- GAZBOS GOLDEN OLDIES Doug Garrity 364 5886
- HAWAIKINUI TUA RUA KI ŌTAKI (waka ama) DeNeen Baker-Underhill 027 404 4697
- ŌTAKI ATHLETIC CLUB Kerry Bevan 027 405 6635
- ŌTAKI BOATING CLUB Trevor Hosking 021 642 766
- ŌTAKI BOWLING CLUB Paul Selby 927 9015
- ŌTAKI CANOE CLUB Jane Bertelsen 364 5302
- ŌTAKI DANCE GROUP Barbara Francis 364 7383
- ŌTAKI GOLF CLUB 364 8260
- ŌTAKI GYMNASTICS CLUB Nancy 027 778 6902
- ŌTAKI INDOOR BOWLING Jane Selby-Paterson 927 9015
- ŌTAKI MASTERS SWIMMING CLUB Sonia Coom 04 292 7676
- ŌTAKI PETANQUE CLUB Val Clarke 364 5213
- ŌTAKI RAILWAY BOWLING CLUB Maureen Beaver 364 0640
- ŌTAKI SPORTS CLUB: TENNIS, SQUASH & SOCCER Hannah 027 327 1179
- ŌTAKI SURF LIFE SAVING CLUB Kirsty Doyle 021 102 0058
- RĀHUI FOOTBALL AND SPORTS CLUB Slade Sturmey 021 191 4780. Rahui Netball Kylie Gardner 0275 490 985. Junior Rugby Megan Qaranivalu 022 165 7649
- TAE KWON DO Jim Babbington 027 530 0443
- TAI CHI Gillian Sutherland 04 904 8190
- WHITI TE RA LEAGUE CLUB Kelly Anne Ngatai 027 256 7391
- WILD GOOSE QIGONG & CHUN YUEN (SHAOLIN) QUAN SIFU Cynthia Shaw 021 613 081.

CHURCHES

- Rangiātea** 33 Te Rauparaha St, ŌTAKI • 364 6838
Sunday Eucharist: 9am • Church viewing hours, school terms: Mon-Fri 9.30am- 1.30pm
- St Mary's Pukekaraka** 4 Convent Rd, ŌTAKI Fr Alan Robert 364 8543 or 021 0822 8926. Sunday mass: 10am. Miha Māori Mass, first Sunday. For other masses: otakiandlevincatholicparish.nz.
- Anglican Methodist Parish of Ōtaki, St Margaret's**, Te Horo, **St Andrew's**, Manakau. Co-Ministers Jessica Falconer 021 857 744. Rev Simon Falconer 021 778 345, e: ministers@levinanglicanchurch.com. Until further notice, to enable us to comply with Covid 19 requirements there will be one service each Sunday at All Saints', Te Rauparaha St, Ōtaki, at 9.30am.
- Ōtaki Baptist** cnr SH1 & Te Manuao Rd, ŌTAKI Pastor Roger Blakemore • 364 8540 or 027 672 7865 otakibaptist.weebly.com • Sunday service: 10am
- The Hub** 157 Tasman Rd, ŌTAKI • Leader Richard Brons 364-6911 • www.actschurches.com/church-directory/horowhenua/hub-church/ • Sunday service and Big Wednesday service: 10.15am
- Ōtaki Presbyterian** 249 Mill Rd, ŌTAKI • Rev Peter Jackson 364 8759 or 021 207 9455 • www.otakiwaikanaechurch.nz Sunday service: 11am
- Jehovah's Witness** 265 Mill Road, ŌTAKI 364 6419 • www.jw.org • Sunday meeting: 10am

MEDICAL

- Ōtaki Medical Centre** 2 Aotaki Street, Ōtaki 06 364 8555 • Monday-Friday: 8.15am-5pm • Saturday: 9am-noon.
- After hours, inc weekend and public holidays:
Emergencies: 111
- Team Medical**, Paraparaumu: AH: 04 297 3000 Coastlands Shopping Mall. 8am-10pm every day.
- Palmerston North Hospital** emergencies, 50 Ruahine St, Palmerston North • 06 356 9169
- Healthline for free 24-hour health advice** 0800 611 116
- St John Health Shuttle** 06 368 6369
- Ōtaki Women's Health Group** 186 Mill Rd, 364 6367
- P-pull walk-in** Drug advice and support, Birthright Centre, every 2nd Thursday 6-8pm.

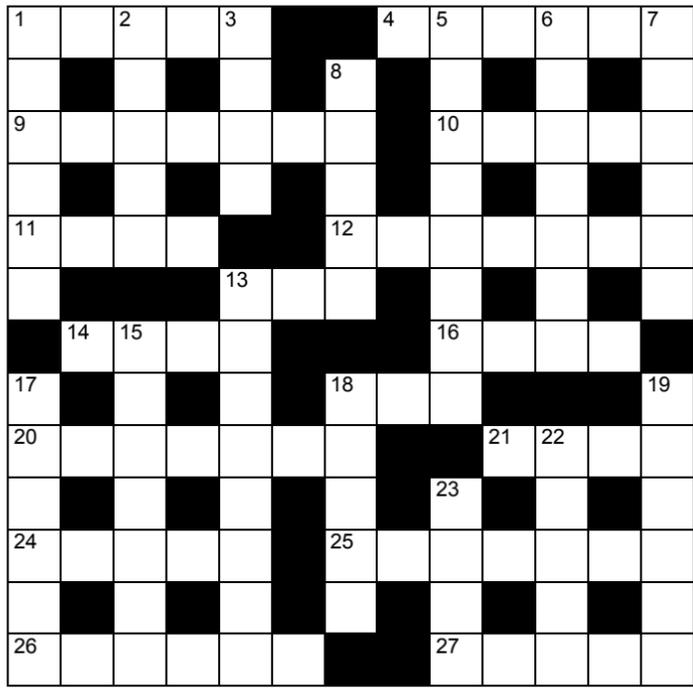
COMMUNITY

- ŌTAKI POLICE** 06 364 7366, cnr Iti and Matene Streets, Ōtaki.
- CITIZEN'S ADVICE BUREAU ŌTAKI** 06 364 8664, 0800 367 222. 65a Main St, Ōtaki. otaki@cab.org.nz
- AROHAUI HOSPICE SHOP** 11 Main St, Ōtaki. 06 929 6603
- BIRTHRIGHT OTAKI OPPORTUNITY SHOP** 23 Matene St, Ōtaki. 06 364 5524
- COBWEBS OPPORTUNITY SHOP TRUST** Main St.
- HUHA OP SHOP** 208 SH 1, Ōtaki. 06 364 7062.
- OCEAN VIEW RESIDENTIAL CARE** Marine Parade, 06 364 7399
- THE OPPORTUNITY FOR ANIMALS OP SHOP** 236 SH1. 06 364 2241.

KYUSS' VIDEO GAME QUIZ ANSWERS

- | | |
|-----------------------|----------------------------------|
| 1. Mario | 6. Mario Mario |
| 2. Dr Robotnik/Eggman | 7. Raids |
| 3. The Ender Dragon | 8. The Great Wall of China |
| 4. The Peashooter | 9. A rabbit, a monkey and a wolf |
| 5. Ghosts | 10. Eva Earlong |

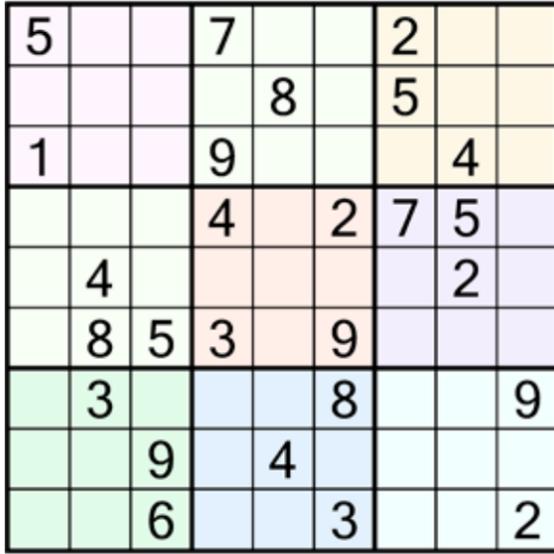
CROSSWORD NZ1787E (answers below) *The Puzzle Company*



- ACROSS**
- Herb of the mint family (5)
 - Prejudiced (6)
 - Popeye's favourite vegetable (7)
 - Large animal introduced to NZ in early 1900s (5)
 - Large urban area (4)
 - Madman (7)
 - Regret (3)
 - Pacific Island vegetable (4)
 - Number of players in short form of rugby league (4)
 - Political party that has been in Parliament since 1996 (3)
 - NZ historian and author who died in a 2004 car crash (7,4)
 - Native tree being hit by dieback disease (5)
 - Landmark Moscow building (7)
- DOWN**
- Cut in half (6)
 - Fast-moving (5)
 - Jump (4)
 - About to happen (8)
 - Reduce (7)
 - Liquid used to control cattle and sheep parasites (6)
 - Entire (5)
 - Supporter of the monarchy (8)
 - Invoice (7)
 - Device used to calm bees (6)
 - Similar (5)
 - Meeting plan (6)
 - Loafer (5)
 - Hard tip on a kiwifruit (4)

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 #21

QUOTE OF THE DAY
Ecclesiastes 4:9-10
"Two are better than one ... for if they fall, one will lift the other up."

When you can't control what is happening around you, challenge yourself to control the way in which you respond. That is where your true power lies.

SUDOKU ANSWERS

5	9	7	2	8	1	6	3	4
1	8	9	4	2	7	5	3	6
4	3	6	5	8	1	2	7	9
8	5	3	9	1	6	2	4	7
3	6	4	8	7	5	9	1	2
9	2	1	3	6	4	7	8	5
6	7	8	3	9	5	1	2	4
2	4	3	6	5	7	8	9	1
7	5	6	1	9	8	3	4	2

CROSSWORD NZ1787E ANSWERS

ACROSS: 1. Basil, 4. Biased, 9. Spinach, 10. Moose, 11. City, 12. Lunatic, 13. Rue, 14. Taro, 16. Nine, 18. ACT, 20/21. Michael King, 24. Kauri, 25. Kremlin, 26. Rotate, 27. Korea. DOWN: 1. Bisect, 2. Swift, 3. Leap, 5. Imminent, 6. Shorten, 7. Drench, 8. Whole, 13. Royalist, 15. Account, 17. Smoker, 18. Alike, 19. Agenda, 22. Idler, 23. Beak.

ALPHABET QUIZ

- (answers below)
- What was the first frozen food available for sale in the UK in 1937?
 - What kind of apes occupy the Rock of Gibraltar?
 - What is the surname of the author of 'Patriot Games'?
 - Which pop group was comprised of David Van Day and Thereza Bazar?
 - Dunedin is the Celtic name for which city?
 - Who played the role of Barbara in 'The Good Life'?
 - Which woodcarver created Pinocchio?
 - Which cartoon character was famous for singing 'My Darling Clementine'?
 - What is the capital of Pakistan?
 - Oliver Tambo airport serves which city?
 - Which chess piece cannot move in a straight line?
 - Which internet search engine gets its name from the Latin for Wolf Spider?
 - By what name is Mark McLoughlin of 'Wet Wet Wet' fame better known as?
 - On what part of the body is a 'Belcher' worn?
 - Who is Popeye's girlfriend?
 - Which chemical element is derived from the Greek for 'Light Bearing'?
 - In which Australian state is the 'Gold Coast'?
 - What sickness is caused by the lack of vitamin D?
 - Which British city was the first in the world to register a football club?
 - Which country had the Guns of Navarone installed?
 - What Viking tradition is celebrated each year in the Shetland Isles by the burning of a traditional longboat?
 - What is the largest city in Austria?
 - What name is now given to the German Regime between 1919-1933?
 - Which pop groups first album was called 'White Music' in 1978?
 - What are you doing if you pandiculate?
 - What is the Spanish word for fox and the name of a masked swordsman?



QUIZ ANSWERS
 Asparagus, Barbary Clancy (Tom), Dollar, Edinburgh, Felicity Kendall, Gippetto or Gippetto, Huckleberry Hound, Islamabad, Johannesburg, Knight Lycos, Marti Pellow, Neck, Olive Oyl, Phosphorus, Queensland, Ricklets, Sheffield, Turkey, Up Helly Yaa, Vienna, Weimar, Republic, XTC, Yawning Zorro

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NOTICE OF ANNUAL GENERAL MEETING
 Ōtaki College Trust Foundation Charitable Trust (also known as the XŌtaki College Alumni Trust). The Trustees hereby give notice that the Annual General Meeting will be held in the College staffroom on Tuesday July 7, 2020 at 5pm.

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Ōtaki River entrance tides June 17 - July 15, 2020

metservice.com/marine-surf/tides/otaki-river-entrance

	HIGH	LOW	HIGH	LOW	HIGH		HIGH	LOW	HIGH	LOW	HIGH		HIGH	LOW	HIGH	LOW	HIGH
WED 17 JUN	-	00:22	06:23	12:45	19:01	SAT 27 JUN	01:31	07:54	13:59	20:09	-						
THU 18 JUN	-	01:11	07:09	13:31	19:46	SUN 28 JUN	02:28	08:50	14:57	21:10	-						
FRI 19 JUN	-	01:55	07:52	14:13	20:27	MON 29 JUN	03:29	09:49	16:00	22:15	-						
SAT 20 JUN	-	02:36	08:34	14:54	21:06	TUE 30 JUN	04:31	10:51	-	-	-						
SUN 21 JUN	-	03:16	09:15	15:34	21:45	FURTHER TIDE TIMES UNAVAILABLE AT PRESS TIME											
MON 22 JUN	-	03:57	09:57	16:14	22:24												
TUE 23 JUN	-	04:39	10:40	16:55	23:05												
WED 24 JUN	-	05:23	11:26	17:39	23:50												
THU 25 JUN	-	06:10	12:14	18:25	-												
FRI 26 JUN	00:38	07:01	13:04	19:14	-												

Please note: The actual timing of high and low tide may differ from that provided here by LINZ. Times are extrapolated from the nearest primary port for this location, so please take care.

TĀKARO/Sport



BACK INTO IT

The Rāhui Sport Club got back into the swing of team sports with plenty of games on the weekend agenda.

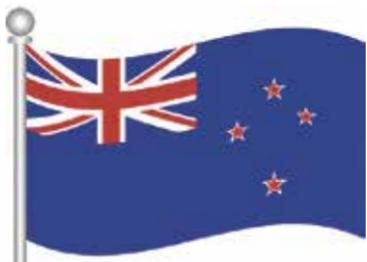
The senior A and B rugby teams had pre-season games at Levin Domain, with good

crowds indicating there's a keen appetite to return to normal as much as possible after the Covid-19 lockdown.

Rāhui A (photo above) won 17-12 against Levin College Old Boys with tries to Caleb Alaga, Tawhiri Kereama

and Paora Connor-Phillips (also one conversion) after trailing 5-0 at halftime. The Bs lost 19-23 against LCOB.

Rāhui's senior girls' netball team also had their first game on Saturday in Levin against Waiopehu (score unavailable).



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