

This newsletter is produced by a small volunteer editing crew to help keep our community connected and informed. We welcome your contributions!

Please send your newsletter items to: rotoitinews@gmail.com

Deadline for next issue:
5pm Friday 17 May 2025

You can view and download previous issues at www.lakerotoiti.school.nz/newsletters.html



Coming up

Thursday 22nd May 10am at the community hall – St Arnaud Rural Women Pink Ribbon morning tea. All welcome, \$10 ea

Thursdays 10am - 12pm Playgroup. Community Hall. Ph. Anna 0277229652. Gold coin donation.

2nd Wednesday each month – 10am at Friends of Rotoiti room, DOC workshop - Village rat trapping. Call Pip 0275211130

Photos: Yellow mistletoe *Alepis flavida*, R. O'Neill. Rotoiti eels, D. Bauer. Mt daisy *Celmisia semicordata*, D. Price.

Note: regular notices about fitness related activities are listed in a separate box later in the newsletter

Lake Rotoiti School News

We hope that you had a great break with your children over the school holiday period.

Our current roll is 25. We farewell Malie Heideggar.

In the last week of term 1 we had our camp at Mistletoe Bay with Waitaria Bay School. The children had a great time even if the weather didn't always cooperate. Huge thanks go to Janine for her amazing chef work, and to all of our parent helpers. Without your support camp could not go ahead.





For art this week the Seniors had to make a raft out of natural materials and then send it down Black Valley stream in a race. Luckily, we managed it do it between the rain and the windstorm. Wendy had a lot of fun catching them with a fishing net and removing them from the stream at the end!



Our first tennis lesson for the term was on Friday. We have two more to go. We also have some first aid training this term.

The pool has closed.
Please return your fob.

Term 2 finishes on Friday 27 June. It's a short term.

Nga mihi,
Miriam, Wendy, and Mike

Herb of the Month: Hawthorn

The scarlet berries of this straggly-looking tree are glowing throughout our region at the moment. In the Northern Hemisphere, Hawthorn's called the May tree because of its white blossoms. I think the name fits here too because of its beautiful fruits.



Hawthorn (*Crataegus monogyna*) is a heart and circulatory tonic—one of the safest and most effective on the planet. The flowers, leaves and berries are all medicinal.

Numerous studies around the world have confirmed that the berries improve the tone of the heart muscle, increase oxygen uptake, improve circulation in the heart, and dilate blood vessels in the extremities to reduce heart strain. Traditionally, Hawthorn was also used for the 'emotional' heart to help ease depression and the pain of grief and loss.

Like all tonics, Hawthorn should be used long-term to get its benefits. It's completely safe and has no negative interactions with heart medication, so can be taken in conjunction with it.

May you stay in good heart as we approach another Nelson Lakes winter!

Niki

Niki Morrell
HERBALIST

Feel better
WITH NATURAL HERBAL SUPPORT

- Better sleep
- Better digestion
- Better skin
- Better immunity
- Better energy levels

WE'RE HARDWIRED TO HEAL
BUT SOMETIMES WE NEED help

For more info + appointments see
nikimorrellherbalist.co.nz



Servicing and supporting Saint Arnaud, Howard, Gowan & surrounding area's weekly

"If its urgent, we'll be there!"

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***"We thank all our rural clients for
their ongoing continued support"***

Friends of Rotoiti Update

Last week the weather cooperated and our two teams were able to get away to Blue Lake and Upper Travers.

Graham and Nigel came down the Sabine to Rotoroa, with a catch of 182 rats, 6 stoats, 3 cats, 1 weasel and a possum.

Wayne, Ross and Chris descended the Travers to Rotoiti, bringing in 119 rats and 6 stoats. An absolute highlight for this team was sighting a kakariki at John Tait Hut.

DOC provided the usual excellent transportation assistance, for which thanks.

Village trapping also took place last week, with teams heading out to the local trapping lines.



Graham Wallace in the Upper West Sabine.

Friends of Rotoiti are always on the lookout for new volunteers, and for funding support! You can contact them at friendsofrotoiti@gmail.com or call or text the Chair, Wayne Sowman, on 027 2385597

Beautiful St.Arnaud's Own
WONKY WEKA COTTAGE
HEALTH SHOP

VITAMINS & MINERALS
ESSENTIAL OILS - MAGNETIC WEAR
COLLOIDAL SILVER & GOLD
COMFREY & CALENDULA BALMS
ACHES & PAIN SUPPORT
SLEEP & DETOX SUPPORT
LUNG & 'FLU & VIRUS SUPPORT
DEPRESSION - ANXIETY - MEMORY SUPPORT
HERB TEAS & DRIED HERBS
PANTRY STAPLES - GLUTEN FREE - RAW HONEY
MOISTURIZERS - SOAPS - SHAMPOO - BODY WASH
ORGANIC BABY CARE & CLOTHING & TOYS
GIFTS & BOOKS & HEALTH MAGAZINES

Home of the greenrebel.co.nz : products made in St.Arnaud :-)

NEW OPENING HOURS:
MONDAY EVENING: 5 - 6.45 PM
THURSDAY & FRIDAY: 11 AM - 3 PM
SATURDAY 10 AM - 5 PM
WHERE: 5 MIN NORTH OF VILLAGE :
BLENHEIM / NELSON T-JUNCTION : FLAGS ARE OUT

ORGANIC **member**

Church Notices

Lake Rotoiti Chapel

Sundays 10.30am

Rotoiti Street, St Arnaud

Services are run by locals and are non-denominational. Everyone welcome.

Contact Ali/Sue 035211 110

Rotoiti Hub

Sundays 10am

Local spirit-led Christian worship, equipping and encounter.

More details and enquiries:
Nigel/Sarah 0274413776
or Kay 027 3072820

BE | GET | STAY



Regular activities in and around St Arnaud

Monday and Wednesday 10am Casual exercise group. Community Hall. Gold coin koha. Julie 0272385597

Mondays 7pm Badminton. \$3 per person to go towards hall and shuttle-cocks. Racquets available, all welcome! Ed 03 5211106

Wednesdays 6pm Basketball. From May 14th. Call Todd 0273502002. Gold coin koha

Seido-Karate

Community Hall

Tuesdays 5pm - kids & beginners

Thursdays 5pm – General Class

Graeme 021 0859 4088. Gold coin koha

CONTRIBUTING TO THE NEWSLETTER

Please send your contributions in the following formats:

Advertising and notices sized to fit the newsletter columns. Accepted formats: MSWord, PDF or JPG.

Full page ads incur a fee of \$30 Please pay at the Rotoiti/Nelson Lakes Visitor Centre.

Articles: plain text submitted in MS Word format, or in the body of an email.

Photos: JPG files up to 5MB, attached to an email (not embedded in text).

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We're hosting a Pink Ribbon Breakfast

Thursday 22nd May, 10am - you're invited to join St.Arnaud Rural Women for a Pink Ribbon morning tea to help fundraise for Breast Cancer NZ. We'd love you to join us for a casual social morning tea - \$10 per person and please wear something pink or floral (if you have something!) and bring along something pink for our raffles.

Please RSVP to janthomsonart@gmail.com, 021 2155631. We hope you can join us!

If you can't come along but would like to help out with a donation you can do this securely online at <https://fundraise.bcf.org.nz/fundraisers/janthomson/pinkribbonbreakfast>



GENERAL CONTRACTING

Putting off those odd jobs around the house or bach?
 Have you cleaned your gutters or cleared your section ready for fire season?

Brush cutting || Section clearing || Tree trimming
 Gutter cleaning/repair || Low flammability tree planting
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Free Quotes

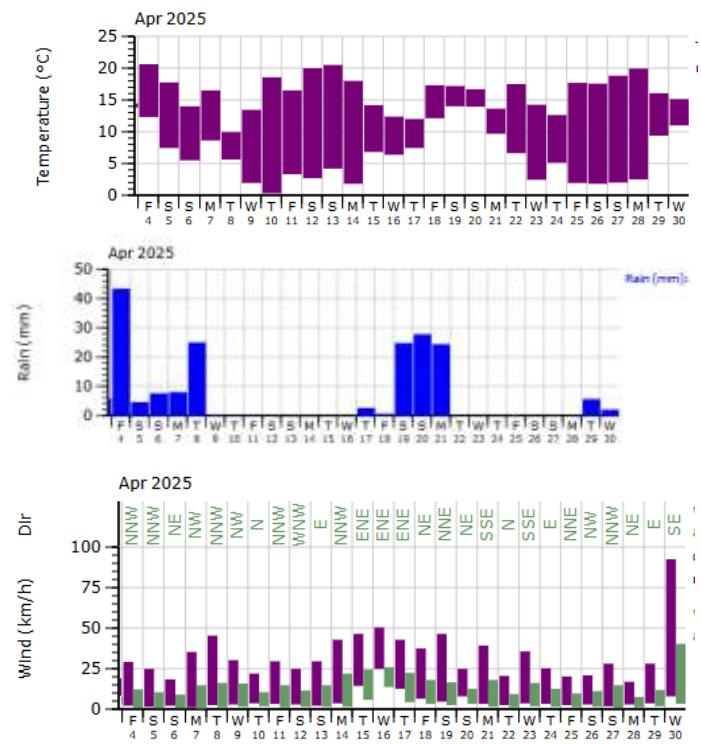


**St Arnaud
Tasman Region**



**Thomas Reid
0225257864**

April weather roundup



	Min	Max	Av / tot
Temp C	0.3	20.6	10.6
Rain mm	0	42	182.8
Wind km/h		92.5	56.5
Soil T C	10.3	17.0	13