

The

Chatham Islander

43° 53's
176° 31'w

AUGUST 2019

Local News and Views



Find out on page 2.

Health centre update

It's not too late to get immunised and help keep the flu away from our mokopuna and elderly. People most at risk from being seriously ill or developing complications from influenza are still able to receive a free flu shot. This includes:

- People aged 65 and over
- Pregnant women (any stage of pregnancy)
- Those with long-term health conditions such as heart disease, stroke, diabetes, respiratory disease (including asthma that requires regular preventive therapy), kidney disease and most cancers
- Children aged 4 years and under who have been hospitalised for respiratory illness or have a history of significant respiratory illness

Remember keeping healthy includes eating well, staying warm, getting fresh air and most importantly staying connected with the people in your community. Check on your neighbours, they may need a helping hand.

A big thank you to Drs Eloise and Mark who are doing a fantastic job and are both enjoying being welcomed into our community. If you need to see a doctor or nurse please ring for an appointment rather than just turning up. If it is urgent, please let the medical receptionist know when you call, as most clinics continue to be heavily booked.

Thank you to the people who completed our Outpatient Consumer Health Satisfaction Survey. We received 53 surveys back and a copy of the full survey results will be available from the health centre by the end of August. Below is a summary of the results and some of the feedback received – some positive points and some things for us to work on for you:

- “Competent, friendly, caring, and a willingness to assist.”
- “Staff all know me, apart from doctor, who seems to be a new face every time I go.”

- “Nursing staff coming in for short periods are often not introduced by other permanent staff”
- “Doors are left open and people can go past and look in at you.”
- “Some questions were asked in front of people in the waiting room.”
- “I felt the doctor listened very well.”
- “Communication is always great and if someone doesn't know something, they will find out from someone who does.”
- “The doctor was very good at explaining my condition in words I could understand.”
- “We have been given some conflicting advice.”
- “I feel that for a healthcare centre that is based on a remote island, with limited resources, the healthcare team cope and deliver exceptionally well.”

Thank you for your feedback. We really value this and are looking at how we can continue to improve the service we provide our patients.

And lastly, but most importantly – remember your mates! If you haven't heard from a mate in a while, make the extra effort and check they're OK. If they need support there's a free confidential HOTLINE: 0800 920 928 they can call 24/7 – share the number. You can have a chat without having a drink, but if you are having a get together, be a good mate and make sure there's room on the couch or a sober driver so everyone can get home safe!

Tu roroa, ārahi i te mua – Stand tall young leaders.

From Sally and all the team at Chatham Islands Health Centre

From the editor

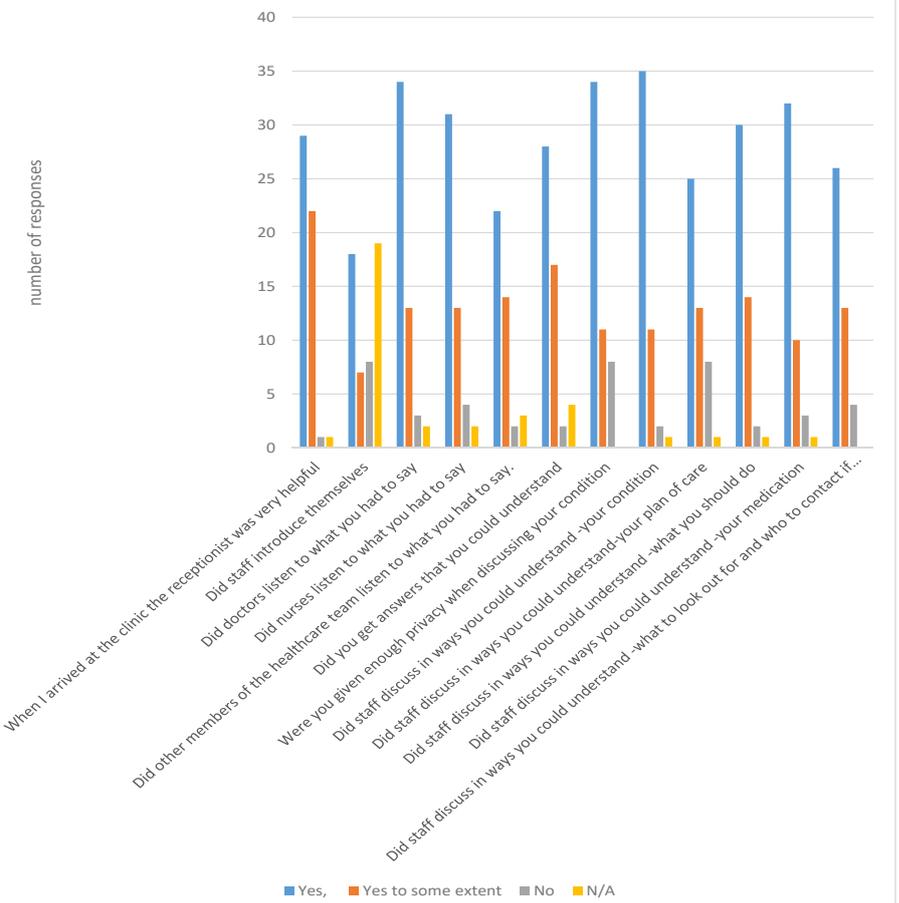
Daffodils are starting to appear and makes me think my favourite season, spring, isn't too far away. Christchurch certainly looks at its best when the blossoms are out, the daffodils are everywhere and the snow is still on the mountains.

We've had some massive frosts recently. It was -4 degrees at the airport the other morning but I'm becoming an expert at defrosting the Mini every morning as we don't have a garage. All part of the joy of living in Christchurch.

Take care everyone and keep warm,

Rosemary

Chatham Islands outpatient consumer health satisfaction survey 2019 — Communication



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 Local News and Views

Chatham Islands Stick Insect Update

The request for a specimen of a Chatham Island stick insect from the Chatham Island Conservation Board resulted success. Pitt Island resident Di Gregory Hunt found a male stick insect wandering through her house in early May. That specimen was sent via cray fishing boat to Chatham Island where it was picked up by Conservation Board member Peter de Lange and taken back to Auckland New Zealand.

Dr Thomas Buckley of Landcare Research Manaaki Whenua was delighted to receive the specimen in such good condition. Thomas confirmed that it was a male (previous records suggest that only females existed on the islands and that these were reproducing asexually) and a few weeks ago reported that DNA sequence results obtained from it confirmed that the islands stick insect was the same as the New Zealand *Argosarchus horridus* – as had been long assumed. Thomas's results showed a close relationship to East Cape and Canterbury populations of this species.

Argosarchus horridus does not fly, and the close genetic relationship of the specimen to some New Zealand populations suggests that stick insects have not been on the islands for very long. Either they are a recent natural arrival (but if so how?), or an early accidental introduction to the islands.



Photo: Thomas Buckley.

Searching for untold WW2 stories

After the success of her book *Keepers of History: New Zealand Centenarians Tell Their Stories*, Renée Hollis is now working on a social history project focusing on the experiences of New Zealanders during World War II.

Renée will immerse herself in digging out the real stories in letters and diaries from New Zealanders who participated in WWII overseas or helped keep the home fires burning, including the Chatham Islands. She is searching for untold stories that give the reader a real insight into what life was really like during WWII.

Among the many people this could include are:

- Soldiers in all theatres of war, including the

Jayforce

- Nurses, both those who travelled to war zones to serve in military hospitals ['Tuis'] as well as those working in rehabilitation facilities back in New Zealand
- Prisoners-of-war
- Conscientious objectors imprisoned in New Zealand
- People in the Home Guard throughout New Zealand
- Women's War Service Auxiliary, i.e. Red Cross
- Women's Auxiliary Army Corps [WAACs]
- Women's Auxiliary Air Force [WAAFs]
- Women's Royal Naval Service [the 'Wrens']
- Men who did not serve due to the essential

nature of their work in New Zealand

Letters and diaries must be submitted by 30 August 2019. Accompanying information needs to include: name, rank/title (if appropriate) of all persons involved, as well as locations and dates.

General submission enquiries can be emailed to voicesofWWIINZ@gmail.com. Original or photocopied documents and original photographs can be posted to Renée Hollis, Exisle Publishing, 226 High Street, Dunedin 9016. Photographs in digital format can be emailed to: voicesofWWIINZ@gmail.com. If you would like your documents returned to you, please provide a stamped, self-addressed envelope or courier bag.



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chatham islands council

Council Update

A sustainable future for our people and our islands



Council Elections – Nominations Close 12 Noon 16 August 2019

The election process is gaining momentum with nominations now open.

There are three issues being contested:

- Chatham Islands Mayoralty
- Chatham Islands Council – 8 required
- Canterbury District Health Board

If you are interested in any of these positions and need more information please contact Cindy Butt, Electoral Officer on (03) 3050033, or via email – cindy@cic.govt.nz

All election information and nomination forms are available on our website at cic.govt.nz/your-council/elections-2019 or at the Council office at 9 Tuku Road, Chatham Islands.

Rates 2019-20

Rates for 1 July 2019 to 30 June 2020 have been set and the first rates instalment will be posted to ratepayers in mid-August 2019, and are due to be paid by 14 October 2019 before the late penalty applies on 15 October 2019. For more information about Chatham Islands Council rates please go to our

Truck hire

Any enquiries or requests to hire the waste management truck must now come through the Council office. The cost to hire the truck is \$130 per hour (plus km's and plus GST), and is subject to availability. Please contact 03 3050 033 for any truck hire enquires.

Keri and Robin nominated for award

The New Zealand Annual Biosecurity Awards are held each November to recognise outstanding contributions to Biosecurity. Kerri Moir and Robin Seymour have been nominated in several categories which have the emphasis on “commitment, innovation and success stories by and Individual, Group or Organisation in the Biosecurity field.” Nominations closed on July 25 with finalists notified in early October. The awards ceremony is held in Auckland in early November. We wish Kerri and Robin every success, given their outstanding commitment to Chatham Islands Biosecurity.



STAFF PROFILE CINDY BUTT

What's your role at the Council?

Operations Manager – to oversee and coordinate the day to day operations of Council.

What's the best thing about your job?

The privilege of living on the Chathams, loads of variety, and working with an awesome team.

What's the most challenging part of your job?

So much to learn in a year!

What's one thing on your bucket list?

To build an eco-home and live off the grid.

If you had access to a time machine, where and when would you visit?

I'd alter time so I could spend more time as an adult with two of my grandparents, who died when I was quite young.

What is something that you've done in your life that you are really proud of?

My blended whānau – we've managed to raise our four tamariki through various ups and downs to be decent adults. Our extended whānau has created 14 mokopuna (12 girls, two boys) and two on the way – to be a part of their lives is just magic. Oh yeah, and doing a dual bungy jump (strapped together) with my life-sentence partner Kit was pretty 'special' (and terrifying given my fear of heights)... not sure if 'proud' is the right description but the video of our jump is hilarious and made it onto the TV programme The Crowd Goes Wild.



“We shall never know all the good that a simple smile can do.”
Mother Teresa

Parting thought

Contact your Council

Address: PO Box 24, Waitangi,
Chatham Islands 8942

Phone: (03) 305-0033

Fax: (03) 305-0044

Email: info@cic.govt.nz

Website: www.cic.govt.nz

Tena kotou,

August is a busy month for Hokotehi with the initialling of our Deed of Settlement (DOS) planned for 13 August, a visit to various to NZ based Crown Research Institutes to find out what projects might be suitable for Rekohu such as a micro-abattoir, waste management, forestry and other forms of sustainable projects for the Island (this follows up the CRI's visits last year to Rekohu), a visit from a Wellington based property specialist who HMT have asked to do a scoping exercise on affordable housing for the Islands beginning with a small single room spec built house that can be built on the mainland and shipped over to the Island and deposited on the land of your choice. While he is here we will arrange a public hui at Kopinga for anyone interested to come along and ask questions. We are also excited to be part of the One Billion Tree and Predator Free 2050 initiative for Rekohu/ Chatham Islands that has the potential to do great things for our Island environment and community over the coming years.

We are also hosting a third wananga at Kopinga on traditional Moriori and Maori musical instruments and will be recording and filming as part of the project including natural

sounds and scene in the landscape. Local school children will again be invited to attend and participate.

We are also looking to re-open Henga Nursery and to employ a Nursery Manager who has had previous experience managing a large scale nursery with staff. We are also looking to employ an experienced CEO to manage HMT business operations. Anyone interested in either of these positions may email mauis@xtra.co.nz for further information.

The initialling of the DOS will take place in Wellington and will be a low key affair. It will be followed by ratification hui with members on Rekohu, Rangihau and Aotearoa. There are some changes from the AIP that was signed in 2017 that will be discussed at these hui. Members will also be able to vote on whether or not to accept the DOS. If the vote is positive then a formal signing of the DOS will take place at Kopinga Marae which will be more formal occasion. Following that will be the introduction of legislation to Parliament to make the settlement a part of NZ law.

Once the Bill is passed into law, it will bring an end to the historical claims that Moriori first lodged with Governor Sir George Grey in 1862 – one of the longest running claims in

New Zealand history.

Me rongo

Hokotehi Moriori Trust

Thomas Mohi Tuuta (Rangaika) Possum Control Operations

From 1st October 2019, the Department of Conservation, Chatham Islands, intend to apply cereal baits containing potassium cyanide (Feratox) over the following area of Conservation managed land to control possums for the protection of forest ecosystems.

Description of the area

Thomas Mohi Tuuta (Rangaika) Scenic Reserve and surrounding lands.

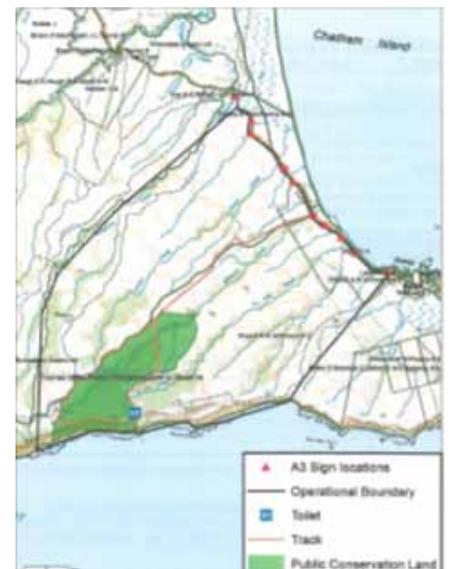
Method of control

Cereal baits containing the pesticide will be hand laid. The baits are within a blue Feratox bait bag.

This pesticide is poisonous to humans and domestic animals. Always remember:

- DO NOT touch bait
- WATCH CHILDREN at all times
- DO NOT EAT animals from this area
- DO NOT allow DOGS access to animal carcasses.

Observe these rules whenever you see warning signs placed at the public access ways in the above areas.



For further information, contact Mike Hoverd at Chatham Islands office – (03) 3050 098

Developing tourism in the islands

The Chatham Islands Visitor Industry Group (CIVIG) received a completed Tourism Strategy and Business Plan (2019 -2024) from Jackie Gurden recently and it identified the islands as being at a critical point for tourism development and sustainability. There is a lot of work to do to preserve historic features and assets of the island as well as manage tourism potential and growth without damaging the island way of life.

A small group of people were asked to put together a business case and budget to find funding for a full time tourism resource. This has all been done and CIVIG also voted to update their rules, membership and governance to help secure funding and manage a full time role for Chatham Islands tourism.

CIET has committed their 2019/20 tourism budget funding with the potential of additional financial support from their economic development budget.

Ngāti Mutunga o Wharekauri AHC Ltd has also offered to contribute some funding each year for the same period and provide cultural support. Hokotehi Moriori Trust has offered their support as well with contra and in-kind accommodation and vehicle rental. Both imi and iwi will be actively represented in future plans and decision-making.

CIVIG is very grateful to all the people and organisations that have supported these steps and committed funding where they can. Without this financial commitment, encouragement and collaboration it would be extremely difficult to seek other external funding and secure a positive and sustainable tourism future for the Chatham Islands.

The first stage of activity is setting up the new administration and changes to CIVIG – to now be known as Tourism Chatham Islands (TCI), getting a new committee in place and applying for further funds from the Provincial Growth Fund (PGF) and other potential sources. The committee will be made up of representatives from Chatham Islands Enterprise Trust; Chatham Islands Council; Department of Conservation; Ngāti Mutunga o Wharekauri iwi; Hokotehi Moriori imi; Air Chathams and four tourism business owners or representatives from the Chathams coupled with the ability to co-opt more on.

The new committee will then elect their own Chairperson and Deputy Chairperson, inform all members of who was elected and circulate to all members a set of the organisation's new governance rules.

The total Chatham Islands community should benefit greatly from the new structure and activity as it takes into account discussions with over 80 community members

Continued page 7

Pitt Island Newsletter

Kia ora and greetings folk and July has almost gone, not sure where, but looking at the calendar it is only days away from finishing. Now today has dawned a much milder day than yesterday, but there is definite coldness in the air. Last night there were huge winds really gale force and yet today is relatively calm and I measured 9.5mls of rain in the rain gauge. July will end with a little over 4 inches (100mls) of rain which is great but we need a whole lot more before the spring/summer arrives. Winter does not bother me but I know some folk really struggle with that season. Have just not long fed and let out my six hens four of which are laying regularly. The three dogs I also let off and they immediately ran up into the trees to do poos and pees which is how they start their day.

My flat mate Bernard, his brother Martie and Tash spent the day yesterday full crutching two-tooth ewes and were supposed to be continuing that very smelly job today but the shed door blew open overnight and the remaining ewes drifted out. Because it rained overnight the sheep are too wet to continue so another job has been found instead. There will be mega amounts of shitty dags for the garden patch after the crutching, great food for the pumpkins. Apologies for not having a very exciting life to write about and at this time of year I rarely go anywhere far. Have had to do so many trips up and down the River Onion (hose line) lately trying to clear the hose which gets occasionally clogged with mud or air locks or the occasional eel. I am finding the track somewhat more tricky now days and my body particularly legs don't always do what I expect

them to, so the hazards can result in the odd slip into the creek/water or hooked up in the kawa kawa or fern and very tricky ground to get to the dam. I've done that track dozens and dozens of times over the years as after Bill had his stroke (1991) he could no longer do those things, so it become my job and it doesn't bother me really as it is a challenge and at 76 plus a challenge isn't always a bad idea. I'm sure it has nothing to do with age!?

My Mollie cow has gone out to pasture but unfortunately Wiru is still sucking off her and that is not good for her body image or health. I'm hoping she is in calf again and she really is a great little cow and I am struggling with alternative milk. My cuppa doesn't taste the same.

Being winter the wet, muddy, slippery time of year my daily deeds are mostly house and garden focussed. Much to my own surprise I started cleaning the house a while ago, dunged out drawers, cleaned windows even hoovered the house, mainly because I was going out to NZ for a change of scenery, people etc. Well that idea came and went along with the cleaning so outside was a better idea. Again did a bit of fruit tree pruning, along with some bushes and have even dug over some garden (vege) patches ready for later. Still having thoughts of a trip to New Zealand but it isn't very high on my to do list if I'm honest. The lawns could do with a mow but the grass is wet presently. Bernard was able to go in and get school lawns mowed last weekend so that was lucky, he also does the Chapel lawn.

at ruining, stuffing up our earthly planet very rapidly in recent times. There has been more damage done in the last 100 years than in the entire pre-millennium times. Really stop and think about it folk, many species have become extinct and more will happen, rain forests and forests/ bush etc thrown away, sea, river, land to cause the death of more species apart from looking unsightly and making us humans look like (and rightly so) as though we don't care. Sadly giving a very disgraceful example to our younger folk. The most regrettable, saddest of all these things is that it is due to money, power and laziness from we humans. Look at the ivory from elephants, horns from rhinos, forests, species all in the name of greed. Sir David Attenborough over many years has brought all this to our attention and do you think we've changed or listened, not at all. It is scary to think at the rate we are doing these things so many wonderful things this earth has and has had that are fast disappearing. I guess we are all responsible for our own area of the earth, our environment our natural surroundings our ecological community of plants and animal life in general. Conservation in general means the preservation and protection of our natural resources and really it falls to each of us to look after what we have, yes we've certainly lost some of what we had but let's just join together to not lose any more, value what we've got.

On the first day of July the baby plane (Kai206) flew back to Chathams and no more news since then but at least it left the parking spot it had on Pitt Island. Well done whoever got its belly, heart and lungs all in and up and away it flew. Presumably being on the main island it is more accessible for the finer details to be attended to eg the interior décor and the liver, bladder and bowels etc all parts to get it going again I guess. I suppose it is missed but it is probably the slowest time of the year here and the boats are very obliging if needed. Thank you to all the boat helpers and carriers. If you don't like not being/ getting somewhere by a certain date I suggest you don't come to Pitt Island.

It is always good to have a book on the go and have recently finished reading Twelve Years a Slave by Solomon Northup a true story. I am currently reading sometimes sneakily at an odd time in the day Chatham Exiles by Frank A Simpson, very interesting.

Well folk I hope you are handing the winter woes OK. Thoughts and prayers to those morning a loss in many and varies ways and take care of each other – Agabe love – Christian love. Just my very low key news and views from a life very ordinary.

Dianne

Climate change does not respect border; it does not respect who you are - rich and poor, small and big. Therefore, this is what we call 'global challenges,' which require global solidarity.

Ban Ki-moon



Regular trips to the Chatham Islands for the last 10 years.
Sales, installation and service of energy systems.
David Spicer: ph: 06 388 1188; mob: 027 230 3545
email: rft@xtra.co.nz; www.rangitikeitech.co.nz

I missed out getting to the last Conservation Board meeting on the main island but was able to join in over the telephone, not the same but better than not taking part. The emphasis presently in the conservation area if the Billion Tree thingee and the Predator Free by 2050 I think. We humans are certainly making a good shot



PLEASE HELP STOP PESTS FROM ARRIVING IN YOUR CHATHAMS BOUND GOODS
MOST FREIGHT IS OK BUT SOME ITEMS ARE SUCH A HIGH RISK THAT THEY ARE LIKELY TO BE TURNED AWAY DUE TO PEST CONTAMINATION

Please don't import:

- Bulk soil or items with untreated soil (bagged potting mix is ok)
- Aggregate from an unapproved quarry (ideally use Fulton Hogan, Timaru)
- Plants that could become a serious weed eg: ornamental broom

Even if you have imported these sorts of things in the past, please contact the Chatham Islands Biosecurity Officers for a quick and easy check before you order.
 Phone: 03 305 0013, or email: Kerri.Moir@ecan.govt.nz



Mental Health Matters: The Black Dog Part 1 *by Paul Reet*

There has been much more awareness in recent years about the experience people have of depression. The term 'black dog' was coined by Sir Winston Churchill as his description of those times when he felt depressed and under pressure. He certainly had lots of those times. Words and phrases like 'black cloud', oppression, hopelessness, lack of energy, suicidal thinking and 'fogginess,' are often used to describe what people feel at these times.

Unfortunately the word depression has become over used and often people say they are depressed when often they are sad, miserable, have low mood or are exhausted. These experiences are usually descriptions of short lived mood states and can be related to the kind of day we are having or a lack of sleep and overtiredness.

People who do not understand what depression is about can judge others as weak, that they are feeling sorry for themselves and that they need to, 'pull themselves together' or 'get over it.' This is often true of men who are often judged as weak if they are depressed and this is why they are less likely than women to seek help. Unfortunately, people who are genuinely depressed cannot often 'pull themselves together' or 'get over it,' because if they did, they would not be feeling this way.

We can all feel low mood from time to time. This is a normal everyday occurrence. Our circadian rhythms in our bodies, often dictate our energy levels in any given day and there are certain times of the day we might feel more tired or less motivated. The weather can be a determining factor in what kind of mood we are in. If you have ever observed people on a sunny day they generally appear brighter and more alive (though not in all cases!). Often people do suffer low mood in the winter, due to the lack of sun. Physical health, tiredness, stress, lack of good balanced diet, our social connection and exercise also play a vital part in the regulation of our mood states.

When we talk about depression we are thinking more of a sustained period, usually over two

Developing tourism in the islands

From page 5 and tourism businesses while putting the strategic plan together. A full time tourism resource will mean a central point of communication for everyone about all tourism matters, tourism input into other key stakeholders' considerations, a commitment to and an organisation responsible for making sure tourism has a minimal impact on the Chatham Island way of life and sustainable environments.

Regular meetings will include discussions about accommodation capacity, use of private land, respect for cultural practices, sites of significance and common covenants on resources, recreational fishing, air services and many more things that are identified in the plan. This should also help in getting information out to the wider Chatham and Pitt islands populations and ensuring feedback is heard and discussed as well as providing expertise and advice to existing tourism businesses when requested.

Those involved believe this is a very positive and important development for the visitor industry on the Chatham Islands.

weeks or more, of feeling a lack of enjoyment or pleasure we once had in things; low mood and low energy levels. Often our sleep, sex-drive, weight and appetite are also affected. These symptoms can appear, slowly, as a result of sustained stress, life events, tragedies or trauma. For some people these symptoms are also related to chemical imbalances in the brain which reduce the production of happy chemicals, one of which is serotonin.

There are also levels of depression from mild and moderate to severe and complex. These differences are often related to the intensity of the symptoms as well as the longevity of them.

The first thing to do if you have been feeling depressed is to talk to someone who will listen and understand. You may need to seek professional advice from your GP or nurse. To avoid becoming very unwell with depression, the key is to notice early signs of things changing and get on top of those early. Equally if you notice a friend or family member with mood changes ask them how they are and do not judge them but show you care by just listening.

In part two of this series we shall explore what to look for and what to do about depressive symptoms.

Paul Reet is a Registered Mental Health Nurse and Registered Counsellor from Dunedin who visits the Chatham Islands four times a year. His future visits to the Chathams are 30 September – 4 October 2019 and the week of 20 January 2020. While here, he is based at the Health Centre. His email address is: paul.mhchathams@gmail.com

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Letters from a Weka with Wings

Kia ora kotou extended whanau and greetings from the exact opposite end of the globe, Holland. Everything here is backwards and in typical northern hemisphere style their summer is our winter, they drive on the right and it's quite common for men to sit down to pee (no joke). I don't mind driving on the right but I haven't taken to the sitting down approach yet.

Each country I go to I find myself comparing cultures and customs then relating it back to the Chathams. I recently went on a camping trip to the southern province of Zeeland, the place where our country's name originates from, thanks to the Dutch explorer Abel Tasman. Camping here is slightly different from the way we do it. They have just a few luxuries: electricity, wifi, pool, toilets, video game arcade, supermarket, bakery and a cafe which you can ring up and order breakfast to be delivered to your tent or caravan. Not really camping but highly enjoyable all the same. Being away from New Zealand also makes you cherish things that connect you to home so

I always have a jar of vegemite (not Marmite sorry) on hand and watching rugby becomes a ritual. The time difference here means I watch the All Blacks first thing in the morning with coffee and eggs, perfect start to the day. Another homely practice I got good at whilst living in Bali was cooking boil-ups - good old watercress boil-ups.

Next mission, make a Dutch boil-up. Fossicking around the place I managed to find a watercress patch but learned it was most probably sprayed. Alas I found some in the supermarket for NZ\$40 per kg so I resorted to sifting round the garden and discovered puha. Next stop, meat. No butchers I found sold brisket, neck chops or any off cuts of mutton. Only expensive lamb cutlets. The sheep in the paddocks are collared and numbered with little tags (probably micro-chipped too) so that was a no go. I stumbled upon horse sausages and whilst they were quite tasty I opted for the beef. My end result was a puha, sausage and spud boil-up, a tasty compromise. Dutch society seems very orderly with everything

having their place, systems for everything, clean streets and everyone has nice shoes. This makes Holland seem quite conservative yet they are very liberal bunch.

Learning Dutch has been quite challenging. They have lots of bad words which I tend to pick up fast and the direct translations for certain words can be entertaining. The humble potato is called 'aardappel' which means 'earth apple'. Brilliant! Speaking bahasa Indonesian (Indonesian general dialect) in Bali I noticed a lot of words similar in Maori. The number two or rua is 'dua', five or rima is 'lima'. Fish or Ika is Ikan, woman or wahine is wanita, ears or taringa is telinga and lice is kutu.

The police force in Indonesia however are very different and like all societies there are good eggs and bad eggs. After being pulled over for the fourth time in one day by local police I had no bribe money left, so the policeman took my sunnies off my head, put them on his face, checked himself out in my side mirror, smiled with a thumbs up and said 'Looks good boss' then rode off. Low level corruption at its finest. Moral of the story, even salt can look like sugar.

See you next issue

Me Rongo (In peace)

Robbie Lanauze



Air Chathams 44° S

Ph: 03 3050 209 Web: www.airchathams.co.nz E: office@airchathams.co.nz

Schedule

Mon and Fri	Chathams	Wellington	Chathams
	dep 10.15	arr 11.45 dep 13.00	arr 15.45
Tues	Chathams	Christchurch	Chathams
	dep 10.15	arr 12.00 dep 13.00	arr 16.00
Thurs	Chathams	Auckland	Chathams
	dep 09.30	arr 11.30 dep 13.00	arr 16.15



Health Centre hours

Monday - Thursday: 8am - 4.30pm

Friday: 8am - 4pm

Weekends and overnight: Emergencies Only
Blood collection done Monday, Wednesday and Friday from 7am - 7.30am or Tuesday and Thursday from 2.30pm - 3.30pm