

Deadline for next issue:
Friday 1st April 2022 (*nah, just joking*)

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

This newsletter was produced with the help of the Rotoiti District Community Council, and Department of Conservation

You can download a copy of previous newsletters from www.lakerotoiti.school.nz/newsletters



Coming up

April 6th 7.15pm TDC webinar about Future Development Strategy for St Arnaud. See newsletter item for link.

Photos: L.Rotoiti School at Beebys; Falcon, L. Pogson

Note: regular notices about fitness related activities are listed in a separate box within the Newsletter.

Lake Rotoiti School News

The past two weeks at school were packed full of adventure and fun. The Department of Conservation rangers took us around to explore our own backyard and learn about local wildlife.

We visited a wetland area not far from the school to learn about the insects and birds that live there, and to figure out who can get their gumboots stuck the deepest. After the wetland visit, we went to the information centre before heading down to the lake to listen to different birdsong.

A few days later we took a few 4 wheel drives up a steep track to Beeby's Hut, which was adopted by the school last year. There the children did some cleaning and maintenance in and around the hut, including windows, toilet, and mattresses. After a hearty lunch of sausages and bread, we went for a short walk to look at the different plants up there, before splitting up and doing a 5-minute bird count in different areas around the hut.

But that wasn't all we got up to, we also had some fun with the guides from the Outdoor Education Centre. On Wednesday we were supposed to go paddleboarding and kayaking, but the wind changed that plan. Instead we had some fun with different team building activities at the lakefront.

So a huge thank you to Paul, Sjaan, and Ricki from DOC and the team from the Lake Rotoiti Outdoor Education Centre for providing us with those great opportunities! We are so lucky to have access to such great resources.

On a side note, it's getting quite cold and our pool will close on the 8th of April. Can you please make sure to return your key fobs after that.

We would also like to extend thanks to the committee and helpers of Kea Kai Fundraising and the organisers of the power boat races for their support and efforts during last weekend's races. This is one of the school's major fundraisers and pays for skiing lessons, camps and other activities the children can enjoy at no cost to their families.



**GARAGE
SALE**

SATURDAY 26 MARCH 2022

21 Ward Street, St Arnaud

9am – 2pm

Moving overseas and selling; furniture, LG front loader washing machine, queen bed, bedside tables, chest of drawers, tools, dining setting, sofa, Panasonic television, TV cabinet, kitchen items, glassware, clothing, display cabinet, outdoor furniture, microwave, ladders, shoe rack, occasional tables and lots more!

Bring cash for bargains rain, hail or shine
– **MUST SELL!**

Covid19 Update

Mobile testing unit from Nelson primary health will be outside the Rotoiti Community Hall providing Covid19 testing - RAT tests and PCR swabs.

Mon Wed and Fridays 1-3pm.

For the next few weeks then will be reviewed.

[Link to healthpoint website here](#)



**It's the perfect time to stock up on firewood,
before the rain sets in for Autumn.**

Storage tip: Stack the firewood under cover or against a sheltering wall and leave enough gaps for drying air to pass through.

Wanted to buy: Trees for firewood. Good price paid.

Dry & Green Firewood - Beech, Bluegum, Douglas Fir, Pine

DIY Wood - Logs of Beech & Pine, Bundles of Douglas Fir

Fresh Birchfield Coal

Garden Goodies - Fish Grow Compost, Barley Straw, Pea Straw, Linseed Straw (long-term weed suppression, birds don't remove it), Bark Nuggets/Chips, Sawdust

Hire - Tractor, Tip Truck, Logging Truck & Trailer, Woodsplitters

Downer and the Tasman Alliance advises that a network-wide crack-seal programme is starting in March. There is a programmed area of 20,000m² of sealed roads to be treated.

Crack sealing is a low cost, short term proactive treatment to assist with maintaining the waterproof layer that protects the road structure.

The plant used is new technology that includes both sprayer and chip truck into one vehicle called a chipper sprayer. It is a true mobile operation meaning it doesn't stop - the chipper sprayer travels in a convoy with pilot vehicles, roller, and sweeper, allowing for minimal disruption to the traveling public and rate payers.



The Lake Rotoiti school commenced the first adopt a hut project in partnership with the Department of Conservation Rotoiti/Nelson Lakes.

Last week twelve students, teachers and parents visited the six-bed Beebys Hut in Mt Richmond Forest Park, undertaking general maintenance.

The adopt a hut project is a great practical way for the students to get involved in heritage and conservation within the region. It also gives students stewardship of the hut and fosters a sense of ownership amongst the children and their families.

The students also were involved with citizen science undertaking 5-minute bird counts (5MBC). After lunch the search was on for mountain daisy, gentian, green tussock, carpet grass, mountain snowberry and speargrass common in the area. The hunt for gorse and broom on the Beebys Road proved successful. The weed busting students pulled out some of these along the return trip down the mountain. These activities provide a hands-on education component to their project learning about different birds and plants in the region.

Also last week before a visit to the visitor centre, students learnt about the importance of wetlands at a guided walk and talk. Ranger Ricki explained the environmental benefits of our wetlands such as water quality, flood control and wildlife habitat. The students were intrigued by the diversity of bugs and plants discovering beetle larvae, tadpoles, crickets and spiders.

These field trips are a meaningful and fun way to connect our future rangers and conservationists to nature.



**Servicing Murchison, St Arnaud
and surrounding areas**
Thursdays

Plumbing - Gasfitting - Drainlaying

Shared travel costs

Phone or email to book your job

03 543 8090 or 0800 301507

info@tuffnell.co.nz

***We thank all our existing clients for
their continued support"***



Future Development Strategy 2022 - 2052

The Future Development Strategy shows where housing and business growth is to be located, and in what form, and what infrastructure will be needed to support that growth over the next 30 years.

Here is a link to the Future Development Strategy Public Consultation Webinar, which will focus on the Rotoiti Community. The webinar is scheduled for the **6th of April at 7.15pm.**

FDS public consultation webinar link:
<https://us02web.zoom.us/j/85462836387>

For further information on the FDS, please keep an eye on the FDS website ([Future Development Strategy FDS | Tasman District Council](#)) for updates. Please note that the FDS website will provide details on a number of other public consultation webinars (general and other webinars focused on certain areas of the District) for those who are unable to make the above date and time.

Church Notices

**Sundays 10.30am. Lake Rotoiti
Chapel, Rotoiti St, St. Arnaud.**

*Everyone welcome, services are non-
denominational and run by locals. Contact
Ali/Sue 035211110/ 0212660771*

**Thursdays and Sundays 3pm.
Rotoiti Hub.**

*Holy Spirit led worship, encounter,
revelation and ministry. Contact Nigel/*

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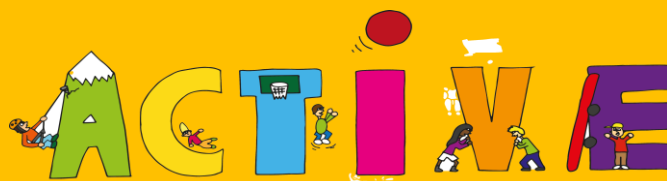
CONTRIBUTING TO THE NEWSLETTER

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).

Contact: rotoitinews@gmail.com

BE GET STAY



Regular activities in and around St Arnaud

"Circuit Breakers" exercise group
Monday, Wednesday, Fridays 10 am,
Community Hall
All welcome, gold coin donation
Gael 027 280 4078

Pilates

Community Hall on Thursdays at 5pm. Contact Lisa
021 202 4034

Seido-Karate

Community Hall
Tuesdays 6pm - kids & beginners
Thursdays 6 pm – General Class
Graeme 021 0859 4088. Gold coin donation

Brought to you by the ALPINE VIEW COTTAGE. Shop open: Thurs-Sat 11-4 pm ☺



Linolenic Acid. It may support anti-inflammatory effects and helps improve brain function. Instore now ☺

FREE USE OF MEDITATION/PRAYER CABIN: Ask Us

Welcome to our new way to deliver you your newsletter. Thank you so much for your patience and support while we re-grouped. If you want to enjoy a two page hard copy: it will be available from the Petrol Station or in our shop. Oh our little health & gift shop has been renamed: it's now: The Alpine View Cottage. ☺ Come and have a look. We are 200m south of Nelson Turn Off. Shop signs will be out when open: Thurs-Sat 11-4 pm. **Did you know we specialize in natural medicines? WHAT**

IS NATURAL MEDICINE? Natural medicine is any healing practice that harnesses the power of nature, including the human body's self-defense and self-healing mechanisms, to prevent and cure illness. •

Naturopathy: This uses numerous alternative treatments to promote healing and health, including diet and lifestyle counseling, herbs, homeopathy, massage, reiki, aromatherapy, acupuncture, light therapy, ozone therapy and biofeedback. •

Nutritional medicine: This approach uses food along with vitamins, minerals, and other supplements as medicine to cure illness and optimize health. Any health issues? Come and have a chat. ☺

SMILE: What sits at the bottom of the sea and twitches? A nervous wreck.

DR. OSBORNE

SCIENCE - FUNCTIONAL NUTRITION - COMMON SENSE - COMPASSION

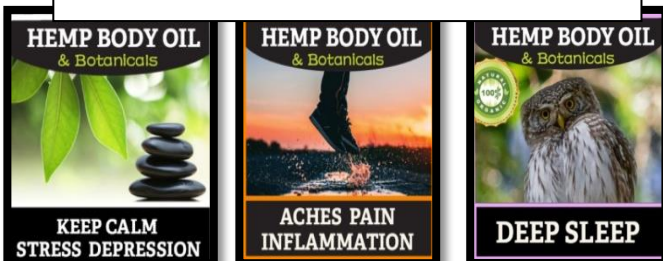
Are you getting enough VITAMIN D?

SIGNS & SYMPTOMS OF

• VITAMIN D DEFICIENCY:

- Poor immune function – lack of energy
- Bow Legs – Muscle Pain – Muscle Weakness – Poor Growth – Skin Lesions- Eczema – Acne- Sinus & Chronic Infections. **Vitamin D has been shown to be beneficial in the following conditions:** Viruses Cancer – High Blood Pressure – Rickets – Type 1 & 1 Diabetes – Autoimmune Diseases – Multiple Sclerosis - Arthritis – Osteomalacia - Osteoporosis
- Sunlight is the best source of natural vitamin D. However; the following foods also contain some vitamin D – Liver, cod liver oil, herring, salmon, mackerel, sardines, tuna, eggs, and fortified dairy products. **We have VITAMIN D instore from \$9.95**

INSPIRATION: THE THREE GRAND ESSENTIALS IN LIFE:
1. SOMETHING TO DO 2. SOMETHING TO LOVE
3. SOMETHING TO HOPE FOR ☺



Organic HEMP BODY OILS Supporting your health
\$29.95 30ml . Hemp oil has many health benefits, High in essential fatty acids omega 3, Omega 6 and Gamma



GREAT SELECTION OF ORGANIC KING SEEDS & SPROUTS : all organic and all one price: \$3.99 BROCCOLI – CAULI – SILVERBEET & more

PLANET ORGANIC HERB TEAS: BIG SELECTION FROM \$5.95 : FREE herbal tea tasting ☺yummy & healthy too !

FOR HIRE FROM OUR SHOP: PORTABLE

AIR OZONATOR – clean your house from dangerous & harmful pathogens! This unit has a powerful ozone output that will quickly clean a room and rid it of viruses, pathogens, kill mould, bacteria, smoke and strong smells within 1/2 an hour. The unit is neat, tidy and durable in stainless steel housing with a handle, easy to move around. Call into shop to hire. \$15.00 per room or \$30 for Caravan. **Have a great week everyone. Hope you enjoyed this little newsletter ☺ Love from us @ the Alpine View Cottage. God Bless xx**