

- 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 at www.thelifestylevet.co.nz

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.

This year in August The Lifestyle Vet will be running a Spring First Aid Course for lifestyle block owners. A lot of this course will focus on hand rearing lambs. For more information get in touch with us/see below.



Lifestyle Animal
— Veterinary & Support Services —

**The Lifestyle Vet Presents
Spring First Aid Course for
Lifestyle Blocks**

An exciting full day course packed with information and hands-on experience to help you acquire all of the necessary skills you need to survive spring on your lifestyle block



DATES: SATURDAY 22ND AUGUST AND SATURDAY 29TH AUGUST
LOCATION: A LIFESTYLE BLOCK IN KUMEU, AUCKLAND
FULL DAY EVENT - 9.00AM - 5.00PM
REFRESHMENTS PROVIDED | COST PER PERSON: \$225

Theory Topics Include:

- Lamb & kid husbandry & care
- Common spring diseases
- Normal vs abnormal birth processes
- Abomasal bloat & ruminal drinking
- Colostrum - why, what and when
- Parasitism & coccidia
- Disastrous diarrhoea
- Bottle raising lambs
- When to call the Vet





Practical Topics Include:

- Emergency ewe, doe & lamb care
- Injections - where and how
- How to ring lambs & kids
- Bottle feeding tips and tricks
- Safely handling/tipping sheep & lambs
- Safe goat handling
- What products to use and why

Limited Numbers!

Register your interest via phone, text or email to the details below

Get in Touch

Laura@thelifestylevet.co.nz
Lisa@thelifestylevet.co.nz

0278385433

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**THE THRIVE
GUIDE**

Melissa Lowe

NUTRITION & EPIGENETICS HEALTH COACH



What's really in your food?

When it comes to being mindful of what you eat, one of the best places to start is being aware of what really is in the food you purchase. Yes, it's great to eat fruit, vegetables, protein, nuts, seeds etc., but even if these are plentiful in your diet, you may still be consuming a lot of lab-created ingredients without even realising it. This usually happens due to the products that are being bought off supermarket shelves. One of the really important things to remember is that what it says on the front of a product (fresh, frozen, chilled, canned, boxed, packet etc.) is some of the truth, but not the all of the truth.

So, even if it may say 'freshly made', 'contains zero additives', 'organic', 'natural' or 'no artificial colours' – that's all wonderful, but the REAL truth is in the ingredients list on the back of the product. Many times, you may be ingesting preservatives, additives, colourings, flavourings, MSG, numbers and so on, with out even realising it. When you eat these types of ingredients, they can create inflammation in your body which over time leads to healthy issues, illness and disease.

So, start being a label detective. Turn your products over and be aware of what you are really putting into your body. You may be surprised at how many lab-created ingredients you are actually eating on a daily basis. If you do find that a product you like contains lab-created ingredients, try to find a healthier alternative or make your own. In the meantime, you can get some help by reading some common product ingredient list on my website, with some healthier food suggestions:
<https://www.thethriveguide.co.nz/whats-really-in-your-food>

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

We are open!

Contact us if you would like
to pop in for a Centre tour
and meet our Team

Email: admin@tokiexplorers.co.nz
 Phone: 09 420 3278
www.tokiexplorers.co.nz
 1174 Kahikatea Flat Road
 Waitoki 0871




Toki Explorers is an amazing, purpose built centre. The environment has been designed to cater for the children's needs and aspirations. We have a team of passionate teachers who view each child as competent and confident learners and communicators, healthy in mind, body and spirit, secure in their sense of belonging and in the knowledge that they make a valued contribution to society.

Our vision is to create endless learning possibilities to work in partnership with our Whanau where their voice and vision is being heard. We now have a waiting list for our babies room and our other two rooms are not far behind. Email us at admin@tokiexplorers.co.nz or call the Centre Manager Nadia on 022 431 1943 to book in a centre tour and meet our team.

WAINUI BURGER NIGHT
Friday, 7th Aug
5:00 p.m. - Close
Reservations Essential

Wainui Burger • Jalapeno Cheese Burger • Hawaiian Birdie Burger
Lamb Burger • Vegetarian Burger • Incl Curly Fries & Slaw \$22.5

wainui.online

WAINUI RIBS NIGHT
Friday, 28th Aug
5:00 p.m. - Close
Reservations Essential

Baby Back Ribs with Bavarian Potato Salad and Cabbage Slaw 1/2 Rack \$29.5 Full Rack \$39.5




Wainui
(EAT, PLAY, MEET)

Wainui Golf Fitting Studio Back Open – August Special

With winter conditions setting in the Wainui Fitting Studio has been busy, it's open for bookings every day between 8am to 5pm, The Studio can only be used with one of our Professionals or Club Fitters and bookings are essential. Bookings can be made for either golf lessons or club fitting and inside you will have access to all the latest ball, club and swing technology. We currently have Titleist, Taylor Made and Ping fitting clubs available. Over the month of August we are partnering with Titleist Golf offering discounted club fittings. \$60 for a 40 minute custom fit and if the fitting leads to a club purchase the \$60 fee will be deducted from the sale price. For more information call 09 444 3437 or email: hp@wainui.online

Kaipara COAST

Plant Centre & Sculpture Gardens



PEST CONTROL WORKSHOP

Sunday 23rd August (9.30am to 11.30am)

New Zealand is an ideal natural environment for many kinds of pests to thrive and consequently wreak havoc with local or indigenous animal and plant life. If you're having problems keeping pests under control, would like to do your bit towards pest eradication or simply like to know more about the interesting topic; then this is an ideal workshop for you. Our presenter for the event is Cam Rathe, owner of Rural Pest Control. Cam is a local expert in this field with nearly 18 years' experience gained across the region within many areas including clearing pests from some of DOCs most sensitive locations. **Topics to be discussed will include:**

- Various types of pests (animal and vegetable)
- Problems caused by various pests
- Eradication/control techniques



These relaxed and interactive events are very popular so booking is recommended, though not essential, as spaces are limited (see below for booking details). Afterwards you will also be able to stroll around the beautiful 1Km nature trail which has over 40 marvellous sculptures created for our 2020 exhibition by local and international artists on display. * We also have our cute little coffee shop on site plus of course the Plant Centre for you to browse through. Our knowledgeable and friendly staff will also be on hand to help with any garden related questions. * Trail not suitable for wheelchairs or walking frames.

Venue location: 1481 Kaipara Coast Highway
Tickets: \$20 per person
Contact: info@kaiparacoast.co.nz OR Phone: 09 420 5655



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Waitoki Village Market

Saturday 8th August 2019

Waitoki Hall, Kahikatea Flat Rd / 8.30 till 12pm

Support your community; all proceeds from the Market go back to our local community.


**Want to know what's going on in the local community?
Find out at the next Waitoki Village Market Day**

Murder and Mayhem in our Hood Important Meeting

The mob is active if unseen in our neighbourhood! Stealing by stealth, rats and possums flourished in the previous fruitful season. Let's do our bit towards Control in the Community. **Phil Waddington is coming... inventor of the Doc 200 trap one of the gurus of trapping in NZ. He is excited about the opportunity to share his knowledge and in collaboration with Elizabeth Grainger, is writing a booklet 'how to trap in NZ' which will be available on the day.** Over lock down two Phils in Waitoki were making boxes, setting traps and catching rats, mice, possum and mustelids. They are going to demonstrate and share tips on making cheap boxes and setting traps. Info and giveaways on; composting systems, making kombucha, seeds and anything else you wish to share. Come, share and exchange. Bring your surplus garden produce to swap. Want to help plant/ trap locally, put your name down. Need help, come and let it be known. Pick up homemade and preloved bargains, baked goods, preserves, plants and more while you are there. Community resilience starts with you, get involved at the Waitoki Hall, Kahikatea Flat Rd. 8.30 till noon. Support your community hall; all *proceeds go back to our local community.*

**Future market dates: 8th Aug,
10th Oct, 12th Dec**

**New stall holders welcome, contact Gill 420 3301 or
Email: waitokihall@gmail.com**





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