

POWA Community NEWS



PROGRESS OF THE WAIKOUAITI AREA

www.waikouaiti.co.nz

February 2025

Make a Wish for Your Town

In 2022 POWA conducted a survey of East Otago residents. You were asked to make a wish for your town. Most of your wishes fell naturally into a few categories, namely for the Waikouaiti Main Street (48%), physical and social connections (22%), business opportunities (16%), the river and coast (9%) and beautification projects (5%).

By far your most numerous wishes were for improvements to the Waikouaiti Main Street. Suggestions included a safe place to cross, a reduction in the speed limit and the removal of trucks to a by-pass. You also asked for more shops, more parking, bike parking stands, better curbs and gutters, trees or flowers for decoration and a good tidy up including painting some of the old buildings.

To address your wishes for the Main Street, POWA is organising a Community Hui with food, a panel of experts to share information on what is possible and the opportunity to share experiences and ideas. Perhaps we can even make a plan for a way forward. Details will be advertised in the March POWA Community News.

Kath Ryan, POWA Chair
E : kathryan09@gmail.com.



Kalani O'Connell from Karitāne making a splash in the Moana Gow Pool at swimming/water confidence classes run by the East Otago Plunket. See page 11

Outpost owner Flora with the mural created by Shane Walker. 'We created a beautiful relationship with Shane when he painted the Waikouaiti mural,' she said, 'and we're planning more murals later in the year when Shane moves to Mosgiel with his family'. If you enjoy Shane's style, the good news is that a selection of his framed paintings will soon be on sale at the Outpost.



Community Engagement Manager Sonya Billyard with Shane Walker

UPCOMING EVENTS

Mark Your Calendars



- ★ **Sunday 2 February**
Waikouaiti Artisans Market
9.30am - 1.30pm
East Otago Events Centre
- ★ **Thursday 6 February**
Waitangi Day
- ★ **Friday 7 February**
Plunket Swimming starts
Moana Gow Pool
- ★ **Monday 10 February**
Tai Chi classes resume
St John's Hall, Beach Street
- ★ **Tuesday 11 February**
6.30 - 8.30
Book Passion (Book Club)
Waikouaiti Library
- ★ **Tuesday 18 February**
9.30am - 11.30am
East Otago Poets
Waikouaiti Library
- ★ **Thursday 20 February**
POWA Community News
Contributions deadline
- ★ **Saturday 22 February**
10am - 11am
Waikouaiti Crop Swap
Presbyterian Church Hall, Kildare Street
- ★ **Saturday 22 February**
12.30pm - 2.30pm
Free Workshop
Community Art Hub, Palmerston
- ★ **Sunday 2 March**
9.30am - 1.30pm
Waikouaiti Artisan Markets
East Otago Events Centre

If you wish to advertise or contribute to the POWA Community News email your copy to:
powa.editor@gmail.com

or drop it into the POWA office, Events Centre,
Waikouaiti by the 20th of the month

POWA Office, Events Centre,
203 Main Road, Waikouaiti
Hours : 10am - 3pm
Tuesday and Thursday

PO Box 21, Waikouaiti 9510

E : community.powa@gmail.com



facebook.com/POWA

POWA Updates

Colouring Art Competition

The colouring competition deadline, run by Nidd Realty is being extended to Easter to enable more children to take part. If your child has already produced a work of art, please hold on to it and submit it in the next round. Further details will be in the March issue of the POWA Community News. For further information, please contact Sharon.

Sharon Larkins M : 027 280 7456

E: Sharon.Larkins@nidd.co.nz



POWA Community News: delivery people wanted

A great way to get your 10,000 daily steps is to join our friendly team of volunteer delivery people. The POWA Community News is delivered on the first weekend of each month which is your only commitment. We will work out your route with you and take it from there. Contact us for more information.

Catherine Robinson M : 0210 356 086

E : POWA.editor@gmail.com



Waikouaiti Market

The popular Waikouaiti Market, held on the first Sunday of the month has been renamed the Waikouaiti Artisan Market. It now has an informative website where you can find all sorts of useful information. And, if you want to book a table, you can do it through the website.

www.otagoartisanmarket.com

FB : Waikouaiti Artisan Markets.



Super Gold Card Holders

The Golden Fleece now offers Super Gold card holders a 10% discount on all restaurant meals and drinks. For more information, go to their Facebook page.

Ph : 03 465 7395

FB : Golden Fleece Hotel & Southern Smokehouse Kitchen
Waikouaiti Otago NZ



Tai Chi for 2025

Tai Chi in Waikouaiti will begin again on Monday 10 February. Please refer to 'Try Something New' page 15 for days and times. All classes will be at St John's Church Hall in Beach Street. There will be a new Beginners/drop in class on Monday afternoons which will replace the Thursday afternoon Beginner's class. This is suitable for anyone who wants to have go with some simple forms as well as old-timers who have been thinking of starting again. The Monday morning, Tuesday evening and Friday morning classes will remain the same.

Judy Martin M : 021 130 7765

*If you don't receive the POWA Community News in your Mail box, we can deliver it to your In-box each month.
Get in touch: powa.editor@gmail.com
and never miss a copy.*

Local Legend: Judy Watson

When you think of Colombia in South America, you might associate it with criminals, drug cartels, guns and violence and not with a gracious lady, sitting at her loom, weaving, in Palmerston. So, it's best not to stereo-type people or places.



Judy Watson was born in Colombia but when WW2 broke out, her father moved his young family back to the UK. Later, the family relocated to South Africa and finally to Auckland, New Zealand. Judy's father imported Manchester cotton. 'When we were little, we used to go to his office and he gave us a magnifying glass and suggested we look at the cloth, to see how it was woven', she remembers. The magnifying glass trick was probably dad's way of

keeping the kids occupied while he worked, but for Judy, it generated a lifelong interest in textiles.

Judy attended Epsom Girls Grammar School in Auckland where she enjoyed languages, especially Latin and French. Consequently, she became a language teacher and later she attended university to learn Japanese. This took her to Japan for a year, teaching English, enjoying the experience of living, working and learning about language and life in a different culture.

'My generation of women learned to knit, crochet and sew our own clothes, taught by our mothers,' she says, 'and I learned tatting, which no-one does now.' After she retired and now in the South Island, Judy turned her focus on creating craft. 'I always wanted to spin and to weave,' Judy explains, 'and I've ended up with a house full of looms!' For many years, Judy and husband Peter lived in Waikouaiti where Judy became involved in community activities. 'Among other things, I was the Chair of POWA and also

the Treasurer for a while,' she explains 'I was involved in the Spinners and weavers Group and I'm still active in the Presbyterian Church'.

Why weave? 'I get a deep sense of satisfaction from weaving', she explains, 'it's enjoyable to be able to do something well, to wear the things that I've made, or see them on other people, to see my blankets and scarves being used.' She explains that 'craft' is different from 'art': 'With a painting you can paint purple trees and distort the shapes of things to make the painting more interesting and thought-provoking. But if you make even one mistake in an item that you are crafting, it's obvious.' Of course, crafts can also be 'arty' but she points out that creating craft helps us to develop patience, skills in planning and preparation, choosing and using tools and materials, skills in determining when something is finished as well as using our hands and eyes skilfully.

Judy: 'As soon as cheap clothes from places like China became available, people stopped sewing and knitting for their families. I remember how we used to take adult clothes to pieces and remake them into children's clothes.' With the growing interest in upcycling clothes, sewing is making a return but as a craft rather than as a necessity. Judy is interested in sharing her skills and has offered to do so.

If Judy's family had remained in Colombia, her life would have taken different twists and turns. But we're pleased that she's chosen to make East Otago her home, grateful for her long and active community work and for her insights into the importance of craft. And she's still sitting at her loom in Palmerston, weaving and creating beautiful and useful things to wear.

Catherine Robinson

Tell us about your Local Legend: POWA.editor@gmail.com

A suggestion for an easy short walk

Huriawa Pā Walk

Huriawa Historic Reserve

Check out this 2.6-km loop trail in Karitane. Generally considered an easy route, it takes an average of 34 min to complete. This is a popular trail for birding, hiking, and walking, but you can still enjoy some solitude during quieter times of day. Dogs are welcome, but must be on a leash.

It's an easy short walk around the Huriawa Peninsula suitable for the whole family. You will enjoy beautiful views over Taiaroa Heads, Matanaka, and Butterfly Bay. There are many information boards along the way telling a story about the area and the people who lived here.



WAIKOUAITI LIBRARY

192 Main Road, Waikouaiti ph 465 9110

Book Passion

Tuesday 11 February at 6.30pm-8.30pm
Come along and share a book you have enjoyed with the group, along with a cuppa. All welcome

East Otago Poets

Tuesday 18 February at 9.30am-11.30am

Seed Library

If you have left over seed from your summer planting drop it in to us for our Seed Library (clean, labelled seed only please)

Digital Library

<https://www.dunedinlibraries.govt.nz/digital-library>

Read e-books, listen to e-audio, read e-mags (BorrowBox), read world newspapers (Press Reader), watch free movies (Beamafil), enjoy a graphic novel (Comics Plus), do an online jigsaw (Jigsaw Explorer), get a craft lesson or idea (Creative Bug)

DCC Service Centre

Hours: Monday – Friday: 11am – 5pm

Top up your Bee Cards and top-ups, pay your rates, register your dog, pay parking fines, get your 75+ parking permit, You can do it all at Waikouaiti Library – where parking is free!

Eryn Makinson

Ph : 03 474 3690 E : Eryn.Makinson@dcc.govt.nz

Library Hours

Monday – Friday: 11am – 5pm

Saturday: 10am – 1pm



Waikouaiti Transfer Station

140 Edinburgh Street, Waikouaiti

Hours : Wednesday 12 noon - 5pm

Saturdays and Sundays 10am - 5pm

Community Emergency Hub

Your go-to in an emergency:

Waikouaiti - East Otago Events Centre
Karitane - Puketeraki Marae

poetry corner

This year, we open up Poetry Corner to all budding poets in our local area. Jenny Rowley, proud grandma, sent us the February poem written by her grand-daughter, Emme.

Sonnet

Emme Mulcahy

Unlike the shifting dunes of sand, time won't e'er
Change the pull of the tides and roaring waves
Where body surfing's our new endeavour
White birds of foam threaten watery graves

Summer calls us over oceans of old
To blooming gardens and chipping blue paint
Where time weary bones feel the constant cold
And late night card games determine our fate.

Herons' bent necks' rippling water's surface
And spiders hiding in webbed gifts of white
Line the work tracks, struggling to find purchase
In the evenings' softly failing light.

I know from past summers, I can condone
It's my heart that calls Waikouaiti home.

This sonnet was written by Emme for her Year Nine English class. She attends Mt Carmel College in Hobart, an all-girls Catholic college which encompasses both primary and secondary education.

Email your poem to us: POWA.editor@gmail.com and include a brief biography.

Sea Lions on the beach

Have you seen the new notice in Beach Street? Or under the trees, If you see a sea lion on our beach, you're seeing one of the rarest sea lions in the world. They're Nationally Vulnerable and protected so it's an offence to disturb, harass, harm, injure or kill a NZ sea lion. A dog owner whose dog attacks a seal could face prosecution.



If you spot a sea lion on the beach:

- Stay at least 10m away from it
- Don't run away from it, just back off slowly and avoid eye contact.
- Unlike fur seals, you can walk between a sea lion and the water, unless they are heading towards the sea
- Keep an eye out for the female whose fur colour is similar to sand. They might be hidden in the dunes.
- If you're in the water, move slowly away.

Reports of sightings are always valuable and increase our knowledge of sea lion distribution and movements within New Zealand. The Department of Conservation hotline: 0800 362 468.

Adapted from The Department of Conservation guidelines: *What to do if you see a New Zealand Sea Lion* [doc.govt.nz]

What's Going On: The Community Art Hub

Process Artist and Community Arts Facilitator Alicia Hall, founder of the Community Art Hub in Palmerston was born in South Africa. Alicia worked as an administrator and book-keeper in SA and Botswana and married Douglas from the UK. Their son and daughter were born in SA but in 2002, the family moved to Hawkes Bay where Douglas worked as an IT engineer. Later, the family relocated to Dunedin partially because of the education opportunities. Alicia: 'I worked for various companies in Hawkes Bay and Dunedin before enrolling at the Dunedin School of Art at aged 48.'



'I became aware that Art School education teased out that I was more interested in the process of producing art rather than product – what is produced', explains Alicia, 'and my focus switched to understanding that planning and making are just as beneficial, if not more so, than the product produced.' Alicia believes that the process enhanced her feelings of satisfaction. 'You develop a sense of purpose during the process which enriches your mental health and feelings of well-being.'

Alicia became interested in exploring the research that supports this. 'A huge portion of our brain is allocated to directing our hand movements', she explains. Hand/eye/body co-ordination triggers neural activity in areas of the brain associated with attention, thinking, problem-solving etc which can lead to a positive emotional state.

'I came to believe everyone can create and we all have a 'pot of gold' inside us. The trick is to discover what we want to create and to learn through the process of creation', says Alicia.

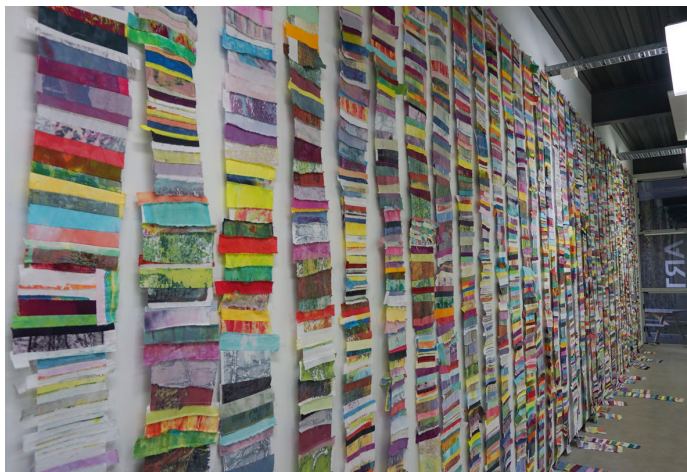
Over the years, she produced exhibitions of her installation art which were successful. Then two tragic events took over Alicia and Douglas's life. 'Our daughter Melissa, who was pregnant, sustained a brain injury in a car accident', says Alicia. 'and whilst undergoing hospital treatment she had a c-section at 30 weeks, and gave birth to a premature girl.' Melissa will always have hydrocephalus with 2 brain draining shunts behind each ear and she is still recovering. The baby is thriving.

Then, the call that every parent dreads. Another accident, this time involving son Craig who drowned. Alicia knows that a grief of this magnitude will last forever. So, how to develop coping skills?

'I'm exploring the concept of post-traumatic growth – using the process of art as part of the coping mechanism for grief. This is very important to me.' Alicia is keen to share her insights. Art provides a distraction, can act as a

contemplation tool – thinking about something other than the tragic event - and is a means of self-discovery.

Alicia created a website, Art Musketeers, to share her process art ideas. And, she's written a couple of Art Musketeers children's books which you can buy through her web-site.



During the past six years, Alicia has been learning about wool processes, which include spinning, dyeing, knitting and some weaving. She's opened a studio in Palmerston – the Community Art Hub - where artists can bring their art, meet and work with others. 'Working together generates energy,'

explains Alicia, 'and forms a community.' Alicia is looking for art and craft people to share their skills within the informal setting of the Art Hub. 'I'm keen to get children and parents involved making art together.' she says, 'and, to form a community, so I'm looking for people to share their skills in photography, textile art, felting and other suitable crafts.' Artist Zenobia Southcombe has offered drawing classes and there are more workshops on the way. Look out for the pop-up exhibition with the theme No Place Like Home and become involved.

The Community Art Hub: 34 Burrenness Street, Palmerston (There's a small charge for use of the Hub.)

Alicia Hall

Mobile: 027 495 5135

Email: alicia_hall@xtra.co.nz

FB: Community Art Hub & Art Musketeers;

Website <https://artmusketeers.co.nz/>

Catherine Robinson

What's going on in your business or group?

Tell us: POWA.editor@gmail.com

CALL FOR ENTRIES

"No Place Like Home" - Postcard Exhibition

The Community Art Hub in Palmerston is holding a postcard exhibition in April 2025. We want to see your creativity! You can submit any 2D media including collage, crochet, knitting, sewing, painting, fibre arts, photography, printmaking, glass, ceramics ...or anything else you can fit into a 10x15cm postcard-sized artwork.

- Entry forms from the Community Hub (34 Burrenness Street, Palmerston)
- Entries due Friday 28th March 2025
- Opening event Saturday 5th April 2025 Exhibition open through April 2025
- Visit artmusketeers.co.nz/hub for more info
- All media accepted, all works to be unframed
- Landscape or portrait orientation
- Maximum of 4 entries per person
- Artwork size: 10cm x 15cm; max 2cm deep
- Adults \$5 per person (up to 4 entries) 18 years and under \$3 per person

FREE Workshop

22 February 2025

As part of the No place Like Home exhibition we are running a free workshop

10am -12 noon Felted Landscapes

12.30pm -2:30pm Mixed Media

We supply dyed wool fibre, dyed wool yarn, felt pens, paint and small bits of fabric.

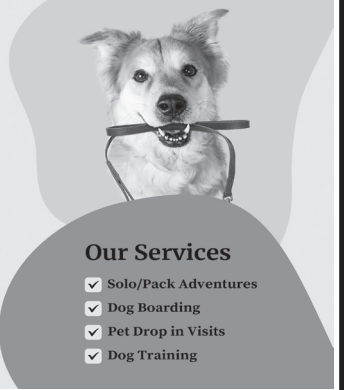
Get in touch for more details



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Big Steps Educare is looking to recruit new Governance Committee Members for the 2025 year.

If you have skills in Finance/Law/Health & Safety, and a vested interest in the East Otago Community, we want to hear from you!

If you would like more information, please contact Maree McGregor at mareemcgregor@gmail.com or phone Big Steps Educare on 03 465 731

Please note, this is a voluntary position with a time commitment of 1-3 hours per month

Just a thought

FREE online therapy courses: justathought.co.nz 1737, need to talk?' is New Zealand's new national mental health & addictions helpline number, it is staffed by a team of paid counsellors who are available 24 hours a day 7 days a week.

Rural Support Trust – 0800 787 254

Youthline – 0800 376 633

Kidslines – 0800 543 754 (to 18 year olds)

Anxiety NZ – 0800 269 4389

Whats Up – 0800 942 8787 (5-18year olds)

Suicide Crisis Helpline – 0508 828 865

Tracey's Cleaning Services

traceyelsie@hotmail.com

Tracey Tiddy

Owner/Operator

027 337 3229

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19 Rothsay Street, Waikouaiti
Also available for House Sitting



Community based non-profit early childcare centre

Welcomes children and their families/whanau from zero to six years for education and care.

- Our opening hours are 8am to 4pm Monday to Friday
- We provide government funded 20 hours for three and four year olds, WINZ subsidies are also available.
- You and your family/whanau are very welcome to visit our centre to meet staff and have a look around.

5 McGregor Street, Waikouaiti
Ph 03 4657 319 - bigsteps@xtra.co.nz

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Garden Gems

Members of the Waikouaiti Garden Club tell us what's special about their gardens

Snowdrops – one of my favourite things!

Kath Ryan

One of the very first things I planted in my garden in the early 1980s was a clump of snowdrops already in flower. My mother-in-law gave them to me from her garden in Dunedin. They don't really like to be disturbed but she taught me to lift and divide them while they are in flower or just after, while they are actively growing, to move them to establish elsewhere in the garden. The rest is just patience.



Snowdrops flower in mid to late winter, poking their little heads from the frozen ground, promising that the back of winter is almost broken and spring not far away. Joy! I can't look at them without smiling. For me they symbolise the beginning of a new botanical year in the garden. They like a cold winter and cool showery spring which is why we can grow them better here than in the North Island. I grow them in light shade beneath deciduous trees and in the shrub border where the soil is moist with lots of organic humus. The bulbs in my hot rock garden don't do so well but I leave them there because I like to see them from the house when the weather isn't enticing me outdoors.

The botanical name is delightful – Galanthus, from Greek, 'gala' meaning milk and 'anthos' meaning flower – and makes even more sense when you see them in great drifts. The true snowdrop (Galanthus) is not to be confused with the snowflake (Leucojum) that flowers much later and is taller. Snowdrops are native to the edges of light woodlands in Europe from Spain through the Mediterranean to the Caucasus and Turkey but have naturalised in Western Europe, including in England. Apparently, the Norman monks who were apothecaries (my profession!) planted them for medicinal purposes, including an antidote to poisoning and possibly helpful in the treatment of Alzheimer's disease (bring me some, quickly!).

My abiding memories are of carpets of them stretching as far as the eye could see at historic UK properties such as Hodsock Priory, a 16th Century estate on the Nottinghamshire-South Yorkshire border, on the mile walk at Attingham Park, a National Trust stately pile and gardens in Shropshire, and at Welford Park in Berkshire, one of Henry VIII's hunting lodges where they cover five acres of a beech forest floor alongside the River Lambourn. Welford Park, apart from being famous for its gardens and snowdrops, is also known for being the site on which the Great British Bake Off is filmed. The Bake Off tent is only erected during production but there is a replica on the estate where my son and I had cream tea after our walk through the woods amongst the delicately perfumed snowdrop drifts. Such a delight!

Waikouaiti Garden Club:
Allison Lozell (Secretary)

lozell@farmside.co.nz

POWA Community News February 2025

Campground Capers:

“and where's Jack?”

After living in Waikouaiti for nearly 30 years, Lesley and I are temporarily residing in a caravan in Central Otago. A bold move which will take some adjusting ... I will still be compiling the POWA Community News from our campsite in Omakau with Catherine handling the editorial content from Waikouaiti. I shouldn't mention the weather, but it has been so HOT!

Living in a domain is interesting. Although only a month into our predicted 6 month stay, I have met many people from all walks of life including a number of cyclists from around the country and from overseas.

On one occasion we were sitting outside our caravan where Lesley had her bread maker on the garden table, ready to make the next day's loaf. On his bike, along came 6-year-old Jack. A real character. 'How's your day been?' he asked as he got off his bike and rested it against our table. Lesley proceeded to tell him about the bread she was about to make and the ingredients going into the loaf. Jack was fascinated so the questions came fast. The loaf being made was ideal for two people which he understood. 'I'll make you one on Sunday', Lesley offered. 'No, I'm going fishing on Sunday,' Jack quickly replied. 'What about Monday then?' He thought for a minute, asking again about the size of the loaf and said, 'But we have four in our family'. Agreeing the loaf would suffice, Monday was on. Happy, he jumped on his bike and headed up the hill. After a spell we could hear him chatting to an overnight cyclist camped on the hill above us. We chuckled and thought 'what a character!' Very polite and much older than his age.

We were out all the next day and when we returned Jack's family with their van had gone. Lesley was gutted. 'What about Jack's bread?'

Later in the day two cyclists booked into the campground and once the paperwork was completed asked the camp manager 'And where's Jack?' Apparently they had met another cyclist on the trail who had told them about Jack. Obviously, a campground legend. Hope he's back next summer.

I guess there will be other stories. Stay tuned . . .

Stuart Brown

E : powa.editor@gmail.com

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PEWS NEWS

St John's Anglican Church

Ecumenical Service, Sunday, February 9
10am with Rev Joy Hamilton-Jones

Morning tea to follow.
Everyone Welcome.

Any queries regarding St John's please
contact Bev Medlin 027 307 9100

Presbyterian Parish of Waikouaiti - Karitane

February 2 - 10 am Shared Communion service at Karitane Church, led by Rev Hilary Oxford-Smith

February 9 - 10am Eucharist at St John's Anglican church

February 16 - 10 am Combined service at Karitane led by the Robertson family

February 23 - 10am Service at Kildare Street, Waikouaiti

Hawksbury Christian Fellowship

Services at 10am every Sunday at Hawksbury Village Chapel.

Also weekly bible study groups, ladies' group, and monthly men's breakfast. All welcome.

For more information contact:

Rodger and Ruth Mangai 021 126 5775
or Peter and Thelma Arnott 027 235 8397

St Anne's Catholic Church

Waikouaiti Mass every Sunday at 12 noon; Hampden Mass at 1.30pm on 1st and 2nd Sunday each month.



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Main Street Office:
Wednesday, 9:30am-12:30pm Thursday, 9:30am-12:30pm

OneCoast had a very quiet Christmas and New Year because both of those holidays fell on Wednesday, a usual opening day. But since the New Year we have been busy, busy, busy with both sales and donations. We have been overwhelmed with clothing, so much so that in January we extended our \$2 clothing bag to include almost all our clothes with just a few choice items being sold separately. We aren't sure whether this super sale will extend into February or not, but we will have some large clothes events soon. In the meantime, we ask that donors bring only clean clothes in good condition. And if anyone would like to join a "rag-making" team to turn old clothing into useful material, get in touch with the OneCoast chair, Judy Martin.

In the new year we are looking forward to enclosing our roof area to make it weatherproof. Our Hub may even become a place where we can hold the occasional workshop - anyone for mosaic making?

Judy Martin M : 021 130 7765 E : chair@onecoast.org



A portion of the clothing available

Transfer Station Hub: 140 Edinburgh Street
Wednesday, 12pm-3pm Saturday and Sunday, 1pm-3pm



Waikouaiti Coast Heritage Centre
200 Main Road

Open Wednesday and Thursday 1pm - 4pm
Friday, Saturday & Sunday 10am - 4pm.

For heritage research & information, visitor information.

Giftware and local artwork for sale.

E: admin@wchc.org.nz
M: Ian 027 767 5411

Reports

Community Engagement Manager's Report

Happy New Year! Wishing you all a fantastic start to 2025. May the year ahead bring joy, good health, and wonderful opportunities your way! December was a busy and heart-warming month for our community.

Christmas Afternoon Tea

We hosted our Community Afternoon Tea, which was attended by over 60 people. A huge thank you to the Waikouaiti/Palmerston Line Dancers and the East Otago Musical Theatre for their delightful performances that made the event so memorable. An extra special thanks to Alaysia for creating the magnificent and festive balloon display—it truly added to the celebratory atmosphere.

Christmas Food Drive

December also marked our collection for the East Otago Foodbank. What an incredible community effort! Your generous donations have stocked the shelves to support families for much of the year ahead. A big thank you to the Waikouaiti Police and the Waikouaiti Volunteer Fire Brigade for their assistance in making this initiative a success.

Foodbank Update for 2024

We are proud to share the impact our foodbank has had in supporting our local communities last year. We have shared essential food parcels to 79 families in need across the region. This includes 20 families in Palmerston, 45 in Waikouaiti, 8 in Karitane, and 6 in the South area. Each parcel represents a helping hand during challenging times, and we remain committed to ensuring that no family goes without.



Thank you to everyone who has contributed to making this possible – your generosity truly makes a difference. Thank you all for your continued support and kindness. Here's to a wonderful 2025!

Sonya Billyard

E : community.powa@gmail.com



Waikouaiti/Palmerston Line Dancers at the POWA Christmas Afternoon Tea



Watching a performance from the East Otago Musical Theatre

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East Otago Blokes Shed

Big Steps Childcare Waikouaiti required some help to overhaul their ageing balance bikes which have been donated over the years. The East Otago blokes Shed volunteered help in some way.

Staff member Christine arranged the necessary parts and the 'blokes' did the overhauling. Balance bikes have no pedals or brakes but the blokes fitted and adjusted new handle bars, adjusted the seats and tightened the wheels and frames. They oiled and freed up the wheel bearings, pumped up the tyres and cleaned the frames.

As a reward for overhauling the bikes they received a picture of the bikes, painted by the children showing the original colours of the bikes.

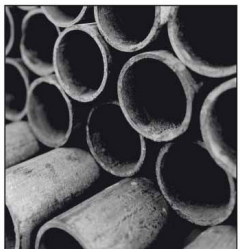
Patricia Dunn



Newly painted balance bikes picture



East Otago Blokes Shed member Maurice Dunn pumping up the tyres.



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Heritage Centre

Here we are at the beginning of another year, but it's a pity the weather hasn't graced us with a decent summer. Maybe February, when the kids go back to school?

Last week we had a prearranged group of 65 people at the Heritage Centre to view the information and heritage items we hold in relation to the Wilson family. They had a full day planned and were delighted to start the day by examining the items we could show them.

Gift Shop

We have been busy at the Heritage Centre Gift Shop over the past few weeks with a surprising number of overseas visitors calling in, including a couple of American ladies who made our largest purchase yet. Great news for this organisation's treasurer with monthly operating costs to meet.

At the Gift Shop we have reduced the price of our remaining stock of 2025 calendars and have added more new items to our display including the wooden toys made by the local



Wooden toys made by the local East Otago Bloke's Shed

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East Otago Bloke's Shed. They will take orders as well if you contact them. It's a great organisation and they would love to hear from any other local men interested in joining them. You may not be aware, but the EO Blokes Shed was formed as a replacement for the firewood group who donated much time and effort to raise funds for the new Heritage Centre.

Plant Sale

Any gardeners dividing perennials over the next couple of months might like to donate the division (any size) for us to pot up for our annual plant sale. It will need to be named (botanical name if possible) and can be left outside the Heritage Centre next to the yellow lidded bin for reusable pots. We will be most grateful for your donations.

Finally

You may notice that the north side portico has been removed by our volunteers (we had Heritage permission). What a difference it has made! We can't wait to see what it looks like once the veranda has gone. Call in and look us over.

Shirley McKewen

E : ts.mckewen@gmail.com

East Otago Plunket Round Up

Many thanks to all those who supported our Cookies in a Jar fundraiser held in December, all funds raised go straight back into supporting running costs of local community services – ka pai!

Did you know that Plunket organises swimming/water confidence classes at Moana Gow Pool in Hawksbury Village for children aged between 6 months and 5 years in Term 1 and 4 every year? Pictured on the front cover of this issue is Kalani O'Connell from Karitane making a splash in the pool in term 4! Swimming lessons re-start on 7 February and if you would like to register please email me.

The East Otago Playgroup in Waikouaiti runs weekly during school term time on Wednesdays between 10.00 and 12.00 at the Plunket Rooms in the East Otago Events Centre, providing the opportunity to connect with other parents and caregivers and to give your child a chance to socialise, play and build connections with other children. A number of families regularly travel from a wide area to join this friendly and welcoming group.

Plunket also organises First Aid courses specifically tailored to parents of babies and toddlers covering primary assessment, CPR, choking, RSV, meningitis, poisoning, burns and more. If you would be interested in registering for one of these this year email me.

If your child needs a Plunket appointment, or for any other clinical enquiries please call 0800 184 803. Kā mihi nui

Annabel Kuzma

M : 027 2291 608

E : Annabel.kuzma@plunket.org.nz

Waikouaiti Crop Swap

Saturday 22 February

10am - 11am

Gold Coin Donation

Presbyterian Church Hall, Kildare Street

E : wcropswap@gmail.com FB : Waikouaiti Crop Swap

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Breaking News

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POWA Christmas Afternoon Tea



East Otago Musical Theatre

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Hawksbury Lagoon

When visiting the lagoon and beach area there is something we all should be aware of and know what to do, should we become concerned. This is avian (bird) flu, a recent issue at Mainland poultry farms. There is a different and highly infectious form (HPAI) circulating in other countries, and although it hasn't been detected in Aotearoa/NZ we are at risk through our migratory birds. When it arrives here, it could threaten our indigenous species as well as commercial, pet and wild birds. The HPAI strains are not only easily transmitted in bird populations but make the birds very ill and has a high death rate. Transmission from birds to humans is rare but can happen and can kill. According the World Health Organisation, It has a 50% mortality rate

Signs to watch out for in wild birds:

- lethargy, inability to move, droopy head, inability to fly, lack of coordination
- coughing, panting and nasal secretions
- severe diarrhoea

If you see birds with any of these symptoms, stay right away, don't handle birds, keep dogs well away from the area, and then wash your hands well when you can.

If you have seen 3 or more dead birds report this through an emergency hotline

0800 80 99 66

If you have seen a bird with the symptoms described above, report this to the Ministry of Primary Industries (MPI). There is a form on their website.

Provide as much detail as you can, such as:

- a GPS reading or other precise location information
- photographs and videos of sick and dead birds
- species of bird affected
- how many are sick or freshly dead, and the total number of birds present.

Further information <https://www.mpi.govt.nz/biosecurity/pest-and-disease-threats-to-new-zealand/animal-disease-threats-to-new-zealand/high-pathogenicity-avian-influenza/>

<https://www.doc.govt.nz/our-work/wildlife-health/avian-influenza/>

Thanks to Sophie, for providing the information on HPAI

Ruth Ferguson

E : risabelfe@gmail.com

Lagoon Creature of the Month:

Pīwakawaka (New Zealand Fantail)

Surely pīwakawaka are one of our most beloved birds with their lack of fear of humans, ability to live in urban areas and their chattering. Here in the Waikouaiti area all the birds seem to be of pied. Black pīwakawaka which make up about 5% of the South Island population are rarely found in the North Island, while pied birds occur throughout both islands and some small off-shore islands although their populations are not stable there. Populations in areas with a harsh cold winter and few trees to shelter in, like inland Marlborough and Otago, have lower numbers or an absence of these wee birds. Pīwakawaka populations decline significantly over a prolonged harsh, cold and wet winter.



Pīwakawaka are prolific breeders. Nests are small, composed of twigs, grasses, hair and lined with mosses, feather and/or cobwebs. Two to five eggs are laid; both male and female are involved in the incubation (14 days) and feeding of offspring until they fledge (14 days). Fledglings have shorter tails than the adults and will often be seen perching together. The male may be left to tend the fledglings while the female establishes the next nest. One pair were found to have built 5 nests over a season. The breeding season in our southern region, however, is shorter than in the warmer north.

These little birds feed on invertebrates (moths, beetles, flies and spiders) and occasionally fruit. They are very agile in flight using their tails to great effect when hunting down prey.

Pīwakawaka are endemic to Aotearoa/NZ so are found nowhere else. They have been able to adapt very ably to changes to their environment through European arrival and are not threatened.

Further information: <https://www.nzbirdsonline.org.nz/species/new-zealand-fantail>

Ruth Ferguson

E : risabelfe@gmail.com

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POWA IN THE PAST:

From the POWA Community News archive

December 2006: 19 years ago

Last year a raft race was held on the Waikouaiti River at Karitane. People were asked to design and decorate their own rafts. There were some great raft designs, and a lot of fun was had by all. The race will be run again this year and is being sponsored by Karitane Kayaks.

There is a cup which was donated some time ago by the Golden Fleece for the winner of the raft race. This year there will be three sections.

Section 1: Rafts

Section 2: Dinghies

Section 3: Kayaks and Canoes

Sounds like fun! If you remember this, get in touch. And, is there someone out there who'd like to resurrect / organise this event again?


E : powa.editor@gmail.com



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Book Passion (Book Club)

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Waikouaiti Library
Library 03 474 3690
Eryn.makinson@dcc.govt.nz

East Otago Creative Fibre

(Spinners and Weavers)
1st Thursday of the month: 10am-2pm
St John's Hall, Beach Street
Lorraine McLean 027 288 6081
Laurel Caddick 021 269 0288

East Otago Art Group

St John's Hall, Beach Street
Reywa Brown 022 254 7620

Eastern Boating Fishing Club

Kerrie Boock 027258 8769
Eric Broock 027 686 9939
easternbfclub@gmail.com

East Otago Artisans

Reywa Brown 022 254 7620

East Otago Musical Theatre

Sharleen Snoeck 021 0825-5735
Eomtproductions@gmail.com

East Otago Social Bridge Club

Wednesday 6.50pm
RSA Hall, Pratt Street
Susan Daly 022 0214 722
EOBridge@outlook.com

East Otago Wood Turners

Thursdays 1pm-3pm, 6pm-8pm
Lou Tonkin 020 4037 9635

East Otago Camera Club

2nd Monday of the month
7.30pm – 9.30pm
St Mary's Church Hall, Stromness St,
Palmerston
Tracey Clare 027 245 6424
eastotagocameraclub@gmail.com

East Otago Poets

Tuesday alternate months 9.30am-
11.30am
Waikouaiti Library 03 474 3690
Eryn.makinson@dcc.govt.nz

Kati Huirapa Runaka ki Puketeraki

Monday 9am-4pm
03 465 7300

Palmerston Fibre Arts Collective

Sunday 11am-2pm
Palmerston Community Hall, Ronaldsay
St, Palmerston
Christine Leov-Lealand 021 061 4485

Waitaki Writers Group

2nd Monday of the month 1.30-3.30
St John's Hall, Exe St, Oamaru
Bruce Costello 027 451 4149
waitakiwriters@yahoo.co.nz

Waikouaiti Garden Club

Last Monday of the month 7pm
John Brown Room, Events Centre
Barb 021 180 7366
Alison 021 652811

Waikouaiti Golf Club

Tues 10am, Fri 12.45pm, Sat 12.noon
M: 021 663 641
waikouaitigolf@gmail.com

Waikouaiti Creative Crafts

2nd and 4th Wednesday 9.30am-2pm
Hawksbury Village Coffee Lounge,
beside the Church
Cathy 027 201 1463
Christine 021 235 1883

Waikouaiti Rodeo Club

Logan Rowland 021 025 76513
waikouaitirodeo@gmail.com

FITNESS AND FUN

Eastern Rugby Club

Abby Lynch 027885 5105
easternrugbyclub@gmail.com

Hydrotherapy & Aquacise

Thursday 9.30am-10.30am
Moana Gow Pool, Hawksbury
Bev 021 055 8501

Karitane Bowling Club

Oct-March Thursday 4pm
Bob 021 055 8501

Karitane Indoor Bowling Club

April-Sept Tuesday 1pm
Karitane Hall
Neil 027 2203033

Karitane Hall Yoga

Saturdays 9am - 10am
Nicola IYTA NZ & IYA 021 0862 0140

Kyokushin Karate

Mon & Thurs 6pm-8pm
Presbyterian Hall, Kildare Street
Noah Heath 027 283 5043
Noah.heath@slingshot.co.nz

Line Dancing

Monday 4pm; Beginners 3.30pm
Presbyterian Hall, Kildare Street
Heather Cox 027 228 1355
heather.cox@xtra.co.nz

Mecaela Baird School of Ballet

M: 021 804 076
Mstutu2@hotmail.com

Moana Gow Pool

Hawksbury Village
Jane 027 474 5263
moanagowpooltrust@gmail.com

Pétanque

Wednesday & Sunday 1.15pm
Heather Cox 027 228 1355
heather.cox@xtra.co.nz

Steady as You Go

Wednesday 10am
East Otago Events Centre

Tai Chi

Thurs 3.30pm Beginners
Monday 9.30am Intermediate
St John's Church Hall, Beach St
Judy Martin ratasouthern@gmail.com

Twilight Tennis

Thursday 6.30pm
Sarah McMillan 021 207 2486

Waikouaiti Indoor Bowling Club

Wednesday 7pm-9pm
EO Events Centre
Phil Hammond 03 465 8157
Eva Hammond 03 465 7790

Waikouaiti Outdoor Bowling Club

Thursday 2pm
Karen Kelly 027 244 3646
Colleen 03 465 7558

Yoga

Sunday 6.30pm-7.30pm
East Otago Events Centre
Elena hello@kmfitnessandnutritionnz.com

MEET NEW PEOPLE

Lions Club, Palmerston

2nd Monday of the month, 6pm
Waihemo Lodge
Bruce 027 212 7075
Ronald 027 431 1535

East Otago Blokes Shed

Hawksbury Village
Neil Kennedy kennedy.rjneil@gmail.com

Returned Services Association (RSA)

Friday 4.30pm
RSA Hall, Pratt Street
Wendy Macleod 021 167 6334

Waikouaiti/Karitane Living Alone Group

3rd Wednesday of the month, 12. noon
The Outpost Café
Lois 03 465 7492

FOR FAMILIES

Waikouaiti-Palmerston Toy Library

Saturday 12 noon – 1.30pm
Clackmannan St, Waikouaiti Racecourse
E: wptoylibrary@yahoo.co.nz

East Otago Buddy Programme

For children 5-12 years
Jo Scott 021 268 478p

Palmerston Playgroup

Thursday during school term 10.15 – 11.45
Waikouaiti Plunket Rooms, EOEC
Annabel Kuzma 027 229 1608

Waikouaiti Coast Heritage Centre

Wednesday and Thursday 1pm - 4pm
Friday, Saturday & Sunday 10am - 4pm.
E: admin@wchc.org.nz,
Ian 027 7675411

VOLUNTEERS WANTED

Volunteer South

www.volunteersouth.org.nz
E: info@volunteersouth.org.nz

Waikouaiti Community Garden

Robin 027 440 4844

Waikouaiti Volunteer Fire Brigade

David McLeod
david.mcleod@fireandemergency.nz

Hawksbury Lagoon Projects

Ruth Ferguson 021 1130 719

Hikaroroa/Mt Watkin Conservation Group

Jamie Hickling, Volunteer Coordinator
M: 020 409 39311 E: jamie@mcu.kiwi.nz

Riding for the Disabled

waikouaitirda@gmail.com.

OneCoast Hub

Judy Martin 021 130 776
chair@onecoast.org

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Waikouaiti Statistics - December 2023 - December 2024

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