

# Waitōtara

## Sustainable & Resilient Living

With the introduction of new legislation on July 1st you will have noticed the lack of single use plastic bags available when you go shopping. With the amount of other plastic still in circulation a lot of people feel that this legislation only pays lip service to addressing the issue of plastic in our environment. We tend to agree but think that this initiative at least opens people's eyes and gets them talking about the larger picture. Of real concern is the replacement of "free" bags at the checkout with bought rolls of plastic bags to use as bin liners! How about recycling sheets of newspaper as bin liners instead? A simple, sustainable and cheaper alternative!

### Upcoming workshops at Waitōtara Sustainable & Resilient Living

**Māori Flax Weaving:** Introduction workshop in which you will learn to make flowers and a fish mobile. **Sunday 1st September 1 – 4 pm.** \$45 includes homemade afternoon tea.

**The Art of Fermentation:** Kombucha and sauerkraut. Participants will take home what they have made. **Sunday 8th September 1 – 4 pm.** \$45 includes homemade afternoon tea.

**Introduction to Permaculture:** Practical workshop based on a permaculture property. Covers the 12 principles of permaculture design and includes plant give aways. **Sunday 22nd September 10 – 4 pm.** \$90 includes homemade lunch and afternoon tea.

Waitōtara is open Mondays and the fourth Sunday of each month between 9 am and midday (excluding public and school holidays) for FREE advice and teaching.

Contact Robyn on 4211807 or email [hello@waitotarasrl.education](mailto:hello@waitotarasrl.education). You can follow us on [facebook/waitotarasrl](https://www.facebook.com/waitotarasrl)



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## LAWN CARE

By Andrew Hall from Lifestyle Mowing Machinery

Here's some interesting facts around the size of the lawn cultivating and mowing industry in the United States of America.

- Approximately 80% of all homes in the United States have grass lawns. This has resulted in a \$40 billion per year industry, with American grass lawns using more water than is used to grow all the wheat and corn in the United States. In that sense, by water consumption, grass is the United States' leading "crop" by far, with the Environmental Protection Agency estimating that about 1/3 of all public water is used to water grass, with that number rising as high as 70% in some of the more dry regions of the United States.

- Around 3 billion man-hours are spent every year in the United States mowing lawns.

- Today, the realities of work mean the time we spend cutting the lawn, is time many of us, find harder to find.

- A twin blade, robotic, lifestyle lawnmower is possibly the answer to effortless lawn care and the best way to save your weekend for other more important things.

- Robotic lawn mowers are mulching mowers, which means they do not collect the grass but instead cut it into fine clippings and scatter them to decompose so the nutrients go back into the soil.

- Once correctly set up a robotic lawnmower will

If you have a small engine problem call the experts.  
Andrew and Donna Hall 0274955948.  
Lifestyle Mowing Machinery, 8 Stevens Lane, Waitoki  
"We will put the fun back into mowing"



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## HONEYSUCKLE FLOWERS

### Flowers for any Occasion

Based in Waitoki, Call Annie 027 444 8716  
or visit [www.honeysuckleflowers.co.nz](http://www.honeysuckleflowers.co.nz)

Winter Table Flowers with HONEYSUCKLE Friday 9th August 12 - 2pm  
Come and learn to make some gorgeous seasonal table flowers designs to wow your friends when they come for dinner -Class cost \$100 per person - Ph 027 444 8716 to book

## Laura Schwerdtfeger



## Lifestyle Animal

Veterinary & Support Services

027 VET LIFE (027 838 5433)

[thelifestylevet@gmail.com](mailto:thelifestylevet@gmail.com)

### Abomasal Bloat Explained – The Lifestyle Vet

It's that wonderful time of the year, where many families that are living in rural areas will be searching for their next Ag Day lamb or goat kid. At The Lifestyle Vet, we believe that teaching children to look after and care for their Ag Day pet is an incredibly rewarding process. Unfortunately, bottle feeding ruminants can have its downsides, and 30% of bottle fed lamb and goat kids suffer from a condition called abomasal bloat every year. Before you acquire this year's Ag day pet, make sure you take all of the necessary measures to help prevent abomasa bloat in your lamb or goat kid.

Bloat in lambs and kids is called abomasal bloat and it occurs when an excessive amounts of gas is produced in part of the stomach called the abomasum. This gas then accumulates causing the abomasum to distend, which causes discomfort and can be very painful. Lambs often become lethargic, stop eating, are uncomfortable and you will normally be able to see a very distended abdomen

### So how can you try prevent abomasal bloat?

- Make sure you are feeding the correct amount for the size of the lamb/kid. Lambs should be fed 12-15% of their body weight in milk daily. Make sure you weigh your lamb regularly to calculate the volume of milk it requires on a daily basis. For example, a 3kg lamb will need 90-100ml per feed.
- All lambs must receive colostrum within 6 hours of birth. Colostrum provides the baby with its immune system and will help protect it against the bad bacteria. The stomach of a lambs, kids and calves will lose it's ability to absorb colostrum 12 hours after birth, so getting colostrum into your orphan baby ASAP is key!

- Lambs that are fed on a milk replacer should be fed small amounts often. Feeding large volumes of warm milk can contribute to bloat. Lambs SHOULD be fed 8-10 times a day. Feeding them large quantities less frequently increases the risk of bloat.

- It is highly recommended to feed lambs and goat kids small volumes 8-10 times daily. Do not try to cut down feeds by increasing the quantity of milk fed. 6 feeds a day is the minimum number of feeds that should be provided.
- Lambs should be fed milk that is around 4 degrees in temperature. Normal tap water is around 6 degrees Celsius. Always mix the milk with warm water as instructed on the packet, and then let the milk to call by placing the bottle in a cold water bath.

- Check the size of the hole in the teat. The milk should only just trickle out- if it flows out freely then this can lead to overfeeding and can contribute to bloat.

Using soured milk is the most effective strategy to help treat and prevent abomasal bloat. Check out the soured milk recipe on our website!

Abomasal bloat is considered a medical emergency. If your Ag day animals are showing symptoms of bloat, please contact us immediately.

For more information on how to protect your Ag day pets this year get in touch with us today on 027 VET LIFE (027 838 5433) or email us at [thelifestylevet@gmail.com](mailto:thelifestylevet@gmail.com)



THE THRIVE GUIDE

Melissa Lowe

NUTRITION & HEALTH COACH

### Up-healthing Your Porridge

Porridge for breakfast is such a staple in the cooler months and is a great healthy alternative to a lot of the high sugary processed cereals that are on the super market shelves.

So, if you are going to eat porridge, do you know there are a few tricks to make it even healthier?

#### Soaking:

Soaking your oats overnight before cooking them can be beneficial as this helps breakdown the phytic acid (which is present in all grains, nuts, seeds, beans etc) and can be irritating to our gut. Just pour water over the oats and let them soak in it overnight, then just cook as usual in the morning, adding more water if necessary. Cooking in a saucepan on the stovetop is healthier than the microwave option.

#### Type of Oats:

Going for plain oats is the best option. Avoiding oats that are flavoured is best, as these usually contain added sugar, flavours, additives and preservatives. Go for the plain oats (wholegrain and organic is best) and add your own flavourings.

#### Additions:

This is where you can get creative by adding in:

- Nuts & seeds
- LSA (linseed, sunflower seeds, almonds all pre-ground up)
- Fruit (go for fresh instead of canned) – berries, banana, stewed apple
- Yoghurt or coconut yoghurt on top
- Buckwheat groats or quinoa flakes (added before cooking)
- Cinnamon or nutmeg

Enjoy!

To lose weight, gain energy and balance your hormones, check out my programme at [www.thethriveguide.co.nz](http://www.thethriveguide.co.nz)

