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**Back to business photos p14**



**Kids: Colour in and win a \$20 café voucher or Animals in Vehicles book p20 **WIN \$20****



**Haruātai Pool reopens p24**

# ŌTAKI TODAY

otakitoday.com

ŌTAKI TODAY • MEI/MAY 20, 2020

Ngā Kōrero o Ōtaki



## BACK TO SCHOOL!

EXCITED: Eva Miritana, 9, Māhina Cook, 6, and Mali Miritana, 6, were excited to get back to Waitohu School on Monday. Photo Ian Carson

**Hundreds of children throughout the Ōtaki district got back to school on Monday (May 18), after a break as long as the summer holidays.**

Having had eight weeks staying at home, children – and parents were keen to end their Covid-19 lockdown that began for most school children on March 24.

The mood outside school gates on Monday was excitement for the kids, along with plenty of hugs for friends not seen for weeks, and relief for many parents and care-givers who had worked hard to keep kids occupied.

Maverick King, 5, was happy to get to

Waitohu School – it was his first-ever day of school and in a new town.

“We came up from Paraparaumu just before lockdown and just love it here,” Mum Tamsyn Field said. “Maverick was itching to get to school and meet new friends.”

Teachers and support staff have been busy during the past couple of weeks gearing up for a new term, reworking school assignments, sanitising classrooms and playground gear, getting grounds tidy and fields mowed.

**Businesses back, page 5**

**GET ON THE WEB – FREE**

**Ōtaki Today is offering a free web profile to help local businesses get back on their feet.**

See page 3 for details

**Ōtaki Open For Business**

open.otakitoday.com

## Russians attempt Ōtaki Today hack attack

**At 7.41am on Tuesday, May 12, an attack from Russia attempted to hack into the Ōtaki Today website.**

The site is managed by Wellington company Flightdec, whose systems proved secure enough to thwart the attempt. Chief Flightdec engineer Logan Hendra said the attack made 6831 hack attempts on the server in about half an hour.

“It made several attempts on each web page before moving to the next one,” Logan said. “They then tried an SQL injection attack on the database.”

Logan blocked the IP address, which was shown to originate in St Petersburg, Russia.

So why was Ōtaki Today targeted?

Flightdec director Fraser Carson said the hackers – probably someone sitting in a St Petersburg flat with nothing better to do – just had vandalism in mind.

“They can destroy your website,” he said. “Imagine if you let a criminal loose with your login. They can ruin your reputation and make it very difficult to repair the website.”

“Hackers can do huge damage. It pays to have professional technicians looking after your internet presence.”

Ōtaki Today made enquiries to the Russian Federal Security Service – the former KGB – and to the office of President Vladimir Putin, but had no response by press time.

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# Budget blank cheque and assistance for locals

**BUDGET 2020 sets up the Coalition Government for the September 2019 election contest with a blank cheque to dominate points of discord that may arise over its economic handling of the response to Covid-19.**

The cheque stems from the unallocated \$20 billion that it provided for in the budget document – a sum termed by National as a “slush” fund and by the prime minister as an amount that will give the Government financial agility in its handling of the economy.

Both sides can justify their claims. National in future might characterise further spending by the Government on issues raised by interest groups – be they from business, community organisations or sector representatives – as election bribery; Labour, NZ First and the Greens will respond, or justify, on the basis that their ability to deal with these issues reflects the wisdom of having the fund available to meet needs.

Sitting in the middle of this political jousting

is the economic viewpoint that acquisition of such a huge sum without specific allocation of the generalised areas on which it might be spent justifies the claim that there is a lack of financial discipline displayed in the final document. This gains some weight when, if it is all used, the country will spend some \$50 billion more than it takes in by way of tax, GST and other income.

Ōtaki businesses and the community should benefit significantly from access to specific allocations. An estimated \$3.2 billion is provided for extension of the wage subsidy scheme for a further eight weeks for those who have suffered a 50 percent reduction in turnover over the 30 days prior to application. It follows on the subsidy available from the end of the first 12-week scheme.

Up to \$10 million is available in funding

## THE BUDGET



BRUCE KOHN

to support small businesses to improve their e-commerce offerings, as well as incentives and grants to encourage e-commerce adoption.

A trades and apprentice package with funding up to \$1.6 billion is to provide opportunities for people of all ages to receive trades training.

This will include financial support for businesses to

retain their apprentices, free apprenticeship and training in targeted critical industries, and funding for higher enrolments in tertiary education and training.

There is a specific allocation of \$50 million for Māori apprentice and trades training, as well as a further \$121 million for He Poutama Rangatahi to provide community-based training for at-risk young people.

Roading, tourism and environmental projects get significant capital boosts and the allocation

of \$5 billion extra to the Kainga Ora borrowing programme should see a big lift in state housing and transitional housing development.

Job creation and preservation in harsh economic circumstances is the theme of government spending. National is critical of the failure of the Budget to set out an economic recovery plan. It sees the expenditure as being loosely allocated, with too much room for unnecessary spending against the scale of the debt being taken on. Expect Labour to hit back, with the Coalition's success to date in holding down the spread of Covid-19 as reason enough for it being returned to the Treasury benches.

The sums of money allocated for state expenditure are breath-taking; a billion dollars here, a billion dollars there. Billions rather than millions become the norm! These are not normal times. Rhetoric among political parties is likely in coming weeks to be on a matching scale.

■ Bruce Kohn 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.

## CARTOON OF THE MONTH

By Jared Carson

# LOCKDOWN ZOOM MEETINGS



## Chathams flies high again Sunday

**Air Chathams is back in the air from Sunday (May 24).**

The airline says flights between Auckland and Kapiti Coast Airport will begin Sunday, coupled with a strict Level 2 PPE and hygiene policy.

“And we are running a two-week sale from May 25 to encourage a nervous and likely cash strapped market back into the air,” a company statement said.

It said the Emeny family-owned business was overwhelmed by the messages of support from the Kāpiti community and its business leaders. With the proactive approach of Kāpiti Coast District Council it was confident of flying again from Sunday.

“Covid-19 has been a huge blow to our airline, but we are excited and motivated to rebuild and continue to provide the safe, reliable service our reputation has been built on.”

Mayor K Gurunathan says the Kāpiti community should get behind the airline.

“Air Chathams plays an important role in our community and in supporting our district to recover from the unprecedented impacts of Covid-19,” he says. “Reconnecting family, business and visitor connections is of critical importance to our district’s social and economic recovery and we need to do what we can to help the airline get back up and running as quickly and sustainably as possible.”

Guru says the airline was dealt a big blow with Covid-19 forcing it to halt all passenger services on March 25.

“While the airline has been able to access Ministry of Transport funding for essential freight services, they are going to need more support to get their regional passenger services back up and running to maximum capacity now that regional travel restrictions have lifted.

“We fought hard to get Air Chathams to fly Kāpiti skies back in 2018 and we are equally committed to supporting them to get back up on their feet again.”

In the three years before Covid-19 struck, Kāpiti’s share of regional and national tourism had been steadily increasing by 10-15 percent a year.

“We expect that to continue given the border restrictions,” the mayor says.

## ŌTAKI TODAY

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For advertising enquiries, please contact general manager Debbi Carson on 06 364-6543 or [debbi@idmedia.co.nz](mailto:debbi@idmedia.co.nz)

CARTOONS: Jared Carson

CONTRIBUTORS: Pera Barrett (Good Thinking) • Fraser Carson (Media & Community) • Kyuss Carson (Quiz) • Daniel Duxfield (Fitness) • Miraz Jordan (Waikawa Way) • Kath Irvine (Edible Backyards) • Rex Kerr (History) • Bruce Kohn (Politics) • Michael Moore (News).

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- For men feeling angry, on the edge, afraid of harming family 0800HEYBRO (0800 439 276)
- YOUTHLINE 0800 376 633 or text free to 234



GEARING UP: Kyle Clark and Anna Colville-Smith of Ōtaki Yard gear up for the opening of the site on June 13.

## June 13 for new market

**The market element of the Ōtaki Yard development will open for the first time on Saturday, June 13.**

Plans to open at the old Caltex site on the highway in March were scuppered when the Covid-19 Level 4 lockdown was announced.

Developer Nigel Ross says the market would showcase some of New Zealand's great artisans and highlight Ōtaki's place on the Kāpiti Coast.

"The goal is that Ōtaki will become a destination to travel to, not just through," he says. "We want to bring together the best growers, crafters, makers, bakers, and more, and make it the market that people of all ages and stages can't wait to go back to."

"We are confident the market will be well supported by locals and visitors keen to get out after spending several weeks in lockdown."

He believes Kiwis more than ever are seeking New Zealand-made because they want to support and shop local. The market would help boost the local economy and turn Ōtaki into a renowned destination."

Nigel says after a turbulent couple of months for many, the market would be well received by the community and wider region.

"There were already too many shops vacant in Ōtaki, and now more than ever the community needs to see progress on their backdoor. This market will bring the much needed additional customers to Ōtaki, revitalise the region and help local businesses get back on their feet after a difficult period."

The market can house up to 100 stalls as well as food trucks and other food offerings every Saturday.

■ For more information see [www.otakiyard.nz/register](http://www.otakiyard.nz/register)

## Free web profile for local businesses

**Helping Ōtaki thrive beyond Covid-19**

**Ōtaki Today has joined forces with web development company Flightdec to provide a free internet presence for local businesses.**

The new website [open.otakitoday.com](http://open.otakitoday.com) will give businesses a free Profile Page. It's available at no cost not only for business clients of *Ōtaki Today*, but to any Ōtaki business – big or small and whether or not they have a website already.

The initiative is our vote of thanks to the businesses that make our town thrive and an acknowledgement that without the support of everyone, it's going to be a tough time for many locals getting their business back up and running.

A Profile Page comes with tools to self-promote (blog posts and event listings), plus visitors to a Profile can easily share a referral to social media or use a Shout-Out message board.

To get going, go to the website and click Become A Member to get a login. Then once your login is confirmed by automatic email, go back and click on Make A Profile. You can then load all the details about your business, contact details, and even images and logos.

Meantime, we're also supporting local businesses with the logo above. *Ōtaki Today* will use the logo liberally to promote buying locally, and to support local business activity. It's available free for businesses to use in their own publicity and for shop posters. Just give us a call (06 364-6543) or email [openotaki@idmedia.co.nz](mailto:openotaki@idmedia.co.nz) to ask for the image.

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# Level 2 businesses get cracking

**Most businesses – especially retailers and cafés – re-opened on Thursday, May 14, when the country moved to Alert Level 2 and people were able to move more freely.**

Traffic on the highways and local roads became noticeably busier overnight – and by Sunday it was back to the usual late afternoon gridlock through the railway area.

Cafés reported a solid weekend of trading, aided by sunny autumn weather and the eagerness of patrons to get a meal not cooked at home for the first time in eight weeks. Outdoor dining was favoured by many where it was easy to keep physical distance.

Most retailers were comfortable with the restrictions on numbers entering their store and coped with the inconvenience.

While barista coffee was the first on the list of “must haves” when Level 3 arrived on April 23, it was a meal out that everyone craved when Level 2 came into force last week.

At Café Te Horo, owner Amanda Corrigan said she had quite enjoyed the leisurely pace of Level 3, but it was good to see loyal customers back, plus a few new ones.

“With so many people working from home, we’ve seen some new customers who I suppose would normally get a coffee or lunch in town where they work,” she said. “It’s definitely a trend.”

For many customers, such as Makareta Moffatt and daughter Kurupae Rikihana, their visit to RiverStone Café was the first meal out since lockdown.

“I had a takeaway coffee on Mother’s Day, but that’s been it,” Makareta said. “It’s just so nice to get out.”



Café Te Horo's Amanda Corrigan, left, and mother Jackie Wood were happy to be back serving customers.

RiverStone owner Brent Havis said customers were noticeably friendly and polite.

“There are a lot of older people getting out for the first time, and everyone has been very accommodating of the Level 2 rules we have to follow. Trading has been busy, but it’s actually been quite pleasant, too.”

In the village, Karl Lotka at Café SixtySix said it had been a steady first few days back.

“Everyone has been kind and keen to support local businesses like ours.”

Continues and more photos, page 14

## IN BRIEF

### Ōtaki a rare case

Ōtaki is perhaps one of only two districts in New Zealand to have no cases of Covid-19 reported. The only other known district is Chatham Islands. Some enquiries to DHBs by Ōtaki Today were not answered by press time; in others, such as Auckland, the DHB did not have readily available district breakdowns. Several other revealed low case numbers in their districts. As of Monday (May 18), MidCentral DHB had 32 cases, including five probable. A total of 31 people have recovered. No one is in hospital. Palmerston North and Horowhenua had 11 cases each, Manawātū six and Tararua four. By age, the 19 and under group had three cases, 20-29 had four, 30-39 had six, 40-49 had two, 50-59 had five, 60-69 had two and there were four cases in the 70+ age group. Males and females were evenly divided at 16 each.

### Kāpiti oil top shelf

A Picual blend by Kapiti Olive Oil in Te Horo has won the prestigious International Olive Oil Competition in New York, putting it among the world’s best oils. Six other New Zealand oils won gold at the prestigious event: Kakariki Mediterranean Blend, Olea Estate Picual, Old French Road Picholine, Loopline Olives Picholine and Loopline Picual, and a Woodside Bay medium blend. The competition attracted 900 entries from 26 countries.

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# Polio closed schools for months in 1948



The Audiovisual Archive for Aotearoa

By David Klein  
Ngā Taonga Sound & Vision

**Empty classrooms, parents struggling to home-school and teachers trying to work out ways to deliver feedback to students remotely . . . it might sound like 2020, but this was New Zealand 72 years ago.**

It was when schools stayed shut after summer holidays and didn't reopen until after Easter.

Ngā Taonga Sound & Vision has a regular segment on RNZ's *Afternoons* with Jesse Mulligan and in April, Sarah Johnston shared some recordings of memories of 1948 when it was a polio epidemic that was keeping New Zealand children at home and indoors.

Poliomyelitis, or infantile paralysis as it was also known, was a terrifying disease that broke out many times in New Zealand between 1919 and the early 1960s, when the epidemics were finally eradicated by vaccines. Hundreds of people died, but contracting polio could also mean a lifetime of disability, if you survived. The muscles in patients' limbs wasted, leaving them disabled.

In many cases, the muscles that controlled breathing were also affected, meaning patients could require months or years of treatment in an "iron lung", a machine that stimulated the chest muscles to help patients breathe.

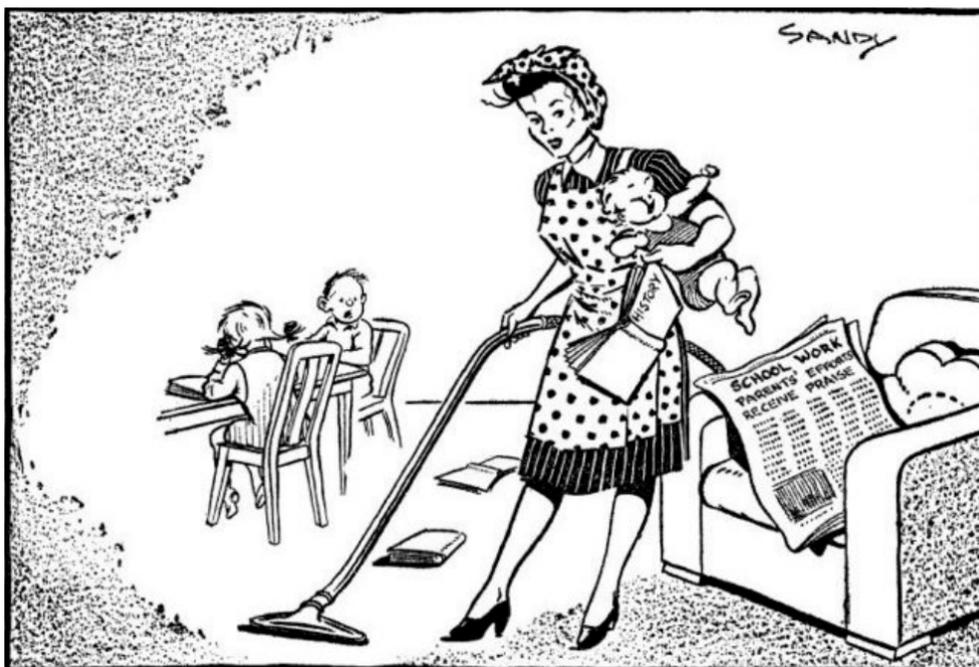
A new polio epidemic broke out in late 1947 and New Zealand schools wound up for the year early – before the usual Christmas break. Children were banned from public transport or anywhere crowds might gather during summer, such as cinemas, campgrounds and milk bars.

In late January, Education Minister Terence McCombs made a radio address, telling the country that the 1948 school year would not be restarting until after Easter (late March).

He said homes would become "miniature schools" and "that this must affect the normal routine in most households will be obvious to everyone . . . but the health of our children must be the first consideration". (This was recorded in the radio programme *1948 in Retrospect*).

In 1993, Radio New Zealand's *Spectrum* programme made a documentary looking back at this long, hot, frightening summer. About the same time, The Correspondence School made its own radio programme, looking back on its role in supplying remote learning to the nation's school children in 1948.

In a pre-internet era, the Correspondence



**A James Edward Sanders cartoon showing the rigours of looking after stay-at-home kids in the late 1940s.** Auckland Star newspaper, courtesy Alexander Turnbull Library Ref. H-634-016.

School used to regularly broadcast a short lesson on the radio for students who lived in remote areas. When the country's entire school roll became confined to home by the polio epidemic, the Correspondence School had to step up to provide 40 radio classes every week.

Past students and teachers recall how the Correspondence School sent out the lessons

in green canvas envelopes. They were completed and returned to local schools, where teachers sat in empty classrooms to mark them.

Because polio affected children more than adults, the entire population was not in "lockdown", although children were confined to home and all public gatherings were cancelled.

Families who were unlucky enough to have a child contract polio however, faced the added stress of quarantine.

Dorothy Ford's 6-year-old daughter was hospitalised with polio, leaving her at home in Karapiro with two younger children.

In the *Spectrum* documentary she recalls how her grocery order had to be shouted from her porch to the local store keeper doing the rounds, who then dropped her supplies over the fence.

When the Salk polio vaccine arrived in New Zealand in 1956, she says she rushed to have her other children vaccinated. Thanks to the near universal uptake of the vaccine, the dreaded

epidemics were eliminated in New Zealand by the early 1960s. Dorothy and others affected by the disease told *Spectrum* they hoped it would never again be allowed to occur.

A full recording of the *Spectrum* programme can be heard on the Ngā Taonga catalogue – *Spectrum* 794. The polio epidemics.

You can also tune in to RNZ each Wednesday afternoon to hear our sound archivist Sarah Johnston playing archival audio clips.

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

## SCHOOLS CLOSED UNTIL EASTER

WELLINGTON, Tue. (Sp).—New Zealand schools will remain closed until the Easter Holidays, unless there is an unexpected improvement in the poliomyelitis situation. Easter Monday falls on March 29.

This was announced this afternoon in a joint statement by the Minister of Health and the Minister of Education, following a conference of departmental heads.

Present restrictions on schools and public gatherings and attendance and travel by children will be continued, but the Ministers state that this will not prevent the few children over 15 and under 16 years who are in employment from continuing at their work.

In announcing that schools would be closed until after Easter Mr McCombs and Miss Howard said consideration will be given to an earlier opening if circumstances in connection with the infantile paralysis position warranted it.

**A Northern Advocate newspaper headline announcing school closures, January 27, 1948.** Source: [Paperspast.natlib.govt.nz](http://paperspast.natlib.govt.nz) Home schooling the norm through the 1948 polio epidemic.

## IN BRIEF

### April fire call-outs

The Ōtaki Volunteer Fire Brigade responded to 16 calls during April – which included the Level 4 lockdown. Eight were for burn-offs (rubbish, grass and scrub), one car fire, one bin fire, two medical call-outs, and four special services (powerline down, gas leak, tree threatening house, helicopter landing).

### Murder charge

Police arrested and charged a 33-year-old man with murder in relation to the death of a man in Ōtaki last Saturday (May 16). He was to appear in the Palmerston North District Court on Monday. The man, an Ōtaki local, is known to the victim. Police say they are not looking for anyone else in relation to the man's death. The investigation is ongoing and there was an increased police presence in Ōtaki during the week, when a scene examination at the Mill Road address was conducted.

### Rates slash proposed

Kāpiti councillors have agreed to more than halve the previously anticipated rates increase for the coming year. Instead of 5.7 percent, councillors have proposed an average rates increase of 2.6 percent. Mayor K Gurunathan says the proposed 2020/21 Annual Plan agreed by council on April 30 strikes a balance between ensuring the council can continue to deliver essential infrastructure and services, and support the community to recover from the impacts of Covid-19, while operating within its financial means. "The result of this is an average rates increase of 2.6 percent for the year ahead, an average weekly increase per rates bill of \$1.65. This is down from the 5.7 percent for the 2020/21 financial year that council was considering prior to the Alert Level 4 lockdown," the mayor said.

### Deadline on review report

Kāpiti Coast Mayor K Gurunathan has set a 30-day timeframe for the Organisational Review report to be released to councillors and the chief executive. The independent organisational reviewers, Martin Jenkins, have been given 30 days to release their final report and brief councillors, subject to an escalation in Covid-19 alert levels. The Mayor requested that the release of the report be put on hold back in March when the Covid-19 pandemic hit.



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# We're going on a bear hunt . . . we're not scared

A fun game played around the world to help distract children locked down because of the Covid-19 pandemic was welcomed in Ōtaki, too.

The idea is based on the much loved children's book, *We're going on a bear hunt*, by British author Michael Rosen and illustrator Helen Oxenbury.

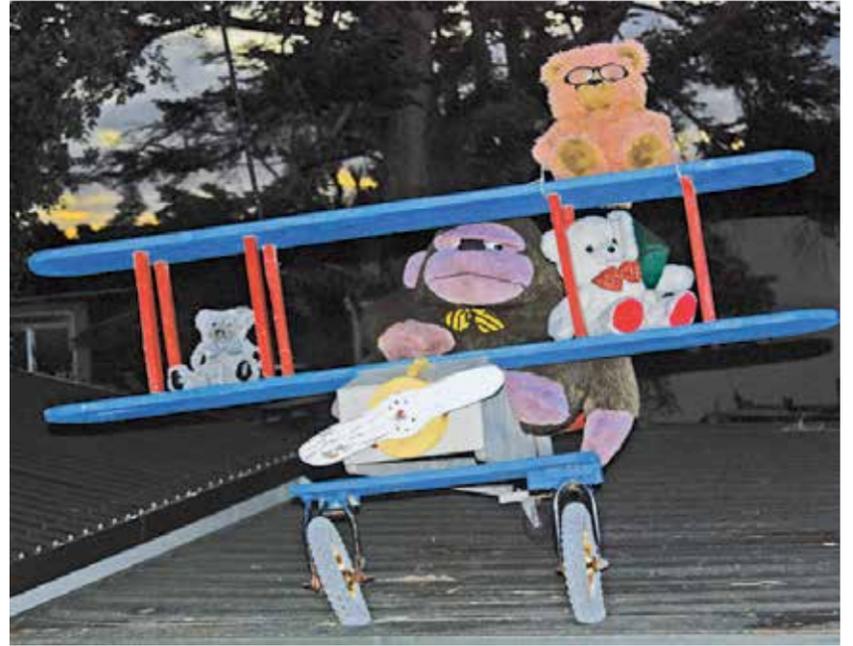
Stuffed toys were placed in windows to give children a fun and safe activity while walking around their neighbourhood with parents. As you can see, Ōtaki people did more than that by putting their Teds in letterboxes, cars, on bikes, as well as in their windows.

With schools closed, as well as playgrounds, malls, movie theatres, swimming pools, and pretty much everything else where children go to have fun, the bear hunt provided a welcome outing in the fresh air for many kids – and parents looking for things to do with them.

The phenomenon has captured children all over the world. It's been a simple activity both entertaining and a comfort during the pandemic.

And these things send the same message to children and adults alike in their neighbourhoods.

"We're here. We're all connected. We're all going to get through this together. Even if, for the moment, we have to stay far apart."



Even Prime Minister Jacinda Ardern joined in, putting two of her favourite bears in the window of her family house in Wellington. Photos taken around the Ōtaki district during the past six weeks.



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# Mixed memories of the Great Depression

By Ian Carson

**The global economic impact of the Covid-19 pandemic is only just beginning to be felt, but there's talk of another Great Depression.**

It conjures up ideas of mass unemployment, soup kitchens and families in poverty. It took a world war beginning in 1939 to break that Depression, and a post-war period of previously unseen prosperity – at least in most of the Western world.

A few people remember the Great Depression of the 1930s. Now into their 90s, their experience was as a child growing up when there was no welfare benefit to support struggling families. Almost unimaginable now, for many, especially in the cities, it was each for their own, relying on family, neighbours and charities to survive.

The Government of the day “helped out” by forcing family men into work gangs, where they were paid a pittance for their labours. Gangs such as these worked in the paddocks of Ōtaki Gorge lugging rocks to build stone walls – the rocks being dubbed Hautere turnips. The walls are still visible today.

Other workers took the degrading role of horses, pulling harrows to level pasture and even sand dunes.

Men resorted to wearing sugarbags for work clothes, such as their poverty. The attire led to Tony



**RECOLLECTIONS:** Eric King at the old main highway bridge before it was demolished last year. He grew up during the early Depression years in Te Horo before moving with the family to Te Manuao Road in 1936.

Simpson's oral history of the era entitled *The Sugarbag Years*.

There were riots in the cities, where the police ruthlessly suppressed protests organised by unions.

My own mother, Mae Carson, now nearly 97, remembers the 1930s vividly.

“My Dad was a Gallipoli veteran and always suffered from shrapnel that was never removed,” she says. “He was lucky to have a job through most of the Depression as a tram

driver in Wellington. But it was still tough.

“I remember neighbours coming over regularly to ‘borrow’ some flour or sugar. People were industrious. They foraged for whatever they could and made meals or baked with what they had. And everything we wore was home-made. You could see that some families were struggling because of their ragged clothes.”

Eric King, 95, grew up on the family's war-assistance farm at Te

Horo – his father being a First World War veteran. Eric recalls that time as being care-free for a young boy in the outdoors.

“My parents didn't talk about the Depression much. We went to school with a school lunch Mum made every day, we biked everywhere and got on with life.

He remembers his parents paying the monthly bill at the Te Horo store and having only 30 shillings (probably less than \$50 in today's

money) left over for the rest of the month. But they got by.

“Mum's sister would sometimes come by and bring a dozen buns she'd baked. We enjoyed those.”

Being on a farm, the family was resourceful. They farmed cattle, grew their own vegetables, had chickens for eggs and meat, and made use of everything lying around the farm.

“We didn't waste anything. Even our shorts were lined with flour bags that Mum sewed into them. I think she made all our clothes back then.”

Eric, was however, aware that not all families had it easy. One large family they were friendly with had a room set up with wheat sacks for beds, rather like a hammock. They couldn't afford beds for everyone.

Madge Bird, who lived in Matene Street before she died in 2013, told of her days growing up in the Merwood family at Rangiora Road. It was perhaps a typical experience of large families during the Depression.

Stan and Margaret Merwood had 14 children. Unable to house them all, they acquired an Army tent for the property, big enough to accommodate the seven boys. Madge said her dad constructed a wooden pallet floor for the tent. In all weathers, this was the bedroom for the boys.

■ This article first appeared in the April 16 online issue of Ōtaki Today and can be viewed at [otakitoday.com](http://otakitoday.com)

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# Plan B pays off for Toi Matarau

**Innovation in difficult times has paid off for the Māoriland Hub's art gallery and exhibition space, Toi Matarau.**

The gallery went online in the midst of the Covid-19 lockdown and was immediately flooded with enquiries – and orders worth thousands of dollars.

Māoriland director Libby Hakaraia says it was a matter of turning plan A into plan B – ka mate kāinga tahi, ka ora kāinga rua.

The gallery is back open under Level 2 and is a central part of the Hub. However, it was geared up for all the visitors and locals who would have gone to the Māoriland Film Festival in mid March. Then Covid-19 struck and only the first two days of the festival happened before doors closed.

“Covid-19 shut the doors of Toi Matarau, cutting short months of preparation that had gone towards the seventh film festival,” Libby says.

“Our Māoriland kaitiaki toi Maakarita Paku was able to continue to work remotely with Māoriland's ultra talented graphic designer, Maddy de Young, to open Toi Matarau online. It's been amazingly successful, with sales throughout the country.”

Toi Matarau is the expression of multi mixed-media toi Māori, encompassing all disciplines, both traditional and contemporary. It was established to support local artists



**OPEN AGAIN:** Gallery manager Maakarita Paku at Māoriland's Toi Matarau on reopening day, Monday, May 18.

*Photo Ian Carson*

of the ART Confederation – Te Ātiawa, Ngāti Raukawa and Ngāti Toa Rangatira, in Ōtaki and Kāpiti.

There are 74 contributing artists aged from 11-70+. They include Ōtaki resident and master weaver Whaea Sonia Snowdon, who received the highest Creative NZ award for Māori artists, the Sir Kingi Ihaka award, in 2020.

Toi Matarau features weaving, textile and fibre art, carving,

clay, paint, lino printing, screen printing, digital art, photography, mixed media, fashion design and accessories, body adornment, jewellery design, object design, sculpture and drawing.

Many artists are students or graduates of Te Wānanga o Raukawa in Ōtaki.

Maakarita says Māoriland is grateful for the ongoing support of many senior New Zealand artists.

## Ōtaki Open For Business

[open.otakitoday.com](http://open.otakitoday.com)

# Museum open again

**The Ōtaki Museum reopens at 10am on Friday (May 22).**

The Anne Thorpe Reading Room will also open, but to reduce multiple handling of archival material visitors won't be able to do their own research for the time being. However, they can ask for information from museum trust members.

The museum's current exhibition is Health on the Hill, a history of two Ōtaki hospitals: the Cottage Hospital and the Sanatorium. It includes medical and nursing memorabilia, photos, recollections from users of the services and profiles of notable staff.

The exhibition is expected to close in early July and a new exhibition featuring the history of Main Street will open shortly afterwards.

Museum Trust chair Judith Miller says the museum has an important role in the community and that visitors can be assured all health and safety precautions are being taken.

“We're rearranging the main exhibition room to make physical distancing between visitors easier and collecting visitor details for contact tracing if necessary,” Judith says. “We will provide hand sanitiser for visitors and frequently wipe down any surfaces that visitors might touch.”

Open hours might be a little different under Alert Level 2, so visitors should check the the website – [otakimuseum.co.nz](http://otakimuseum.co.nz)

■ Ōtaki Museum, 49 Main Street. 06 364-6886



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Ōtaki

**NEW WORLD**

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**7 days**

We would like to thank our customers for your patience, kindness and support during lockdown 3 and 4. We will be open until 9pm through Level 2 and our winter hours.

I am very proud of my team, and feel privileged to be able to serve the Ōtaki community during lockdown.

Thank you for your support and good wishes.

– Steve Cole

# HUATAU/Comment

**GURU'S VIEW: K GURUNATHAN**

## Driftwood reveals the eternal and elemental powers of nature

**You notice it especially during school holidays. Children drawn to the creative resource and constructing their shelters on the soft sandy Ōtaki Beach from this free resource.**

Some are large and impressive with room for two or three to get inside. Others, built by the little ones, are miniature forts with moats decorated with shells. Driftwood cast on the beach and bleached by the sun are an amazing gift.

It has a deeply symbolic meaning. It has two of the five energy elements of Chinese philosophy: wood, water, fire, earth and metal. Washed on to the shore or beaches of the sea, river or lakes, driftwood reflects the eternal relationship between wood and water, between forest and sea, and between



life and death. Floating in the sea, it harbours and shelters aquatic creatures. Cast on land, it does the same for the creatures on the land and birds.

I recall, many years ago, as a journalist, being called to witness a strange five-metre long "sea-creature" cast on Waikanae Beach. It was a very organic jelly-like hairy creature that had everyone puzzled and excited until Kāpiti Boating Club commodore Chris Turver turned up. He identified it as a colony of gooseneck barnacles

that had latched on and grown to a piece of driftwood. It had completely festooned and taken over its host.

A couple of Te Papa scientists were attracted to study it. I remember it well as the photos I took of this creature was published along with the scientific paper written on it.

The positive associations with the beach lifestyle has led to commercial branding. Witness the Driftwood Bed & Breakfast at Te Horo or the old Driftwood Dairy at Paraparumu Beach, now renamed Driftwood Superette. Like being adrift, the word driftwood exudes a sense of freedom along a halfway line that fluctuates between tides. Dry at times and wet at times, it's the place where the sea and the land wrestle. And in their tussle, the wood of the forest is spat out to

dry and sometimes the sea claims it back.

Left on the beach at very high tides it offers shelter for plants and grasses and the build-up of dunes. While you're allowed to gather pieces as ornaments for your garden or for firewood, you're not allowed to use mechanised means to take huge amounts, because these driftwood have an ecological value to the landscape.

I've know carvers scout the beach after heavy storms for the occasional native wood excellent for carving. I've also known precious stone fossickers who chisel at stones and rocks caught inside the gnarled roots of a driftwood tree hoping to strike a semi-precious specimen.

So what's the real story of this story. Well, I was encouraged to revive

an idea I have harboured for many years. That we, as coastal residents, should celebrate this relationship with driftwood. I was watching TV the other day when they showed a snippet on Hokitika's Driftwood and Sand Festival. The annual event is a showcase on beach sculptures using driftwood. Kids and adults, professionals and amateurs, all having a go. The creations were outstanding.

Given the abundance of this resource along Ōtaki Beach, and the obvious public interest in it as shown by Hokitika, where it's been going since 2004, we could do a similar one in Ōtaki. Ōtaki has the potential to add another event to its list of attractions. Any takers?

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

**PLAIN SPEAKING: IAN CARSON**

### Let's connect – and thrive

**If anything has come from the past two months of lockdown is that the internet can connect people in ways some of us never thought possible.**

Businesses with no web presence have found themselves with no avenue through which to communicate with customers, let alone sell to them. Some retailers could but only wait until their doors opened again. Others started thinking more laterally, picking up that without a website or social media they were lost to everyone bar walk-in customers.

I've observed this over the past couple of years, and a recent Elevate Ōtaki survey highlighted a gap in internet take-up among retailers, especially.

So after talking with our web development company, Flightdec, we've come up with a solution – free internet profile pages not only for our advertisers, but also for any business with an Ōtaki presence.

With a simple login, business owners can create their own page, upload images and logos, and tell the world when they're open, what they do and plenty more (to see more, go to [open.otakitoday.com](http://open.otakitoday.com)).

It's Ōtaki Today's way of helping the local business community thrive post-Covid-19.

All of us have been hit with this massive disruption – helping each other out will get us into a situation where we can be proud of what we have achieved here in Ōtaki.

We're one of the few districts in New Zealand (perhaps the only other being Chatham Islands) that got through this with no cases of Covid-19. We might be one of the first to prove we can bounce back quickly, too.

■ *Ian is editor of Ōtaki Today*

**LOCAL LENS: JAMES COOTES**

## Hard decisions in the best interests of Ōtaki

**It's that time of year when, as a council, we have to strike our rates, fees and charges for the next financial year.**

Now let's be frank... no one likes a rates increase and if I'm being even more frank, no elected member probably likes having to talk about a rate increase!

To make the situation even more challenging we are facing unprecedented times with the impact of Covid-19. There's also been a lot of pressure for councils around New Zealand to have a 0% rates increase to ease the financial burden on people.

Leading up to considering the rates, council staff briefed elected members on the work that needs to be undertaken across the district. For Ōtaki this included starting the Hautere/Te Horo drinking water safety upgrades (\$1.3 million), completing the upgrade of the Ōtaki water treatment plant (\$3.5 million) and more stormwater work at Ōtaki Beach.

These major infrastructure projects along, with others across the district and the usual footpath upgrades, road maintenance, community grants, sport fields, parks and reserves, libraries, swimming



pools, cemeteries, animal management, debt servicing, elected member and staff costs and more, all contribute to the total rates requirement.

Before Covid-19 the proposed average rates increase was 5.7%, but after the impact of Covid-19 became more apparent, staff reviewed everything in the budget and came back with two more options.

A 0% rate increase was put forward to elected members, but that would have involved either deferring essential projects like the ones mentioned above, or others across the district, or funding the shortfall by borrowing another \$2 million, incurring more interest costs and higher debt (\$166 million to \$168 million). The effect of this would have been much higher rates in following years.

**ŌTAKI OUTLOOK: CHRIS PAPPS**

## Cut, curry and coffee – so much to enjoy again

**I'm writing this on a day of great expectations. It's Thursday, May 14 and the start of the Return to Level 2.**

In real time it's not that long since we first found ourselves in Level 4 lockdown and confined to our homes and our bubbles. When we woke on March 26, New Zealand had changed and, since then, we have learned to live with a whole range of restrictions aimed at keeping as many as possible of us alive and well.

Today, while there are still many restrictions, some less logical than others, we can see the end of the tunnel. As time passes and new cases of the virus remain at zero or single figures, our freedoms to associate and make contact with family and friends will increase.

Today, too, we have a Budget announcement. Let's hope that shows a clear path forward and puts money in those parts of the economy that really need it.



I have a Zoom council meeting to "attend". The agenda is on the KCDC website. The meeting will be streamed. While this technology has allowed us to work from home and maintain our bubbles, I'm looking forward to a time in the near future when I can actually attend a meeting where there's the opportunity to see people and to gauge their reactions. All councillors have a chance to speak on Zoom but it's somehow more stilted and awkward than in a face-to-face situation.

I've been looking forward to other things, too.

The other option was a 2.6% rates increase (on average) which amounts to an average increase of about \$1.65 per week, per rates bill. For the Ōtaki and Te Horo areas the average increase is lower, about 1.16% to 1.62%. This is the option council chose.

It allows us to continue the critical projects across the district while not adding to our indebtedness and compounding interest charges. We've also included \$250,000 to assist with Covid-19 recovery, a Covid-19 support package, no increases to water rates or fees and charges, and no increase in staff salary budgets. I appreciate it's not easy times. I personally stand to lose my business, house etc if the economic effects of Covid-19 hit hard. I also have friends, family, whānau who are affected by any rates increase. So, I "get it" when people grizzle about rates increases.

But as your councillor I have to make decisions that are in the best interests of Ōtaki and the district. Sometimes they're not easy ones. If you have any questions, I'm happy to chat by phone so I encourage anyone to give me a call. I'm here to help and support my community.

■ *James is Ōtaki Ward Councillor*

We had a takeaway from Curry Town last week. Very nice. Kiwi hot.

I'm looking forward to Saturday when I can have my first haircut for several weeks. My last appointment was cancelled by the Level 4 Lockdown.

My daughter and her partner are coming to see us on Saturday afternoon and might stay the night. That will be great.

Today I'm having a coffee at RiverStone Café with a friend for the first time in many weeks. We've spoken on the phone several times during lockdown but it will be good to see her face in the flesh and not just on a screen. Still no hugs though!

It's a great day. We all have much to look forward to. Please patronise local businesses when and where you can. They need our custom and our help to thrive again.

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

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

# Collective solutions will help many, not just some

## HOW are you feeling?

“Not too good actually. Thank you for asking but let’s see what happens next.”

I don’t know about you but in a time of uncertainty I have a tendency to check on how others are doing. Maybe that’s just my way of deflecting away from me, or it could be I’m just showing a bit of casual bon homie.

On the other hand, some people recoil inside and look for their own answers. They might have all the answers or might just be quietly reflecting on the prospect of not having a job tomorrow.

A friend recently told me that she expected little would change in the world, as we emerge from the peak of Covid-19. But she thought it would get people talking more and considering others’ points-of-view a bit more.

Anyone’s point-of-view, it can be surmised, is fairly firmly based on personal circumstance. Someone in a secure job with no dependants and little debt would see scant reason to be concerned. For them the discussion might be about a New Zealand holiday, rather than the usual one to the Riviera.

Someone who has lost their job and thinking

### MEDIA & COMMUNITY



FRASER CARSON

about keeping a roof over the whanau’s heads, may well see things differently. For them the conversation may be about pay cheques, rent and food for the table.

But my friend, in her slightly

myopic view, has seen a shift that is fundamental to how the world should and can progress beyond



the wreckage of this pandemic.

It will be crucial for governments, organisations, businesses and individual citizens to look beyond their own situations and look to find more collective solutions that help the many and not just some. That will involve some fairly serious casting aside of a few worn-out and fixed beliefs and adopting more of a ‘listening’ stance in the choices we make.

In other words, the degree to which we consider others’ points-of-view and withhold judgement, at least for long enough to digest the other point-of-view, is surely an indicator of how effective progress will be.

In a situation where business failure, job losses, personal isolation, homelessness and mental health concerns are so obviously interconnected, is it any wonder the lightbulbs are going off and people are seeing the world as a much more interconnected place?

Media commentary in recent times has noticeably shifted towards ideas such as “health issues and the economy as inseparable when looking at community well-being.”

That should mean, at long last, that the world occupied by economists, entrepreneurs, school teachers and social workers will be much more intersected.

*... we have a choice. We can plod along in our separate boxes or we find collective solutions to the world’s issues.*

What are the chances of this happening?

The realist in me says there’s little chance. The optimist in me sees an opportunity to embed some of the early effects of the pandemic so that a few small incremental changes lead to bigger ones down the track.

Voluntary and community-sector organisations can work more collectively to deliver more of what is needed. We know that resources are stretched, but that’s amplified when groups have tended to work in isolated silos and often compete against each other for resources.

Secondly, the business and academic sector could engage far more with the community sector.

Community organisations have tended to treat businesses with mistrust and merely an opportunity to extract funding. But the power of the business and academic sector comes from “knowledge” and smart ways of doing things, including better use of technology.

In my own business we have a motto that says: “Powerful communities are connected communities.”

To me we have a choice. We can plod along in our separate boxes or we find collective solutions to the world’s issues.

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



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# Everything Ōtaki

May 2020

## Council returns to a “safer normal”

It's been quite a week as we all come to grips with living in our “safer normal”. Moving to COVID-19 Alert Level 2 marked a significant step forward for our nation, and reflects the sacrifices we've all made to help stop the spread of COVID-19. Thank you for doing your bit to keep our community safe.

Over the next few weeks and months we all need to continue to “play it safe”, and as a Council we've taken steps to make sure our community facilities, services and activities operate safely within the Alert Level 2 guidance. This will mean that your customer experience is a little different when you next visit the Ōtaki Pool and Ōtaki Library and Service Centre.

We've placed a limit on the on the number of people that can be in these facilities at any one time to help us to maintain the required physical



distancing – 70 for the Ōtaki Pool and 25 for the Ōtaki Library and Service Centre. When you visit these facilities we'll also ask you to sign a register for contact-tracing purposes.

Keeping everyone healthy and safe will require us all to play our part, and we do ask that you exercise good hygiene practices when you visit our facilities and stay at home if you are unwell.

We're on this journey with you Ōtaki, let's not give up now. Kia kaha – play it safe, be patient and be kind.



### Kāpiti loves local

Have you managed to get a fix from your favourite local eatery or retail store yet? We've been really impressed with how our community is rallying round to support our much-loved local businesses. Over 1,600 people are now following and contributing to the Love Local Kāpiti Coast Facebook group, a place for Kāpiti locals to share information about their favourite spots and services, and for local businesses to let the community know a little bit more about themselves and what they're up to.

► **Join the movement, visit the Love Local Kāpiti Coast Facebook page and support local. #LoveLocal**



### Need support?

We know it's tough out there at the moment, and we have a financial assistance package in place to help local people and businesses who have been financially impacted by COVID-19. The package includes a rates payment deferral through an agreed payment plan for property and water rates due between 1 March and 30 June 2020, and tools and resources to help businesses get back on their feet. To find out more visit [www.kapiticoast.govt.nz](http://www.kapiticoast.govt.nz) or call us on 0800 486 486.

Support is also available through a range of government agencies.

► **For more information about what support may be available to you and your household visit [www.covid19.govt.nz](http://www.covid19.govt.nz) or call the free government helpline on 0800 779 997.**



### Keeping up-to-date

There's a lot going on at our Council and we have a number of ways you can keep informed. Our website has a page dedicated to COVID-19-related information, which includes information about Council services at Alert Level 2. We also encourage you to follow our Council Facebook page, Instagram page, and to sign up to Antenna, a free mobile app delivering important Council information to your mobile phone. You can also sign up for our weekly email newsletter, Everything Kāpiti.

► **For more information, visit [www.kapiticoast.govt.nz/follow-us](http://www.kapiticoast.govt.nz/follow-us)**

If you need to contact us:

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- Toll free: 0800 486 486
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- Visit: [www.kapiticoast.govt.nz/contact-us/contact-council](http://www.kapiticoast.govt.nz/contact-us/contact-council)

# Proper process will help ease redundancy woes

**THE first wave of Covid-19 related redundancies is well and truly here and it's not pretty.**

Wakefields Lawyers has recently been helping some employees who have been made redundant with little or no process. This is not lawful and puts the employer business at high risk of a successful personal grievance for unjustified dismissal. Here are some of the issues.

**The risk**



EMPLOYMENT LAW

AMY WEBSTER

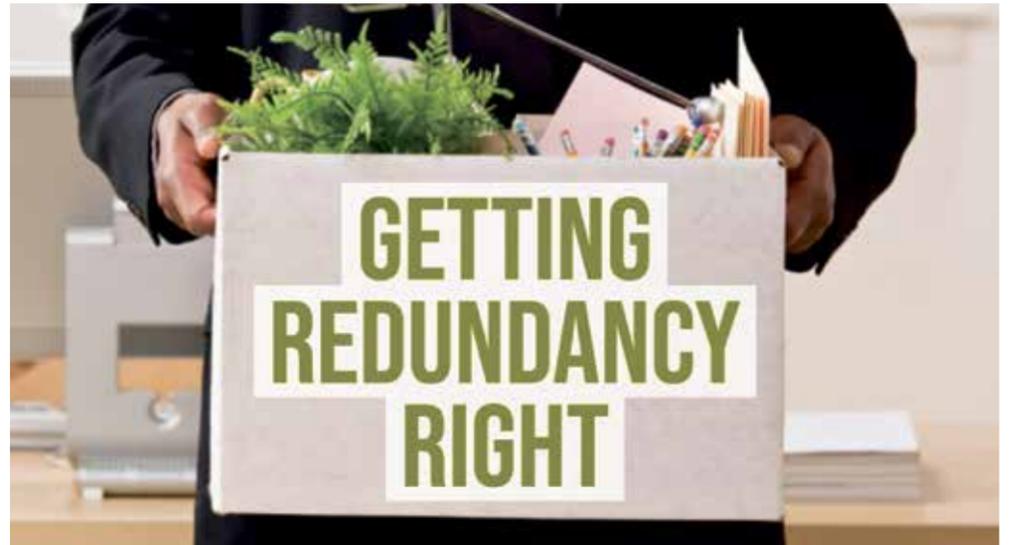
For employers considering redundancies, it's in your long-term best interests to get some help and take a week or so to go through a proper process. This will protect your

business from having to pay out lost wages, compensation for hurt and humiliation, and a contribution to the employee's legal costs. It all adds up, and we're talking upwards of \$10,000 per employee, not including your own legal fees.

**Getting it right**

Before making any employees redundant, employers must:

1. Have a genuine business reason for disestablishing the role(s), and
  2. the employer must follow a fair process.
- In the current climate, it's likely that many employers have a "genuine business reason" to reorganise their workforce.
- They might wish to make some roles redundant due to financial difficulties brought on by Covid-19, or even due to efficiencies gained through different ways of working made necessary by the lockdown.
- It's the second element where we are seeing employers fail. Some are following no process at all, simply telling people there's no work and giving notice. Others are following some form of process, which is either not robust enough or has clear elements of predetermination (ie the decision has already been made and they're just going through the motions).
- The Government has some useful – and free – information and templates for going through a change process on its website: <https://www.employment.govt.nz/workplace-policies/workplace-change/workplace-change-process-outline/>
- A good employment team can add value to these government resources by:
- Talking through your particular situation, what steps you're thinking about taking, the process you're thinking of following and the timing



- of the process to make sure it's robust enough to meet the requirements of employment law, including the obligations you signed up to when applying for the Covid-19 Wage Subsidy (ask about a free consultation for this).
- Drafting the change proposal for you or giving the proposal you have drafted a quick once-over to make sure you're safe to proceed with giving it to staff.
- Assisting with considering any feedback you receive from staff on the proposal and how it might/might not change your decision.
- Drafting a communication to staff (or

- reviewing one you've drafted) with your decision.
  - Helping you through a fair selection process, if one is required.
  - Answering any questions that come up along the way.
- We can also help you deal with any employee concerns or personal grievances that are raised as a result of any redundancies you have already made or redundancies you make in the future.
- Amy Webster 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.

# Stand-out PM shows up cracks in ministers' performances

**The outstanding communication skills of Prime Minister Jacinda Ardern are being adroitly used to cover questionable performances by members of her Cabinet.**

It springs from the command-and-control aspect of the daily briefings on Covid-19 that she and Director-General of Health Ashleigh Bloomfield provide for the press gallery.

That the prime minister handles these sessions with aplomb is not questioned. The acceptance by the country of her messages on the lockdown and alert levels can in large measure be attributed to her communication talents. Global acclaim for her leadership skills reflect this.

But Finance Minister Grant Robertson apart, several members of her Cabinet appear not to have enhanced their reputations as effective directors of the departments and ministries over whom they have stewardship.

Questions can be asked of some of her ministers about the performance of their ministries in this historic disruption of daily life. Among them are Health Minister David Clark, Police Minister Stuart Nash, and Immigration Minister Iain Lees-Galloway.

These ministers have aspects of the responses of their portfolio agencies that seem less than optimal for handling the demands of the Covid-19 situation. Why, it can be asked, was the Ministry of Health not better organised for early tracing and testing with DHBs and the medical profession? It had notice of the potential problem from late January/early February.

Why did Minister Clark not intervene when sons and daughters were being denied access to their dying parents? They were well publicised. How many elective and critical surgeries were postponed and to what effect?

Why were the police cited as monitors of home isolation when, as the retiring police commissioner subsequently stated, they were not carrying it out to any significant degree? The police minister would have known this responsibility was to be handed to the police, but apparently did not know they were not positioned to carry out what the prime minister expected of them.



POLITICS

BRUCE KOHN

Questions also remain about the readiness of immigration officers to handle self-isolation and quarantining prior to and at the introduction of these protective measures. Minister Lees-Galloway had responsibility to ensure their readiness. How urgent are changes wanted to visa requirements to enter the country? Do they justify parliamentary scrutiny bypassing normal channels of consideration before implementation?

A case can be made that the prime minister deserved better. But the ease with which the prime minister deflects questions on such matters by often answering, with generalities and explanations covering side-issues, with conviction, leaves them unanswered.

Her ministers lie low. Justice Minister Andrew Little recently claimed that under Level 3 industry was operating at 75 percent capacity. The response of many in industry was virtually "we wish".

Building industry representatives mused that under the restrictions on their work sites even claims that they were working at 50 percent of capacity would be "a stretch".

Winston Peters' role is becoming more significant, perhaps not surprisingly. He champions a return to 1940s-50s style protectionism to encourage industrial development. Experience of it entailed

acceptance of higher prices for products manufactured here, a large state involvement in commerce and bureaucratic-style delays in meeting consumer needs – for example, lengthy delays in getting telephone services and import licensing that led to supply regularly being well short of demand.

National is expected to fight hard against the Peters model. It is likely to be more acceptable to Labour and the Greens. The alternative is a Mike Moore-like intensity in support of free trade for opening new markets.

A spectacular sea of red ink in the Budget with government borrowing at record levels sets a stage for political debate on economic management, the outcome of which will be decided by voters at September's election.

■ Bruce Kohn 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.

## Support for locals, businesses

Kāpiti Coast District Council has a financial assistance package aimed at helping local people and businesses who have been adversely impacted by Covid-19. The package includes a rates payment deferral through an agreed payment plan for property and water rates falling due between March 1 and June 30, 2020, and tools and resources to help businesses get back on their feet. To find out more about the support package, visit [kapiticoast.govt.nz](http://kapiticoast.govt.nz) and click on Covid-19, or call the council on 0800 486 486.



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Neil Cohen at Brown Acres Market in Manakau did a roaring trade in pizzas, which has continued as the market reopened this week. Photo supplied

# Ōtaki Open For Business

open.otakitoday.com

from page 5

Retailers opened their doors to a brilliantly sunny day on the Thursday, keenly looking along the street for customers.

Steve Lawton at McAndrew's Menswear had sold "a few" items online during lockdown, but he was confident good sales would return.

"We actually got some new stock in recently, so we're good to go."

It was the same at TS14+. New stock and a full team of staff members, along with a steady stream of shoppers, bode well for the womenswear retailer.

In the village, Ballentynes' Jackie Rutherford was having a good day. "We've had our regulars, and quite a few people from Waikanae – they like the quieter shopping here, rather than the malls."

Up the road at Penray's, Jane Bertelsen said their popular home delivery of produce was ending. Penray's was going back to their core business of growing and selling through its store, and reviving pick-your-own.

Hairdressers were also back under Level 2, with some seeing queues as they came to open. Many services previously taken for granted also reopened, including the PostShop, library (page 21) and swimming pool (page 24).

Bars were set to reopen this Thursday (May 21). Duane Watt at The Tele said everything, including the gaming machines, would be operating then.

"I'm looking forward to it and we'll see how people are after this experience."



ABOVE LEFT: The unlucky NZ Luggage Co that took over the former NZ Sale shop on the highway opened for the first time under Level 2. The store had been stocked in late March, just as the lockdown was announced. Above left are owner Terry Gaskin, with Trista and Lesley Goodall.



Mother and daughter Bettina and Catherine Graham at Ōtaki PostShop.



Puhī Carlotta-Campbell gets a trim from Mona Wilson at All Kutz.



Jane Bertelsen was happy to have Penray's fruit and veg shop open again.



All smiles from Ballentynes' in the village; from left Melanie Isaac, Jackie Rutherford and Ivy Rutter.



Eugenie Gray at Te Horo Garden Centre: "People are growing veges for the first time."



Makareta Moffatt and daughter Kurupae Rikihana took their first opportunity in weeks to go to a café, in this case RiverStone.



The women at TS14+ had to keep to their physical distancing rules on a busy first day back. From left (no surnames by request): Awhina, Lu, Kelly, Julie, Maddie and Jacquie.

# Ngaire's big Mexican adventure as Covid-19 hit

*Ōtaki accountant Ngaire Gallagher's big adventure emigrating to Mexico in March coincided with Covid-19. She shares her experience.*

Ko Tainui te waka  
Ko Tararua te maunga  
Ko Ohau te awa  
Ko Ngati Raukawa te iwi  
Ko Ngāti Kikopiri te marae  
Ko Ngaire Gallagher ahau

**I've had several trips to Mexico, the most recent being in October last year. I have always loved the place, the people and the cultures, but it was the cold winter in New Zealand last year that led to my decision to move there to live. That and the lower cost of living.**

My first visit to Mexico was in 1981. Then in 1986 I spent a month in South America and became good friends with a woman on the same tour, Jan. She stayed on after that in Mexico to continue with her Spanish. She boarded with a wonderful family in Mexico City and Cesar, the son of these people, visited me in Wellington in 1990 on his way to see our friend Jan in Banks Peninsula.

This family has become my very good friends and I have stayed with them on each of my four trips to Mexico. I last stayed with them in October. Mum Elsa is now in her 90s and Cynthia, one of her daughters, lives with her, while another daughter, Tess, lives with her husband, also in Mexico City. They always make time to take me to interesting places in the city, not to mention restaurants!

Before I visited in October last year I checked out real estate, particularly in San Miguel de Allende. I got to know of this place through Leisa, a friend who lives at the beach in Ōtaki and whose daughter married a Mexican boy and lives there.

I had seen her photos and thought it was such a beautiful place that it

warranted a visit. I saw one house that I really liked and compared to house prices in New Zealand it was very reasonable – and so were the property rates at US\$150 a year.

So I contacted the real estate agent and had a look at the house while I was there. She said anyone could buy a house in San Miguel de Allende, though there are restrictions when it comes to rural land and properties close to the sea.

When I returned to New Zealand I first checked if I could take my cats with me to Mexico, then employed an immigration person in Mexico to make sure I would qualify as a resident there.

The Mexican Embassy in Wellington was very helpful and explained that I could actually retire there. I had to prove a certain level of savings for a 12-month period.

So initially I obtained a four year temporary resident visa, then once I arrived here I had to fill in more forms and provide copies of my passport, Mexican visa and have more photos taken. I am now waiting for a letter that

advises whether I can stay.

Presuming that I can, then I go back for fingerprints and eventually get a temporary resident ID card that I will provide a copy of to the shipping agent in Mexico to get my container of goods shipped over here.

It has been interesting to see just how little one needs to get by. Mind you, I am not doing much tripping around or entertaining!

I have two cats that I inherited from my sister in Australia when she died in 2011. I was concerned about how they would manage the flights due to their ages. Casper is 12 and Colette 9.

I delivered them to the airport in Wellington to fly to Auckland where

they spent a day and a night before flying to Santiago, Chile. This was much easier than flying through Los Angeles with all their regulations. They had a little break there in transit and a bit of a run around before flying to Mexico City.

I met them there at the place of the Mexican agent for JetPets. I received photos of them at each stop and I was so impressed by the way the Mexican people looked after them when they were dropped off from the airport.

They looked after me well too, taking me to the nearest shopping centre for a coffee and, of course, a little bit of shopping.

It was a very long trip for them (and me) as we then got into a shuttle for the five-hour drive to San Miguel de Allende, which is where we live now.

I arrived at my accommodation (opposite the house I was buying) where the owner, Magali, insisted I have the cats with me for the week, so the three of us shared the room until the settlement of my house went through. I was supposed to have moved to another accommodation place but was too sick with a cold to do any moving.

The internet here is great so I am able to keep doing my tax and accounting work from here. My visa doesn't allow me to earn money in Mexico, but I can continue to earn money for work in New Zealand.

I haven't had any problems with the internet at all. It is as good, if not better, than it was in Ōtaki.

My arrival in Mexico coincided with Covid-19. Los Angeles airport was the usual chaos, with hoards of people jammed in together waiting what seemed like ages in long queues.

However at Mexico City's international airport there were nurses dressed in PPE taking the temperature of every passenger as they left the aircraft.

One of the big challenges in Mexico is that about 56 percent of the population live day-by-day and make a living selling goods and meals on the streets. It is not always possible



**FRIENDS:** Ngaire and Mexican friend and neighbour Magali Angulo.

for many people to have enough water to carry out the recommended hand-washing routine.

In San Miguel de Allende all the schools were closed earlier than New Zealand and they will remain closed until the end of April.

Public processions and gatherings were also cancelled and public parks are closed. My friend Cesar in Mexico City is a doctor so I have been receiving instructions from him on what to do since March 23.

I wasn't able to source any masks here but there are now people making them so I am expecting a delivery today.

There is not an official lockdown here but only essential services are supposed to be operating.

I have been self-isolating since March 28 so I am not sure exactly what is going on in the city – I just

rely on a few local Facebook pages.

Most things I can get delivered to the house so I have no need to go out. My good friend, Magali, helps me out when I do need anything "on the outside".

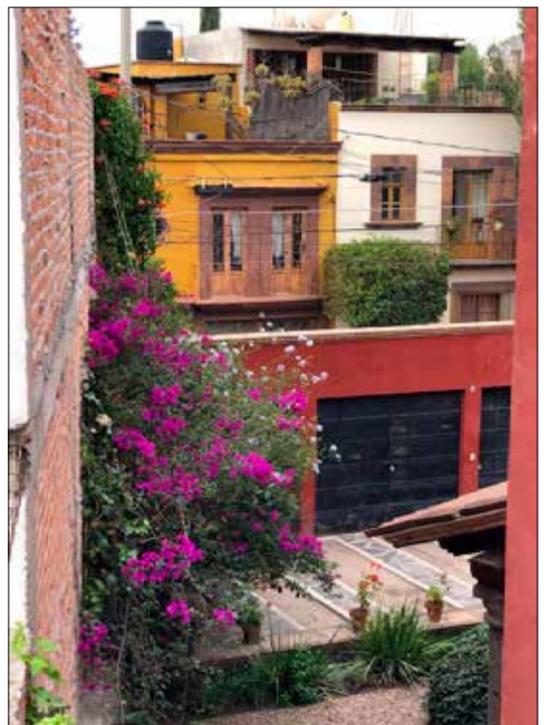
Good friends make such a difference. With communication being so easy these days I am able to keep in touch with David and Hannah, my son and daughter-in-law, and have free conversations as often as we like.

I am able to continue my work with the local iwi thanks to Zui (Zoom hui).

I am hopeful that this Covid-19 does not affect Mexico badly as it has in Spain and Italy, and now the US.

I am looking forward to things improving so I can have a better look around my new surroundings.

■ This article first appeared in the April 16 online issue of Ōtaki Today and can be viewed at [otakitoday.com](http://otakitoday.com)

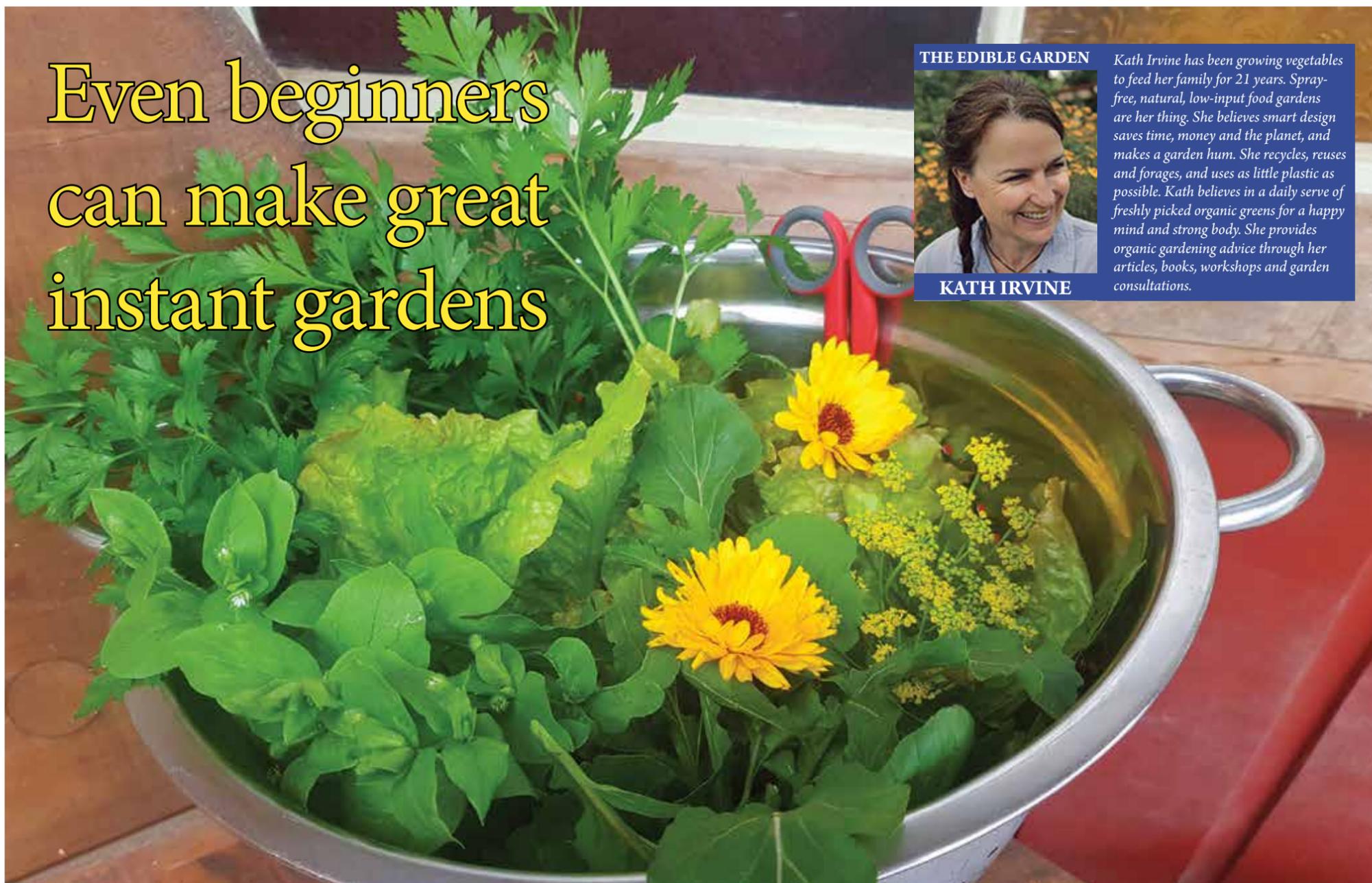


**BELOW FROM LEFT:** Outside Ngaire's new home in San Miguel de Allende, cats Casper and Colette settling in, Casper enjoying the warm weather, and the view from Ngaire's terrace.

Photos supplied

# MAHI MĀRA/Gardening

## Even beginners can make great instant gardens



**THE EDIBLE GARDEN**

*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.*

**KATH IRVINE**

**The lockdown of the past few weeks has had people thinking more about how they can grow food in their own backyard.**

Some people have revived gardening skills of days long past, but others are gardening for the first time. The best start for a beginner gardener is to grow vegetables in containers.

This temporary setup brings you fresh veges while you get to know the wind, the sun, the shade, the frost and the soil at your place – key information for an awesome garden setup.

**Gather containers**

Gather together all the containers you've got. These could be broken buckets, boxes, feed sacks, used compost bags, crates – as long as water can seep out of it, you can grow in it. Position them before you fill them.

**Location**

Veges do best with a minimum of 10am-2pm sun. Add extra warmth to speed growth along by placing pots on the north side of buildings, fences or hedges. Brick or concrete walls and floors are also prime veggie growing real estate – they hold heat and release it at night.

Bunching containers together holds moisture. Let plants spill

onto each other in a neighbourly way because plants, like people, perform heaps better in a community.

**Filling pots and making potting mix**

Fill your containers to just below the top, leaving a little lip so water doesn't run off. Sprinkle a mineral fertiliser such as Fodda on top.

Make your own potting mix with a third each of good garden soil, compost and grit (river sand, well rotted sawdust or small gravel), or 50/50 compost and grit. One hundred percent compost is too rich.

Spread mulch on to retain moisture.

**Winter crops for beginners**

Leafy greens rule! They produce more harvest and nutrients for less effort than any other crop, and they fit into every meal.

Keep them productive by harvesting the biggest leaves from around the outside of each plant regularly. Harvest a little from a few plants rather than a lot from one and always leave a good core of leaves. Include:

- Perpetual spinach, silverbeet or chard. Plant at 25cm spacings.
- Kale. Plant at 10cm spacings.

- Parsley. Plant at 30cm spacings.

- Bockchoy, rocket and coriander do best when direct sown. Pat the soil so it's firm. Scatter sow the seed. Sprinkle a thin layer of potting mix on top. Water gently. Lay sacking or shade cloth on top for protection from birds and rain. Check daily and when seedlings have 2 or 3 leaves, remove the cover. Harvesting the biggest leaves regularly keeps plants productive. Sow a new pot monthly.

Phacelia is the prettiest and fastest bee fodder you can grow. Direct sow the seed thickly. Add some calendula for an uplifting vibe of orange and purple all winter long.

- Salads and spring onions: Plant a new pot of both these crops each month. Pick and come again salads are the best. Plant seedlings close, at 10cm to create a carpet of leaves. To harvest, simply pluck the biggest leaves from the bunch. Spring onions are super handy and the perfect beginner crop. Plant at 3cm spacings.

**Liquid feed and water**

For best health, soil needs to be kept barely moist – not wet, not dry. Check every day. Once a week, liquid feed all your pots with a dilute seaweed or comfrey brew.



# HAUORA/Health

## Cutting cortisol will help you get back to business

### GETTING FIT



DANIEL DUXFIELD

**It's a bit of an understatement to say that as business owners we've been under a bit of stress lately.**

Not being able to trade puts a lot of stress on us and that takes its toll. The stress we feel in our body is produced by a hormone called

cortisol.

Cortisol is produced by the adrenal glands and is primarily responsible for your "fight or flight" reflex. It regulates the use of fuels such as carbohydrates, fats and protein. It keeps inflammation down, regulates blood pressure, increases the amount of glucose (sugar) in your system and controls your sleep/awake cycle.

It also boosts your energy so you can deal with stressful situations, and restores balance afterwards.

Lately we've faced a seriously stressful situation, which means you've more than likely flooded your system with cortisol at times. That high level might have stayed high for quite some time. This is harmful as it can lead to some serious health concerns such as anxiety and depression, headaches, heart disease, memory and concentration problems, issues with digestion and trouble sleeping.



Image: pasja1000 Pixabay

If you're trying to lose weight, forget it!

Like all hormones, the right amount is beneficial, but too much will make life difficult. A nodule (mass) in your adrenal gland or a tumor in the brain's pituitary gland can trigger your body to make too much cortisol. This can cause a condition called Cushing syndrome. It can lead to rapid weight gain, skin that bruises easily, muscle weakness, diabetes, and many other health problems.

So how do we manage our stress and reduce cortisol levels?

The first thing you should be doing is regular, moderate-intensity exercise. Exercise pumps lots of hormones and blood round your system. Yes, it places the body into a state of stress, but it's the good kind from which you'll recover easily.

Get the right amount of sleep. Very few of us get the recommended 8-9 hours of sleep. I'm guilty of that myself. Sleep is our re-charge time. It's when our body repairs and rebuilds itself.

Practise mindfulness. Negative thought spirals can lead to a spike in cortisol. That's

natural right now as we try to figure out how to get our businesses to survive. Learning to be more self-aware and recognise when you're falling into that spiral is the first step.

Learn to relax. Go fishing, pat your pets, have a laugh with friends and family.

As business owners we're used to working on our businesses and when we're not working we're thinking about our businesses. Stop it. Chill out. Relax. Take the dog for a walk. Have some fun.

I'm sure there are a lot of people who've forgotten how to do this as they got older. As adults we're so used to being serious all the time that we've lost our ability to "goof off" and have a giggle.

Please don't toilet-paper your neighbour's house, but at least find something fun to do to take your mind off your stress.

Lastly, eat healthily. Cut out the high-sugar foods and make healthy foods.

Drink plenty of water. Dehydration increases cortisol levels and makes people very cranky. The good news is that things such as dark chocolate and fruit can reduce cortisol levels as well as the good old-fashioned cup of tea. Black and green tea both help reduce cortisol.

So walk the dog, say hello to your neighbours or have a cup of tea & a lie down.

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

### Little change at medical centre

**The move to Covid-19 Alert Level 2 has not changed much for the Ōtaki Medical Centre.**

It advised in a notice to patients last week that it would be continuing to operate as it had in Alert Level 3.

"As we move forward, there will be subtle changes, however pre-screening patients remains a priority," the centre said.

"That means we will continue with the telephone triage process that has served us so well during Level 3 and 4 lockdowns."

It said walk-in appointments with a GP or nurse would not be available "until the virus is eradicated".

### First cut

By Michael Moore

For some, it has been the longest wait: to sit in their hairdresser's chair. Ōtaki barber Sarah Sos returned to her first day back at work on Thursday (May 14) as the Covid alert level was lowered.

Soon after 8am, Sarah was greeted with a line of regulars at her Cuttysark Barber shop on Main Street, many who had waited at least several weeks for a haircut.

"I spent the last few weeks doing my garden and eventually ran out of things to do at home," Sarah said. "However, I'm really pleased to be back and open the shop."

The barber has to undertake several additional safety measures to comply with operating under Alert Level 2, including customer plastic gowns.

"I expect to be very busy over the next two or three weeks," she says. "There's something nice about working in this small community, and the locals that I know and get to see."



Hairdresser Sarah Sos, with first customer Michael Moore on the first day of Alert Level 2, Thursday, May 14.

Photo Tainui Stephens

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

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

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

- Make sure you are safe.

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

#### Services offering support & information:

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

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

#### For children and young people

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

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

## What we tell tamariki is what they hear

As we were driving from Ōtaki a few months back, a swarm of Mongrel Mob Barbarian bikers roared past us.

Our two-year-old son, Kāhu, stared wide-eyed like he does at every motorbike. I watched because I've been told all my life that the physical power the bikers carry is strength – wide shoulders, tough fists and leather – and that I should look up to strength.

Society tells boys especially, that being a man means being strong: don't cry, be brave, fight, never back down.

There was a survey asking 10-19 year-olds what they thought was expected of them when they were angry. More than anything else, the boys said fight, punch or be aggressive. The top answer for girls was cry. That's what the world tells our tamariki is normal.

As a boy, I'd hear stories of my mate's jailed brother beating other inmates in fights. He was the man. Tough. My uncle in the police had the same gun that rappers sang about. Strong. Taipari was a black belt. Moko could bench press more than anyone I knew. The ability to hurt was what made them men. And that's before I even turned on the TV.

So I spent my Ōtaki College lunchtimes in the gym trying to build muscles as big as Moko's. Another guy used to headbutt the medicine ball, practising for scraps, I imagined.

As a man, I still look up to Taipari and Moko, but it's because I see the strength of love they give their whānau.



GOOD THINKING

PERA BARRETT

I look up to Tainui Stephens because he's brave enough to tell the world how much he loves his wife, Libby, his "darling", "honey" or "babe".

I look up to my sister, fierce enough to decide how she wants to live, feeding her family and her wairua (spirit) at the same time.

I cried listening to my mate's wedding speech about his mum a couple of months back. He didn't back down from his vulnerability or try to hide it.

Strength.

Imagine if that's what we told tā tātou tama (our boys) what strength is. If "being a man" meant showing love and compassion, being strong enough to flex our emotions, not biceps. Physical strength is healthy, and there are times when we need it, but being able to hurt doesn't make you a man.

Imagine if society cheered our boys on for their kindness and empathy as much as their rugby success. If bravery was facing down the "normal" expectations of masculinity, and was encouraged. What if the ability to talk it out was celebrated as winning the fight?

Would we have towns of men who knew how to ask for help? Men comfortable enough to tell their mates they love them and that they're needed, even though they're not drunk?

What if our kōtiro (girls), believed that's what they should expect from the men around them?

We are society. What we tell them is what they hear. Kōrero.

■ Pera Barrett is a rap singer, story writer, and founder of Shoebox Christmas. He received the Local Hero award at the New Zealander of the Year awards in 2019.

## Get tested for Covid-19: DHB

Get tested for Covid-19 to ensure whānau, friends and the community are kept safe.

That's the message from MidCentral DHB's Public Health Team, which is calling on anyone experiencing cold, flu or respiratory illness symptoms, no matter how minor, to get tested at one of MidCentral's six testing sites, including one in Ōtaki.

Testing is operating seven days a week and available through the free Covid-19 Healthline number – 0800 358 5453 – or via the Ōtaki Medical Centre.

MidCentral DHB medical officer of health Robert Weir says even if it seems like just a regular winter sniffle, it's important to call your GP team, or Healthline, to get an appointment for a free test.

"It's important we test as many people as possible for Covid-19 in the MidCentral district, especially during weekends where we have seen a drop in numbers at our testing stations," Dr Weir says. "You do not need to wait until the next business day; our teams are ready to test you seven days a week."

He says increasing testing is critical if we wanted to keep the community free of Covid-19.

"By testing those who need to be tested, we can avoid widespread transmission

of the virus in our region, thereby maintaining a high standard of public health."

Healthline's dedicated Covid-19 number is open 24 hours, seven days a week and is a free call. Healthline is monitored by registered nurses and there are minimal wait times.

Symptoms include coughing, runny nose, sneezing, sore throat, loss of sense of smell or taste, and shortness of breath. Someone experiencing any one of these should call Healthline or their GP team to get referred for testing.

Dr Weir particularly encouraged Māori and Pasifika people with symptoms to get tested for Covid-19.

"We are working closely with iwi and based on their feedback, we have set up a marae-based testing site at Whakapai Hauora in Palmerston North, which can be accessed by calling your GP team or Healthline."

Although all active cases of Covid-19 in the MidCentral region had now recovered, as of May 18, vigilance in adhering to physical distancing, good hand hygiene, staying within our bubbles and following Alert Level guidelines was important.

■ For more information on Covid-19, testing and resources in the MidCentral district, see covid19.mhbb.health.nz

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## More hospital visitors allowed

Palmerston North Hospital and other MidCentral DHB facilities, including the Horowhenua Health Centre, are allowing more visitors for patients as part of a general easing of restrictions.

As of last Thursday (May 14), patients have been allowed more than one visitor between 10am and 8pm, but only one visitor at a time. Visitors will be asked to sign in and give contact details when they arrive. No visitors aged under 16 will be permitted.

The DHB says there will be some exceptions:

- A birthing mother can have one support person with her throughout her labour and postnatal stay.

- A parent or guardian can support a child or baby at all times. Another parent or family visitor can swap duties with that carer by arrangement with their charge nurse.

- Terminally or severely ill patients may have more than one visitor, one at a time, during their entire stay at the discretion of their charge nurse or medical lead.

Outpatients can have one support person accompany them to their clinic appointment, if they wish.

MidCentral DHB acting chief executive Jeff Brown is pleased more people can visit their loved ones in hospital as it has been a difficult time for patients, whānau and staff.

"While it is important that some restrictions on visitors remain to protect patients, whānau and staff at DHB facilities, we know how important whānau support is during recovery and are pleased to be able to increase this support for our patients during their hospital stay," he says.

"We ask families to coordinate who is going to share the visiting of their loved one."

Dr Brown thanked the public and health staff for their efforts and understanding during what the Level 4 and 3 periods.

Dr Brown says that while restrictions are easing, it's still important that people maintain good hand hygiene and physical distancing at Level 2, and if anyone is feeling unwell they should stay at home and not visit.

Dr Brown said the DHB was contacting people directly about their upcoming appointments and procedures, but anyone with questions could call 0800 256 963.

# HĪTŌRIA/History

## Signs still visible today of Ice Age's freeze and thaw

Local historian REX KERR picks up the story of how the natural phenomena have shaped Ōtaki's landscape. Part 1 was in the March issue of Ōtaki Today. Part 2: *The Ice Age*.

### DESTINATION OTAKI



REX KERR

**About 2.5 million years ago, during the Pleistocene Era, an Ice Age set in interspersed with short, warm interglacial periods that were to last until about 5000 years ago.**

As the Earth's climate became colder, huge glacial sheets expanded from the North and South Poles and others formed in the mountains.

The last advance known in

New Zealand was the Ōtira Glaciation, which lasted about 60,000 years and left landscape patterns seen today.

Although the Tararua Ranges were relatively low, five small glaciers formed in the Girdlestone-Dundas Ridge locality. The intense cold produced huge amounts of glacial gravels that choked the rivers and left aspects of the landscape easily recognisable today – high gravel river terraces and the stony Hautere alluvial fan.

Strong winds brought dust storms that deposited up to a metre of rich, loess soils on the alluvial fans along the base of the foothills.

A not so noticeable feature is the solifluction (wet soils moving down a slope) materials that covered the steep slopes of the upper Ōtaki River and its tributary streams. These slopes were formed by the process of constant freeze and thaw, both diurnally and seasonally over a long period of time.

This process broke the fragile fractured greywacke and argillite rocks into a coarse slurry which gradually moved down the steep slopes to form fossil screens. When covered with bush the slopes were relatively stable, but when the natural cover was removed



they were subject to severe slumping.

Perhaps the greatest but unseen impact today of the last glacial period, as huge amounts of ice piled up on the land and in the oceans, was that the sea level dropped dramatically by 120 metres.

As a consequence the North Island and South Island were joined along their respective west coasts. The South Taranaki Bight was left high and dry. Cook Strait was reduced to a deep marine trench between the Marlborough Sounds and Wellington into which a much lengthened Ōtaki River flowed.

Kāpiti Island, already separated from the mainland, sat on the edge of this trench. As the sea retreated the Ōtaki River, as its length increased to keep up with the lowering sea-level, cut down into its bed to form the river terraces seen today in its lower reaches.

With the advances and retreats of the ice the vegetation changed as well. The onset of the cold periods caused the forest to retreat and the tundra grasses and tussocks advanced onto the lowlands. The forests were moist and cool, and tough sedges and grasses even flourished in the salty conditions as the sea retreated.

During the warm inter-glacial periods the forests recolonised the higher slopes then retreated as the ice advanced again. During

one particularly warm interglacial period kauri grew naturally as far south as Wellington.

*Part 3: Warm times return and a new landscape emerges.*

#### References:

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- Fleming, C A. "The Genesis of Horowhenua." *Levin-Otaki Weekly News*.
- Fleming, C A. A series of articles in the *Waikanae Weekly News*. 1961.
- Suggate, R P. "The Geology of New Zealand." Vol. II. *New Zealand Geological Survey*. DSIR. Government Printer. Wellington. 1978.
- Te Puna, M T. "The Late Pleistocene Land Bridge across Cook Strait." *NZ Journal of Science and Technology*. 1982.

## Consternation at clam dredging activities

**Everyone comments on how many rubber gloves wash up on Waikawa Beach.**

**There's a strong suspicion among locals that the gloves and frequent large swathes of dead shellfish are connected with the clam dredge that comes through quite often.**

The dredge harvests surf clams that live up to 10 metres deep in the seabed. It uses a technique that pumps water into the seabed and then takes the shellfish on board where they are sorted and saved in water for later processing.

Sometimes the dredge comes so close to shore that it seems you could almost reach out and touch it. The official word is that the fishing boats can get as close to shore as they like, so long as they haven't exceeded their quota.

The whole thing causes consternation for many who live here. The locals are fiercely protective of this special environment. Some have pointed out that in the week or two

after each visit of the dredge the shore becomes home to barnacled logs and shells that have obviously rested in the water for a very long time.

There is a lot of discomfort about the seafloor being massively disturbed in this way.

Less disturbingly, recreational fishing has little impact on the environment, though empty bait packets often feature among the beach rubbish.

In the first decade of the 1900s Waikawa Beach was famous in the area for its toheroa, pipi, fishing and whitebaiting. Unfortunately, the toheroa have long gone. Occasionally you'll see someone wading through the shallows, bucket in hand, loading up with fresh shellfish.

These days people put out Kontikis, often equipped with GPS, and send them thousands of metres away from shore to catch fish. Others take flounder nets to the river mouth and often come back with at least a few. Some hardy folks take kayaks or surfboards out and catch fish that way, while others grab the tractor and haul their 2-person craft down to the beach for a day's fishing.

In-season whitebaiting is always popular in the river, though most folks you speak to talk wistfully of earlier times when they'd catch large amounts. These days some count themselves lucky to get a single good feed.

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



UP CLOSE: *Clam Legend*, fishing boat 63018, working close to shore at Waikawa Beach in April last year.

Photo Miraz Jordan

## Moratorium on harvesting

Kāpiti Mayor K Gurunathan said in his *Ōtaki Today* column on April 2 that he had negotiated a moratorium on clam harvesting with Marlborough-based company Cloudy Bay Clams.

He said the company chief executive, Isaac Piper, had agreed to cease operations along Ōtaki Beach until he could meet with the mayor and iwi, and other local community representatives.

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

Dredging was to cease until the meeting was held. The meeting was deferred due to Covid-19.

At the time, Mr Piper said Cloudy Bay was "fully committed to the sustainable management of this amazing fishery for the future and welcomes the chance to meet".

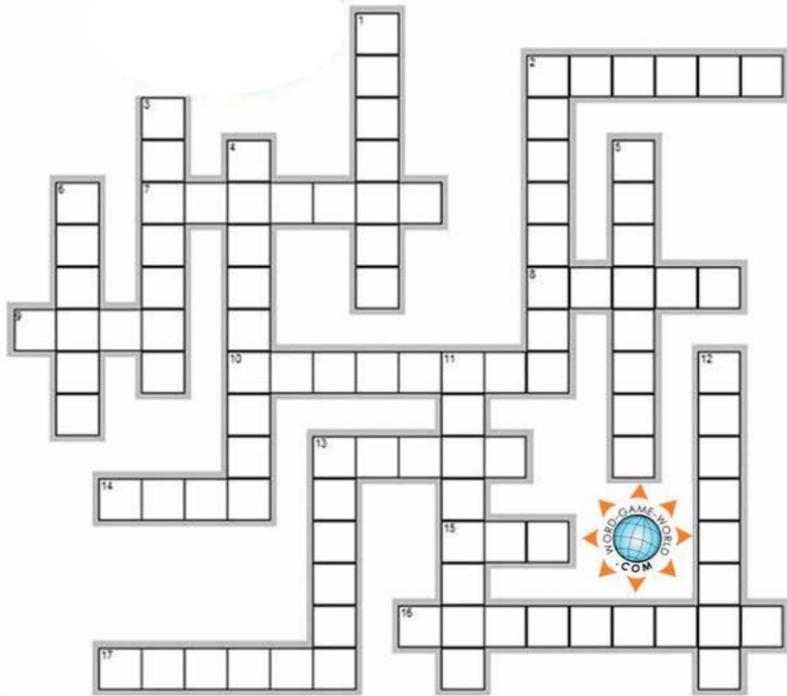
Reports of renewed dredging began emerging last week, including near Ōtaki and Waikawa Beach.

Guru said last week he had received an email from Cloudy Bay that there there would be new activity, but it was to catch clams for testing of toxicity and bacteria.

He was seeking the meeting as soon as possible.

# TAMARIKI FUN PAGE

## CALENDAR CLUES CROSSWORD



### ACROSS

2. The day before Saturday
7. The day before Wednesday
8. The fourth month
9. The month when we celebrate Father's Day
10. Last day of the week
13. The only month that ends with H
14. The seventh month
15. The month with just 3 letters
16. The ninth month
17. First day of the week

### DOWN

1. The first month of the year
2. The month with the fewest days
3. The month with Halloween
4. The middle day of the week
5. The day before Friday
6. The eighth month
11. The last month of the year
12. The month for America's Thanksgiving
13. The day after Sunday

## ŌT KIDS' NEWS



### Internet usage

New Zealand households set a new internet consumption record in April. The latest data shows that each house, on average, used almost 500 gigabytes of data – that is around 12 hours of online video calls per day per house. The 700,000 fibre-connected households used an average of 495GB, while copper-connected houses used 406GB. Traffic for both was up about 30 percent compared to February's use.

### World's largest hailstone

Scientists have confirmed the largest

ever hailstone – about the size of a football – fell two years ago in Villa Carlos Paz, Córdoba Province, Argentina. The biggest stone in the storm measured up to 23.6cm in diameter. However, the stone was not preserved and cannot be officially verified as a record-breaker. The hail in the storm was so large that scientists suggest a new category to describe stones bigger than 15 centimetres – “gargantuan” hail.

Researchers investigating the storm interviewed witnesses, visited sites where the damage occurred, collected photo data and analysed radar observations.



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

## KYUSS' VIDEO GAME QUIZ

1. Who is Nintendo's mascot?
2. Who is the main villain of Sonic the Hedgehog?
3. What's the final boss in Minecraft?
4. What is the most well known plant in Plants vs Zombies?
5. What enemies did Pac Man run away from?
6. What is Mario's full name?

7. What are boss battles called in Pokemon Go?
8. What's the final area you can go to in Rodeo Stampede?
9. What are the 3 starting animals in Animal Jam?
10. Who is the Princess that Jazz Jackrabbit has to save?

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



If you don't know the answers, Google them, or look in a book, just like Kyuss did! The Covid-19 quiz answers from the May 1 issue of Ōtaki Today are on page 23.

## COLOURING COMPETITION



Nau mai, haere mai, welcome to

## ŌTAKI MONTESSORI PRE-SCHOOL

Haruatai Park, 200 Mill Rd, Ōtaki. 06 364 7500 • [www.otakimontessori.co.nz](http://www.otakimontessori.co.nz)

Now that we are at Level 2, Ōtaki Montessori is back open and ready for business. The teachers have been busy at the centre getting everything cleaned and ready and are thrilled to welcome the children and their whanau again.

We offer a dynamic place of learning in a holistic environment that follows the philosophy of Maria Montessori.

We utilise the beautiful natural resources on our doorstep – we spend time in the bush, we visit the park and we learn while having fun.

We provide an environment where possibility and adventure can happen through quality resources, friendly, trained kaiako and effective ratios.



Children can enrol with us from 2.5 years old. If you are interested in joining our Montessori community we'd love to hear from you.

We have a morning session from 9am–12pm (a great option for the little ones) or a full day session from 9am–2.30pm

Get in touch with the office on 06 364 7500 or email us at [om\\_admin@otakimontessori.co.nz](mailto:om_admin@otakimontessori.co.nz) to arrange a visit.

Ōtaki Montessori offers a unique choice of preschool in Ōtaki. If you would like to know more please contact us, or check out our Facebook page.





Ōtaki Library's Hinehapainga Rameka-Katterns helps user Beverley Middleton on the first day back.

Photo Ian Carson

# Library back in business

**Ōtaki Library reopened its doors on May 14, and although numbers allowed inside were restricted, there was a steady stream of users keen to return books or browse the collection again.**

As with retail stores, visitors had to sign a register and there was physical distancing requirements and stringent cleaning schedules.

Public computers and tablets are being cleaned between use and all Smart libraries across the Wellington region will

either clean or quarantine returned items for a minimum of three days before they are put back on the shelves. The extra precautions will mean some delays for users.

Opening hours are also temporarily reduced. The library is open from 10am-5pm Monday through Friday, and 10am-4pm on Saturdays. It's closed on Sunday.

Meantime, all items currently on loan have been automatically extended through to Thursday, June 4, so there's no need to rush books back.

To list your group, or update contact details, email [debbi@idmedia.co.nz](mailto: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](mailto: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](mailto: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](mailto: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](http://otakiandlevincatholicparish.nz).
- Anglican Methodist Parish of Ōtaki** Rev Simon Falconer 021 778345, Jessica Falconer 021 857744, [ministers@levinanglicanchurch.com](mailto:ministers@levinanglicanchurch.com). Morning Prayer Sun-Fri, 7.15am McWilliam Lounge. Mid Week Eucharist, Wedn 1pm.
- All Saints'**, 47 Te Rauparaha St, Ōtaki  
Sunday 15 December, Eucharist, 9.30am  
Sunday 22 December, Nine Lessons and Carols, 4pm  
Wednesday 25 December, Christmas Day, 9.30am  
Sunday 5 January Eucharist, 9.30am  
Sunday 19 January Eucharist, 9.30am
- St Andrew's**, 23 Mokena Kohere St, Manakau  
Wednesday 25 December, Christmas Day 9.30am
- St Margaret's**, 38 School Rd, Te Horo  
Wednesday 25 December, Christmas Day 9.30am  
Sunday 29 December, Eucharist 9.30am  
Sunday 12 January, Eucharist, 9.30am  
Sunday 26 January, Eucharist, 9.30am
- Ōtaki Baptist** cnr SH1 & Te Manuao Rd, ŌTAKI  
Pastor Roger Blakemore • 364 8540 or 027 672 7865  
[otakibaptist.weebly.com](http://otakibaptist.weebly.com) • Sunday service: 10am
- The Hub** 157 Tasman Rd, ŌTAKI • Leader Richard Brons 364-6911 • [www.actchurches.com/church-directory/horowhenua/hub-church/](http://www.actchurches.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](http://www.otakiwaikanaechurch.nz)  
Sunday service: 11am
- Jehovah's Witness** 265 Mill Road, ŌTAKI  
364 6419 • [www.jw.org](http://www.jw.org) • Sunday meeting: 10am

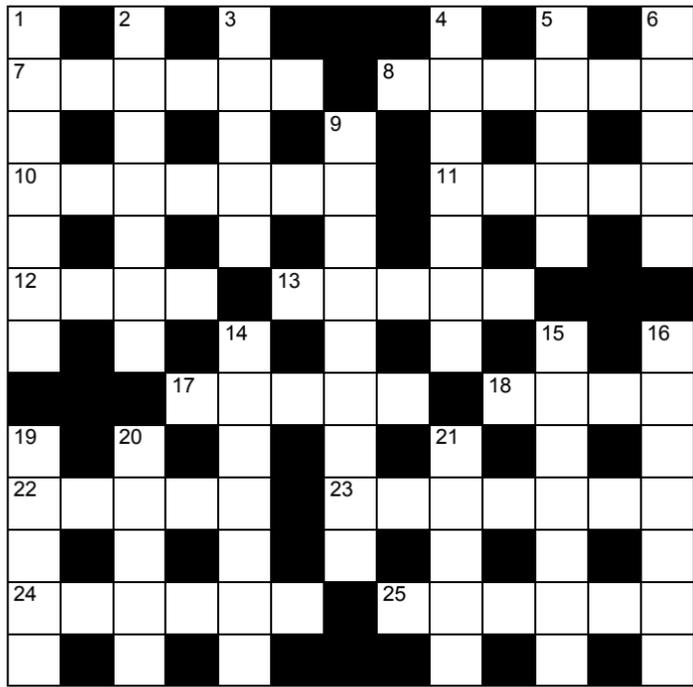
## MEDICAL

- 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](mailto: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.

**CROSSWORD NZ1786d** (answers below) *The Puzzle Company*



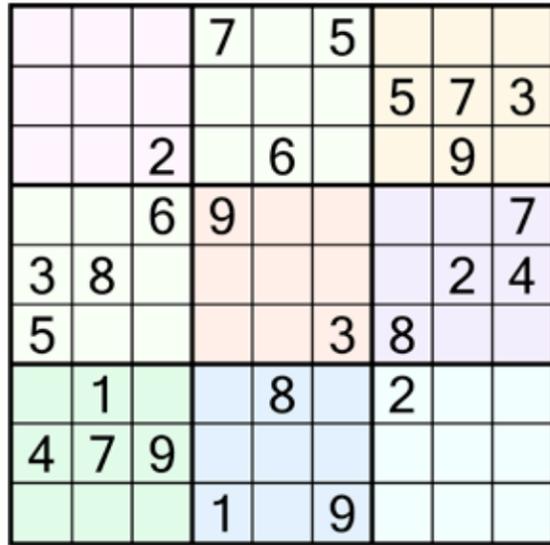
- ACROSS**
- Soldiers (6)
  - Product NZ has exported since the 1850s (6)
  - Ear (Māori) (7)
  - Superlative of bad (5)
  - Māori term for sinkhole (4)
  - Contempt (5)
  - Terrible (5)
  - Run away (4)
  - Jandal (if you're an Aussie) (5)
  - Work enthusiastically (colloq) (3,4)
  - Biscuit, often topped with chocolate icing and a half walnut (6)
  - Harmony (6)
- DOWN**
- Law (7)
  - One of the bids in the card game 500 (2-5)
  - Tip over (5)
  - Exterior (7)
  - Rear of a ship (5)
  - Penned (5)
  - Place of safety (9)
  - Self-inflicted setback (3,4)
  - Ailment (7)
  - Echo (7)
  - Predator introduced in 1884 to control rabbits (5)
  - Cyathea dealbata, or the silver tree-fern (5)
  - Backbone (5)

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

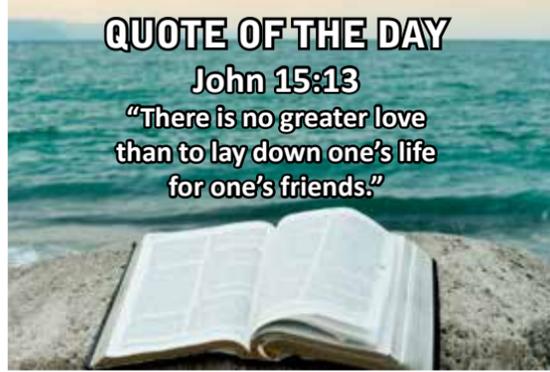
**CROSSWORD NZ1786d ANSWERS**

**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.



MEDIUM #20



**QUIZ**

(answers below)



- Which bar did Sam Malone run?
- The Nags Head was the pub in which classic British comedy series?
- What is the name of the pub in *Coronation Street*?
- Which cartoon has a bar called Moe's?
- The strip bar Bada Bing was run by Tony in which TV show?
- Which film has the phrase: "Life is like a box of chocolates, you never know what you're gonna get"?
- Where were the Bee Gees born?
- What is produced by the bacterial fermentation of milk?
- Who famously said that "... an army marches on its stomach"?
- What is the last word in the *New Testament*?
- What is the term given to a word that can be spelt the same both backwards and forwards? eg ABBA, TOOT
- Who recorded the song *Think* in 1968 and also performed it in the Blues Brothers movie from the 80s?
- In Roman numerals, how many players are there in an on-field rugby union team?
- In Monopoly, what colour are Bow Street, Marlborough Street and Vine Street properties?
- In which town did the Pied Piper play?

QUIZ ANSWERS  
 1. Cheers 2. Only Fools And Horses 3. The Rovers Return 4. The Simpsons 5. The Sopranos 6. Forrest Gump 7. Isle of Man 8. Yogurt 9. Napoléon Bonaparte 10. Amen 11. Palindrome 12. Aretha Franklin 13. XV (15) 14. Orange 15. Hamelin

**SUDOKU ANSWERS**

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

MEDIUM #20

**GOT A GOOD NEWS STORY?**  
 Call us on 06 364-6543  
 Email [ian@idmedia.co.nz](mailto:ian@idmedia.co.nz)  
 Go to [otakitoday.com](http://otakitoday.com) and click the Contact link

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**CLASSIFIEDS**

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Many local clubs, businesses and families have discovered the world of online meetings lately. Toastmasters of Waikanae is one voluntary group to explore the new technology. Club member **Nick Barnett** tells how it went.

# Toastmasters embrace talking heads technology

**Why would anyone give a speech in an empty room? Well, I did, the other day. It felt strange, but welcome to the world of voluntary groups in 2020.**

My speech was part of a Toastmasters of Waikanae club meeting. The room I was in was empty apart from echoes, but I could see the familiar faces of fellow club members watching and listening – thanks to Zoom.

The Waikanae club, which also covers Te Horo and Ōtaki, has been a keen adopter of the Zoom computer program. Zoom lets us hold virtual meetings and stay in touch while safe in our bubbles.

It has also allowed members to learn new skills and boost confidence when speaking on screen.

We have stuck to our tradition of two Thursday meetings a month, featuring as usual a few planned speeches and a fun session of impromptu speaking.

But otherwise, so much was different. No lectern, no chairs, no handshakes. No arm-waving or dramatic gestures – everything has to be condensed into a little rectangle on screen, as though we're television talking heads.

Instead of using strong gestures, we've had to learn to keep still and use our faces and voices carefully.

Instead of keeping natural eye contact with everyone in the audience, we try to keep our eyes on the little camera hole of a computer.

Instead of applauding, we wave our hands



Members of Toastmasters of Waikanae enjoy a light moment during their latest Zoom meeting.

Image supplied by Nick Barnett

*“... so much was different. No lectern, no chairs, no handshakes. No arm-waving or dramatic gestures – everything has to be condensed into a little rectangle on screen, as though we're television talking heads.”*

– because Zoom veterans know to keep their microphones muted most of the time!

And instead of watching a set of manually operated timing lights, we've experimented with a screen-shared automated timer and even with changing the colour background of one member's screen from green to yellow to red.

It's all about adapting to new circumstances. And making it fun.

Which brings me back to my speech the other night. I wrote, rehearsed and timed it – it was about mentorship and my experience of learning as a protege. It's a project that's part of the Toastmasters programme.

Then I made the necessary Zoom

preparations – lighting that would reveal my face and not turn me into a silhouette, and a microphone level that others would be able to hear without being deafened.

When it came time to give the speech, I did my best to keep still, though a couple of hand gestures did slip in.

Did I manage to keep my eyes on the little camera aperture rather have them dart around everyone's faces?

Well, to help me looking in the right direction, I stuck a bit of cheese wax (it was the only thing handy) to the top of my monitor, just above the camera lens. But my eyes still wandered a bit.

There'll be a chance to get more expert with speaking on screen.

The new 10-person limit on gatherings means Toastmasters of Waikanae will remain on Zoom for a wee while yet. So I'd better hang on to that bit of wax.

The problem is the subject of the next speech project I'm up for: Body Language.

That might be a stretch, even for Zoom!

To join in a club meeting or to learn more about Toastmasters, email them at [waikanae@toastmasters.org.nz](mailto:waikanae@toastmasters.org.nz) or telephone Pauline on 021 210 8719.

■ Contact: Nick Barnett [zn Barnett@xtra.co.nz](mailto:zn Barnett@xtra.co.nz) or 027-624-7462

## KYUSS' COVID-19 QUIZ ANSWERS

1. Between 1 and 14 days.
2. COVID-19. The official name is "Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)".
3. No.
4. From droplets when people cough, sneeze or exhale that land on surfaces that other people touch.
5. Fever, tiredness, dry cough, aches and pains, nasal congestion, runny nose, sore throat or diarrhoea.
6. Older people and people with pre-existing medical conditions or low immunity.
7. Wuhan City, China.
8. Not yet.
9. Yes, though there are very few cases in children so far.
10. Stay at home, wash your hands and cover your coughs/sneezes.

## HARUĀTAI POOL OPEN AGAIN

Ōtaki Pool (and Coastlands Aquatic Centre) reopened at 5.30am on Friday May 15 with reduced services and extra safety measures.

The number of patrons at any one time is limited to 70 (100 at the Coastlands Aquatic Centre), including swimmers and non-swimmers. The pool also has a register of everyone visiting for contact tracing purposes. The data will be captured through swimmers' Aquatics card or, if you don't have a card, you'll be asked to sign in at a sanitising station.

Opening hours remain the same but the spa, sauna, hydroslide and meeting rooms are closed for now. Group exercise and classes, shared pool equipment, club bookings and lane hire are also unavailable until they can be offered safely. Where possible, swimmers are asked to shower and change at home.

Changing rooms are open but limited to 10 people at a time.

Cleaning rotations for shared touch points are applying hospital-grade disinfectant, and benches are marked at 2 metre intervals for non-swimmers. It's recommended that contactless payment be used where possible. The Waikanae Pool is closed for winter.



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## Ōtaki River entrance tides May 20 - June 17, 2020

[metservice.com/marine-surf/tides/otaki-river-entrance](http://metservice.com/marine-surf/tides/otaki-river-entrance)

	HIGH	LOW	HIGH	LOW	HIGH		HIGH	LOW	HIGH	LOW	HIGH		HIGH	LOW	HIGH	LOW	HIGH
WED 20 MAY	-	01:51	07:51	14:10	20:21	SAT 30 MAY	02:48	09:13	15:19	21:32	-	TUE 09 JUN	-	05:48	11:55	18:04	-
THU 21 MAY	-	02:29	08:28	14:46	20:57	SUN 31 MAY	03:54	10:16	16:26	22:41	-	WED 10 JUN	00:15	06:36	12:43	18:50	-
FRI 22 MAY	-	03:05	09:03	15:22	21:31	MON 01 JUN	04:59	11:19	17:32	23:47	-	THU 11 JUN	01:01	07:25	13:31	19:37	-
SAT 23 MAY	-	03:40	09:39	15:57	22:06	TUE 02 JUN	06:00	12:19	18:34	-	-	FRI 12 JUN	01:51	08:15	14:22	20:29	-
SUN 24 MAY	-	04:16	10:15	16:33	22:41	WED 03 JUN	-	00:49	06:57	13:16	19:30	SAT 13 JUN	02:45	09:09	15:17	21:25	-
MON 25 MAY	-	04:54	10:54	17:11	23:19	THU 04 JUN	-	01:44	07:50	14:09	20:23	SUN 14 JUN	03:42	10:04	16:15	22:26	-
TUE 26 MAY	-	05:36	11:36	17:52	-	FRI 05 JUN	-	02:36	08:42	14:59	21:12	MON 15 JUN	04:39	11:00	17:14	23:27	-
WED 27 MAY	00:01	06:22	12:23	18:37	-	SAT 06 JUN	-	03:26	09:32	15:48	21:59	TUE 16 JUN	05:33	11:54	18:11	-	-
THU 28 MAY	00:49	07:14	13:16	19:28	-	SUN 07 JUN	-	04:14	10:20	16:34	22:44	WED 17 JUN	-	00:22	06:23	12:45	19:01
FRI 29 MAY	01:45	08:11	14:15	20:27	-	MON 08 JUN	-	05:01	11:08	17:19	23:29						

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/Recreation



**HAPPY SWIMMERS:** Jeff Bevan and his family had the facilities to themselves when he brought the kids – Ethan, 11, and Kiara, 8 – in for a swim at the reopened Haruātai Pool on Sunday afternoon. Pool staff said the morning session was busy and they were expecting numbers to steadily rebuild after schools returned.  
See Haruātai Pool open again, page 23.

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### FUNERAL SERVICES INFORMATION FOR COVID-19

Our government has now reduced the Pandemic Response alert to Level 2 from Wednesday 13th May 11.59pm. This has brought welcome changes to many and as Funeral Directors we are relieved that there has been some concession from the government regarding funerals. We are now able to have up to 50 attendees at a funeral service. There are rules around this but we will adhere to these restrictions and ensure families are aware of all of the guidelines. We will be here to offer our support to help guide you through these challenging times.

We will continue to follow the Ministry of Health's recommendations regarding physical distancing and personal protective equipment as we are determined to protect our staff and the families we come in contact with. In the meantime we are doing our best to enable families to have meaningful farewells for their loved ones. Please call us for any further information or check our website [www.icmark.co.nz](http://www.icmark.co.nz)

Kathryn and Denis Mark

**We will get through this together**



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