Karamea Chronicle

In touch with our Community



Monday 24th May 2021

Issue 108

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In this issue

Karamea Information & Resource Centre

106 Bridge Street, Market Cross, Karamea

Monday to Sunday 9am to 5pm

2 03 7826 652

info@karameainfo.co.nz

www.karameainfo.co.nz

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<u>Disclaimer</u>

The opinions expressed in articles in the Karamea Chronicle are those of the authors of such articles and do not necessarily express the views or opinions of the Staff or Committee of the Karamea Information and Resource Centre.

Articles are published at the discretion of the Editor

KAS Recycling and Compost system

By Brett Mawson

Karamea Area School has now got a recycling and composting system put in place in all learning spaces and the staffroom. This system is comprised of 4 separate bins; Plastics 1,2, and 5, Cardboard and paper, food scraps and waste, linked to requirements of the Karamea landfill. These bins are then collected and emptied into larger specialized wheelie bins. All students and staff have been instructed on how

the system works with rotational monitors from Totara class year 7-8 being responsible for the emptying and cleaning of the bins, while being assisted by other students from each classroom to learn how the process works.

The short-term goal is to establish clean recyclable plastic being processed at the Karamea landfill. All paper and cardboard are stored in preparation of them being used as the carbon layer to produce compost as are the food scraps and other forms of green waste generated by our esteemed caretaker Stu, which can then be utilized by the Community

and school gardens.

The long-term goal (Term 4) is to aim for the removal of all general rubbish bins from the school grounds so that we become zero waste in conjunction with the Environmental school's



programme, of which KAS is currently listed for.

Currently due to our transition the above sites are temporary, however thanks to Niki Adams and NCEA tech students, a brand-new recycling structure is planned to be underway by week 2.

The single biggest waste product going into the rubbish bins are single serve chippie packets and gladwrap. To help ensure that these goals are met, please be conscious that, as a school, items that cannot be recycled will be the responsibility of the consumer so we



Food Scraps
Companies February
Companies of conceptable
Companies of co

Cont. page 3

Karamea Chronicle

Kawatiri Food Security Network



Are you interested in locally grown produce?

Care about where our food comes from?

Love to grow your own produce?

Want to ensure availability of food in an emergency?

Interested in sharing, swapping and trading your abundance of food?

Want to network with others who have the same passion?

We are holding an afternoon tea at

No 37 Community House

37 Peel Street

Tuesday 25th May at 1.30pm







'carbon' storage

collectively need to use alternatives.

It is extremely exciting to be a part of this initiative that has only positive outcomes for the community and environment.

Environment and Sustainability Leader

Brett Mawson

Additional Caretaker required for holiday homes in Karamea

We currently have a vacancy for an additional part time Caretaker, tasks may include:

Cleaning and Servicing the holiday Accommodation

Getting the accommodation ready for guests

Making beds

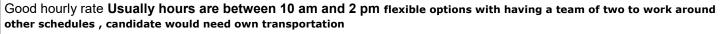
Carrying out laundry

Some other garden related tasks may also be included such as

Gardening

Water blasting

Staining and painting



Interested either text 0211729829 or email healthsafetyenvironmental2017@gmail.com



Looking to buy or sell? Give Paul a call!

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Little Wanganui Hotel Charity Event

Saturday 5 June 11AM @ Little Wanganui Hotel

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WHAT'S ON KARAMEA							
May 2021							
Event	Date	Time	Venue	Contact	Phone		
Sweet Caroline Tour (Neil Diamond Tribute)	27th May	8pm	NBS Theatre	NBS			
June 2021							
Event	Date	Time	Venue	Contact	Phone		
Boobies & Brunch	5th June	11am	Little Wanganui Hotel	Kathy Blumm	037826752		
Winter School	1st June - 4th July	Various	Various	Kathy Ramsay	037826808		
Learner Licence theory course	15th June	3.45pm	Buller Reap	Buller Reap	037897659		
West Coast Careers Pathway	16th June	9AM	Pulse Energy	Tai Poutini	0800 800 411		
Defensive Driving Course	28th June & 30th June	5pm	111 Palmerston Street Westport	Buller Reap	037897659		
July 2021							
Event	Date	Time	Venue	Contact	Phone		
First Aid Course	6th July	8am	ТВС	Dairy Womens Network	0800 396 748		
REGULAR EVENTS							
Event	Day	Time	Venue	Contact	Phone		
Craft Group	Tue	1-3.30pm	Last Resort	May Chalmers	7826 749		
Mahjong (every second Tuesday)	Tue	12 - clos- ing	Vinnie's Café	Anji Hamson	021-466426		
Tennis Coaching (ages 8 – 18 yrs) (Bring racket, sports shoes, water)	Wed	3.15 – 4.30pm	Tennis Courts (No cost)	Paul Murray	027-2569967		
Abundance Share Karamea	Thu	4 - 6 pm	23 Wharf Road	Shona Gibson			
Singing - informal and free, every voice welcome!	Thu	4pm	33 Wharf Road (opposite pub)	Liz Kerslake			
Anglican Church Service	Sun	11am	Holy Trinity Community Church, 87 Waverley Street				
Catholic Communion Service 2 nd & 4 th Sunday of month	Sun	11am	Holy Family Catholic Church, 7 Waverley Street				
Catholic Mass Service (1 st , 3 rd & 5 th Sunday of month)	Sun	12pm	Holy Family Catholic Church, 7 Waverley Street				
Soccer (all welcome)	Sun	10am	Domain	Deborah Wagner			

To add any community events to The Chronicle, please email info@karameainfo.co.nz or phone us on 7826 652 by the Chronicle deadline date

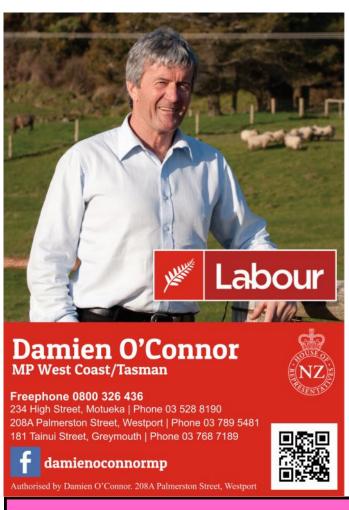


Dogs in the National Parks

By Liz Volckman

The Kahurangi national park has very high ecological values that includes species such as great spotted kiwi, blue duck and weka, all susceptible to dogs. The Oparara Basin lies within Kahurangi National Park and the National Parks Act does not allow dogs in National Parks - this includes dogs in vehicles - except with specific approval (e.g., Conservation and Search and Rescue dogs). There is no approval given for the general public to take their dogs into the Oparara Basin so they are unable to do so. On the spot fines range from \$200 to \$800.

The Director-General may from time to time issue (in respect of any dog) a dog control permit allowing the owner or any other person in charge of that dog to take that dog into any national park or part of a national park, specified within the permit, with the condition that the holder carry the permit on his or her person whenever the holder is in a national park.



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West Coast DHB meeting draws the crowd



By Liz Volckman

Due to staff changes at the Karamea Health Clinic a proposed new after hours healthcare service is to be introduced to Karamea in the coming weeks following some restructuring.

At the meeting held at the RSA on the 12th May the West Coast DHB assured concerned residents that the care will be the same service as before, just provided by different people. Homecare Medical Ltd (HML) is a New Zealand wide service contracted by health boards and staffed by health professionals to provide telephone triaging. Patients would be given general self care advice, advised (if they can) to see their GP or nurse in the morning or if the situation is an emergency to call 111.

General Manager of the West Coast DHB Philip Wheble advised that Karamea is expected to have 2 clinicians up to 4 days a week during business hours plus a prime who will be on duty to attend emergency call outs. The 2 clinicians would either be a GP or nurse practioner plus one rural nurse specialist (RNS) or alternatively two RNS. The reception would remain unchanged.

With the sad departure of Nurse Prescriber Jenny Roumieu, a well loved RNS who has practiced in the Karamea District for nearly 20 years the West Coast DHB reassured residents that the recruiting process to replace Jenny was well underway.

West Coast DHB's Manager Integrated Health Services – Northern, Deborah Wright advised the plan is that eventually all RNS will also be nurse prescribers. In essence and according to the MoH website registered nurse prescribing will make best use of the knowledge and skills of nurses for positive health outcomes. Demand for health care is increasing as the population ages and more New Zealanders are living with long-term conditions and registered nurse prescribing will contribute to addressing demand.

Spiced Feijoa Cake

By Donna Chambers

2 Cups Self Raising Flour

1 Cup Raw Sugar

2 teaspoons Ground Cinnamon

1/2 teaspoon Nutmeg

150g Butter melted

2 eggs, lightly whisked

2 Cups chopped Feijoa flesh (fresh or lightly stewed)

1/2 Cup Walnuts chopped

Icing sugar, to dust.

Whipped Cream or Custard, to serve.

Preheat the oven to 170c fan bake.

Grease a 20cm cake tin & line the base with baking paper.

Mix flour, sugar, cinnamon & nutmeg together in a large bowl.

Stir in butter, eggs & feijoas until combined.

Fold in walnuts.

Transfer mixture to prepared tin. Bake for 50-60 minutes, until the cake is



golden brown & a skewer inserted into the centre comes out clean. Leave to cool in the tin for 15 minutes, then carefully turnout onto a wire rack. Dust cake with icing sugar, cut into slices & serve with a generous dollop of whipped cream or custard.



Tips:

- Cake can be served warm or at room temperature.
- It keeps well in an airtight container for up to 5 days.
- For a tangier cake, use fresh chopped feijoas.
- If you like a sweeter cake, lightly stew the feijoas first. You can do this by combining chopped feijoas with a little brown sugar & a small squeeze of lemon juice, then cook for 2-3 minutes. Refrigerate for 5-10 minutes before using.

Walnuts can be swapped for Pecans or Sultanas.



Links by Paul Drake (Karamea)

This is just a brief Update on the class action cases that Dr. Rainer Fuellmach is conducting in Germany and will follow in Canada, US and the rest of the world.

There are only three links here but I would like you to share them far and wide. The class action cases are currently being taken at the national/local level but the main incendiaries will be aimed at the World Economic Forum WEF headed by Klaus Schwab who is being interviewed in the second link.

Schwab's utopian world is where we can have chips inserted in our brains to directly connect us to the internet of everything! And you will own nothing and be happy! And our world leaders (including our PM) is taking these people seriously!

You could be forgiven for thinking that the world is run by madmen, or should I say madpersons?

Cheers

Paul Drake

Dr. Rainer Fuellmich, International lawyer - Evidence Pandemic is a Crime -

Stopworldcontrol.com: Rumble

https://rumble.com/embed/vdrexb/?pub=196ib

Connecting the Dots – Fact Checkers? Funding and Microchips: Computing Forever

https://www.bitchute.com/video/OtpXNRDrWGP9/

COVID 19 "Asymptomatic Transmission" Kiwi Doctor: Sam Bailey

https://www.bitchute.com/video/mPVmaR7vU03p/

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 - 6.00pm

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 - 6.00pm

 Thursday
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 - 6.00pm

 Friday
 8.30am
 - 6.00pm

 Saturday
 8.30am
 - 6.00pm

 Sunday
 8.30am
 - 6.00pm



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\$5 - 1/8 page (10.5cm x 7.5cm

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Kia Ora Karamea Drivers,

We love seeing you on your commute but please remember to SLOW DOWN when going past our school.



The speed 'limit' (not a target) past a school bus is 20kms, but some drivers are currently whistling past at 60kms/ph.

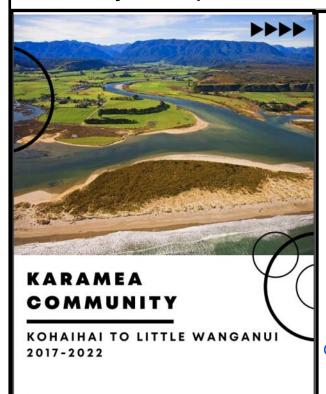
The speed limit past a school is 40kms when kids are about.

Additionally, it's advised parents park on the school side of the road whenever possible, and if you need to park across the road, then please accompany your children across the road. Thanks for the understanding of this important matter, and for keeping our tamariki safe.

I don't understand why people say hurtful things like

"Want to go for a run" or "Try this kale"

Dean Rainey—Principal



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4444

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Special Welcome to you all from the Parish of

Holy Family Catholic Church of Karamea (Waverley Street – Karamea End)

- Mass is celebrated on the First, Third and Fifth Sundays of each month commencing at Midday (12.00pm).
- Worship of the Liturgy and Eucharist is held on alternative Sundays being the Second and Fourth Sunday of each month commencing at 11.00am.
- Any changes to timings will be posted on Front door.

For any further information or local support please free to phone or txt Dave Sanders at 027 211-4294/782-6775.

Alternatively please phone either 782-6873 or 782-6781.

"God Bless our Special Community and our Visitors"

Little Wanganui Hall For Hire

Plus we have trestles and chairs which can be hired out from Hall.

Payment can be a donation back to the

Contact:

Kathy: 027 390 1307 **Diane**: 7826 762



Karamea Landfill OPEN

Wednesday: 9am - 1pm Friday: 9am - 1pm Sunday: 9am - 1pm

The dump is closed on Public Holidays



OPEN

Mon to Sat 1pm to 4pm Closed Sunday

Entry payable by Cash/Eftpos or Smartphone app



Holy Trinity Community Church

All Denominations welcome
A place where you can belong

- Worship every Sunday at 11am
- Bible study every Tuesday night at 7.30pm (held at different homes)

Waverley Street

Karamea Health Centre

126 Waverley Street
Phone 7826 710 (including after hours)

Hours of Service

Monday to Friday 9am to 12pm - 1pm to 5pm

Drop in Clinic 3pm to 4pm Saturday, Sunday, Public Holidays

Doctor at Clinic

Tuesdays and Thursdays

Rural Nurse 027 404 4958

EMERGENCIES 111

Note: Please book a couple of weeks in advance if you're getting low on medication!





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For more information phone Kathy on 7826808 or email:

wickaat@hotmail.com

KARAMEA LIBRARY

Waverley Street

OPEN

Monday & Saturday 10.30am to 12.30pm

Wednesday 1.30pm to 3.30pm



Ladies

Come and share with a fun loving group of women for a coffee and a laugh.

Newcomers and children all welcome.

Last Friday every month at 10.30am at Karamea Church (Holy Trinity), Waverley Street



Phone Jenny 7826 033 or Sue 7826 082

To all Karamea RD3 box holders, with winter approaching soon and the weather getting wetter it's time for a friendly reminder and a few tips.

Is your letterbox weather proof? If not it might be a good time to either weather proof it or upgrade to a new one.

Is your letterbox at least 1.1m of the ground?

Do you have your name or at least your number clearly marked on your letter box?



How is your approach in and out of your letterbox, overhanging branches need a trim? flax bushes etc trim the back, load of gravel in your potholes, there are quite a few developing, grass becomes very slippery this time of year so maybe a load of gravel?

Do you get large parcels that will not fit in your letterbox? You might need a bigger letter box or a parcel box.

Please only put up you flag if you have mail to be picked up for outward delivery.

Please have a good look at the list above and take action if any of the above applies to you and your letterbox. Lets all do our bit to enable our local postie to do her job in a safe and timely manner.

Phil and Danelle—Rural Post Contractors



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A tourist in your own area Scotts Beach

By Liz Volckman

Approximately 45 minutes walk from the car park and campsite at the Kohaihai along the beginning of the Heaphy Track (or end depending on which direction you are heading) is the secluded Scotts Beach. Walk through the forest canopy of rata and karaka and you will come to this wild and empty beach which is breathtaking. Awash with driftwood strewn across the light sand, with foamy waves crashing the beach cre-

ates a light mist that shrouds the shoreline which is edged by the NZ endemic Nikau Palm (Rhopalostylis sapida)

Scotts beach is too dangerous to swim in , with a steep drop off, hazardous rips and undertows so don't bother with

a towel. Do however bother with insect repellent as the sandflies are extremely friendly .Not surprising really as sandflies breed in the swift-flowing bush streams that abound in this region.

Should you be keen to camp there is a sheltered grassy Campsite with a toilet and a drinking water fountain.

Heaphy Track Camping fees from 1 July 2021

1 May - 30 September:

For all visitors: Adult (18+ years): \$16 per person, per night

Child (17 years and under): : free but booking still required.

1 October - 30 April

New Zealanders: Adult (18+ years): \$16 per person, per night. Child (17 years and under): free but booking still required.

International visitors: Adult (18+ years): \$24 per person, per night. Child (17 years and under): \$12 per person, per night







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Karamea Fuel prices as at 1/2/2021

91	\$2.139
95	\$2.259
DIESEL	\$1.439

KARAMEA PHONE LIST AVAILABLE TO BUY

The new Karamea telephone list is now available to buy from the Karamea Information Centre

Laminated \$10.00

Card only \$ 5.00

Item of clothing found on the Oparara Road

If you think you have lost something on the Oparara Road please contact the team at the Info Centre on 03-7826652 or email us on

info@karameainfo.co.nz



FREE COMPUTER TRAINING

Karamea Information and Resource Centre is pleased to advise that we are offering **FREE** IT support to help the older members in our community, and any computer novices, to use information technology to achieve their goals. Please phone us on 7826 652 to make an appointment.

Cheques are being phased out and the deadline is looming. If you need help with internet banking, pop in and we are happy to help!

We have helped a few people already who have appreciated our 'one on one' approach, set at the individual's pace.

Also a reminder that we have free WIFI for public use at the Information Centre in Bridge Street.

The team at the Info Centre

WINTER SCHOOL 2021					
Ladies Sparkle Dance Exercise	Tuesday 1st, 8th, 15th, 22nd & 29th June. 6:00pm	Sauerkraut	Wednesday 16th June, 11:00am		
Create a Kete Hoko/Shopping Basket from Flax	Wednesday 2nd June, 10:00am,	Kids Boot Camp / Exercise Class	Wednesday 16th June, 3:30pm		
30 Minute Chair Based Yoga	Thursday 3rd June, 10:00am,	Cable Knitting	Thursday 17th June, 1:00 - 4:00pm,		
How to Be Yourself	Thursday 3rd June, 2:00pm - 4:00pm	Floral Art	Friday 18th June 10:00am		
Singing	3rd, 10th 17th and 24th June, 4:00 - 5:00pm,	Event: Granity Night Market	Friday 18th June		
Plant Based Cooking	Friday 4th June, 11:00am to 1pm	Event: Winter Solstice at Ōpārara Reserve	Saturday 19th June		
Hooping with Chad and Aby	Friday 4th June, 3:30 - 4:45pm,	Event: Free Shop Saturday	19th June, 10:00am - 2:00pm		
Bee Talk	Saturday 5th June 10:00am	Fundm'tls of Western Tradition Ritual Magick	Saturday 19th June, 1:00pm - 2:00pm,		
Maori Pronunciation	Saturday 5th June, 2:00pm	Chook Chat	Sunday20th June, 2:00pm		
Cold Process Soap	Sunday 6th June, 11:00am,	Healing Oneself	Sunday 20th June 6.30pm		
Crochet Hook Up	Sunday 6th June, 2.00pm	Adult Boot Camp	Monday 21st June 6.00pm		
Meditation Monday	7th June, 10:00 - 11:30am	Informal Chat about Intermittent Fasting	Wednesday 23rd June, 2:00pm		
Guitar Masterclass - Dean Rainey	Mon Nights 7th, 14th, 21st and 28th June, 7-8pm	Making Sourdough Bread	Thursday 24th June, 11:00am		
Crochet Socks	Tuesday 8th June, 11:00am	Beginners Mahjong	Friday 25th June 1:00pm		
Quilt Making Wednesday	9th June 9:30am - 3:30pm	Grandmother Circle	Friday 25th June, 4:00 - 6:00pm		
Taboo Talk	Wednesdays 9th, 16th, 23rd and 30th June, 7:00pm	Event: Puanga Matariki WinterFest	Saturday & Sunday 25th & 26th June, 3:30pm		
		Sing Your Story W'shop with Fernan- do Tarango	Friday 25th June, from 6:30 - 8:30pm		
Foot Massage	Friday 11th June, 2:00 - 3:00pm	Permaculture Design for community Garden	Sat 26th June, 10:00am - 12:00pm,		
Garden Development	Saturday 12th June, 9:30am	Open Day - Tony Johnson's Vintage tractors	Sunday 27th June, between 10:00am - 1:00pm		
		Vegan Cheese	Sunday 27th June, 11:00am		
3D Felt Workshop 2 full days:	12 & 13th June, 9:00am - 4:00pm	Fun With Words	Sunday 27th June, 2:00pm		
Wine Making	Saturday 12th June, 9:30am	How to do Psychic Readings	Sunday 27th June, 6:30 - 8:00pm		
Cheese Making	Sunday 13th June, 9:00am	Lanah Hake - My Picture of Peace	Tuesday 29th June, 6:30pm		
Tall Tales and True Sunday	13th June, 2:00pm - 4:00pm	Event: Matariki Fire	Friday 2nd July, 6:00 - 8:00pm		
Sewing with Shirley @7pm	Mon 14th June, Tues 15th, Mon 21st, Tues 22nd	Event: Pudding Club Sunday	4th July, 7:00pm		
Arty Arvos with Ange	Monday 14th and Monday 21st June, 1:00 - 3:00pm				



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opportunity each month
to get out and socialise
with others whilst
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DEADLINE FOR NEXT CHRONICLE 3PM MONDAY 7TH JUNE 2021

Farmers with a KAWS

By Caroline Jones

Following on from the Farm Chat event hosted by Clean Streams Karamea, a small number of farmers have set up a group to test waterways that pass through their farms. This group is named Karamea Area Water Sampling.

At the moment we will be undertaking monthly sampling down Blackwater and Granite Creeks at

all farm boundaries, or at least as near as is easily accessible.

This testing will include clarity, nitrate, phosphorus and E.coli testing.
Although only in-field or



kitchen bench results will be available, the West Coast Regional Council has offered to subsidise E.coli lab sampling for at least one test with the locations labelled randomly unless the landowner chooses to share results with the council staff. All in-house test results will be given only to the landowner, to do with as they wish.

There is also the possibility of doing macroinvertebrate sampling, though, as this is more timeconsuming it will not happen often or regularly.

This service is set up to help the farmers understand what happens to waterways as they pass through farmlands, and for farmers to take what action they wish. Because results are given only to the land-owner other people will not be able to use the data to point fingers. You don't know where a problem is, or how big it is, unless you have the data to look at and it is hoped this is a first step towards understanding and, where necessary, remediating fresh water bodies.

At this stage we are looking at getting support from other farmers in the wider Karamea Area so we can then apply to outside sources for more funding to buy another test kit and waders. Water sampling can also be given to farmers outside the Granite and Blackwater Creek areas, but only on an as-

requested basis and for a fee to cover the cost of fuel and consumables.

Testing will not begin immediately as I have to figure out what I'm doing by sampling our farm a couple of times first, when the weather improves.
Once again, results

will be given only to the landowner.

Our thanks to Clean Streams Karamea for getting the ball rolling, West Coast Regional Council for equipment and advice, and Landcare Trust for pointing us in the right direction.

For further information, to offer support, or register an interest in having a test done, please contact Caroline Jones (cb.jones@farmside.co.nz), coordinator, KAWS.

Chequing Out

From mid-2021 (the exact date varies from late-May to late June 2021), banks in New Zealand will no longer provide cheque accounts, accept cheques as deposits or issue bank cheques. Here are some banks who have already issued details. NBS 28th May 2021, ANZ 31st May 2021, Westpac.TSB and HSBC 25th June 2021 and BNZ 30th June 2021.

If you have a cheque that needs depositing, do it as soon as possible to avoid being out of pocket.