

Karamea Chronicle

In touch with our Community

Monday, 18th January 2021

Issue 99

Price \$1.00



In this issue:

Karamea Information & Resource Centre

106 Bridge Street,
Market Cross, Karamea

**Monday to Sunday
9am to 5pm**

☎ 03 7826 652

✉ info@karameainfo.co.nz

🌐 www.karameainfo.co.nz

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Karamea Traffic Jam

By Caroline Wood

A traffic jam in Karamea? Absolutely - and the visitors have been flocking in, be it staying just for the day or a night or two. Speaking to the Karamea locals, many say they have never seen our little slice of paradise so busy.

And visitors have certainly been flocking into the Information Centre, saying "it's always been on our bucket list" or "we've heard such great things about Karamea from friends". We have been inundated with people asking where the 'Oparara-ra' or 'Opapara' or just plain 'Opera' arches are! Liz did a sterling job her smile was still plastered to her face a few days later!



Vinnie Dunsford said that the number of people visiting Vinnies Café has probably doubled over last year. No wonder he was looking somewhat tired when I spoke to him the other day, but still with his trademark smile and humour intact, despite working until 4.00 am the night before to prep for the day! The Café have been churning out 200 pies a day (Kiwi's love their pies!) and a normal week's worth of milk lasted a day. Vinnie pre-ordered two weeks supply of stock prior to the onslaught, which lasted all of one week and he's grateful

to his suppliers for getting him re-stocked quickly.

Juliette James of Karamea Four Square said that there seemed a lot more families around. They have been exceptionally busy and on one day alone took nearly 500 EftPos transactions. Her staff have been working really hard but she appreciates the extra business as she knows that towns further down the coast, such as Franz Joseph and Fox Glaciers, have really seen a downturn.

Jean Gibson from The Shed echoed this, saying they are definitely busier than last year with a lot more New Zealanders travelling and they seem to be spending more. Also the Karamea Hardware has had "a steady stream

of visitors, not leaving much time for a break", says Sandy Currie.

The accommodation providers have been just as busy and Tania Tinomana of the Last Resort is suffering from a bit of sleep deprivation! They have been very full, with not much end in sight, although booking are slowing down a little from about 15th - but picking up again later. Visitors are commenting on the beautiful weather and Tania assures them that the

West Coast weather is always like this - "yeah right"!

Kiwi's love to camp and Lesley Cook said, "Just heaps of campers! We are probably 50% up on last year". Bookings are still coming through for the next couple of months and the feedback from visitors has been "Love Karamea and we will be back".

There's nothing quite like the beauty of Karamea and a good dollop of our West Coast hospitality. Well done Karamea!

WHAT'S ON KARAMEA

JANUARY 2021

Event	Date	Time	Venue	Contact	Phone
Clothes Swap Social (Girls only event)	23/1/21	3.00pm	33 Wharf Road		
Speed Dating Evening - Round 1	22/1/21	7.30-10.30pm	Johnny's Westport		

FEBRUARY 2021

Event	Date	Time	Venue	Contact	Phone
Schools starts	9/2/21		Karamea Area School		
Buller Gorge Marathon	13/1/21			www.bullergorgemarathon.co.nz/register/	

MARCH 2021

Event	Date	Time	Venue	Contact	Phone
Cheese Competition Start making your cheeses!	13/3/21	TBA	Little Wanganui Community Hall	Kathy Blumm	7826 646

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 - closing	Vinnie's Café	Anji Hamson	021-466426
Ambrose Golf (enter by 5.00 pm)	Wed	5pm	Golf Club	Murray Aitken	021 888 877
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		
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

Changes afoot at the information Centre

There have been some staff changes at the Karamea Information & Resource Centre with Brian Corner deciding to move on to not only spend time with Petra who is here for a few months, but concentrate more on his editing work, which he loves. 'Books', along with the wonderful warm way in which he welcomed and assisted visitors to the Centre, is how Brian will be remembered! He always had an eclectic selection of books on display, mostly by New Zealand authors and relevant to Karamea. We will endeavour to keep up the range of books, adding new books as and when we can, so keep on popping in to see what is on offer.

Thanks to Judith Harrington for stepping in to help out, at short notice, over our busy period. Judith was born in Karamea but her family left when she was seven. However, she has visited Karamea over the years and her knowledge of the area and the Karamea locals is a bonus for the Centre!



Septic Tank Cleaning and other Suction Work

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Warrant of Fitness (WOF)

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An application form can be obtained by writing to the Secretary, or from the office of F T Dooley Limited.

Applications must be received not later than 5.00pm Tuesday, 9th of February 2021.

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208A Palmerston St, Westport

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/damienoconnormp

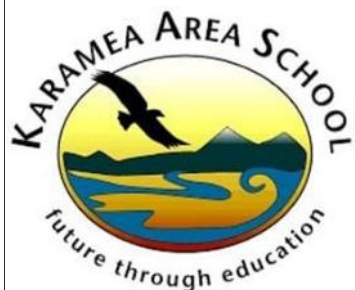


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Labour

Authorised by Hon Damien O'Connor, Parliament Buildings, Wellington



CONSTRUCTION HAS BEGUN ON KARAMEA AREA SCHOOL

By Caroline Wood

It really is 'all go' now at Karamaea Area School, with fences up and work finally beginning. It will be interesting to follow the progress of the school rebuild, with the end result definitely worth the wait and disruption, especially the new gymnasium and community space! However, please note the important notice on asbestos removal:

INFORMATION REGARDING ASBESTOS REMOVAL AT KARAMEA AREA SCHOOL

Brosnan Construction has advised that the process for asbestos removal from the old school buildings has begun and will run until @ 14 April. This being said these are provisional dates and are subject to change with further on site investigation.

The process their sub-contractor will undertake to remove the asbestos will eliminate airborne fibres.

The external asbestos is a Class B removal which means it is non-friable or rather when fractured, it does not release fibres to air, so if there are questions from the pool users, you can be confident in explaining that there will be no risk to public as long as our site fencing and exclusion zones are not breached in any way.

Please find attached further information regarding the process for removing asbestos from the old school buildings, plus a contact information number if you have any further queries.

Authorised by
Dean Rainey
Principal
Karamaea Area School



Asbestos Removal Experts

ARL Solutions will be working on a property near you soon, carrying out asbestos removal safely and in compliance in all regulations & requirements.

We need your help to make sure the site runs safely.

RESPECT OUR BOUNDARIES

Our site will be blocked off with existing fencing or other barriers, and yellow "asbestos hazard" tape & asbestos danger signs – do NOT cross these boundaries unless you get the expressed permission of the supervisor on site!

HAZMAT SUITS & MASKS

Our work requires us to wear lots of personal protective equipment (PPE) – it can look scary or odd if you see people working while wearing this PPE. It is normal and to be expected – the main thing you can do for your safety is to stay behind our boundaries.

PEACE OF MIND

During work at the property near you, we will make sure that all asbestos is contained and removed safely; our systems are designed to ensure no asbestos can escape the worksite.

Our crews work with independent companies who are there to monitor our safety precautions.

You can have peace of mind that the asbestos experts are safely carrying out the removal.

Give us a call today!

If you have questions or concerns about the project near you

OR

If you'd like free advice or a free quote for your asbestos removal project.

03 312 6926

www.arls.co.nz



ABOUT ARL SOLUTIONS

ARL Solutions provides WorkSafe licensed asbestos removal services to the South Island. We employ highly trained, qualified, and experienced staff who use sophisticated modern equipment to safely remove asbestos and other hazardous materials.

We conduct our business with absolute professionalism – from labourers to managers, our employees value honesty, education, and communication, working with clients to get their hazardous materials removal job finished safely and efficiently.

If you have questions or concerns about asbestos in your home or property, visit our website and contact us today! Our staff are more than happy to talk with you about asbestos, with no obligations.



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Karamea Four Square Shop Hours

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Wednesday	8.30am - 6.00pm
Thursday	8.30am - 6.00pm
Friday	8.30am - 6.00pm
Saturday	8.30am - 6.00pm
Sunday	8.30am - 6.00pm



In for a Penny, Out with a Pounding

Off the Top of My Head

By Paul Murray

Book Review: "The Last Front Line: Building the Paparoa Great Walk" by Brendan O'Dwyer

It's a long way from Tipperary to the wilds of the Paparoa National Park on the West Coast of the South Island of New Zealand. However, Irishman Brendan O'Dwyer found himself with an opportunity to work with a team of hardy backwoodsmen to tame a chunk of wilderness to allow the general public to experience its wonders by creating the first purpose-built Great Walk/Ride track in New Zealand.

Once the job was done, O'Dwyer decided to write a book about the trials, triumphs, tribulations and tragedy that he encountered in a place that perhaps only Maori hunters and his intrepid forbears may have experienced fossicking for gold in the rush of the 1860s.

His book, "The Last Front Line: Building the Paparoa Great Walk" was recently released at a book launch in Punakaiki on December 5, 2020, and has proved a popular Christmas stocking filler selling out quickly up and down the Coast. This is understandable as the very personal, blokey account of the almost three-year endeavour to tame the bush and allow access for trampers and mountain bikers to enjoy is a bloody good read indeed.

The Paparoa Track is a 55-kilometre purpose-built walking/mountain biking track over the Paparoa Ranges between Blackball and Punakaiki. The track was conceived as a memorial to the 29 miners who tragically lost their lives in the Pike River mine explosion on November 19, 2010. Their bodies remain deep underground to this day with all attempts at retrieving their remains have been thwarted by logistical challenges that have, thus far, been determined too dangerous to overcome. The track will be a lasting tribute to the tragic loss of life of the miners and may help to overcome the grief of the families of those lost. The Paparoa Track will connect with the Pike 29 Memorial Track, which is currently under construction and will include an information centre that chronicles the incident and provides a lasting reminder of the inherent danger of coal mining and the bravery of those who work the seams.

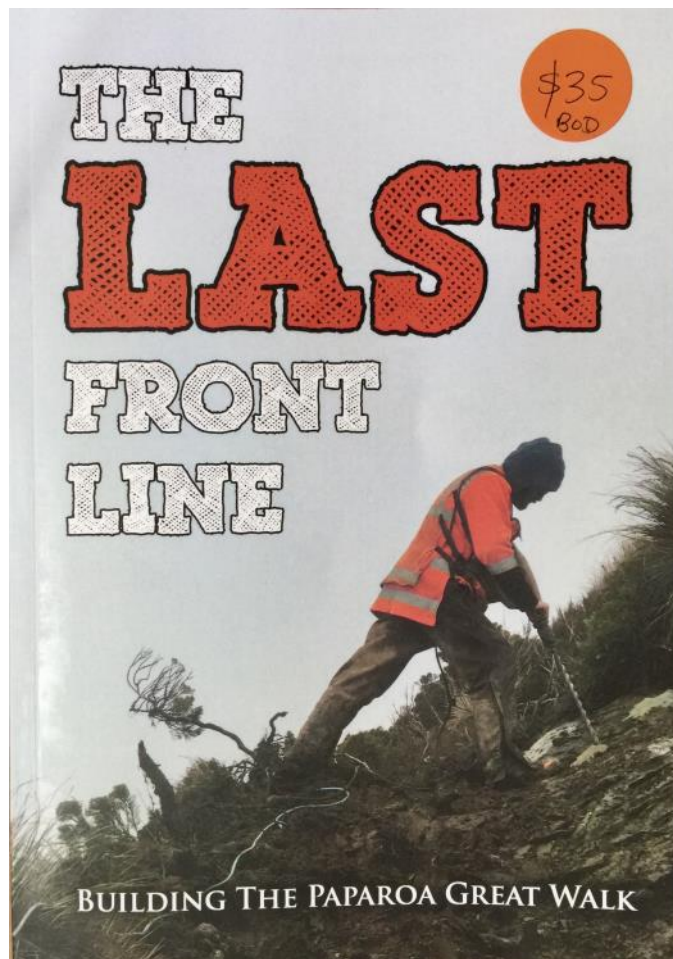
The \$12 million project was authorised under the National government in 2016 and construction work was managed by the WestReef Environmental Projects team based in Westport.

The story begins with our protagonist as an enthusiastic greenhorn determined to earn his stripes among the hardy and hardened bushmen he joined to help get the job done. In the process, the experience developed into a rite of passage where a boy became a man and gained the confidence only adventure, experience and hardship can muster. The labour of love became a love of labour, and the tale is about the camaraderie developed among the men thrown together in a challenging environment and unusual circumstances to achieve a common goal.

O'Dwyer makes occasional reference throughout the book to the quandary he felt about damaging the bush and unsettling the balance of nature to achieve the goal of completing the track. He has numerous interactions with nature and the wildlife living within it and details his love and appreciation of the natural wonderland that became his "office" for two years. Also recounted is the fierce power of nature and exposure to the elements. He and the lads endured numerous storms, floods, gales and had to tolerate almost constant rain on their quest to construct the track and the associated facilities. However, the team soldiered on regardless and, despite many setbacks, including the loss of a couple of diggers and other equipment, a broken arm and several near-death experiences, they never gave up and turned adversity into motivation, thinking only of the endpoint.

Along the way, O'Dwyer makes mistakes, learns a lot, gets a promotion, becomes an accomplished digger operator, manages to name two sections of the track after his children Odin and Quillyn and develops a genuine love and great respect for the Paparoa Ranges. He emerges from the adventure with a sure sense of pride at having been involved in a project that will leave a legacy for future generations of New Zealanders and international visitors to enjoy the scenery in some comfort without the hardships of the pioneers.

The book is also an autobiographical account of O'Dwyer's childhood, coming up hard in penury in the bogs of rural Ireland. It was here he inherited a work ethic that gained him acceptance into the team that triumphed over inclement weather, bureaucracy, moral dilemmas and geographical and geological barriers and considerable adversity to establish New Zealand's 10th Great Walk/Ride; the Paparoa and Pike29 Memorial Track.



Karamea Information & Resource Centre

Services:

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\$0.50 per page to print

WiFi Chip:

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Chronicle Advertising Rates:

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Continued from Page 6For more information about the Paparoa/Pike 29 Memorial Track:

<https://www.doc.govt.nz/parks-and-recreation/places-to-go/west-coast/places/paparoa-national-park/things-to-do/tracks/paparoa-track/>



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While out and about this summer keep your eyes peeled for sea spurge

Sea spurge invades the shores just above the high tide mark, disrupts sand dunes, and stops native plants from being able to grow. Because it spreads quickly, it can ravage a whole area in a short space of time.

Department of Conservation (DOC), and the Ministry for Primary

Industries (MPI) want people to report any sightings. Its sap is toxic to humans and animals and can cause skin irritations, or temporary blindness if you get it in your eyes, so don't try to remove it if you do spot it.

Sea spurge has been found near the following places around the country: Karekare Beach, Aotea Harbour, Mokau, Himatangi, **and Karamea.**

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National

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- Mass will be celebrated on the 1st, 3rd and 5th Sunday of each month at NOON
- Communion will be on the 2nd and 4th Sundays at 11am
- Parish priest Father David comes out from Westport

Any last minute changes will be on the church door

Waverley Street
Phone 7826 873 | 7826 775 | 7826 781

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 hall.

Contact Kathy 027 390 1307 or
Diane 7826 762



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

*The dump is closed on
Public Holidays*



OPEN

Mon to Sat 1pm to 4pm

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*Entry payable by Cash/
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Fun with Words Writing Club

Meets on the first
Sunday each
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Any questions ring 7826 808 or
email Kathy

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Ladies,

come and share with 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

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126 Waverley Street

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Lynda Pope

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The Cross, Market Cross



Karamea Fuel prices as at 16/01/2021

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

KARAMEA PHONE LISTING

2021 is here and it's that time of the year when we update the Karamea Phone Listing. Please let the Karamea Information & Resource Centre know of any additions or amendments to the current directory, either by email to info@karameainfo.co.nz or by phone on 7826 652, **by the end of January 2021**. The new telephone directory will be available from 5 February 2021:

Laminated \$10.00

Card only \$ 5.00



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.

Our friendly staff can help you with your own devices (smartphone, tablet, laptop) or can offer training on one of our 4 laptops recently purchased through funding.

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

Merry Christmas!

Caravan to Karamaea – Between composts and chickens

By Rod D

There is a strange phase of life just before full retirement . It is called semi retirement and it closely resembles work. The difference however is the amount of choice that one has when going through semi retirement and it is this choice which makes each day a box of chocolates. Currently my box of chocolates contains ;

Relief teaching

Fishing

Gardening

Writing

Exploring

Reading

Chicken husbandry

It is this last category that I have found myself drawn to as my 6 poultry sisters consistently brighten my day and provide hours of entertainment. These hens -who go by the names



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of Biggie, Bluebell, MC, Sauce, Nurse Ratched and Blanche – have distinct personalities and IQs. They announce to most of Little Wanganui -when they have delivered protein bullets from their rear ends- using a cacophony of clucking that suggests they would all prefer a caesarean. The size of the eggs is no indication of the birthing process as they (the eggs) are not much bigger than a pebble from Blue Duck Creek but we are reminded that these are early days.

Following the obligatory hen's party our dear girls are now officially free range and as they explore the strategically placed compost bins, the plastic swimming pool filled with green treats and the towering pohutakawa tree that all occupy their

new enclosure, I am satisfied that they are in double - yoker heaven.

They want for nothing.

In foul weather our fowls take their feathered swandris back inside the coop and the queue for the nesting boxes forms. The clucking reaches a crescendo and even the wekas move back into the undergrowth in an attempt to escape the shell shattering sounds.

Our life in Little Wanganui is starting to resemble the vision we had and each day provides new insights into this small community that possesses a huge heart. Support arrives when you really need it and advice is freely given with the best of intentions.

The raising of the index finger whilst driving between Little Wanganui and Karamaea is an endearing connection that occurs at all speeds. Regular catch ups at Vinnies, 4 Square, the Shed and the General Store are a wonderful combination of conversation and purchasing pleasure.

The new principal in town has bought renewed energy into the local school and I listen attentively to the whereabouts of 'best fishing and swimming spots' from senior students.

Semi retirement is a wonderful phase. Bring on the next stage



New faces on the Clean Streams Karamea team

By Sacha Healey

In 2020, Clean Streams Karamea blossomed from a big idea held by a small group of volunteers to a fully functioning nursery employing three locals and growing tens of thousands of native trees. We hold a huge gratitude to Craig Stenhouse, whose unwavering determination guided this organisation to fruition over five years of effort, and left us with an impressive nursery site and the funding to utilise it!

The new year brings a new face, with Peter Moynihan stepping in to manage operations. As a born and bred local with a wealth of experience in horticulture here, Peter is the ideal person to see the business through this next phase as we scale up and bring our services to landowners in the district.

Our Committee is also evolving, with Rosalie Sampson, Peter Langford and Geoff Volckman joining the group. Having a farming perspective at the table is hugely valuable as our aim is to work collaboratively with landowners, supporting riparian planting by making it as easy and cost-effective as possible. Peter and Geoff's feedback is helping us better shape our approach to fit farming priorities and the farm calendar.

Building on this, over the next 6 months we'll be connecting more with the community. Our aim is to partner with a few champions on 'showcase sites', so that people can see the development of plantings over time. Our team recently visited three farms near Raglan that have invested in riparian planting and were happy to show us around, and while very different farming systems they were all extremely positive about the effects the work has had on their land. All three suggested 'seeing is believing', and it was certainly inspiring for us to see how their riparian margins had developed over the years.

If you have waterways or other land that you are considering planting at some stage, feel free to get in touch with Peter or Sacha to have a chat about your ideas. It's a great time to make a start!

Peter Moynihan – 03 7826 865,
clean.streams.karamea@gmail.com

Sacha Healey – 0204 149 1184,
sachacleanstreams@gmail.com

Riparian planting on farms near Raglan over time



Rates review info coming your way

**Keep an eye out for info arriving in your mail box
about Council's rate review.**

**Council is inviting feedback on its proposal to change
how rates are calculated.**

**Everyone can make a submission on the
proposal. Submissions must be received on or before
19 February 2021.**

**Got questions? In the near future, we'll be
releasing details about drop in sessions around the
district where you can ask
questions from staff and Councillors.**

**Info and updates can be found at
www.bullerdc.govt.nz, on Facebook, at
Council offices, district i-sites and by phoning
0800 807 239.**





Clothes Swap Social

DOWNSTAIRS @ 33 WHARF RD
FROM 3PM 23.01.21

BYO REFRESHMENTS & SWAPABLES!

Girls Only Event :

There is a Girl Swap Clothes (and drinks!) happening the 23rd of January at 3pm at Ange and Cliff place.

Every girl welcome, bring your clothes, your drinks and your good vibes!

Community Grants APPLICATIONS OPEN



Buller District Council is calling for applications to the Community Grants Fund and Sport NZ Rural Travel Fund. Funding will be allocated in March 2021.

Application forms are available online from Council's website: www.bullerdc.govt.nz/funding, or can be collected from Council offices in Westport and Reefton.

Applications must be submitted no later than **4:30pm Friday 19 February 2021.**

COMMUNITY GRANTS

The Community Grants Fund was set up to support the work of community groups and volunteer organisations, who are providing community and social projects and services within the Buller District.

Funds are available in recognition of the wide range of organisations whose efforts enhance the wellbeing of our communities.

This is Council's own grants fund, budgeted for each year within the Annual Plan.

SPORT NZ RURAL TRAVEL FUND

This fund is open to rural sports clubs and school teams with young people aged between 5 and 19 years for the purpose of travel to regular local sporting competitions. A rural school club team will be eligible for funding if it is participating in a regular sports competition out of school time, and excludes inter-school/intra-school competitions run during school time. The Sport New Zealand Rural Travel Fund is a partnership between Sport New Zealand and the Buller District Council.



For further information head to:
www.bullerdc.govt.nz/funding

Creative Communities Grants APPLICATIONS OPEN



**Buller District Council is calling
for applications to the Creative
Community Grants Fund.
Funding will be allocated in
February 2021.**

Application forms are available
online from Council's website:
www.bullerdc.govt.nz/funding,
or can be collected from Council
Offices in Westport and
Reefton.

Applications must be
submitted no later than **4:30pm
Monday 1 February 2021.**

CREATIVE COMMUNITIES GRANTS

The Buller District Council
administers grants for Creative NZ
under the Creative Communities
Scheme. The purpose of this scheme
is to support and encourage local
communities to create and present a
range of opportunities, for those
interested, to be able to access and
participate in arts activities in the district.

This fund was set up to support the work of
community groups and individuals, to
enable arts projects and activities taking place
in the Buller District.

The project must meet one or more of the
following criteria:

Participation – Create opportunities for local
communities to engage with, and participate.

Diversity – Support the diverse artistic cultural
traditions of local communities

Young people- Enable young people (under 18) to
engage with, and participate in the arts.

For further information head to:
www.bullerdc.govt.nz/funding



ARTS COUNCIL OF NEW ZEALAND TOI AOTEAROA

A CHALLENGE NOT FOR THE FAINT HEARTED (or unfit)

By Caroline Wood

“Honey, I need the car for a couple of days! How are you getting work?” Mmmmm, me thinks – I could bike in, it’s only for two days and it’s not far, just 14 kilometres each way, half on gravel, half on tar and Google Maps says 43 minutes and mostly flat. So, how hard can it be? Challenge accepted!

Dusted off the bike, with its high hand bars, padded seat, mud guards and panniers – the one that hasn’t been ridden in a few years and with flat tyres! And dug out the Lycra gel-padded shorts, my high-vis vest and the helmet, wheeled the bike down the hill and set off, leaving a good hour and a half before I had to be at work.

An hour later I wobbled into Karamea with shaky legs and the sound of the scraping mudguard ringing in my ears! Every slight incline was a steep incline, every hump a hill and every hill a mountain and every stone chip a pebble, every pebble a stone and every stone a boulder – and the gravel 'ball bearings' and the camber of the road conspired to put me in the ditch (my tyres definitely aren’t the ‘4x4’ version!). I could swear that every downhill on the gravel section ended with a new dump of gravel to bring me to a standstill and lose any momentum I had for the next uphill!

After a long, hectic day it was somewhat gingerly that I climbed on my bike to repeat the process (collaring a contractor to fix the mudguard!). By now it was hot, sunny and, as I was soon to discover, a headwind to greet me and – the distance had more than doubled and it was now uphill ALL the way home. And my final challenge of the day was to scale ‘Mount Everest’ and trudge up the hill. My commute time went from around 40 minutes a day by car



A few complaining muscles and a slightly tender rear end – and the knowledge of what lay ahead – didn’t stop me from getting to work the next day! Despite my ‘whinges’, I did really enjoy biking in, especially in the cool of the morning with the birdlife and freshness of everything. What I didn’t enjoy was the vehicles that didn’t slow down on the gravel section, showering me with grit and leaving billows of dust. My thanks, however, to Lowe Contracting trucks and the milk tankers who stopped or slowed right down – a big thumbs up!

Will I do it every day and in all weathers? Definitely not, but I will try and cycle in a couple of times a week – once, I’ve invested in a ring cushion! So, take on a challenge and start pedalling or walking! And if I can bike in to work – and write about it for The Chronicle - how about accepting another challenge and sending in an article (about anything!) for The Chronicle!



Self-Crusting Veggie Quiche

1 Large Onion

(1/4 Capsicum optional)

Salt & Pepper

1 teaspoon Baking Powder

4 Eggs

1 cup grated Cheese

1 cup Flour

$\frac{1}{2}$ cup Oil

2 cups cooked veggies of your choice

(Zucchini, Broccoli, Cauliflower, Carrots, Peas, Green Beans, Parsnips, Pumpkin, Potatoes etc.)

2 cups cooked Spinach or Silverbeet

Finely chop onion & capsicum, cook in a Tablespoon of oil or butter about 5 minutes, set aside until cool.

Beat eggs in a large bowl, add oil to egg mixture, a little salt & pepper, cheese, baking powder & flour, mix well.

Then add all the veggies to the egg mixture, mix well. Pour into a greased baking dish.

Bake at 180 for 45 minutes.

Serve with a green salad.

If Ever You've Lived On An Island

By J. Earnhart

If ever you've lived on an island
if ever you've lived by the sea;
You'll never return to the mainland
once your spirit has been set free.

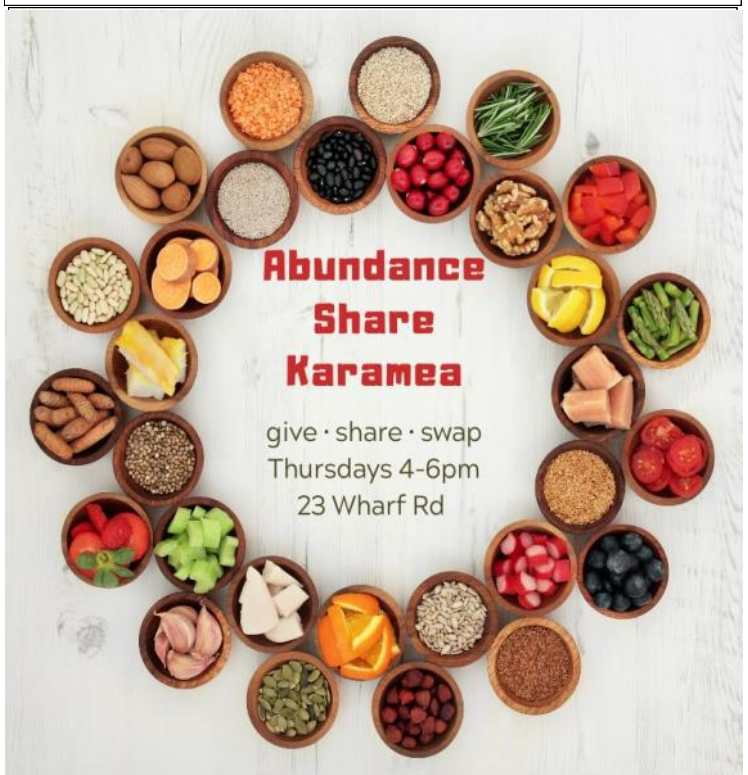
If ever you've smelled the ocean
or tasted the salt in the air;
You'll know you've discovered a haven
that is uncommon, precious and rare.

If ever you've seen the whales play
or watched the falcons in flight;
You'll remember, again, why you live here
and why it feels so right.

If ever you've seen the sunset
as the ferry passed the shore;
You've seen the beauty of the island
that will be with you forever more.

If ever you've heard the seagulls
the waves, a foghorn, the winds;
Then you've heard the song of the island
and the peaceful message it sends.

Indeed, if you live on an island
if you're lucky to live by the sea;
You'll never return to the mainland
as your spirit has been set free.



Gardening Tips

By Donna Chambers

Hill up root crops like carrots & parsnips to stop root tops.

Liquid feed fruiting crops like Eggplants & tomatoes with a fish & seaweed solution for bigger, tastier fruit.

Continue staking tomatoes, keep pinching out new laterals that appear and keep plants well watered. For the best flavour, leave the fruit to ripen on the plant.

Keep planting salad greens, varieties of lettuce, rocket, spinach, mizuna & radishes.

Don't forget to add some tasty colour



of edible flowers such as Viola, Calendula, Corn flowers & Nasturtiums to your salad.

Harvest Sweetcorn when tassels begin to turn brown.

Pinch out tips of the pumpkin vines to size up existing fruit - prevent the plant from producing extra smaller ones and

taking energy away from existing fruit.



Deadhead or cut back summer flowers to encourage a fresh batch of flowers.

Lack of water causes plants to become dehydrated with wilted or curled leaves. To revive dehydrated plants give them a good, deep soak with water and Seaweed Plant Tonic.

Happy Gardening!