

Waitōtara Sustainable & Resilient Living

with relatively warm temperatures has encouraged rampant growth right at the time of year when trees need to be pruned and shrubs and perennials trimmed and cut back (unless winter flowering!).

Like most people it is probable that you have had a failed experience with compost making. The most common mistakes include the incorrect nitrogen/carbon ratio, incorrect moisture levels and an inability to get the decomposition process started.

Of all the composting methods that I use, I prefer the "no way you can possibly fail approach" which involves making a pile in the same place as the compostable material has been gathered from. Layers of weeds, sticks and pruned branches can be placed directly into a pile as they are cut. This way there is no need to move the trimmings from one place to compost in another which takes up a lot of additional time.

There are two key points to remember with this method of composting. The first is that your organic pile must reach a minimum size of one square metre, you can continue the height as high as you can reach, but the length and width must follow suit. Secondly the sides must be straight. Then leave it alone – do not alter its composition in any way!

This is not a fast composting method, although it is a simple one that will leave you with lots of compost all over your property in exactly the places you need to spread it from in Spring.

Upcoming workshops at Waitōtara Sustainable & Resilient Living

Chainsaw for Beginners – Sunday 10th May.

Run by Stihl Shop, Silverdale. 2:00 – 3:30pm

Waiwera Stream Restoration – Saturday 2nd and 16th May. Community education. 9:00am-midday.

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. You can follow us on [facebook/waitotarasrl](https://www.facebook.com/waitotarasrl) or on our brand new website www.waitotarasrl.education



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Autumn is the most productive time of the year to make compost. Rain combined

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THE THRIVE GUIDE

Melissa Lowe
NUTRITION & EPIGENETICS HEALTH COACH

THOSE SUGAR CRAVINGS....

Sugar cravings can be something that many of us struggle with now and again. You're going along in life eating relatively healthy and then all of a sudden you are overcome with a major desire for chocolate, pizza and doughnuts. Or all three at once. Well, you're not alone.

Quite often when we're feeling stressed, tired, emotional or bored, our brain realises that there has been a drop in serotonin (the happy hormone) and it wants to feel good again. Our brain then tells us to search for things that it knows will instantly boost our serotonin levels - which quite often relates to sugar, white starchy carbohydrates or fatty foods. Yup, it's hardly ever a salad.

It can also happen when you have low blood sugar or iron, or are hungry, and haven't been eating particularly nourishing foods – hello again chocolate. Then quite often the guilt kicks in, beating yourself up because you've made an unhealthy choice. Again. However, there are two ways to handle this.

You can think, 'well I eat healthy most of the time, having something sweet or fatty once in a while isn't a big deal'. The end.

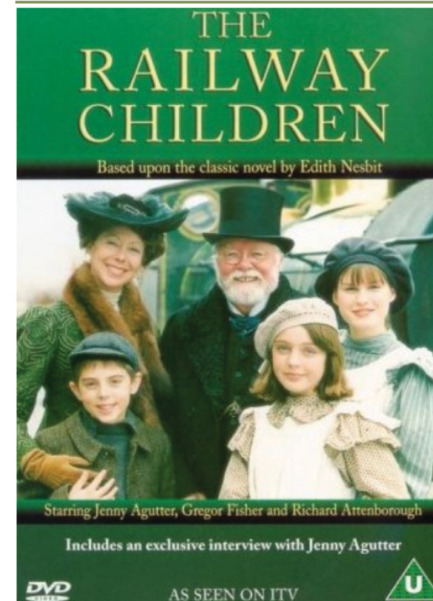
Or you may try to go for the healthier option. This is where citrus comes in. It's sweet, it's juicy, it's healthy AND it's good for you.

But if chocolate really is your thang, then try to aim for a few small pieces of dark chocolate – at least 75% but ultimately moving up to 95% over time. Or cacao nibs may be another good option. All great ideas for this Easter.

If you're keen on carbs, try to aim for a healthy option like roasted pumpkin, kumara or carrot.

So maybe next time you have a sugar craving hit, you can try out a few healthier options and they may just do the trick.

Ready to balance those crazy hormones, plus lose weight and gain energy?
Then book a free 30-minute Health & Wellness session with me at www.thethriveguide.co.nz
FB & IG @thethriveguidewithmelissalowe



Family Film and Food at Waitoki Hall Saturday April 4th from 6pm.

Gourmet Pizza's (gluten free), excellent prices without compromising

quality thanks to Vernerdi Bakery, the Graingers and their portable pizza oven.

Followed by the classic film "The Railway Children" at 7pm, starring Sir Richard Attenborough and Jenny Agutter, even an ice cream thrown in at half time. All welcome to this fun community event, entertainment as it used to be!

Adults \$15
Kids \$10 (10 to 18 years), under 10 free
Family ticket \$30 (2 adults and up to 4 school age kids)
BYO cushion, snacks etc. Kids Corner up the front.
Help raise funds for our Community Hall and meet your neighbours face to face
Bookings phone Lisa 420 5455 or David 420 3301

LADIES HIGH TEA

Saturday 9th May | 2-3pm

Waitoki School Hall

Come and enjoy a treat company & delicious treats fit for a queen. Prizes for best hat and outfit!

\$5 per ticket

Refreshments and the Waitoki Collective Stall (cash is required). Complimentary glass of bubbles included with the ticket. This is a BYO event.

Tickets available from Waitoki School. Phone 420 5244.

Tracey Howe & Looie James
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UNFORTUNATELY Waitoki School have had to make the difficult decision to cancel this event due to COVID-19 and the guidelines around social distance and number limited gatherings and events.

LAWN CARE

By Andrew Hall from Lifestyle Mowing Machinery

Welcome to Lifestyle Mowing Machinery. This month I have listed, in the briefest terms possible, the 11 steps to Ride On lawnmower maintenance.

1. Read the manual
2. Empty the fuel tank (If sitting over winter)
3. Check the oil
4. Check the air filter
5. Change the spark plug
6. Clean the underneath
7. Keep the blades sharp
8. Store it indoors – not out in the elements
9. Keep the tyres pumped right
10. Grease it
11. Get it serviced by a professional.

Regular servicing is important, and while we have great faith in the quality of our mowers, wear and tear is unavoidable and from time to time repairs may be needed.

"Don't Kick it- I'll Fix It"
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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www.moadoc.co.nz

GOOD MORNING SUNSHINE... We are a new addition to the area, a coffee cart extraordinaire!

If you are in need of a delicious hit of caffeine, paired with fantastic morning banter, pop by Good Morning Sunshine outside the Wainui Community Hall on Waitoki Road. We are a splash of sunshine and happiness coming to you Monday to Friday, 6 am to 12 noon.

We offer all the favourite hot beverages, cold drinks and yummy biscuits to bring a smile to the whole community. For those of us who need an alternative milk option, there are three to choose from: coconut, almond and soy, at no extra charge.

Come and give our fabulous service a try, you will not be disappointed!! Start your day the right way, because we understand.....adulting is hard :-)