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ŌTAKI TODAY

otakitoday.com

ŌTAKI TODAY • MAHURU SEPTEMBER 2020

Ngā Kōrero o Ōtaki

Rangatahi seek support

Already rocked by two young people taking their own life in the past four years, Ōtaki College is saying its counselling services are stretched to the limit.

As at many other schools throughout the country, the number of rangatahi (teenagers) seeking help is unprecedented. The pressure increased with the onset of Covid-19 and the return to school in May. Issues have included increased anxiety, depression, family separation, impacts of family mental health needs, stress about exams and future plans.

College counsellor Jo McInerney says she's pleased to see that students are seeking support, but she's "holding" the safety of many while they wait for therapy. Community mental health and counselling services are also stretched, so the wait can be 4-6 weeks.

"Once significant issues have come to the surface it can be difficult for students to manage their emotions," Jo says. "I am needing to help students to make safety plans for themselves and to have increased contact with home as required."

The college has applied to the Ministry of Education Covid-19 Urgent Response Fund to increase counsellor resource – it's waiting for a response.

■ See "Covid adds to stretched resources" – p11

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Manukura just one of many programmes – p4

Give tamariki a space where they can have status – p16

Mental health disconnections not serving youth well – p18



WHEN HUMANS LET CATS DOWN

By Ian Carson

The grey tabby had roamed North Manakau for months, scrapping with local cats and raiding houses for food.

It got nicknamed the Manakau Mauler for his fearsome reputation. But local cat lover and rescuer of strays Beverley Dowling says the case of the errant mog is a sad one, not only because of his ultimate demise, but that animals such as this turn bad through no fault of their own.

Hearing numerous accounts of domestic cats being attacked, Beverley took it upon herself to snare Mauler – for his own safety as well as that of other neighbourhood felines.

His behaviour provided a strong indication

Sad case of the Manakau Mauler

he was a former house cat. He was clearly territorial, seeking to protect a patch he had established.

He fought with other cats. He sought out houses, where his experience told him food awaited.

He was desperate. That made it tough for him.

Beverley finally trapped Mauler. He wasn't in good shape. As with most cats she catches, he needed veterinary help. But she also found – not unexpectedly – that the cat was actually friendly. That reflected his past that must have involved a home somewhere.

It can't have been a great home, because Mauler had clearly been dumped in rural Manakau, where he had to fend for himself.

The vets found Mauler had feline aids. (FIV). That meant only one thing. Euthanasia.

"It's an incredibly sad tale, but unfortunately it's a common one.

"He was another cat let down by a human. He was clearly dumped and he was just trying to create a territory in an area he was not familiar with."

continues inside back page

■ See cartoon, page 2

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Compelling case for state services performance review

Whichever of the two main parties becomes the lead player in government following next month's election might find that a high-quality review of state services is urgently needed.

Kāpiti readers have reason to support advocates of such a review. Delays on Transmission Gully, along with the need to resurface lengths of the revamped state highway through the region, are examples of recent questionable performance by state services administration.

Add the shortcomings exposed in the Ministry of Health's operational administration of government wishes in the curtailing of Covid; often repeated questioning of the effectiveness of agencies administered under the Ministry of Business, Innovation and Employment (MBIE) behemoth; and the obfuscation that surrounded failure of the last Census to obtain reliable statistics, the case for a structural and performance review becomes compelling.

Public insight into the reaction of the State Services Commission to identified shortcomings would be a useful outcome of such a review. Its responsibilities include reviewing the performance of each department and providing advice on management systems, structures and organisation.

It's not uncommon for failures to be attributed either to a Minister's lack of clear direction – over a Minister's optimistic and unrealistic beliefs when giving directions – or inattention of a Minister to the way a policy is being carried out by the agency for which he or she is responsible. Others result from either a lack of understanding by state agencies of the day-to-day working of the sector they are required to deal with, or maladministration of tasks assigned to it.

The result of the review announced into the NZTA's handling of contracts for Transmission Gully will be fascinating. Questions within the construction sector abound. Was the pricing of the initial construction contract set at an unrealistic level? Were the requirements for the base of the paving suitable for the conditions?

The first of these questions throws up a five-year running battle between MBIE and the private sector that goes to the heart of state service administration. The contracting industry has argued that guidelines for state procurement agreed between the Government and industry



BRUCE KOHN

leaders should be mandatory. The guidelines' aim is clarity and fairness for procurer and bidder so prices reflect market conditions, project complexities and agreed methodologies for dispute resolution.

The state sector argues that because each government agency chief executive has responsibility for the administration of his or her ministry or department, they must

be free to decide on procurement methodologies as the buck stops with them. Industry asks: What use are the guidelines if agencies choose not to follow them and use is not enforced.

Reports of non-use are frequent, as noted by the Construction Strategy Group. The industry angst reflects anger over a spate of builder insolvencies last year. This was primarily because, say industry leaders, contracts were being overly "lawyered". Contract conditions outside standard documentation led to unrealistic pricing in a highly competitive market. Acceptance could be justified only on the opportunity presented to achieve income and keep staff engaged.

Sympathy exists in the private sector for

Wellington rich-lister Sam Morgan to develop a contact tracing system for the Covid-19 response. The Ministry of Health chose its QR-Code app against advice from other state agencies with experience of advanced technology platforms and devices. The system Morgan advocates might or might not be superior, but the fact that public debate persists on the merits of the existing system suggests flaws in the selection process.

It might also be pertinent for a fresh government to consider the priority it attaches to the portfolio of Minister of State Services. It is customarily allocated as a lesser portfolio to Cabinet Ministers. Not since Otago's Stan Rodger in the Clark administration held the position has there been an incumbent publicly identified as actively pursuing excellence in performance by ministries and departments.

The record in recent months indicates that a high-ranked Minister with a declared intent to lift performance would be of value to taxpayers and the private sector, as well as to Ministers who find their policy implementation hampered by sub-optimal administration.

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

LOCAL EVENTS

SUNDAY AFTERNOON CAFÉ CONCERTS, 2-3pm at Country Kitchen Café & Waffle House, Ōhau. September 20 – 2Tone, Geoff Culverwell and Rob Kingi; October 4 – The Faustians, Helena Faust and Philip Muollo; October 18 – Pip Payne. Organised by Dale's Acoustic Live Events.

MEET THE CANDIDATES

Thursday September 24, 6.30pm (doors open 6pm), Rotary Lounge, Aotaki St, Ōtaki. Hear General Election candidates representing the Māori and general electorates. Only written questions accepted. Email mickel@slingshot.co.nz (must be received before meeting).

ŌTAKI GARAGE SALE:

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

ŌTAKI YARD MARKET

Every Saturday 8am-2pm, SH1 shops. Growers, crafters, bakers, makers and more. To book a stall: otakiyard.nz

MĀORILAND FILM FESTIVAL REMOUNT

September 24-27. See pages 3, 21.

ŌTAKI WOMEN'S COMMUNITY CLUB CRAFT MARKET

SH 1, opposite New World, open 9am-2pm, every Sunday in summer. Contact Georgie at 027 234 1090 for bookings.

TE HORO COUNTRY MARKET

Te Horo Community Hall, School Rd. First Sunday of the month: 10am-1pm, October 4, November 1.

SEASONAL SURPLUS STALL

Thursdays, buying from 10.30am, selling from 11am. In front of Memorial Hall, Main St. Bring surplus fruit, veges and eggs. Contact 364-7762 for details.

ŌTAKI MUSEUM

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

MAHARA GALLERY

Waikanae. Open Tuesday-Saturday, 10am-4pm.

WAITOHU STREAM & DUNE CARE GROUP

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

ENERGISE ŌTAKI

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

WAIKANAЕ ARTS & CRAFTS SOCIETY

Interested in learning a craft or updating your skills? Join in one of the society's craft sessions. Just \$2.50 as a special offer per visit until the end of November so you can try before committing to an annual membership. Annual fee is half price, enabling attendance at any of the craft groups. Contact waikanaeartsandcraftssoc@gmail.com 06 364-3115 or 0274 171 171.

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

CARTOON OF THE MONTH

By Jared Carson



ŌTAKI TODAY

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

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

CARTOONS: Jared Carson **QUIZ:** Kyuss Carson

CONTRIBUTORS: Pera Barrett (Good Thinking) • Fraser Carson (Media & Community) • James Cootes (Local Lens) • Daniel Duxfield (Fitness) • Steve Humphries (Food Science) • Kath Irvine (Edible Backyards) • Miraz Jordan (Waikawa Way) • Rex Kerr (History) • Bruce Kohn (Politics) • Michael Moore (News) • Chris Papps (Ōtaki Outlook) • Amy Webster (Employment Law).

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- **YOUTHLINE** **0800 376 633** or text free to **234**

Māoriland festival remounts

The Māoriland Film Festival is "remounting" this month after Covid-19 cut short the 2020 festival in March.

While there will be no influx of overseas manuhiri (visitors) this time around, from September 24-27 the festival will have plenty to offer locals and others from throughout Aotearoa.

The programme will be the first of a month of film festivals across the country.

As now expected from what has become a festival acclaimed world-wide, there

are plenty of local and international films by indigenous film-makers to tempt movie-goers. In fact, it is now the largest indigenous film festival in the Southern Hemisphere.

Screenings will be at the Civic Theatre, Māoriland Hub and Raukawa Marae.

There will also be an exhibition at the Hub's Toi Matarau Gallery and creative technology at M.A.T.C.H., the Māoriland Tech Creative Hub.

Māoriland has a thorough health

and safety plan that includes social distancing, masks and sanitising to ensure as safe an environment as possible for audiences.

There will be no door sales. People wishing to attend are urged to book tickets at the Māoriland Hub in Main Street or via the iticket online booking system (iticket.co.nz).

- For information about the festival and programme, see maorilandfilm.co.nz
- See MFF Remount packed with premieres, page 21



Māoriland Film Festival 2020 Timetable

MĀORILAND HUB	CINEMA ITI AT MĀORILAND	THE CIVIC THEATRE	RAUKAWA MARAE
Thursday 24 September 2020			
1:30 - 3 pm Wairua Shorts 16 +	You must have a ticket for entry Tickets available September 14 2020 visit maorilandfilm.co.nz for ticket and programme details	12:45 pm - 2:15 pm MRFF: Ngā Mōtauranga Shorts 13 + 3 - 5 pm The Body Remembers When the World Broke Open (Canada) M 6:30 - 8 pm Marks of Mana (NZ) M 8 - 10 pm Take Home Pay (NZ) M	FREE ENTRY BY REGISTRATION
Friday 25 September 2020			
9:30 - 11:30 am Sembradoras de Vida (Peru)	10:30 am - 12:45 pm Mō te Iwi: Carving for the People (NZ)	10 - 11 am MRFF: Ngā Raurēka Shorts	
11:30 am - 1:30 pm Wawa No Cidal (Taiwan)	1 - 2:30 pm Ainu - Indigenous People of Japan	12 - 1 pm MRFF: Ngā Pūtake Shorts	
2 - 3:30 pm Kia Manawau Shorts	3 - 3:30 pm Tapu Te Ranga Marae (NZ)	4:15 - 6:15 pm Long Time No Sea (Taiwan)	
5:30 - 7:30 pm Same But Different: A True New Zealand Love Story (NZ)	3:30 - 3:40 pm He Hekenga Tūhura (NZ)	6:30 - 8:45 pm Charter (Sweden)	
8:30 - 10:30 pm Blood Quantum (Canada) 18 +		9 - 11 pm Red Snow (Canada)	
Saturday 26 September 2020			
10 am - 12 pm Impact Shorts 18 +	10:30 am - 12:45 pm Mō te Iwi: Carving for the People (NZ)	ALL SCREENINGS \$6	
12 - 1:30 pm Whenua Shorts	1 - 2:30 pm Ainu - Indigenous People of Japan	9 - 10:45 am Huahua (Ecuador)	
2 - 4 pm Mitzi Bearclaw (Canada)	3 - 3:30 pm Tapu Te Ranga Marae (NZ)	11 am - 1 pm The Camino Voyage (Ireland)	
6 - 7:45 pm Rustic Oracle (Canada) M	3:30 - 3:40 pm He Hekenga Tūhura (NZ)	1:30 - 3:15 pm nipawistamāso:in: We Will Stand Up (Canada)	
8:30 - 10 pm The Cursed Harp (Sakha) 16 +		6 - 7:30 pm Bingo Shorts	
Sunday 27 September 2020			
10 - 11:30 am Whānau Shorts	10:30 am - 12:45 pm Mō te Iwi: Carving for the People (NZ)	ALL SCREENINGS \$6	
12:30 - 2:15 pm Whakapapa Shorts	1 - 2:30 pm Ainu - Indigenous People of Japan	9:30 - 11:20 am Words From A Bear (USA)	
2 - 4:20 pm My Dear Mother (Sápmi)	3 - 3:30 pm Tapu Te Ranga Marae (NZ)	11:15 - 1:15 pm For My Fathers Kingdom (NZ)	
	3:30 - 3:40 pm He Hekenga Tūhura (NZ)	1:30 - 3 pm Potutiki: L'Art du Tatouage des îles Marquises (Marquesas)	
		3:15 - 4:30 pm Through a Reindeer Herders Eyes (Sápmi)	
		5 - 6 pm NATIVE Slam V	
		6:15 - 8:30 pm CLOSING NIGHT: The Sun Above Me Never Sets (Sakha)	
		3:30 - 5 pm Docos Under The Skin	

www.maorilandfilm.co.nz



Tickets at the Māoriland Hub in Main Street and iticket.co.nz. In preparation for a Covid-safe festival, Māoriland has measures to ensure the health and safety of all festival manuhiri and kaimahi. There will be no door sales and limited seats. Tickets limited to 100 per screening, including the first two days of free screenings. Plan in advance and book tickets.

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Manukura just one of many programmes

By Ian Carson

Ōtaki College's Manukura GPS hopes to be in the Guinness Book of Records by playing four-square non-stop for 40 hours.

Starting on October 3, the group will be trying for the record as a fundraising event for the Mental Health Foundation. The current record is 29 hours. The team of 10 will need to have only a five-minute break each hour, which can be accumulated – 10 minutes if playing for two hours non-stop etc.

The game will be played in the college hall where visitors can support the players and make a donation. Donations can also be made on the team's givealittle page (see at end).

While the goal is to set a world record, it's just part of a programme that gives boys of all ages at the college leadership skills, confidence and self-esteem. It sits alongside many other programmes to assist students through what has become a difficult time post-Covid.

The Manukura group is an initiative of teacher Sam Ward, who established it in 2019 to provide a safe space for the college's young men after the tragic death of a student who took his own life.

"I want to have a space where any boy at the college could enjoy challenges and goal-setting, and build their confidence and self-esteem," Sam says. "It also offers support for those struggling with mental health, self harm and loss."

"These things feature far too heavily in the lives of our young people and our Ōtaki community."

Manukura (leadership) has sessions every day before school, from 7.30–8.30am. It has about 35 members and is open to all boys.



RECORD BID: Boys from Manukura GPS practise for the Guinness Book of Records bid. They're hoping to play 40 hours of four square non-stop to get the work record.

Photo Deep Patel

It bonds through confidence-building, kapa haka and fitness sessions, and participates in community projects.

Other programmes

Student Council: has the heads of school and a student representative from each kaiarahi (form) class. Each of these students decides which sub-council to join. The sub-councils have some staff reps connected to support the ideas of the students. We aim for each sub council to do an event each term.

Sports Council: organises lunchtime events for

students, and staff vs student lunchtime games. It's organising the school sports day on the last Friday of this term. Funds raised are supporting the Manukura GPS record bid.

Culture and Hauora/Wellbeing Council: organises Wellbeing Wednesday events at lunchtime in the quad. There's music and fun activities for students. It's a great way to bring different age groups together. The council also organises a Culture and Hauora week in week 10 to promote Mental Health Awareness Week and Culture.

Environment Council: looks at sustainability projects, reducing rubbish, beautification of college and is establishing worm farms in the horticultural area.

Arts Council: has recently organised the school variety concert. It has established lunchtime pop-up concerts this term to promote performing arts. It has previously helped design school murals.

Mana Potential Mentoring programme: a tuakana/teina programme that focuses on developing the mana of each student. It is a bicultural and strengths-based programme. Year 11-13 students opt in as the mentors and junior students are selected as the mentees. It is an opportunity for students to use a framework that focuses on awareness of emotional regulation and strategies to promote mana-enhancing behaviours.

KYS shift resilience: for Year 10 girls.

He Kākano: a KYS programme for boys. Mentor Hohepa Paurini also provides one-on-one support for students.

Tu Kaha Maori Leadership: a Tu Rangatira programme working with young Māori to build leadership skills.

Shine Girl: a self-esteem programme for girls.

The Year 13 students can also be a Kia Kaha buddy. These students are involved with a Year 7/8 class for the year. They run sessions with the students and build rapport with the younger students in college. They promote the school's ROAR values (Respect, OC Pride, Active Learning and Responsibility).

- Givealittle page givealittle.co.nz/fundraiser/manukura
- See also bit.ly/manukuragps • Instagram: @manukuragps
- Spotify: Manukura GPS. <https://open.spotify.com/show/3gvbzSuLMmsrnja31Vr8D>

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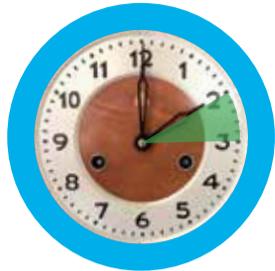
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IN BRIEF

**Put clocks forward**

Daylight time begins at 2am on Sunday September 27. Remember before bed to put your clocks forward an hour. The sun will rise at 7.02am and set at 7.21pm, an hour later than the day before.

17 fire call outs

The Ōtaki Volunteer Fire Brigade attended 17 callouts in August. Five were to deal with rubbish or scrub fires, three for properties, three special services, two to attend private fire alarms, two in support of the Levin brigade at large fires, one medical emergency and one motor vehicle accident.

Events get funds

The Ōtaki Kite Festival and Māoriland Film Festival each have a share of the Kāpiti Coast District Council \$190,000 contestable events fund for 2020-21. Others to receive funding were XTERRA Wellington, Kāpiti Food Fair, and Matariki Lights Art Festival.

Higgins looking for 100 workers

Roading and infrastructure company Higgins is on the hunt for more than 100 new workers and says "good, keen, reliable staff" are urgently needed in the lower North Island – including Ōtaki.

Higgins general manager Henare Clarke says a full forward workload and a busy summer season fast approaching means the company needs steel-capped boots on the ground and ready to go.

"The fact is we've got a very healthy programme of works through Wellington, Kāpiti, Horowhenua and the Wairarapa for the next few years and if you want to work, we've got the work," he says.

"We are looking for the full spectrum of positions including drivers, heavy machinery operators, labourers, supervisors, foremen [and women] and project managers.

"With the current conditions the business of building essential infrastructure is a good place to be. Even in times of uncertainty infrastructure needs to be built, upgraded and maintained, so a job in infrastructure can provide excellent



prospects for those wanting to build a career.

"There's so many areas of opportunity within this industry and being part of the Fletcher Construction family means you can really take it in any direction you want, if you put the work in.

"If you've got the skills there's a lot going on

and much to be done. If you've worked in the industry before and are looking for a solid job, drop us an email or give us a call.

"Now's good."

■ For more information on available positions, applicants can email E.Wessels@higgins.co.nz

College gym gets council funding for upgrade

Ōtaki College has benefited from a \$350,000 contribution from Kāpiti Coast District Council to refurbish its ageing gymnasium.

The council agreed to the grant, which will be spread over six years, on condition that the gym will be available for community use for sporting events and training.

The funding, which was agreed through Council's Long Term Plan 2018–38, will allow local sports teams and clubs to access the gym

outside of school hours for the duration of the refurbishment for a small koha.

The funding will go towards upgrades to the two gym rooms, offices, changing rooms and toilets and follows a successful application to the NZ Community Trust for the construction of a new climbing wall at the gymnasium. The gym will remain open throughout the upgrade.

"We know that getting active has really positive impacts on mental, physical and social

well-being," says principal Andy Fraser. "I'm delighted that we can progress our plans to create a high quality facility for our students and wider community that encourages participation and provides sporting opportunities."

I want to acknowledge the support of [Ōtaki Ward Councillor] James Cootes, the Ōtaki Community Board and members of our school community for their commitment to getting the project under way."

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KIA KAHA TE REO MĀORI Mahuru September

Māori Language Week

The Maori Language Commission redesigned Māori Language Week this year, so whether or not we were in some form of Covid-19 lockdown, New Zealanders could still come together to celebrate te reo Māori.

The commission wanted a million Kiwis speaking, singing and celebrating te reo at the same time in an unprecedented moment for Māori Language Week 2020.

"To safeguard te reo we want one million Māori language speakers by 2040, but we want to start in 2020, even if only for a moment," says the chair of Te Taura Whiri i te Reo Māori, Professor Rawinia Higgins.

The Māori language moment on Monday September 14, saw more than 900,000 signed up, to mark the day and hour in 1972 when a group of Māori language champions presented a petition on the steps of Parliament calling for te reo to be taught in New Zealand schools. They had gathered the signatures of 30,000 New Zealanders and championed te reo when it was socially and politically unacceptable to do so.

With no big face-to-face gatherings able to go ahead under Covid 19 Level 2, only virtual events took place to celebrate the week.

Professor Higgins added, "Another change will see the Māori Language Week website become the Reo Māori website," "Reo Māori will exist to support people throughout the year, not just during Māori Language Week. Whether you're a teacher or a small business owner, an individual or a group of friends, www.reomaori.co.nz will be there to support you 365 days of the year, not just 7."

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6 th Dec 2020	9 DAYS
ENCHANTING FAR NORTH	
10 th Feb 2021	11 DAYS
FORGOTTEN WORLD BRIDGE TO NOWHERE VIA LAKE TAUPō	
23 rd Feb 2021	6 DAYS
SOUTHERN SPECTACULAR WITH STEWART ISLAND AND TRANZ ALPINE TRAIN	
28 th Feb 2021	19 DAYS
RELAXING RURAL RAMBLER	
9 th Mar 2021	7 DAYS
NELSON STAY PUT	
22 nd Mar 2021	7 DAYS

Fifty Māori words every New Zealander should know

Commonly used words now, so if you don't know them, here's a start to learning them.

aotearoa (New Zealand, long white cloud)	moana (sea)
aroha (love)	motu (island)
awa (river)	nui (large, many, big)
haka (generic term for Māori dance)	pā (hill fort)
hāngī (traditional feast prepared in earth oven)	Pākehā (New Zealander of non-Māori descent, usually European)
hapū (clan, sub-tribe; to be born)	pounamu (greenstone, jade)
hikoi (walk)	puke (belly, stomach)
hui (gathering, meeting)	rangatira (person of chiefly rank, boss)
iti (small)	taihoa (to delay, to wait, to hold off to allow maturation of plans etc)
iwi (tribe)	tama (son, young man, youth)
kai (food)	tamāhine (daughter)
karakia (prayer)	tamariki (children)
kaumātua (elder)	tāne (man, husband, men, husbands)
kauri (large native conifer)	tangi (funeral)
kiwi (native flightless bird)	taonga (treasured possessions or cultural items, anything precious)
koha (gift, present – usually money, can be food or precious items, given by guest to hosts)	tapu (sacred, not to be touched, to be avoided because sacred, taboo)
kōhangā reo (language nest, Maori immersion preschool 0 to 4 years)	te reo Māori (the Māori Language)
mahi (work or activity)	tipuna/tupuna (ancestor)
mana (prestige, reputation)	tuatara (reptiles endemic to New Zealand)
manuhiri (guests, visitors)	wāhine (woman, wife)
Māori (indigenous inhabitants of New Zealand, the language of the indigenous inhabitants of New Zealand)	wai (water)
marae (the area for formal discourse in front of a meeting house, or applied to a whole marae complex)	waiata (song or chant)
maunga (mountain)	waka (canoe, canoe group)
moa (extinct large flightless bird)	whaikōrero (the art and practice of speech-making)

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Learn anthem in Māori

If you don't already know it, here's a version of the New Zealand National Anthem in Māori. It's commonly heard before the English version at most national and international events now.

The Māori version was written by T H Smith in 1878 and is not a direct translation of the original English lyrics penned by Thomas Bracken in 1875.

- E Ihowa Atua**
(Oh Lord, God)
O ngā iwi mātou rā
(Of nations and of us, too)
Āta whakarongona
(Listen to us)
Me aroha noa
(Cherish us)
Kia hua ko te pai
(Let goodness) flourish
Kia tau tō atawhai
(May your blessings flow)
Manaakitia mai
(Defend)
Aotearoa

Source: maorilanguage.net



New owners for old hall

The Rotary hall, a landmark in Ōtaki for nearly 60 years, has been sold to a local couple.

The couple have made the purchase after the property was put up for sale by Professionals Ōtaki. The couple say they see enormous potential in the property. Its future use is still being decided, but "rest assured, the building will not be demolished", they say.

In 1974, 10 years after Ōtaki Rotary's foundation and during the presidency of Reg Taylor, the club bought the Methodist Church and Wesley Hall complex. The hall has undergone several renovations and improvements over the years, but earlier this year, and following extensive discussion, Ōtaki Rotarians decided to sell the hall.

"We felt the club needed to focus more on Rotary's core purpose – to provide service to the community and others," says president Adrian Gregory.

The club is now considering options for investing the capital. It will provide long-term income to fund new projects alongside existing ones such as books in schools (see page 25) and supporting young people's mental well-being.

"We want to hear from community leaders and organisations who have views, or project ideas, about how Rotary Ōtaki could work with them," Adrian says.

The club will be holding a final, celebratory dinner at the hall on Thursday October 22 for Rotarians present and past.

■ Contact Adrian at 027 479 1576 or email adrian@helix4consult.co.nz

Greens commit to better rail links

Green Party co-leader James Shaw was at the Ōtaki Railway Station on September 14 to announce that the party would significantly improve commuter rail services between towns such Ōtaki and Levin, and Wellington and Palmerston North.

That included making a priority in the next government, double-tracking and electrification to Ōtaki from Waikanae with work to begin in the next parliamentary term. Eventually the electrification could go to Palmerston North.

National Party leader Judith Collins announced last month – at the same station – that National would also electrify and double-track the line.

The Green Party also supported upgrades to the track that would allow high-speed tilt trains, improving commuter links, taking pressure off the roads and reducing fossil fuel emissions.

James was visiting Ōtaki "to highlight the importance of affordable, reliable, and low carbon transport for the region".

"The Green Party has a vision for Aotearoa New Zealand where everyone can get around using clean, reliable, and affordable public transport," he said. "To make this happen we need to improve the connection between our cities and provincial towns with fast, modern passenger rail."

James said that Wellington needed more frequent and faster train services.



MEET-UP: Greens co-leader James Shaw flanked by his Te Horo mums Susanne Jungersen (at left) and Cynthia Shaw, with Ōtaki electorate candidate Bernard Long, at Ōtaki Railway Station.

Photo Ian Carson

for air transport.

"Fast, frequent rail from Wellington to Palmerston North would also allow Kāpiti and Horowhenua residents to commute to Palmerston North to fly. And to study and work," he said. "Our opportunities will be doubled."

He said that with the Green Party in government there had been progress in public transport, and the business case being prepared by Greater Wellington Regional Council for hybrid trains had the full support of the party.

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Te Horo soldier leads quarantine facilities

By Michael Moore

Major Rupert Randall of Te Horo felt privileged to lead the Army's involvement in Rotorua's managed isolation facilities, part of the Government's Covid-19 response to returning New Zealanders.

"It's a very satisfying and fulfilling role to be part of," Major Randall says. "It was pleasing to see Rotorua welcome and support this in their community."

Local iwi blessed facilities and locals donated gifts and funds to buy books and resources for children coming into isolation.

"It can be a stressful transition so it was heartening to see the community help out."

Rupert's unique background expertise led to being appointed as officer in charge of the Rotorua Regional Isolation Command Centre, where the Defence Force provided framework for administration and logistics at quarantine facilities.

"There are multiple agencies to work and liaise with, so there are many challenges with that," he says. "We were working with the local district health board, police, security, and hotel management."

The local council and Te Arawa iwi also had an important role to play.

"I had a multitude of meetings



SUPPORT: Te Horo's Major Rupert Randall with Lakes District Health Board navigator Kahira-Rata Olley.

Photo: Lakes DHB

coping strategies. While there were a number of anxious guests, there were also many who were very appreciative and happy to be back home in New Zealand, and welcomed the small acts of kindness of donations from locals."

Rotorua people made welcome packs for everyone arriving. They even had chalk for children to use in the car park areas for hopscotch.

"Having happy kids is good for us all in this situation."

Major Randall has been serving in the Army since 2006, most recently deployed in Afghanistan. Before that he was based in the United Arab Emirates, and was also seconded to the Australian Defence Force.

There are 17 isolation facilities in Auckland, three in Hamilton, three in Rotorua, two in Wellington and three in Christchurch.

daily with agencies to help co-ordinate the isolation facilities. The [Defence] force provides a unique ability for command, control and co-ordination, and this allows other stakeholders to just do their part. There are some parallels to what I was doing in Afghanistan, mentoring at the office cadet school. There are also the basics of managing a facility, including the integrity of personal

protective equipment usage and management of people."

Well-being "navigators" with a background in social and health professions are appointed to assist the two-week isolation period, when significant restrictions are imposed.

"It is an anxiety-driven time for most, so we did our best to make this experience comfortable and happy," Rupert says. "The navigators provided first-class service and

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Fibre speeds up beach community

By Michael Moore

Fibre optic cables have been laid throughout Te Horo Beach, with locals now able to make high-speed connections.

The installation work follows a two-month delay due to the Covid-19 lockdown that halted construction work in the community.

Holly Cushen of Chorus says the ground installation is now complete and Te Horo Beach residents will be able to ring their broadband provider and ask to connect them to fibre.

"We are doing the final inspections," Holly says. The connection is free, and gives 260 residential

DRILLER: "TK" operates a cable drilling machine on Te Horo Beach Road.

Photo Michael Moore

dwellings in the community access to new ultra-fast broadband (UFB) with speeds up to 100 megabits per second.

It replaces ADSL and VDSL connections that use telephone copper wire, which is slower and less reliable. Optical fibre allows multiple signals to travel through it at the same time and will not slow down when more people in the neighbourhood are using the internet.

The "UFB2" rollout includes only rural communities, with future installations planned for more remote rural properties.

Fibre was installed in Ōtaki in 2018.

The upgrade is a government programme to bring fibre-to-the-home, with aim of servicing 80 percent of New Zealand's population by the end of 2022. It's costing \$1.5 billion.

Health camp vandals strike again

Just as a volunteer group begins tours of the old Ōtaki Children's Health Camp, vandals have struck again.

Several windows have been broken in weekend vandalism, requiring make-shift repairs to board up the broken windows.

"It's so frustrating," says Di Buchan, chair of the Friends of the Ōtaki Rotunda. "The damage, which is mainly broken windows, makes the buildings insecure and open to the weather.

"The frustrating thing is the ongoing cost to repair. Someone in Ōtaki knows something about who is responsible. We just want it to stop."

The Friends is a group of volunteers working to restore the historic site. The group was originally formed to save the unique rotunda at the camp, but

is now – along with the Department of Conservation – looking after the whole complex after the camp received status as a national heritage site.

Guided tours of the camp complex are being run by the Friends, which includes commentary on its social and historical significance to Ōtaki and nationally. A look inside the historic rotunda is part of the tour.

The health camp opened in 1932 to offer children an opportunity to enjoy a safe environment where they could reap the benefits of good food and the outdoors. Before it closed in 2018, it was operated by Stand Children's Services. It is now under DoC guardianship.

■ If you know anything about the vandalism, please contact Ōtaki police. If you can help with installation of security cameras, please contact Di Buchan, 06 364-0180, or 027 683 0213. Contact Di also to book a group tour. See otakirotunda.org.nz for information or to join the Friends.



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PLAIN SPEAKING: IAN CARSON

Old station becomes a magnet for political announcements

Ōtaki Railway station seems to attract political leaders like flies to the proverbial.

I say that in no way to denigrate the old railway station – though I noted on the recent photo op with the Greens' James Shaw that cameras avoided the broken windows – but more to illustrate that transport, and rail especially, is seen as a vote-catching topic in the Ōtaki electorate.

Last month Judith Collins rolled up with her National entourage and announced with her Ōtaki electorate hopeful, Tim Costley, that her party would electrify and double-track the line from Waikanae to Ōtaki.

THE BETTER HALF:
DEBBI CARSON



Ōtaki Today – 2 years later

It doesn't seem like two years.

In September 2018, husband Ian and I launched a new newspaper under the umbrella of our company, ID Media. It was the product of a decision we had made only six weeks before.

Like any new business venture, there was at first uncertainty and doubt. Most critically the doubt was around cash flow, the lifeblood of any business. That dissipated as soon as we began approaching potential advertisers, a job that I've been largely responsible for since day one. Many of our advertisers have supported us from that first edition, and for that we are grateful. We've also welcomed a growing number of new advertisers. By providing a quality publication, I hope we have given them all a good return on investment.

Then we doubted if we could actually sustain the rigours of a monthly newspaper and all it demanded. We already had three quarterly Street Scene publications, other occasional contract work, and a commitment to several voluntary groups in Ōtaki.

So we reluctantly divested ourselves of most of our community commitments, passing these on to people who would bring fresh ideas to those groups we had been part of. We were also fortunate to attract many excellent contributors, whose efforts mean we not only offer our readers great insights, but also take some of the load of filling a paper from us. They are valued members of our newspaper team.

We also had some adverse reaction about starting a paper when one in the town already existed. Was there room for two papers?

The lessons of two years show there is.

The two papers are undoubtedly different. We've set our own identity and standards, and we'll let readers judge whether we're doing the right thing. Meantime, we're enjoying telling the stories of Ōtaki.

■ Debbi is manager of Ōtaki Today and editor of ID Media's Street Scene publications



They would also build the Peka Peka interchange and fast-track the four-lane highway to Levin.

But the rail announcement probably got the most local attention.

Greens leader James Shaw also arrived at the station with his local candidate, Bernard Long, just a month later to also announce that the

Greens would similarly upgrade the track. They would get on with the job in the next term of government, plus eventually extend that all the way to Palmerston North.

Just two days before, Winston Peters bowled into town in his Brexit-like bus, glad-handed locals and anyone else he could eyeball at the Ōtaki Yard markets, and also took a stroll around the nearby station. No announcement about getting an electrified rail line from Waikanae by him though.

Don't be surprised if Jacinda's team get the hint and send her up from the Beehive for the day, making sure she

is snapped on the station platform.

Given the polls currently showing Labour could possibly govern without a coalition partner, what would be crucial is an announcement from them on better rail services. Labour has made no major commitment to the Waikanae-Ōtaki line.

While new hybrid trains might ease local angst, Ōtaki could still be waiting for a decent commuter service for many years to come.

The number of cars parked at Ōtaki Railway station every weekday morning indicates how big is the demand for the diesel express to Wellington from Palmerston North.

The massive line of more cars at the Waikanae station further illustrates the demand for commuter services, and we know that many of the occupants are Ōtaki people catching the electrified trains that can't get to Ōtaki.

As Barack Obama would oft say, "let's be clear": if Ōtaki is to shake off the mantle of the Wellington region's distant outpost (it is the most northern town), it must get improved commuter links to the big businesses, air links, retail and entertainment facilities that the cities offer – and that's not only Wellington, but Palmerston North, too.

■ Ian is editor of Ōtaki Today

LOCAL LENS: JAMES COOTES

Three waters – a supercity of a different kind

It was March 2015 and I was sitting in front of a panel of commissioners explaining why, in Ōtaki and Kāpiti, we weren't supporting a supercity model for the region.

The idea of creating one entity to govern and manage the Wellington region had merit, but unlike Auckland the Wellington and Wairarapa region was too spread out and diverse in comparison.

Fast-forward to 2020 and I'm in Wellington where we are discussing the amalgamation of the "Three Waters" – drinking water, wastewater and stormwater. Why you might ask?

In August 2016 contaminated water in Havelock North resulted in up to 5500 people ill and sadly four people dying from associated causes. This led to a full review into the state of New Zealand's three waters.

The review found a largely under-invested water network across New Zealand, with many councils struggling to meet the rising infrastructure costs to deliver these services. This is compounded by meeting



increasing water quality standards. Also, many communities in New Zealand cannot be confident that drinking water is safe, or that good environmental outcomes are being achieved for wastewater and stormwater.

It also raised concerns about the regulation, financial sustainability, capacity and capability of a system with a large number of localised providers, many of which are funded by relatively small populations. As a result, larger regional authorities are suggested to replace councils running the three waters "in house".

A drinking water regulator is also being established to ensure that all water providers meet the new drinking water standards.

In Kāpiti we have spent more than \$90 million in the last 10 years. In large we are seen as an exemplar of good water management in the drinking water and wastewater areas. We have some challenges in the stormwater area, but have a \$250 million, 40-year strategy to address this.

At our August 27 council meeting we committed to the first phase of the water reform programme. This enabled us to receive a \$6.2 million grant from the Government to be spent in the three waters area. In return we're required to participate in good-faith discussions and provide any data on our water network.

There are a number of concerns for Kāpiti around these proposals, largely due to the fact we have our water "sorted" and we're at risk of subsidising those in the region that don't. But by signing up we're able to contribute to the discussion. We'll be working hard to get the best outcome for Kāpiti and will do our best to keep you informed along the way.

■ James is Ōtaki Ward Councillor

OTAKI OUTLOOK: CHRIS PAPPS

Covid uncertainties hover over planning for future

Last week I turned 65 and joined the 15,000 plus over 65s who live in the Kāpiti Coast District.

I discovered, thanks to Nigel Hopkins of BeachFM, that I share my birth date with such luminaries as Colonel Sanders and Hugh Grant.

Significant birthdays give you cause to reflect on the past and to consider the future. Turning 65 in the year of Covid-19 raises a whole range of issues one would never have thought we would need to consider.

The Ōtaki Community Board, the other boards and the Kāpiti Coast District Council are about to engage in consideration of the Long-term Plan again. We know there are many needs and wants for the district and for Ōtaki, and we're aware that the social and economic effects of Covid-19 will have direct



and long-term impacts on the possible futures we face. And on the possible futures for which we can plan.

Council officers, councillors and community board members have all been asked to consider ideas for the future and to canvass opinions in the community.

Our next community board meeting on Tuesday September 22 is expected to receive some submissions and proposals from our community. We already have some ideas and we

will discuss others that will be put into a formal submission from the board to the council. We will lobby and argue for those ideas but that will be against a backdrop of tight future funding and what is being called "the new normal".

Once the various proposals have been reviewed and the council has decided on the priorities, the community will have another chance to make its views known on the final composition of the Long-term Plan. Take advantage of those opportunities if you can.

What will make it all more difficult this time are the uncertainties caused by Covid-19. Will it be brought under control or is it something our children and grandchildren will have to live with?

I'm sure for most of us the future is now a whole lot less clear than it seemed just a few months ago.

■ 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 Manau Rd, Ōtaki or email letters@idmedia.co.nz

OPINION: Note that the views and opinions of our contributors are not necessarily those of Ōtaki Today.

Covid-19 adds to stretched counselling resources

By Jo McInerney

As the word “unprecedented” has become a colloquial expression in 2020, it can also be applied to the number of young people/rangatahi self-referring for counselling support.

It's positive that rangatahi can recognise the support they need for themselves, but we need to ensure that the resource is available to meet the demand.

As a school counsellor at Ōtaki College with 15 years experience, I have always aimed not to be the “ambulance at the bottom of the cliff”. It's important to me to be proactive in my relationships with students and staff – whether through programmes such as mentoring, peer support/mediation or student-led initiatives such as Pink Shirt Day, White Ribbon, Orange Shine and mental health awareness week. These programmes and events help to build positive school culture that promotes the well-being of young people.

As Otaki College has responded to and is recovering and healing from the tragic loss to suicide of two of our young people during the past four years, we have increased our resource to deal with this loss and to ensure we can respond as safely as possible to the mental health needs of our rangatahi.

Kāpiti Youth Support (KYS) is an integral part of our extended health service. They are present in our college throughout the week providing a GP/nurse clinic, psychologist and counsellor support, mentoring programmes and youth work assistance.

The mental health “protection” of being able to refer high-risk students with traumatic life backgrounds or students with depressive and anxiety symptoms has previously freed me up to deal with issues that are lower risk and to be able to triage students between services. It has also enabled me to focus towards proactive well-being programmes.

With the onset of Covid-19 and the return to the physical school environment in May, the counselling landscape has changed significantly (as it has throughout the country). Self-referrals from students have increased dramatically. Issues have included increased anxiety, depression, family separation, impacts of family mental health needs, stress about exams and future plans.

KYS now has a 4-6 week waiting time for newly referred students to receive counselling support. We also have an art therapist working with students both individually and in the group setting one day each week. She is also at capacity.

Rotary clubs on the Kāpiti Coast and Horowhenua have fund-raised extensively during the past 20 months to support the work of school counsellors. The current issue is that accessing counsellors on the Kāpiti Coast is difficult due to increased demand in the community as well.

For my role this has meant that I am “holding” the safety of several students while they are waiting for their therapy to begin. Once significant issues have come to the surface it can be difficult for students to manage their emotions. I am needing to help students to make safety plans for themselves and to have increased contact with home as required. New students are regularly walking into the counselling space and asking: “Can I please talk?”

Our teaching and support staff are well equipped and trained in noticing mental health distress and changes in student mood. They alert me to the needs of students and to assess safety. Parents are also accessing more support



IN DEMAND: Counsellor Jo McInerney at Ōtaki College, where there's a big demand for her services.

There has been a dramatic increase in self-referrals from students. Issues have included increased anxiety, depression, family separation, impacts of family mental health needs, stress about exams and future plans.

for their children and themselves to respond to the mental health needs of their children.

Ōtaki College has recently been part of a process of accessing “student voice” about school life. A couple of the themes reflected by students have been: the fundamental importance of friendships and relationships; a concern for the well-being of peers; and the need for more mental health services to cope with stress.

My response to this would be to establish a programme of well-being skills coaching for young people to enable them to support themselves and their peers. This would extend on the Senior Hauora/Well-being Programme that health staff have been running for senior students during the past two years.

To achieve this I would need to have time to meet with students and train them when I was not engaged in the counselling process. Currently this is not an option.

We have recently applied to the Ministry of Education Covid-19 Urgent Response Fund to increase counsellor resource to support the demand and to promote the well-being needs of our students. We are awaiting a response.

■ Jo is Ōtaki College's counsellor with a background in physical education and pastoral care, before training in counselling. She continues her involvement with sports coaching and has a strong commitment to the Ōtaki community.

• See help services page 19

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Ōtaki Update

September 2020



COVID-19: planning for recovery

If you shop at New World Ōtaki, you'll likely know Joseph Te Waita, and his cheeky grin, from his time managing the door and keeping shoppers safe during the COVID-19 lockdown.

Joseph temporarily swapped managing his Ōtaki fitness gym Body and Soul for life as an essential worker, ensuring shoppers maintained physical distance and sanitising trolleys. Unofficially, he entertained and offered a kind, patient ear to anyone waiting in line that needed it.

"I was trying to do my bit for the community and keep people safe. You have a chat and work through the negative but focus on the positive. Community spirit is thriving out there. We look after each other. I'm so proud to be part of a community that just gets on with it," he says.

You'll find Joseph back at the gym with his regulars now. He's noticing that there is still a lot of anxiety out there with the potential for future outbreaks, especially for people with businesses. He's finding that motivation for coming to the gym is changing too. His clients, now more than ever, are seeking social connection and using exercise to improve mental health.

Joseph, a proud father of four, says that the last few months have given him the opportunity to reflect on his lifestyle and what's most important going forward.

"Work is important but family is more important. The future is uncertain."

► **Council is taking nimble approach to the district's recovery from the impacts of COVID-19. Read more about this work at www.kapiticoast.govt.nz/covid19**



Photo credit: Bob Zuur



Refurb coming for Ōtaki College gym

Kāpiti Coast District Council is delighted to be supporting the refurbishment of the Ōtaki College Gymnasium.

Council will contribute \$345,000 over six years towards upgrades to the two gym rooms, offices, changing rooms and toilets.

Work is being undertaken in stages to allow the gym to remain in use, and the gym will be available for the community to use for sporting events and training.

During term time, the gym is available to the public from 3.30pm to 10pm Monday to Friday and 7am to 10pm Saturday, Sunday and during school holidays.

► **For bookings and more information, contact Ōtaki College Sports Coordinator Kirsty Doyle on 06 364 8204 or at kdl@otakicollege.school.nz**

HĪTŌRIA/History

Famous old voices captured in archival recordings

By David Klein, Ngā Taonga

Reflections on the first 100 years of Ōtaki's iconic Rangiātea Church are beautifully captured in two audio recordings of a thanksgiving ceremony on March 18, 1950.

The occasion marked the centenary of the church's opening and acknowledged the restoration work that had recently been completed.

The recordings demonstrate the ability of archival assets to take the listener to a particular moment in time. They are intimate – parishioners can be heard shuffling, rising and sitting down, and coughing quietly during the service.

The speakers were among the most notable New Zealanders of the time, including Governor General Sir Bernard Freyberg, Sir Apirana Ngata and the Bishop of Aotearoa, Frederick Augustus Bennett. They all praised the vision and design of the already famous Rangiātea Church.

Part 1 – at Rangiātea

Bishop Bennett led much of the service and delivered the sermon in which he paid tribute to the people responsible for the creation of the church. Out of the many who contributed, particularly noted were Octavius Hadfield, who inspired the community to build it; Samuel Williams who planned it; "the great Rangatira" Te Rauparaha and Ngāti Raukawa for the material and labour.

After his 1846 imprisonment, Te Rauparaha was released in Ōtaki and is quoted as saying: "Take this weapon [a sword] – I no longer survey the land; I shall survey the heavens. Build a church for us all." He worked with Hadfield to achieve this vision.

Bennett noted that the church's construction symbolised the wishes of both Māori and Pākehā to live together in peace and that the building itself weaved together Māori and Christian traditions.

This combination is demonstrated throughout the recording, with thanks being given in English and te reo Māori, and the Lord's Prayer recited simultaneously in both languages (at 6:55).

Sir Apirana Ngata reads the lesson in English and te reo and is followed by Bennett's sermon. The bishop reflects how the church is named not after saints or apostles but Rangiātea – part of the ancestral homeland of Hawaiiki.

"Māori have united aspects of their mythology with Christianity," says Bennett, who also discusses the whakatauki: "We shall not die for we have come from the seed planted in Rangiātea."

Governor General Freyberg then speaks,



CENTENARY: A big crowd gathered at Raukawa Marae for the centenary celebrations of Rangiātea Church in 1950. Recordings of the event are held by Ngā Taonga Sound & Vision, and can be heard online.

Photo: Rangiātea Church centenary in 1950, by Sydney Charles Smith. Kete Horowhenua

presenting a gift from King George VI of an altar frontal.

Part 2 – at Raukawa Marae

In the second part of the recording, the ceremonies move to Raukawa Marae and Freyberg reflects on the significant contributions of the 28th Māori Battalion. He also gives personal anecdotes of playing football 40 years earlier with members of the Ōtaki Winiata, Tahiwi and Parata whānau.

Bishop Bennett describes how he met the King on several visits to Buckingham Palace and humbly asked for a gift for the Māori people. The frontal incorporates motifs made by singer, carver and artist Inia Te Wiata – a famous son of Ōtaki. It also combines part of an earlier frontal gifted from Queen Victoria, connecting her legacy with that of her mokopuna, George VI.

The recording ends with cultural performances of kapa haka, poi and choral singing. The performance groups were competing for a Centennial Memorial Shield

The speakers were among the most notable New Zealanders of the time, including Governor General Sir Bernard Freyberg, Sir Apirana Ngata and the Bishop of Aotearoa, Frederick Augustus Bennett. They all praised the vision and design of Rangiātea Church.

that had been donated by Canon Paora Temuera of Rangiātea Church.

Afterwards

Just months after the recording, two of the speakers died. This is the last known



The Audiovisual Archive for Aotearoa

recording of Sir Apirana Ngata, who died in July 1950; Frederick Bennett died in September. Bennett was the first Bishop of Aotearoa, a role established in 1928. He ministered to all Māori, although the role initially lacked a specific territorial jurisdiction. One of Bennett's 19 children, Manuhua, became the third Bishop of Aotearoa in 1968.

Rangiātea Church was destroyed by arson in 1995, but was faithfully rebuilt and reopened in 2003.

This recording speaks to the nature of time – we can listen back to a 1950 recording that captures the community not only looking back to 1850, but also looking forward to their future with the church.

To hear the recordings visit: bit.ly/Rangiatea

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

Lifting of tapu opens Raukawa gates

Ōtaki, March 18, 1950

With all the major tribes represented the Ngāti Raukawa marae yesterday presented a stirring sight when the traditional form of welcome was extended by the host tribe to its visitors who were steadily streaming to Ōtaki to participate in the Rangiātea Māori Church centennial celebrations.

Features of yesterday's proceedings were the arrival of the Māori King, Koroki, together with a strong contingent from the area from Northland down to the Waikato and the removal of the tapu from the carved war memorial gates at the entrance to the marae. The Ōtaki main street was decorated with fern branches in deference to Māori custom and the traditional

pōwhiri or welcome was chanted as successive waves of visitors advanced to the marae.

Orators' Field Day

Orators had a field day and great emphasis was placed by them on the close blood relationship between the Waikato and Ngāti Raukawa tribes, all of whom are descended from the crew of the Tainui canoe. An apt comment on the relationship was expressed by Sir Apirana Ngata of the Ngāti Porou, when he said to King Koroki: "you are still in your canoe. Waikato and Ngāti Raukawa are as one".

At the ceremony to remove the tapu on the carved memorial gates – it commemorates the Ngāti Raukawa tribesmen who

fell in the Second World War – King Koroki was the central figure. An ancient chant peculiar to the Tainui peoples was used to propitiate Atua or the gods most intimately concerned with the carving.

The ritual completed, the Māori King walked through the archway which is dominated by a carved figure. He was followed by almost everyone assembled on the marae, the tapu-lifting ceremony having removed the earlier ban on the use of the entrance.

■ Source: Paperspast, National Library of New Zealand. paperspast.natlib.govt.nz
Gisborne Herald, March 18, 1950.
(Macrons added to original.)

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Support for Cream

The support of loyal customers has been vital to the success of Cream Design, even after the tribulations of the Covid-19 lockdown.

Owner Wendy Reid says customers have been "wonderful" during the past few weeks.

"We've had such good support, which was really not expected at all," Wendy says. "People have been happy to keep buying, knowing they're helping local businesses."

Wendy says the call to buy locally has resonated with many people, but the support has not just been from locals.

"We've always had a wide customer base, but it's nice to see that we're still supplying customers from all over the country. We regularly send our products anywhere from the deep south to the far north."

Motorists passing through have also contributed to Cream Design's cheery outlook, and many customers make the trip from Wellington or the Manawatū – even Hawke's Bay and Taranaki – to make a day of shopping in Ōtaki.

Cream Design was established about seven years ago, originally at the Arthur Street shopping precinct. It moved to its current site on the corner of SH1 and Arthur Street three years ago.

It offers quality furniture, homewares, art, home decor, fashion and gifts, including specialties for men and women – and even babies.

"There's something for everyone," Wendy says.

■ *Cream Design, cnr SH1 and Arthur St. 06 364-0433*

Special objects of desire



Diane Connal

Making jewellery and art has been a huge part of Diane's life for many years.

Diane specialises in designing jewellery pieces from special objects you treasure. They are often china, from a child or a loved one, living or passed. Handmade for Diane means that each piece she makes is individual, and connects the buyer to her the maker. A lot of care and attention goes into making your piece of jewellery.

"It's just so wonderful and quite a challenge, not to mention a responsibility, to take a child's or grandchild's drawing and transform it into a gorgeous piece of jewellery. Now that's satisfying and so special," says Diane.

"The other work I really love making is my memory jewellery. People often have treasures from family members or loved ones, or from their child's childhood. Often these end up in bracelets as they seem to lend themselves well to the bits and pieces people bring in."

Diane also paints nudes, landscapes and abstract, often mixing them all in together!

View Diane's jewellery and paintings on her website or Facebook page.

■ *Diane Connal Jeweller.
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or facebook.com/DianeConnalDCJewellery/*



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Oz still baking after 37 years



Oz's Hot Bread Shop opened in October 1983. Osmond (Oz) Pidduck's father, Bob, helped fit out the shop as it was Lawson's Jewellery before that. Next door was the Ōtaki Railway Bookshop, and the Pop-Inn dairy and milkbar was on the corner of Arthur Street and the highway. Kere's fish and chip shop was on the other corner, and the Rountree's hardware shop on the north-west corner. The only other bakery in Ōtaki was The Sponge Kitchen on Main Street in the village.

Osmond (above) learnt his trade working at Gold Coast Bakeries in Paraparaumu, where he grew up. He used to travel up to Ōtaki with his father in the 1960s selling fish along the way and stopping at the Jubilee Hotel on the way home. His dad, Bobby, would be inside and Osmond would feed the Jube's monkey at the back of the hotel.

Osmond's wife, Robyn, made a connection to Ōtaki about the same time, as she used to visit aunt Pauline and uncle Dan Pacey in Mill Road. Dan had the engineering business in Dunstan Street. Pauline worked at the Sanatorium.

Mahora, Osmond's sister, has been at the bakery almost as long as Osmond and along with many others has kept the bakery going.

When the area around the railway station was reconfigured several years ago, Oz's Bakery lost its stock shed and chiller space, so Osmond took the shop next door and opened it as a coffee shop called Dice.

The business appreciates the support from the community and has given support to school, sport clubs etc over the years.

Osmond still enjoys getting up early to bake, see the visitors he has in the mornings, and being a part of the Ōtaki and Kāpiti community. You will find Osmond's pies, doughnuts and custard squares have not changed throughout those years!

■ Oz's Bakery 06 364 5468, Dice 06 364 5472, 200 State Highway 1.



ŌTAKI SHOPS OPEN FOR BUSINESS

It's been a tough time for retailers, so *Ōtaki Today* is helping them to keep the town firing.

This two-page feature shows just some of the shopping options available, mostly in the bustling highway precinct, where there's an eclectic mix of gift shops, arts stores, outlet clothing and great coffee and food outlets.

Most are owner-operated, and supported by other local businesses such as real estate agencies.

If you like what a business is offering, support them by buying locally.

Ōtaki Today has also set up a new website in which Ōtaki businesses can easily and freely create their own Profile page – see open.otakitoday.com

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Give tamariki a space where they can have status

In a recent Paperback Guerrillas podcast kōrero, I talked with world champion DJ Spell.

As well as being the best in the world at DJing, Spell does a lot of other things (Māori tutor, beat-maker, videographer and more), and I wondered if his success in the world of DJing had played a part in his confidence to try those other lanes of art and life.

GOOD THINKING



PERA BARRETT

It was an interesting thought process to reflect on the impact of my own early “successes”. You’ll see below why I’ve put that in inverted commas.

I was a reasonably good reader and speller in primary school. In the age of

autocorrect and emojis-that-say-it-all, that doesn’t mean much. But looking back, it’s not hard to see a link between my successes in reading and spelling and my willingness to have a go at problems in other classes.

I knew I was good at spelling. My teachers told me and they built a reputation for me to live up to. I wonder now how much of my confidence since then came from those teachers, that early success, and them telling me about it.

Did knowing I can succeed in class give me the confidence to climb sweaty-handed on-stage and rap? Did being a “successful” rapper give me the confidence to try writing my first story?

(Note: rap success measured by the globally recognised scale of how many people other than your mum and your mates reckon you’re any good.)

Did my confidence to apply for a job in a bank

as a young Māori man from Ōtaki come from knowing I could stand in front of strangers and risk being booed off-stage?

Did those “statuses” gift me the confidence to try and build Shoebox Christmas, then expand it for the nearly 6000 tamariki receiving koha this year?

You get what I’m saying.

Some of our tamariki experience wins and “status” in the classroom or stage, some on the field or basketball court, some at home. Others don’t have that anywhere. Some don’t experience the little wins others take for granted, and the status or confidence they can bring. They see other kids do well, but nobody has ever taken the time to help them find a space where they can have status, too.

It’s important to find wins for yourself and those you love. Set goals and celebrate when they’re hit. They don’t have to be big. But those wins can give you the confidence to try for the next one.

There are adults out there who have not only never had any stepping stones of confidence, but have had the opposite reputation built for them to live up to.

What happens when your teachers, role models and society, tell you all the way through life that you can’t win, that success isn’t for you?

What happens when we assume everyone has the “opportunity” to give it a go and succeed, without understanding that success is a completely foreign concept to them?

What if the job we’re interviewing them for or that fumbled conversation with someone outside their circle is their first attempt?

What stepping stone or win can you help them with? Do you have any of your status to share?

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



Image Sasin Tipchai from Pixabay

Frosty mornings no deterrent for hardy whitebaiters

When August 15 and the start of the whitebait season rolls around it's still winter.

Frosty mornings aren't unusual and the river water will be cold.

That doesn't deter the keenest whitebaiters though, who appear at first light the moment the season opens.

They drive down to the Waikawa Beach rivermouth and set up camp in their cars and vans, or on their quad bikes, and position nets at their chosen spot in the water's flow.

Many of the whitebaiters are locals, but others arrive from elsewhere, nets adorning car roofs like alien tracking devices.

Waders, of course, are required, but parkas and woolly hats help fend off the chill. Even icy sou'west winds don't deter the staunchest. They are, after all, keen for a feed, or perhaps just a few hours fishing.

Many of them "clump up", chatting as the tide washes through the nets, maybe tossing out bits of bread to keep the gulls away from their catch. Others though, are loners, working their spot in splendid isolation.

And why not? On a calm and sunny day there's clean sea air to enjoy, the water washing by, the peace and quiet of the shore, the distant horizon.

Sometimes the fishers arrange driftwood into shelters, or seats. Other times they bring their own camp

chairs or sit in their vehicle where they may also brew up a warming cuppa.

As the season wears on, all the way to November 30, the number of whitebaiters falls off, though the hard core keep going all the way to the end.

WAIKAWA WAYS



MIRAZ JORDAN



SOLO: A solo figure at Waikawa Beach tries his luck at the start of the whitebait season.

Photo Miraz Jordan

No one ever seems to admit to having had a great catch – maybe just “enough for a good feed for the family”. And debates continue between those who say whitebait are threatened and those who deny any problem.

Whitebait are the juveniles of five species of fish: giant kōkopu, banded kōkopu, shortjaw kōkopu, inanga, and kōaro, and are

part of a group called galaxiids. They need good clean water in the rivers and streams to thrive, and adult whitebait need dense bankside vegetation for spawning. Those are good incentives for sorting out the many degraded waterways in this area.

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

PAKIHI/Business

Draft expressway route revealed

Continued economic growth for the Ōtaki region received a boost when Waka Kotahi NZTA recently announced the draft preferred alignment for the Ōtaki to north of Levin highway.

The alignment is within the 300m-wide preferred corridor announced in December 2018.

The four-lane Ōtaki to north of Levin (O2NL) highway and shared path will make travel between Ōtaki and Levin safer and less susceptible to disruption. It will also increase transport choices and enable economic growth in the region.

Director of regional relationships Emma Speight says Waka Kotahi is now eight months into an 18-24 month process of finalising the new highway's alignment.

"The process began with a long list then short list of options, that went through rigorous analysis," she says. "This compared potential effects of different options against a range of criteria, including project objectives, environmental and social impacts, and ability to implement."

Technical specialists have conducted investigations in multiple areas such as ecology, heritage, social, noise and engineering. This was to assess options for where the highway could be placed within the preferred corridor, as well as considering connection and local road options.

"We are in touch with property owners within the corridor and are meeting with property owners within the draft preferred alignment to discuss what this might mean for them and to seek their feedback," Emma says.

"We'd now like to share this work with the community and hear their feedback on the current plans."



Following consultation and further technical work, Waka Kotahi will consider refinements to the draft preferred alignment and work towards finalising the preferred alignment in late 2021.

The new highway has received \$817 million from the NZ Upgrade Programme and is due to be completed in 2029.

Waka Kotahi has been hosting a series of drop-in information sessions in Manakau, Ohau, Levin and Koputaroa to answer questions and receive feedback. Information and feedback can also be made on the website. Feedback will be open until September 22.

Meanwhile, work is also continuing on safety improvements on the current state highway.

- For more information on the O2NL project, see: <https://www.nzta.govt.nz/projects/wellington-northern-corridor/otaki-to-north-of-levin/>
- To have your say on the draft preferred alignment, visit www.nzta.govt.nz/o2nl-new-highway-feedback

Hit the moving targets with accelerated innovation

The only way businesses are going to survive is through accelerated innovation.

There's an old saying . . . "if you're not moving up, you're moving down – there's no such thing as hovering". You can't remain stagnant and hope to compete in today's economy.

But now for the good news.

A lot of businesses are doing just fine, and not because they're lucky. They've accelerated their innovation. They're taking consistent, effective action to be known as the leaders in their field. How, you ask?

They continually improve their marketing messages, because they know clients are moving targets. What appealed to them today might be different tomorrow. So, they reassess their messages and zero in on the issues, challenges, problems and pain that are relevant right now.

Innovative businesses develop competitive new services. Very little expenditure of time or money is required; it just takes insight, creativity, and effort to put ideas into action.

They don't settle for their existing services, because the most profitable one may be the next one they develop.

Business owners that thrive expand their contact with current clients, because it costs less to sell them new services than to find new clients.

What are you doing to keep your clients happy and loyal? Are you finding new ways to connect with prospective new clients, perhaps by growing your mailing lists, providing free samples of valuable information and sending content-rich e-zines? How focused are you on providing value and gaining credibility so when prospects are ready, you are their first choice?

There is no more efficient vehicle than the internet to "get the word out", so innovative businesses improve their virtual presence. They're restless – always looking for a better way. If your site and your message are stale, it's time for a facelift.

Joint-venture partnering has never been more relevant than now. Smart business owners

are selling each other's services AND their own and partnering through strategic alliances, host-beneficiary arrangements, co-sponsored workshops and other powerful linkages.

If you're waiting around for something to change in this economy, you're going to be very disappointed. Do one thing at a time.

Any time you read a business book, or hear a new idea, write it down and review the list weekly, at minimum. Prioritise and focus, because you can't do everything on the list, but just doing one or two a month can yield massive rewards. Implement the simple things as quickly as possible.

YOUR BUSINESS



CHRIS WHELAN

An action plan is simply a list of things you need to do in some form of chronological order. Keep it to a page or less and make it part of your agenda process. Chip away at the most important priority until it's complete. That way you'll always be working on the most important thing on your list at all times. Remember, one hundred "1 percent" improvements mean great results!

Business coaching is growing by leaps and bounds for a very simple reason – it works. Having someone who is as committed to your goals and success as you are is a powerful thing.

Have your coach keep you accountable, moving forward and supporting you when you get stuck. Push your envelope, push your boundaries and you'll see significant results. Have a plan and take action.

And that's worth thinking about. . . .

■ Chris is former chief executive of the Wellington Regional Development Agency and now an ActionCoach. If you'd like to tap his expertise and experience of 25+ years to grow your business or overcome your key challenges, call him on 0222 332 669 or email chriswhelan@actioncoach.com

HAUORA/Health

Mental health disconnections not serving youth well

It doesn't seem too long ago that "mental health" was not part of our lexicon. Certainly, when I was a schoolboy it never entered the conversation.

That's not to say it didn't exist; it was simply that if anyone was feeling "a bit down", it would be assumed they'd get over it or just needed to harden up.

These days, for rangatahi in our community, it has apparently become something they can recognise and more freely talk about. No doubt this is considerably assisted by the attention it receives in public discussions and the media.

So while it's a healthy trend that young people are more open and aware of the issue and its impact on any person, it's sobering to see that rangatahi are increasingly exposed to situations that can lead to mental health issues and that resources are being stretched in our communities and schools (see Jo McInerney's Otaki College article on page 11).

I don't propose to canvass the societal trends here that might be causing the issues, because that's a big issue on its own. However, there's an oft-quoted African proverb that says: "It takes a village to raise a child" and I wonder what role the community might have in providing support and a safe and healthy environment?

As the realities of life for many families impacts on the well-being of rangatahi, and schools are stretched to cope, there's a natural

tendency to look for more resources from government and support services, but what about the role the whole community plays?

One thing that's self-evident when thinking about any number of community needs is this. It's generally easy to see where the needs are and almost as easy to see where support might come from. But getting the two connected so often seems beyond us.

I recall years ago working for a very large corporation in London. I had a stressful employment problem I wanted to sort out. So I headed to the admin and services floor where endless corridors displayed door signs with the services offered. As I knocked on each likely door, I was repeatedly told that it wasn't an issue for that department but "why don't you check with XYZ department"?

In the end I discovered no department could help me because my problem did not precisely fit the services of any particular area.

I suspect that support for rangatahi in mental health issues is a bit the same. For years it wasn't talked about, so it follows that society had patchy responses, if at all.

But, just like any number of other needs in our communities, resources are stretched, not necessarily because the resources don't exist, but it's that they are spread around too many bewildering patch-protecting silos.

MEDIA & COMMUNITY



FRASER CARSON

COMMUNITY RESOURCES



How do we more easily connect community needs with the resources that undoubtedly exist in communities?

So here's a question that needs asking. How do we better connect community needs with the resources that undoubtedly exist in any community?

In part the first answer is to acknowledge that the resources are in silos because that's how things are organised by bureaucratic and organisational dictates. Let's face it, if something needs funding or human support, it will need a focus (narrow definition) and plenty of dos-and-don'ts about what it can actually do.

But all these silos, many of which are well funded, are handicapped by the silo that's driven by a mind-set that doesn't think too far beyond a small square.

An obvious solution is to get organisations and people to connect better so they can gain a broader appreciation of real needs, and to get the silos to work together better. Anything that

COMMUNITY NEEDS



helps share information and resources would be a good thing.

If the silos must exist, as did the offices in that London corporation, then we need to find ways to get them talking to each other more and understanding that the needs of the community are multi-dimensional, but are actually the reason why they exist.

I'm not just talking about the "official" services in our communities – government and local authorities. Natural resources abound in a town such as Otaki, but so do a host of needs.

If rangatahi mental health is an issue the wider community could help to address, then why wouldn't that be a community conversation that starts to join the dots towards more solutions?

■ Fraser is on the XOtaki College Alumni Trust and the founding partner of Flightdec.com. To contact Fraser, email fraser@flightdec.com.

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How to exercise without working out

A lot of people find working out in a gym with a trainer hard or off-putting, or they simply find the whole experience intimidating and don't know what to do.

I've spent some time thinking about this and about what I can do to help those people who have those limiting beliefs about exercise. What I came up with is the micro workout programme.

So what is a micro workout programme and how does it work?

Imagine that you would do the exercises you'd normally do in a gym with a trainer, but only one exercise per session and just one set each day of the week.

I designed this programme to be accessible to everyone and anyone who wants to exercise and doesn't know where to start. I thought about some basic body-weight exercises that are easy to do, and when mastered can provide a great workout if done to failure each time.

The key aspect of this programme is to do just the one exercise, do it until you can't and then stop, having a stretch afterwards to correctly cool down. No second or third set, no counting reps – just getting your muscles to work until they fail or until you can't do the movement any more.

This is a programme designed to be simple but effective.

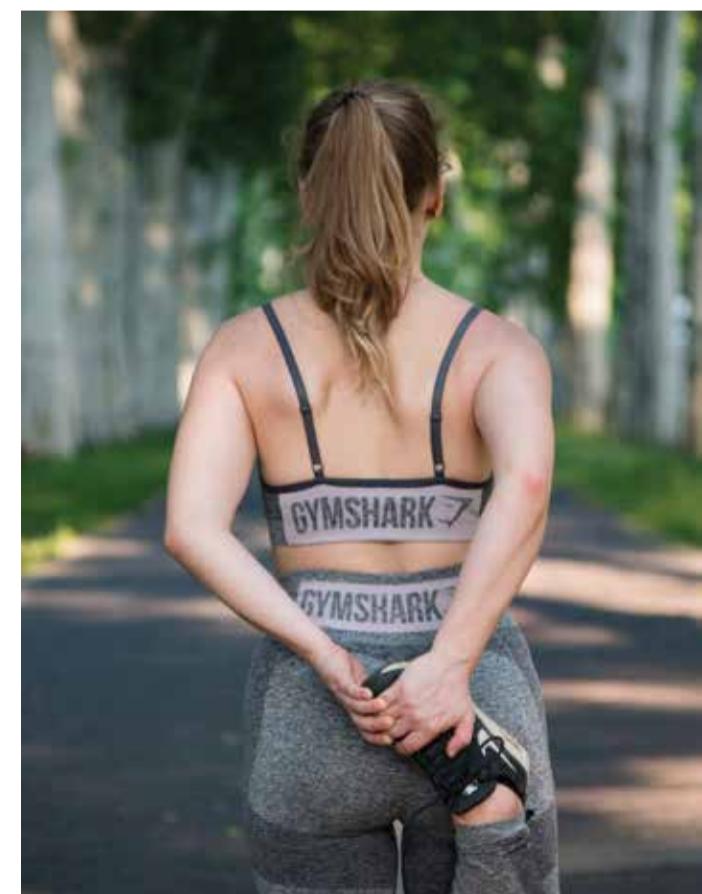
How it works is the same way that any other training programme works, with progressive overload. The more you work your muscles, the more they get used to the new working paradigm. This means that to stimulate the muscles to become stronger, you must push them a little harder and a little further with each successive workout.

For example, doing one set of squats each week and doing this movement to failure each time you do it will make your legs stronger and improve your hips, knee and ankle joint mobility. If you keep a log of each workout, you will quickly find that with each successive week you will be doing more and more squats with each micro workout.

If you extrapolate that out into adding other exercises such as push-ups, lunges and planks, and doing one set of an exercise each day, you will quickly find yourself getting fitter and stronger week on week.



DANIEL DUXFIELD



Just by following a programme where each day you do one or two exercises and no more.

This kind of a programme can help you improve your health and fitness without committing to a gym membership or having to find a trainer you like. Especially if your physician has been advising you to do a little exercise to improve your health.

■ Daniel is an exercise professional who operates DuxFit Functional Fitness from a private studio in Ōtaki. Contact 022 1099 442 or danielduxfield@gmail.com and see www.facebook.com/duxfunctionalfitness/

COVID-19

Get to know the enemy



AT THE beginning of 2020 it was clear the world had a problem – human-to-human transmission of a new virus that was killing people.

Scientists set to work to understand this new virus, SARS-CoV-2

The first thing you probably want to know is how bad it will be if we just let nature take its course and we use natural herd immunity to protect us.

The transmissibility of a disease is measured using what's known as the "basic reproduction number", R₀ (pronounced R nought). This measure indicates how many new cases one infected person is likely to generate given that everyone in the population is susceptible (it's a new virus) and we take no preventative action.

Larger values of R₀ indicate higher contagiousness. For the SARS-CoV-2 virus, typical R₀ values have been determined to be around 2-3. So not as contagious as measles (R₀ = 15), but more contagious than seasonal flu (R₀ = 1.3) or the 1918 Spanish flu pandemic (R₀ = 1.8).

We are getting to know the enemy.

From R₀ we can calculate the herd immunity threshold (HIT), which is the percentage of the population that would need to be vaccinated to get herd immunity. The herd immunity threshold is calculated by the formula 1-1/R₀. Using the SARS-CoV-2 R₀ value of 2 the formula becomes 1-½ = ½ (.5) and .5x100 = 50%.

So we would have to vaccinate at least 50 percent of the population to get herd immunity.

But vaccine herd immunity assumes the population is vaccinated before the arrival of the virus. With the natural spread of a virus within a population even when the herd immunity threshold is reached, the virus continues to infect people before tapering off. It's an effect referred to as "overshoot". Taking into account overshoot, the SARS-CoV-2 virus could spread through a population until something like 70 percent of people were infected.

HEALTH SCIENCE



DR STEVE HUMPHRIES

We are getting to know the enemy.

Another important characteristic of a disease is its severity, in particular how deadly it is. Initial case fatality rates (the percentage of deaths out of diagnosed cases) were sometimes as high as 10 percent or more, but this measure can be very misleading as it doesn't take into account undiagnosed cases and asymptomatic cases (cases that are easy to miss in the early days of the pandemic with the fog of war).

A more informative measure is the "infection fatality rate" (IFR), which is the proportion of deaths out of all infected cases, including asymptomatic cases. This is a difficult measure to obtain as it involves sampling populations for antibodies to determine exactly how many people have been infected. A current estimate for New Zealand is that 0.8 percent of all Covid-19 infections are fatal.

Using these numbers, if 70 percent of people in New Zealand became infected and 0.8 percent of those people died, then we would have 28,000 deaths! Many more than that would be seriously ill, requiring hospitalisation and intensive care. Our healthcare system would be overwhelmed. With Covid-19, doing nothing is not an option.

But what to do?

Fortunately a disease's contagiousness isn't set in stone. Measures can be taken to make it harder for a disease to spread, such as physical distancing, hand washing, contact tracing and wearing face masks.

All these strategies have in common one thing – they lower the "effective reproduction number" (Re), how many new cases one infected person is likely to generate given that preventative strategies are in place in the community.

For example, if we can get Re down to 1.2 then an infected person will infect only, on average, 1.2 other people. Lower Re values represent slower transmission and "flatten the curve" of active cases. This lowers the peak number of infected individuals (healthcare



Image by Mohamed Hassan from Pixabay

Face masks are primarily to stop you spreading the virus to other people (source control), it's about caring about other people.

Wearing them is particularly useful where physical distancing is hard to maintain (for example public transport and supermarkets).

Epidemiological studies and computer modelling show that community use of face masks is associated with substantially better control of Covid-19, and can reduce the need to cycle in and out of shutting businesses.

evidence that people without symptoms – presymptomatic and asymptomatic cases (about 40 percent of all cases) – can still be contagious.

It's very easy to be walking around with the virus feeling perfectly healthy, but still infecting people. You don't have to cough or sneeze, we now know that just breathing and talking can be enough to infect another person. It's a sneaky virus.

Face masks are primarily to stop you spreading the virus to other people (source control), it's about caring about other people. Wearing them is particularly useful where physical distancing is hard to maintain (for example public transport and supermarkets). Epidemiological studies and computer modelling show that community use of face masks is associated with substantially better control of Covid-19, and can reduce the need to cycle in and out of shutting businesses.

It's going to be a long evolving battle. There is still much to learn about Covid-19 and how we fight it. But if we follow the science and work as a team we will get there.

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

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

IN A CRISIS OR EMERGENCY

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

- Call your local mental health crisis assessment team 0800 745 477 or go with them to the emergency department (ED) of your nearest hospital
- If they are in immediate physical danger to themselves or others, call 111
- Stay with them until support arrives
- Remove any obvious means of suicide they might use (eg ropes, pills, guns, car keys, knives)
- Try to stay calm, take some deep breaths

- Let them know you care
- Keep them talking: listen and ask questions without judging
- Make sure you are safe.

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

Services offering support & information:

- Lifeline 0800 543 354 (0800 LIFELINE)
- Samaritans 0800 726 666 - for confidential support for anyone who is lonely or in emotional distress
- Depression Helpline 0800 111 757 or free text 4202 - to talk to a

trained counsellor about how you are feeling or to ask any questions

- Healthline 0800 611 116 - for advice from trained registered nurses
- www.depression.org.nz – includes The Journal free online self-help.

For children and young people

- Youthline 0800 376 633, free text 234, email talk@youthline.co.nz or webchat at www.youthline.co.nz (webchat available 7-11pm) – for young people and their parents, whānau and friends
- What's Up 0800 942 8787 (0800 WHATSUP) or webchat at www.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

MAHI MĀRA/Gardening



Plenty to do in September garden

So much cool stuff to do in the food garden at the mo. So much prettiness to soak up and enjoy. I am out there every spare moment!

There's plenty to do this month.

Eat up winter crops

Harvest winter root crops up. As weather warms they'll gear up to seed and get a hard core up the centre or they'll split. Get them up and eat them, pickle them or give them away before they go past their best. Pave the way for spring plantings.

In the vege patch

Plant out celery, broccoli, cabbage, bok choy, kale, silverbeet, parsley, salads, onions, leeks, potatoes.

Direct sow carrots, kohlrabi, beetroot, turnip, parsnip, rocket, chicory, endive, spinach, mesclun, miners lettuce, corn salad, salads, bok choy, kale, snappeas, peas, broadbeans, fennel, dill, coriander, shallots, spring onions.

Tray sow celeriac, salads, silverbeet, parsley, chervil.

Companion flowers: Sow or plant as many as you can cram in! Calendula, cornflower, poppy, nasturtium, borage, sweet pea, snapdragon, aquilegia, viola, wallflower, larkspur, hollyhock – the options are endless.

In the greenhouse (or under cover)

Tray sow greenhouse crops – tomato, chili, pepper, aubergine, zucchini, cucumber, melon.

Direct sow dwarf beans, salads, courgette. I love my greenhouse for providing a warm place to grow these guys this early on.

Start kumara shoots

The journey to a boomer crop of kumara begins with shoots, or tipu. Start them growing now, in early spring.

The shoots are grown on a kumara, and this kumara is so special it's called the mother.

Choose your mother with care. Select a firm, organically grown kumara with no rots. She doesn't need to be huge – middle sized is perfect.

Spread river sand on the bottom of a pot or box and reverently lay in mother kumara. Cover her over with sand and gently moisten. She needs to be kept toasty warm about 20 degrees. I sit her on the heatpad in the greenhouse with the tomatoes and peppers.

Keep the box moist (not wet) and shoots will soon appear.

If you run out of time to grow your own, no worries – you'll find them at various garden centres mid-spring.

Spuds in buckets

Having spent a good portion of my life coaxing vegetables from soil, I'm weather wary. Between now and the arrival of summer there will be days for shorts and days for beanies. I'm cautious with the planting out of tender crops such as potatoes, so to be on the safe side I plant my Christmas spuds in buckets. I use cracked, broken buckets, but any container with drainage will do.

Put about 10cm of compost and a handful of seaweed in the bottom of the container. Sit one seed potato per 10 litre on top then fill the bucket with compost, straw or old hay, or a mix of the above.

Choose fast growers such as Rocket, Swift, Liseta or even Cliff Kidney.

Keep the buckets in a warm sunny spot until the days get hot when it's best to tuck them among other plants so the soil stays cool but the tops stay in the sunlight.



Get your tomatoes ready for the greenhouse.

THE EDIBLE GARDEN

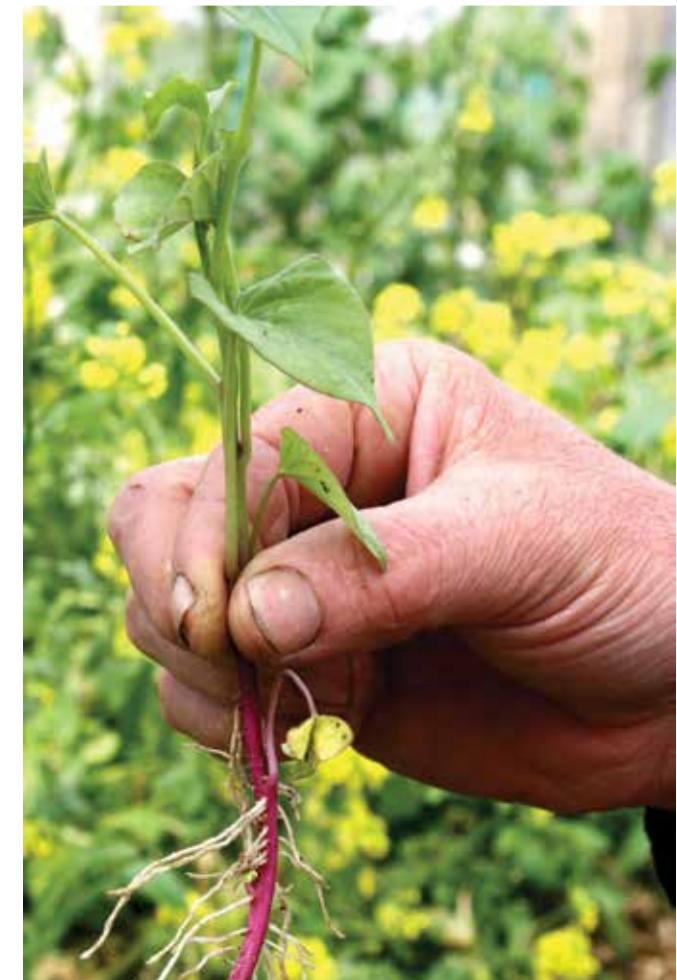


KATH IRVINE

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



ABOVE: Select your mother kumara with care. . . .



. . . and you'll be rewarded with good kumara shoots to plant out.



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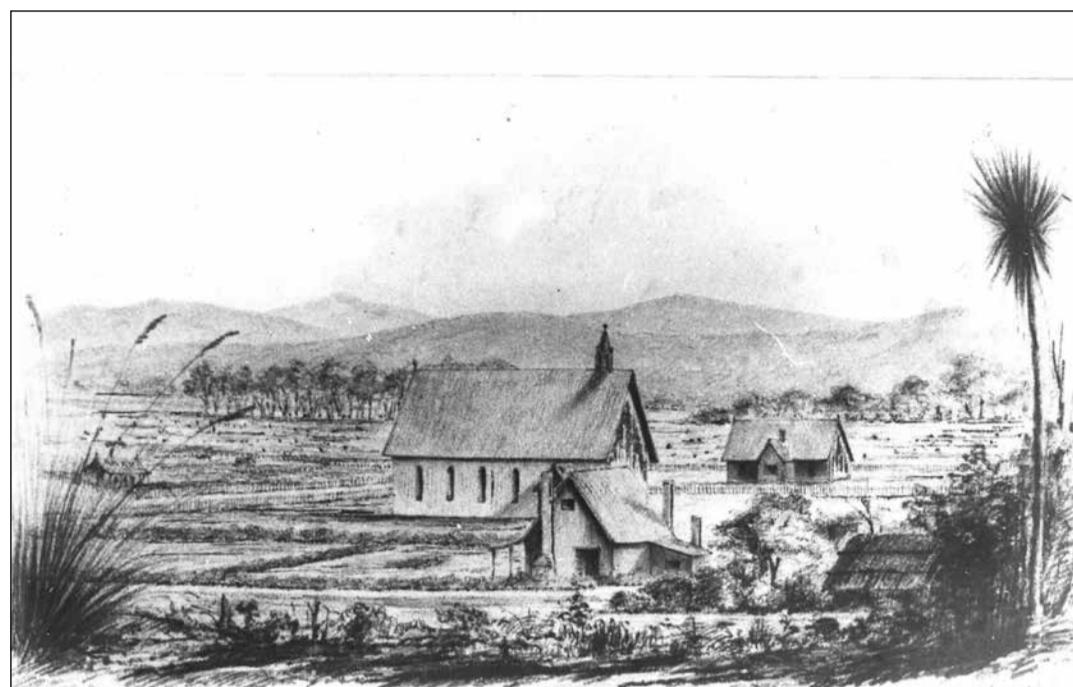
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MAHI TOI/Arts

Folk concert

The Levin Folk Music Club has its next concert on October 9 with singer, songwriter and instrumentalist Martha Louise, and Peter Madill on guitar, from 7-7.30pm at the Scottish Hall in Bartholomew Road. Open mic to follow. The club also offers a blackboard opportunity – one item per person – so anyone who is skilled at performing can join in, time permitting. The club normally puts on a light supper (depending on Covid) and welcomes all newcomers for a sociable evening of live music.

• 10 public/\$5 members/\$3 children



ICONIC ŌTAKI

Rangiātea Church was the oldest Māori Anglican church in New Zealand. Originally completed in 1851, the building burnt down in 1995, but by 2003 had been completely rebuilt. In 1848, Te Rauparaha, who had just returned to Ōtaki from Australia, issued the challenge of building the church to the chief of Te Wehiwehi, who accepted.

Rangiātea Church was built under the direction of Te Rauparaha and English missionary Octavius Hadfield.

— Photo Ōtaki Historical Society

PIC OF THE MONTH: Do you have a great image of Ōtaki? Email us your pics for possible publication to: otakiphotos@idmedia.co.nz



ARTIST OF THE MONTH

JENNIFER TURNBULL

In her early years Jennifer was always drawn towards the arts. After secondary school she studied cookery at the Cordon Bleu School in Auckland, then dressmaking and fashion design, working for a period in theatre, making costumes at the Royal New Zealand Ballet and Mercury Theatre and made-to-measure garments in the fashion industry.

In 1988 Jennifer moved to Dunedin to study for three years at Otago School of Fine Arts for a Diploma of Fine Arts majoring in ceramics with Michael Trumic, Neil Grant and Lawrence Ewing as tutors along with many visiting overseas and NZ potters.

In 1991 she established Craftworks Studio, a business in the Cromwell historic precinct in Central Otago and continued exhibiting widely in the South Island through to 2002. In 2003 Jennifer moved to Ōtaki, and began teaching at the Ōtaki Pottery Club, tutoring night classes.

Jailhouse Pottery was established in a new studio at her Ōtaki home. Since 2006 she has been a tutor for Otago School of Fine Arts. Teaching the Diploma of Arts and Design in Ceramics from home. Jennifer continues to exhibit throughout New Zealand, attending workshops and conferences and staying in touch with the local pottery community.

Jennifer takes inspiration from



her experiences as a seamstress, patternmaker, printmaking, painter, cook and mother, and incorporates it into her work. She continues to be drawn to clay, although other arts she enjoys – painting, pastels, drawing and sewing, feedback into her clay work and glazes. Jennifer takes inspiration from her surroundings – her garden, the beach, river, native bush and natural beauty of the Kapiti Coast and Central Otago.

As her work is mainly vessel based, Jennifer is aware of the importance of the way a piece functions, not only visually but how it feels in your hands, its weight and the texture of the surface and glaze.

"Food being central to our lives, I want a vessel to be complimentary and part of our day-to-day life," says Jennifer.

"I work in a variety of clays and fire with electric and gas kilns. Combining techniques of throwing, altering, slab and hand building. I love to work with interesting surfaces, using coloured slips, stamps and textures from prints and then layering on the glaze, to bring vibrancy to the finished piece.

"Alternatively, I enjoy making high fired, clean simple work from porcelain and then allowing the firing to influence the clay and glaze colour. "Each series of work is very different and allows me to play with ideas and technique which is a challenge and a joy."

Jailhouse Pottery 021 295 7473, 364 0690

MFF Remount packed with movie premieres

Packed with New Zealand premieres of films that have won multiple awards at international film festivals, the Māoriland Film Festival 2020 Remount showcases the exceptional storytelling of indigenous peoples from around the world.

Nearly 100 documentaries, shorts and feature films will screen, coming from as far away as the Sakha region of Eastern Russia to Taiwan, South America, the indigenous nations in the Northern Hemisphere as well as from Aotearoa and the Pacific.

Highlights include the multi-award winning documentaries *Sembradoras de vida* (*Mothers of the land*) by Peruvian film-maker brothers Alvaro and Diego Sarmiento. *Sembradoras de vida* takes place in the context of climate change in which Peru is predicted to be among the three most affected countries in the world.

The film has won Best Film Audience Award at the Latin American Film Festival, Best Documentary at Dreamspeakers Indigenous Film Festival and the prestigious Alanis Obomsawin Award for Best Documentary at the 2019 imagineNative Film + Media Arts Festival.

First Nations Canadian Tasha Hubbard's landmark documentary *Nipawistamāsowin: We Will Stand Up* is also critically acclaimed and tells one family's fight for justice after the shooting death of a young Cree man called Colten Boushie.

Southern Hemisphere premieres also include feature drama films *Red Snow*, *Fukry*, *Long Time No Sea*, and *Charter* by the award-winning Sami writer and director Amanda Kurnell.

A post-plague zombie film through an indigenous lens is Jeff Barnaby's *Blood Quantum*, set on an isolated Mi'kmaq reserve of Red Crow.



The closing night film will be the New Zealand premiere of *The Sun Above Me Never Sets* by first-time feature director Lyubov Borisova. From the Sakha region of Eastern Russia, the film is both beautiful and humorous as an elderly man gives a young man the task of carrying out his last wishes.

The popular short film programmes have something for everyone and include Bingo Shorts, a selection of short films interspersed with games of bingo!

There's also the world premiere of the Native Slam films – Māoriland's 72-hour film-making challenge made by teams of indigenous film-makers throughout New Zealand in March this year.

Rangatahi filmmakers are also celebrated with the first two days of the MFF2020 Remount packed with films for schools. These include the Aotearoa premiere of *Through Our Lens*, a Māoriland rangatahi film leaders programme. In early 2020 eight rangatahi Māori traveled to Taiwan and Finland and worked collaboratively with their peers from both countries to produce some beautiful short films, rich with culture and native language.

The film festival runs from September 24-27.

■ Full programme at maorilandfilm.co.nz

HĪTŌRIA/History

Ōtaki School class of 1968

By Debbi Carson
(nee Bird)

The photograph at right is Form 1 at Ōtaki School in 1968. It was a mixed class of 10 and 11-year-olds and a couple of years before Ōtaki College admitted form 1 and 2 students.

**Some of us are still around Ōtaki.
Does anyone know what happened
to teacher Bruce Turner? He was a fav
teacher for many of us.**

If you have any old school photos you'd like to share, let me know. Also if you know anyone in this photo who's not identified, or we've not identified correctly.

Email debbi@idmedia.co.nz
The photo is also at otakitoday.com



Back row, from left: Warwick Lawry, John Rice, Puke Wara, Gaels Raika, Terry Hart, Noel Turnbull, Robert Henderson.
Third row: Brian Young, Wayne Smith, Uma Carkeek, Darcy Gilbert, Jeff Keyes, Craig Jones, Douglas Garrity, ? Mathie,
Jimmy Simcox, Johnny Gerrard. Teacher Bruce Turner.
Second row: Terama Patrick Winterburn, Wayne Williams, Henare Waaka, Arlene Hazelwood, Amiria Phillips, Raewyn
Macdonald, Carol Edwards, unknown, Kere Bishop.
Front row: Shirley Searancke, unknown, Louise Connor, Gwen Gallagher, Denise Tapp, Sheila Salmond, Debra Bird,
Karen Collis, Phillipa Vincent, unknown, Margaret Marchant.

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ŌTAKI SCHOOL CLASS OF '45: 6-7 year olds? These kids would be in their early 80s now. We didn't have much luck working out names. Let us know if you can identify any of them.

Back row (l-r): ?, ?, ?, ?, ?.

Middle row (l-r): ?, ?, ?, ?, ?, ?, ?, ?, ?, ?, Derrick Cootes, ?.



**Ōtaki Museum's exhibition
*As Time Goes By:
the Changing Face of Main St***
open Thur-Fri-Sat
10-2pm
49 Main St, Ōtaki

This latest exhibition from Ōtaki Museum highlights the history of Main Street, from the time it was merely a junction on the old coach road route along the beach, from Paekākāriki to the Rangiātea and Pukekaraka mission stations in Ōtaki, to the early factories

stations in Otaki, and beyond to Foxton. "It was the place where horses were changed, their shoes and saddles repaired and coach men rested," exhibition convener Di Buchan said. "Mail bags were picked up and delivered and refreshments and a bed were available at several guest houses. From 1872 the Telegraph Hotel was up and running with a roaring trade and the places selling wares and services became more plentiful and substantial.

"It was not until 1921 that the section of road between Aotaki St and the Rangiuru Rd-Te Rauparaha St intersection was named Main Street. Prior to that it was part of Mill Road."

Indigenous peoples have little impact on the land

Local historian REX KERR continues the story of Ōtaki's history. This is episode 5, part 1

For thousands of years Ōtaki was a virgin wilderness untouched by man.

The hills and mountains were covered in a dense rainforest. Only the highest slopes were bare and rocky with a thin covering of tussock and lichens and a thin veneer of snow in the winter months.

The Hautere plain was adorned with mighty stands of tōtara. The low-lying area between beach dunes and the hills was an enormous swamp with numerous interconnected waterways reaching from the Waitohu River to Paraparaumu, broken by small islands of firmer ground. The dunes penetrated in long tenuous fingers inland into this watery world.

The Ōtaki River wandered freely across its swampy flood plain, meandering from one side to the other unhindered. Tributaries broke away from the main river and re-joined before the river reached the sea through a narrow breach in the shingle bank at its mouth.

The forest was rich with a wide variety of bird life, and moa grazed the dunes and forest edges. Waterfowl enjoyed the freedom of the swamps and streams, as did the tuna (eel). Koura (fresh water crayfish), kākahi (freshwater mussels), and kōkopu (trout) flourished in the clear waters of the numerous streams.

The estuary in season teemed with inanga (whitebait), kanae (mullet), kahawai and pātiki (flounder). The sandy beach was home to millions of shellfish, and the sea to large shoals of fish and the herds of mighty whale that passed by in the summer. It was indeed a beautiful and plentiful land – a gift of the gods.

Little is known of the first people to enter nature's playground. The Waitaha (moa hunters) left little of their way of life, apart from a few artefacts. They arrived in Aotearoa in two canoes, *Matiti* and *Uruao*, before the main fleet (pre-1350AD) landing in Northland and gradually migrating south.

DESTINATION OTAKI



REX KERR

Waitaha were hunters and gatherers with no permanent abode, following the migration of the moa and other wildlife, tuned into the seasons for harvesting the fruits of the forest. They were pacifists in total harmony with nature.

Waitaha were pushed out by the more warlike Ngāti Māmoe who also had little impact on the land, leaving no physical trace behind but their name.

Ngāti Māmoe were overwhelmed by Muaūpoko who migrated from Māhia Peninsula, occupying the land from the Manawatū River to Pukerua Bay. Centred around the Horowhenua lakes they made little impact on Ōtaki, perhaps

leaving behind the old Ōtaki and Katihiku Pā, the kaingaraki clearing and maybe some place names.

They most likely built temporary kāinga (villages) as resting places or for shelter during the hunting and collecting period.

Their greatest contribution to the district was the naming of the Ōtaki and Waitohu rivers, attributed to their ancestor Haunui-a-nania, and perhaps Pukehou Hill.

In their turn, Muaūpoko were annihilated by Ngāti Toa Rangatira and their allies led by Te Rauparaha, who then invited in his close relations, Ngāti Raukawa, gifting them the land between the Rangitikei River and the Kukutauaki stream just north of Waikanae.

As their numbers swelled Ngāti Raukawa made a more visible imprint on the land.

They had six heavily fortified pā: on the south bank of the river at Ōtaki; Katihiku and Wairapapa on the Rangiuru estuary; Pakatuku and Rangiuru; and on the north side of the Waitohu estuary was Waitohu.

In 1845 when passing through, Thos Bevan mentions three large pā: Otaki, Rangiuru and Waitohu. In his description of Rangiuru he describes the palisades as being massive, composed

of great trunks of trees lashed together by long cross pieces and more than 10 feet (3 metres) tall, on top of which were hideous and grotesque figures with long protruding tongues.

He also said it was kept beautifully clean. Associated with these and surrounding the pā were several smaller ones and kāinga with mahinga kai (gardens) in clearings such as Parauauku, Rāhui, Te Manua, Waerenga, Kaingaraki, Kurukauwhata and Tawhake to name a few, in which kumara, native spinach and the like were grown.

Eel weirs in the swamps and streams were an important source of food and they too had names such as Whakapawaewae, Tōtara and Te Reremanuka.

Māori were very much in tune with nature and every landscape feature had special significance and an appropriate name. Today these natural places, all with their own history, are an integral part of the district's character. That imprint is indelibly stamped in the area's heritage as the natural features have retained their Māori names – the sand dunes Mutikotiko, Pukekaraka and Pukeatua, the lagoons Ngā Tōtara and Te Oreore, the lakes Roto-potakataka, Waitawa and Wairongomai, and the streams Mangapouri, Te Haruātai, and Maringa-a-wai.

Anyone owning a piece of land in Ōtaki has a tangata whenua name in its legal description.

Living in harmony with the environment, Māori left the greater part of the local landscape in its natural state, but all that was to change with the arrival of the Pākehā.

■ References

- Adkin, G L. *Horowhenua its Maori place-names & their topographic & historical background*. Dept of Internal Affairs. Wellington 1948.
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- Carkeek, W G. *The Kapiti Coast Maori Tribal History and Place Names of the Paekakariki-Otaki District*. A H & A W Reed. Wellington. 1966.
- Moore, P. "Ngā mahina kai o Ōtaki – The Gardens of Ōtaki." *Otaki Historical Journal* Vol 40: 2018. Ōtaki. Pp3-10.

Next: Episode 5, Part b – The Pākehā and a man-made landscape.

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Let's keep moving >

TAMARIKI FUN PAGE

COLOURING COMPETITION



NAME:

AGE:

PHONE:

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

MĀORI BABY NAMES WORD SEARCH

t	k	m	a	n	a	i	a
e	a	z	a	p	i	w	r
a	i	m	d	t	r	i	o
r	a	s	i	v	e	c	h
i	n	t	x	k	f	o	a
k	a	u	r	i	a	j	q
i	k	i	y	e	r	e	s
t	a	u	h	a	a	t	a

These were the most popular Māori baby names in 2019, with Mia and Nikau being the most popular. Put a line through the names as you find them. You can go in any direction, up, down, diagonally or all around!

GIRLS
Mia
Aria
Maia
Amaia
Nina
Manaia
Kaia
Aroha
Tui
Ataahua

BOYS
Nikau
Mikaere
Ari
Manaia
Mateo
Te Ariki
Taika
Ariki
Kauri
Rawiri

MAORI LANGUAGE WEEK

Amaia: Good morning teacher how are you? Tēnā koe e te kaiako, kei te ora koe?

Teacher: I'm very well thank you Amaia. How are you this morning? He tino mihi ki a koe Amaia. Kei te pēhea koe i tēnei ata?

Amaia: I'm very happy today. It's my birthday! I am 6.

He tino harikoa ahau i tenei ra. Ko toku ra whanau! Ko ahau te 6.

Teacher: Happy birthday Amaia. The class is ready to celebrate with you. Rā whānau! Amaia. Kua rite te karaehe ki te whakanui me koe.

ŌT KIDS' NEWS



Auckland Zoo celebrates baby rhino

A healthy baby female rhino has been born at Auckland Zoo. The much-anticipated birth of the southern white rhino calf on August 14 to mum Jamila and 30-year-old dad Zambezi follows a 16-month pregnancy. First-time mum Jamila had a speedy one-hour labour. It is the first time in 20 years a southern white rhino calf has been born at the zoo.

To learn more and watch videos go to: aucklandzoo.co.nz/news/auckland-zoos-new-baby-rhino-makes-speedy-entry-into-world

KYUSS' BOOK QUIZ



- How many stories are there in the latest book *Treehouse* by Andy Griffiths and Terry Denton?
- Who wrote and illustrated the *Captain Underpants* and *Dogman* books?
- In the Harry Potter books, which class at Hogwarts school has a different teacher every year?
- Who are the four main characters in *The Bad Guys* by Aaron Blabey?
- In *Mr Stink*,

If you don't know the answers, Google them, or look in a book, just like Kyuss did! Last quiz answers are below. Email your answers to KyussOT@idmedia.co.nz. The first drawn with the correct answers wins a \$20 book voucher, or one of Jared's *Animals in Vehicles* books, your choice, as well as an Ōtaki Today T-shirt.

ANSWERS TO KYUSS' AUGUST MĀORI QUIZ

- Kapa haka.
- Whakapapa.
- A demi-god in Māori mythology.
- The North Island.
- Ranginui.
- The Kowhai tree.
- Hongi.
- A greenstone which is precious to Māori.
- Tāne Mahuta.
- Matariki.

Nau mai, haere mai, welcome to

ŌTAKI MONTESSORI PRE-SCHOOL

Haruatai Park, 200 Mill Rd, Ōtaki. 06 364 7500 • www.otakimontessori.co.nz

We are happy to be back and are enjoying being part of the Montessori community since COVID 19. The children have been amazing at adopting the guidelines of coughing and sneezing into their elbows as well as washing their hands often during the day. We have upped our cleaning as well.

We have been busy working in our garden and our extended outdoor classroom at Hauratai Park.

Our beautiful pohutukawa tree (rewarewa tree) is still a favourite place for our tamariki to play and explore.

We have noticed some regeneration and this makes it all the more special.



We have been devising plans for some changes to our own gardens and playground. With input from tamariki, whanau and Kaiako we hope to develop an area where our learning is extended and enhanced.

We have been busy planting seeds for veggies in our garden boxes and gathering fallen leaves to add to our compost outside. This will continue to help support the garden as well as providing a place to put our food scraps.

We look forward to spring where we can see our plants grow, learn about plant life and how to be sustainable in our

community. This means understanding recycling, encouraging zero or low waste in our lunchboxes and making sure we are using our resources wisely. We will focus on sun safety and lots of water play with our rain-gathered water.

Ōtaki Montessori: "Sowing seeds to enable our community to flourish".

We offer morning sessions 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 to arrange a visit.

Ōtaki Montessori offers a unique choice of preschool in Ōtaki.





GIFTS: Ōtaki Rotary President Adrian Gregory talks with children at Ōtaki Kindergarten after presenting them with some new books.

Photo supplied

Rotary gets books to youngsters

Preschoolers in Ōtaki have received some new books thanks to the Ōtaki Rotary Club.

In a recent initiative, the club decided to expand its primary school literacy assistance programme by providing *Rhyming Around the Alphabet* books to youngsters about to move on from preschool. They have gone to 5-year-olds leaving Ōtaki Kindergarten and the Ōtaki Montessori Preschool.

The Rotary club has been supplying all primary schools in Ōtaki, from Manakau through to Te Horo, with Usborne dictionaries for many years. The dictionary is packed with more than 1000 colour illustrations accompanying 10,000 entries and 25,000 definitions, making it an attractive read for children.

It also supplies "Duffy Books in Schools" twice yearly to

three schools in the Otaki district.

Internationally, New Zealand scores poorly for literacy scales.

Ōtaki Rotary president Adrian Gregory says there has been much discussion recently that there is less demand for books these days, with so much information available on the internet.

"In fact, our experience is quite the opposite, with many children enjoying having sometimes their own personal book to read," Adrian says. "This brings huge literacy benefits to the families involved, and to the children."

"We're delighted to be able to now provide books for the children who are now going on to primary school."

In some homes, several children of the same family will receive books, adding to the home library.

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

COMMUNITY ORGANISATIONS

AMICUS CLUB OF ŌTAKI 364 6464

COBBLERS LUNCH CLUB Thursdays 11.15am-1.30pm Gertrude Atmore Lounge. Free soup.

FOREST & BIRD PROTECTION SOCIETY Joan Leckie 368 1277

FRIENDS OF THE ŌTAKI RIVER Trevor Wylie 364 8918

FRIENDS OF THE ŌTAKI ROTUNDA Di Buchan 364 0180/027 683 0213

GENEALOGY SOCIETY Len Nicholls 364 7638

KĀPITI COAST GREY POWER June Simpson 021 109 2583

KĀPITI HOROWHENUA VEGANS: Alastair 364 3392 Eric 367 2512

KEEP ŌTAKI BEAUTIFUL Margaret Bayston/Lloyd Chapman

LIONS CLUB OF ŌTAKI Phil Shaw 027 259 1636

MORRIS CAR CLUB Chris Torr 323 7753

ŌTAKI BRIDGE CLUB Tim Horner 364-5240

ŌTAKI COMMUNITY PATROL Errol Maffey 027 230 8836

ŌTAKI & DISTRICT SENIOR CITIZENS Vaevae 027 447 7864

ŌTAKI FLORAL ART & GARDEN CLUB Maureen Jensen 364 8614

ŌTAKI FOODBANK 43 Main St, Lucy Tahere 364 0051

ŌTAKI HERITAGE BANK MUSEUM TRUST 364 6886

ŌTAKI HISTORICAL SOCIETY Sarah Maclean 364 2497

ŌTAKI MENZSHED 022 406 9439 OtakiMenzShed@outlook.com

ŌTAKI PLAYERS SOCIETY Roger Thorpe 364 8848 or 021 259 2683

ŌTAKI POTTERY CLUB Rod Graham 027 445 7545

ŌTAKI PROMOTIONS GROUP Cam Butler 021 703095

ŌTAKI AND DISTRICT RSA, 9 Raukawa St 364 6221

ŌTAKI SPINNERS & KNITTERS' GROUP, Barbara Austin 364 8381

ŌTAKI WOMEN'S NETWORK GROUP Carol Ward 027 235 6151

ŌTAKI WOMEN'S COMMUNITY CLUB/SUNDAY MARKETS Kerrie Fox 027 340 0305

ŌTAKI WOMEN'S INSTITUTE Rema Clark remaclark@xtra.co.nz

RESOURCE RECOVERY CENTRE Jamie 027 444 9995/Drew 021 288 7021

ROTARY CLUB OF OTAKI Michael Fagg 021 294 3039

TIMEBANK Suzanne Fahey 021 1275 074

TOASTMASTERS OF WAIKANAE Graham 04 905 6236

TRANSITION TOWN OTAKI Jamie Bull 364 0550

WAITOHU STREAM CARE GROUP Lyndsay Knowles 364 6283

CHILDREN

ŌTAKI TOY LIBRARY 027 621 8855 Saturday 10.30am-noon

Memorial Hall, Main St.

KIDZOWN OSCAR 0800 543 9696

LITTLE GIGGLERS PLAYGROUP Baptist Church Hall, Te Manua Rd. 10am-12noon Friday each fortnight. Denise 027 276 0983

MAINLY MUSIC Hadfield Hall, Te Rauparaha St. 021 189 6510

ŌTAKI KINDERGARTEN 68a Waerenga Rd. 364 8553.

ŌTAKI MONTESSORI PRESCHOOL Haruātai Park, Roselle 364 7500.

ŌTAKI PLAYCENTRE Mill Rd. 364 5787. Mon, Tue, Thu 9.30am-noon

ŌTAKI PLAYGROUP otakiplaygroup@hotmail.com

ŌTAKI SCOUTS, CUBS AND KEAS Brent Bythell 364 8949.

PLUNKET MANAKAU PLAYGROUP Honi Taipua St, T & Th 9.30am-noon.

SKIDS ŌTAKI out of school care, St Peter Chanel School. Sonia: 027 739 1986.

TE KŌHANGA REO O TE KĀKANO O TE KURA Te Rauparaha St, 06 364 5599

TE KŌHANGA REO O RAUKAWA 5 Convent Rd, 06 364 5364

SPORTS CLUBS

EASY-CISE/WALKING GROUP (BODY & SOUL) Joseph 364 6191

EQUESTRIAN HORSE CLUB 364 6181: Horse Trekking club Debbie 364 6571; Ōtaki Pony Club Paul Pettengell 364 5781

GAZBOS GOLDEN OLDIES Doug Garrity 364 5886

HAWAIKINUI TUA RUA KI ŌTAKI (waka ama)

DeNeen Baker-Underhill 027 404 4697

ŌTAKI ATHLETIC CLUB Kerry Bevan 027 405 6635

ŌTAKI BOATING CLUB Trevor Hosking 021 642 766

ŌTAKI BOWLING CLUB Paul Selby 927 9015

ŌTAKI CANOE CLUB Jane Bertelsen 364 5302

ŌTAKI DANCE GROUP Barbara Francis 364 7383

ŌTAKI GOLF CLUB 364 8260

ŌTAKI GYMNASTICS CLUB Nancy 027 778 6902

ŌTAKI INDOOR BOWLING Jane Selby-Paterson 927 9015

ŌTAKI MASTERS SWIMMING CLUB Sonia Coom 04 292 7676

ŌTAKI PETANQUE CLUB Val Clarke 364 5213

ŌTAKI RAILWAY BOWLING CLUB Maureen Beaver 364 0640

ŌTAKI SPORTS CLUB: TENNIS, SQUASH & SOCCER Hannah 027 327 1179

ŌTAKI SURF LIFE SAVING CLUB Kirsty Doyle 021 102 0058

RĀHUI FOOTBALL AND SPORTS CLUB Slade Sturmey 021 191 4780.

Rahui Netball Kylie Gardner 0275 490 985. Junior Rugby Megan Qaranivalu 022 165 7649

TAE KWON DO Jim Babington 027 530 0443

TAI CHI Gillian Sutherland 04 904 8190

WHITI TE RA LEAGUE CLUB Kelly Anne Ngatai 027 256 7391

WILD GOOSE QIGONG, CHEN STYLE TAIJIQUAN (TAI CHI) & CHUN YUEN (SHAOLIN) QUAN. Sifu Cynthia Shaw 021 613 081.

CHURCHES

Rangiātea 33 Te Rauparaha St, ŌTAKI • 364 6838

Sunday Eucharist: 9am • Church viewing hours, school terms: Mon-Fri 9.30am- 1.30pm

St Mary's Pukekaraka 4 Convent Rd, ŌTAKI Fr Alan Robert 364 8543 or 021 0822 8926. Sunday mass: 10am. Miha Māori Mass, first Sunday. For other masses: otakiandlevincatholicparish.nz

Anglican Methodist Parish of Ōtaki St Margaret's, Te Horo. All Saints', Ōtaki. St Andrew's, Manakau. Co-Ministers: Jessica Falconer 021 778 345. Rev Simon Falconer, 021 857 744 email: ministers@otakianglican.nz Services: 1st and 3rd Sunday of each month, All Saints', Te Rauparaha St, Ōtaki, at 9.30am. 2nd and 4th Sunday of each month, St Margaret's, School Rd, Te Horo, at 9.30am. 5th Sunday to be advised.

Ōtaki Baptist cnr SH1 & Te Manua Rd, ŌTAKI Pastor Roger Blakemore • 364 8540 or 027 672 7865 otakibaptist.weebly.com • Sunday service: 10am

The Hub 157 Tasman Rd, ŌTAKI • Leader Richard Brons 364-6911 • www.actschurches.com/church-directory/horowhenua/hub-church/ • Sunday service and Big Wednesday service: 10.15am

Ōtaki Presbyterian 249 Mill Rd, ŌTAKI • Rev Peter Jackson 364 8759 or 021 207 9455 • www.otakiwaikanaechurch.nz Sunday service: 11am

Jehovah's Witness 265 Mill Road, ŌTAKI 364 6419 • www.jw.org • Sunday meeting: 10am

MEDICAL

Ōtaki Medical Centre 2 Aotaki St, Ōtaki 06 364 8555 • Monday-Friday: 8.15am-5pm • Saturday: 9am-noon. After hours. **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

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St John Health Shuttle 06 368 6369

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

AROHANUI HOSPICE SHOP 11 Main St, Ōtaki.

06 929 6603

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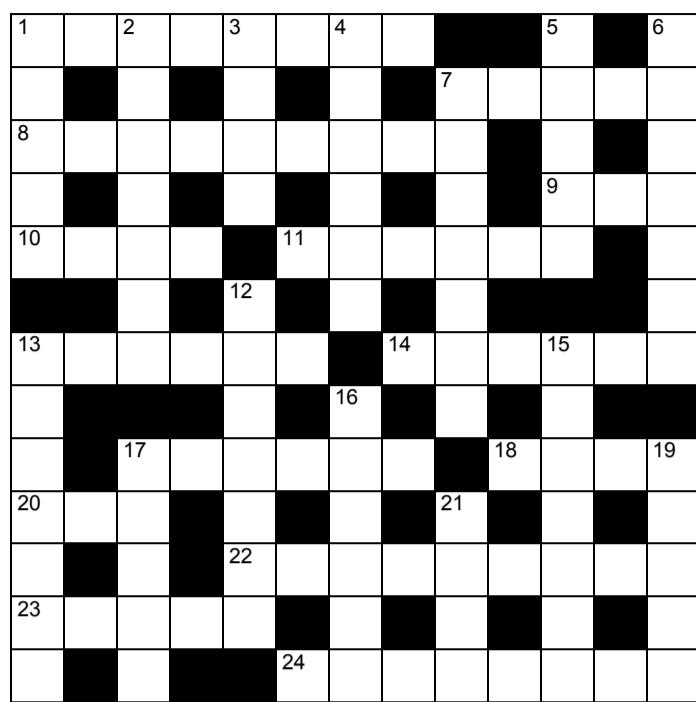
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CROSSWORD NZ1790A (answers below)

The Puzzle Company



ACROSS

- Careless, haphazard (8)
- Proportion (5)
- Hypnotise (9)
- NZ's 2017 bird of the year (3)
- Fever (4)
- Invent (6)
- Nautical measure of depth (6)
- Bird, subject of a Denis Glover poem (6)
- Conclusion (6)
- Be unsuccessful (4)
- Jinx (3)
- Holiday celebrated on the fourth Monday in October (6,3)
- North American plant found in many NZ gardens (5)
- Abstaining from alcohol (8)

DOWN

- South American dance (5)
- Attack (7)
- Swordfight (4)
- Tremble (6)
- South Island town and beer (5)
- Fit to drink (7)
- Musical performance (7)
- Christchurch attraction that opened in 1992 (7)
- Type of camera lens (7)
- Accolade (7)
- Incapable (6)
- Precise (5)
- Dave Dobbyn single that reached No 19 in 1988 (5)
- Sect (4)

FREE LISTINGS

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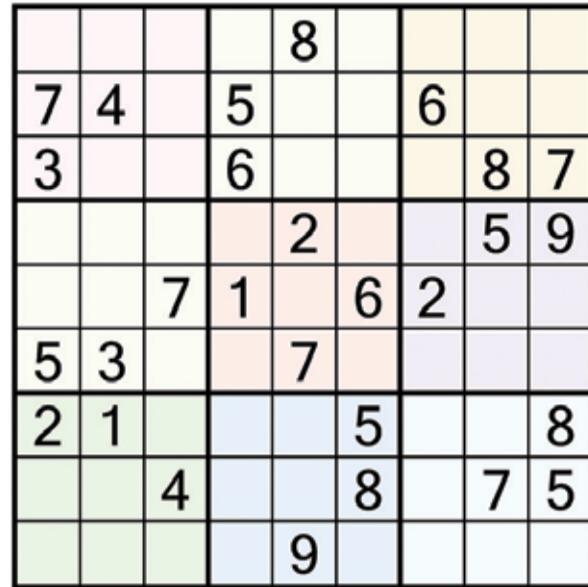
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SUDOKU PUZZLES www.thepuzzlecompany.co.nz

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



HARD #24



CROSSWORD NZ1790A ANSWERS

ACROSS: 1. Slapdash, 7. Ratio, 8. Mesmerise, 9. Kea, 10. Ague, 11. Devise, 13. Fathom, 14. Magpie, 17. Ending, 18. Fail, 20. Hex, 22. Labour Day, 23. Yucca, 24. Teetotal, DOWN: 1. Samba, 2. Assault, 3. Duel, 4. Shiver, 5. Stoke, 6. Potable, 7. Recital, 12. Gondola, 13. Fish eye, 15. Plaudit, 16. Unable, 17. Exact, 19. Loyal, 21. Cult.

CROSSWORD ANSWERS

ACROSS: 1. Slapdash, 7. Ratio, 8.

Change is the only constant in life.



CLASSIFIEDS

ACROSS: 1. Slapdash, 7. Ratio, 8.

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COVID-19 QUIZ

(answers below)

- What is a novel coronavirus?
- How does the virus spread?
- What does community spread mean?
- At Alert Level 2, how many people can attend a funeral/tangi?
- If you don't have a smart phone, how do you record where you have been for contact tracing?
- Can you have a virtual wedding?
- Can New Zealanders travel overseas?
- How can you protect yourself and others from Covid-19?
- What distance should you keep from others when exercising in public at Alert Level 2?
- Can I go whitebaiting at Alert Level 2?
- Who is at higher risk to Covid-19?
- What are the Covid-19 symptoms?
- How long does it take for symptoms to appear?
- If you have cold or flu symptoms, what should you do?
- Can you catch the virus from food or food packaging?



Visit covid19.govt.nz for more information.

Food Safety do not recommend consuming soft products. New Zealand Covid-19 transmission by food free on 0800 358 5453. 1. Stay home and call your doctor or Healthline if you have any of these symptoms, known how long symptoms take to show after a person has been infected, especially if you have any of these symptoms, squeeze a runny nose, temporarily loss of smell, sore throat, worsening cough, a fever of at least 38°C, symptoms of breath, sore wash your hands, cough or sneeze into elbow, clean surfaces, maintain metre physical distancing, 9. Keep a 2 metre distance from people who are sick, wear a face covering, keep track of where you've been, not clutter and permanent residents of that country. 8. Stay home if not essential, many borders around the world are closed to people who are not citizens and restrictions of that country. 7. Yes, but the New Zealand Government has raised its travel advice to "do not travel" — the highest level — regardless of destination. There are also many restrictions (implied flights) present in the same place. 7. Virtually. The couple, especially those physically present places you visit. 6. Under the couple, a marriage can't happen they become infected. 4. Up to 100. 5. Sign in at the various means of transport. 3. Community spread means people have been infected through respiratory droplets when an infected person coughs, sneezes, or talks. 2. COVID-19 is spread from person to person, been previously infected. 1. A novel coronavirus is a new coronavirus that has not been previously identified.

CLASSIFIEDS

BALLANTYNE, Ian Thomas. On September 5, 2020, peacefully at home in Ōtaki, aged 86 years. Dearly loved husband and best friend of Jan. Much loved father, father-in-law and Poppa of Jon, Amelie, and Delilah (Thames), Jenny, Kusal, Ellessia, Natassia, and Ariyan (Wellington), and Chris, Tanya, Nathan, Jacob, and Aliyah (Whakatane). Paul's funeral service has been held.

SMALL, Darryl Stewart. Passed away peacefully at home surrounded by his family on September 1, 2020, aged 69 years. Much loved husband of Glennis, loving and proud Dad of Kim, fiancée James, and Alana, partner Wayne. Loved brother, brother-in-law, son, son-in-law and Uncle. Treasured friend to

many especially South African Connection and Levin "Gang". Messages C/O 547 Queen St, Levin. In lieu of flowers, donations to Arohanui througharohanuihospice.org.nz. — I C Mark Ltd, Levin and Ōtaki

MCMURCHIE Ngaire Elizabeth. On August 25, 2020, peacefully at Waikanae Lodge. Formerly of Ōtaki. Dearly loved wife of the late Jack. Loved mother and mother-in-law of John and Karen. Loved dear Nana Mac of Hamish and Danielle, Natalie and Kevin (Melbourne), Callum and Hayley, and Regan and Elise. Great Nana Mac of her seven Ōtaki great-grandchildren. In accordance with Ngaire's wish, a private family farewell and burial has been held. Now resting with her beloved Jack.

DEATH NOTICES

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

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.

	HIGH	LOW	HIGH	LOW	HIGH	HIGH	LOW	HIGH	LOW	HIGH
THU 17 SEP	-	02:54	09:01	15:13	21:22	THU 01 OCT	-	03:59	10:08	16:13
FRI 18 SEP	-	03:38	09:46	15:57	22:06	FRI 02 OCT	-	04:33	10:40	16:46
SAT 19 SEP	-	04:23	10:30	16:41	22:50	SAT 03 OCT	-	05:05	11:10	17:18
SUN 20 SEP	-	05:08	11:15	17:26	23:36	SUN 04 OCT	-	05:36	11:40	17:49
MON 21 SEP	-	05:54	12:00	18:14	-	MON 05 OCT	-	06:06	12:10	18:20
TUE 22 SEP	00:24	06:42	12:49	19:05	-	TUE 06 OCT	00:20	06:38	12:42	18:54
WED 23 SEP	01:17	07:33	13:43	20:03	-	WED 07 OCT	00:54	07:12	13:17	19:32
THU 24 SEP	02:16	08:31	14:47	21:12	-	THU 08 OCT	01:33	07:51	13:58	20:17
FRI 25 SEP	03:26	09:40	16:05	22:31	-	FRI 09 OCT	02:20	08:37	14:51	21:16
SAT 26 SEP	04:45	10:58	17:28	23:48	-	SAT 10 OCT	03:21	09:37	16:01	22:28
SUN 27 SEP	07:03	13:13	19:36	-	-	SUN 11 OCT	04:34	10:51	17:21	23:43
MON 28 SEP	-	01:51	08:05	14:12	20:27	MON 12 OCT	05:50	12:09	18:33	-
TUE 29 SEP	-	02:41	08:53	14:59	21:09	TUE 13 OCT	-	00:51	07:00	13:17
WED 30 SEP	-	03:22	09:33	15:38	21:44	WED 14 OCT	-	01:49	07:59	14:13

Golfers flock to veterans event

A total of 62 golfers enjoyed play at a Golden Coast Veterans Golfers Association tournament in Ōtaki recently.

It was the 36th time the annual mixed matchplay four-day tournament had been held, with entrants from throughout the lower North Island.

They included players from Omanu, Manor Park, Mahunga, Paraparaumu Beach, Castlecliff, Omokoroa, Riverside, Shandon, Kaitake, Linton, Turangi, Kāpiti, Manakorihi, Mornington and Sherwood Park, as well as the Ōtaki hosts.

Entrants travel around the North Island playing a circuit of tournaments similar to that in Ōtaki.

Many stay in their motorhomes and caravans at the Ōtaki Golf Club, and others stay in local motels, with relatives or friends in the district. Many say they are thrilled to visit the local factory outlet stores and support local businesses.

Fluker Denton Accountants sponsored the tournament again, and club members supported the tournament throughout the competition. The Ōtaki Golf Club committee says it appreciates the support, which helps the club achieve the substantial donation the veterans tournament gives to the club.

Results:

Division 1 winners: John Mohn and Raewyn MacMahon. Runners-up: Noel and Helen Robertson.

Division 2 winners: John and Charmaine Fluker. Runners-up: Bob Johnston and Jan Scott.



WINNERS: Division 1 winners Raewyn MacMahon and John Mohn, above left, and division 2 winners John and Charmaine Fluker.

CAMPERS: Some of the fleet of campervans and caravans that converged on Ōtaki for the veterans golf tournament.
Photos supplied



HOMELESS: From left, Kirton, Barney and Alfie. Kirton was left behind when his owners moved on – he was surviving on food scraps at the back of shops. All need a foster home.

When humans let cats go bad

from front page

The domestic cats in the area were getting injured as he established his territory and they defended theirs.

"Cats that have been abandoned will often get timid. They've lost trust in humans, but also know that people will provide food. The longer they survive, the harder it gets for them. They can get abscesses from fighting, and FIV."

When people have an unwelcome cat, they often call on people such as Beverley to trap them. But she says she can trap only as many as there are spaces at rescue centres. And the onus goes on the rescuer to pay for vet tests and euthanasia; or desexing, vaccination, microchipping and registration if they are sociable enough.

If they're lucky, rescued cats can go to somewhere like Mary Bossley's Forgotten Felines in Te Horo, who will attempt to organise foster homes and ultimately a permanent home. The slightly wilder ones can sometimes become barn cats, where they live in horse barns to keep the rodent population in check.

Beverley says she's worried this spring will bring an abundance of unwanted kittens.

"We've got a really bad season on the horizon.

During the lockdown many cats weren't desexed because the vets were doing only essential surgery. The cats are now having kittens."

She's also noticed an increase in the number of cats being dumped.

"We think people who got that cute kitten in lockdown are now finding it's getting older and they don't want to pay to get it desexed."

"I have a gorgeous cat with me at the moment whose owners moved – they took the furniture and left the cat."

Meantime, feline supporters are also catching, neutering and returning cats to where they're found. The cats are still monitored, but the programme stops the breeding cycle and gives them a better chance of survival.

"It can be a hard life otherwise. A kitten born at the start of the season can be having kittens herself by the end of the season. They can become sexually active after four months."

"We're doing the best we can, but we need more funding, and more foster homes for the cats that are socialised."

Donations for the work is vital.

■ If you can help, call Beverley at 027 218 2820 or Mary at Forgotten Felines: info@forgottenfelines.org.nz and 027 507 7691.

TAKE ME HOME, PLEASE!



Opal a gem looking for a home

Opal (above) is looking for a home after her family was abandoned and left to live on their own.

Her mum and siblings got caught in a gin trap, but survived, and rescuers Forgotten Felines think she saw this happen.

She was one of the shyer sisters and it has taken her awhile to come out of her shell. She has transformed into an amazing, sweet and loveable cat. Although she does prefer familiar spaces, she is getting braver and exploring more in her foster home.

Opal is shy at first, but once she gets to know you will warm up well. She will need a small room to call her own in the beginning.

Her new family will need to ensure she is comfortable and considers her new place home, before she is let outside. Given her shy nature, she would be best suited to live on a quiet street or as an indoor only cat, living her best life with her forever person.

Opal is in a foster home with other cats, and she is fine around them. Her shy nature means she would be best living with a dog only if it was mellow and with proper introductions.

Opal is desexed and vaccinated, and ready to go to a good home. There is an adoption fee to cover costs.

■ To adopt Opal, call Forgotten Felines on 027 507 7691 or info@forgottenfelines.org.nz See forgottenfelines.org.nz

Love Tennis October 10-11

Ōtaki Tennis Club is having a "Love Tennis" weekend on October 10 and 11 from 1-4pm at the Ōtaki Sports Club on Haruātai Park.

The weekend is open to everyone, with an emphasis on fun, not just tennis.

Activities include ball machine, hit the target, ball into the bucket, longest rally, serving accuracy and a throwing competition. Some activities will attract prizes for the best performance.

A free barbecue is on offer, with drinks, baked goods and a lolly scramble

Some racquets are available but they are suited mainly for children, and there are Hell Pizza vouchers for the first 200 people to sign in.

Meanwhile, the club begins its mid-week competition in early November. It runs for six weeks on Tuesday or Thursday nights (depending on which suits), starting 6.30pm.

It's doubles only with teams of three (businesses, workmates, families, friends etc). Three sets are played against another team, each person playing two sets. Cost \$60 per team.

■ For information contact Gary Quigan on 06 364-6321 or 0272560121

TĀKARO/Sport

Special honour for Hinga at Gazbos dinner

Even the appearance of an All Blacks captain couldn't overshadow a special night for Hinga Gardiner.

Hinga was honoured with life membership of the Gazbos Golden Oldies Sport Club at the club's annual dinner on Saturday September 12. The dinner – with numbers restricted to only 100 because of Covid-19 – was at the Rahui Rugby Club and an opportunity for Wayne (Buck) Shelford to fly in from North Harbour to mingle with some of the people supporting New Zealand grassroots rugby.

The 22-test All Blacks captain noted that awards such as that for Hinga were not handed out lightly.

"It's a very special honour, so congratulations," he said.

The award was for 20 years of selfless service to the Gazbos, a group of players and supporters who continue their involvement with rugby by playing social "golden oldies" matches, travelling – often overseas – and fundraising not only for the club but also local causes.

Hinga was presented with a plaque inscribed with the words "In recognition of her dedication and service to the betterment of the Ōtaki Gazbos." She also received a life membership badge, worn only by four other members – Doug Garrity, Kevin Coldstream, Trevor Hosking and Donald Whiterod. She is the first woman to receive the honour.

Club secretary Doug Garrity said the award was well deserved.

"Hinga has been with the club for 20 years and has been on the committee for approximately 15 of those years," Doug says. "She's one of those people who helps out wherever it's necessary, from doing the Batons Up raffles and fundraising to clean-ups, and supporting away trips."

An auction and charity bucket on the night raised \$600 for prostate disease research and welfare, which was topped up to \$1100 from Gazbos funds.



HONOUR: Hinga Gardiner was joined for a photo with other Gazbos life members and a special guest at the annual dinner. From left, life member Kevin Coldstream, former All Blacks captain Wayne (Buck) Shelford, and life members Doug Garrity and Trevor Hosking. Absent was the other life member, Donald Whiterod.

DELIGHTED: Hinga was lost for words when presented with the award by Gazbos president Chris Johnson.

Photos Ian Carson



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6 – 12 year olds

TBA

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Grief Support Group

Our grief support group is a peer support group for adults who are going through grief or loss. It is a forum where all are encouraged to share their feelings (if they wish to do so).

There are many different ways to grieve, all equally natural and acceptable.

We try to have a guest speaker at alternate monthly meetings. We have our monthly meeting on the first Tuesday of every month at The Funeral Home Lounge, 545 Queen Street East, Levin. **All are Welcome.**

Meetings are held the first Tuesday of the month



For more information please call Kathryn on 063688108



0800 426275 ~ (06) 368-8108

197 Mill Road, Otaki
545 - 547 Queen Street East, Levin
www.icmark.co.nz

