

FIORDLAND FAMILIES NETWORK

Connecting, supporting and advocating for Fiordland Families

Issue 25 | 19 November - 15 December 2020 | Page 1

fiordlandfamilies@gmail.com



Kia ora and welcome!

Welcome to the 25th issue of the Fiordland Families Network (FFN) newsletter! We had such an awesome response to our request for content that this is another whopper 6 page issue covering water safety, road safety, swimming pools, budgeting for Christmas, library celebrations and some yummy recipes to celebrate the Indian Diwali festival. We even have some cute pictures of the newest additions at the Te Anau Bird Sanctuary.

Once again we thank all those people who have contributed to this issue - you know who you are and there are far too many to name. We wish you all the best for a relaxed end to Term 4 2020 and thank you for your continued support of FFN.

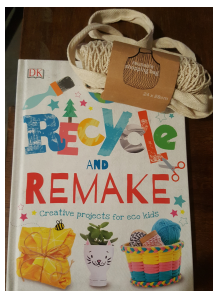
From the FFN team of volunteers.

WHAT'S ON WEEKLY > Term Four 2020

Monday	9.30am - 12.30pm, The Key Playcentre
Tuesday	9.30am - 10.45am, Tumble Time , Events Centre 9.30am - 10.30am, Toy Library , Plunket rooms
Wednesday	3.15pm - 4.15pm, Lego club at the Library
Thursday	9.30am - 1pm, The Key Playcentre
Friday	9.15am and 10am sessions, Mainly Music at Lakeside Church. 3.15 - 4.15pm, Kid's Craft at the Library
Sunday	9.30am - 10.30am, Toy Library , Plunket Rooms

GIVEAWAY > winners announced

During our last newsletter we ran a Waste-Free Living competition in conjunction with a recent visit by Waste-Free Living Guru Kate Meads. To help our families on their personal journeys to reducing their waste, we had two prize bundles to give away.



Congratulations to Carleigh Middleton who won an eco-crafts book and string shopping bag (above left), kindly donated by Paper Plus Te Anau. And congratulations to Holly Taylor who won refillable kai-carriers, wax wraps and a reusable nappy (above right) donated by Blue Duck Early Learning Centre. Thank you to everyone who entered and our prize sponsors.

Disclaimer: Please note that the information in this newsletter was correct to the best of our knowledge at the time of publication, but this information may change over time.

How do you
connect with
FFN?



How are you connected? If you haven't already, make sure you sign up to our monthly newsletter by following this link <https://tinyurl.com/FFNsignup>. Email us at fiordlandfamilies@gmail.com, or find us on Facebook @fiordlandfamilies. You can also read a paper copy of the Fiordland Families Network (FFN) newsletter in the Te Anau Trader or pick up a copy from the foyer of the Te Anau Public Library.

UPCOMING EVENTS

More details at www.teanauevents.co.nz

Career Advice Pop-up, Te Anau Library

Everyday 2 November - 24 December, 9am-5pm

Pop in for a chat or phone 0800 601 301 to talk to a careers advisor for free.

The Woolshed Tour comedy show with Mel Parsons

Friday 20 November, 6pm, Whare Creek Station

A great night without the kids. Tickets from www.eventfinda.co.nz

Te Anau Community Market

Saturday 21 November, 10am - 3pm, Fiordland Events Centre

First Aid Course

Monday 23 November, 8.30am, Te Anau Club

Comprehensive workplace first aid course hosted by MediTrain.

Book online <http://firstaidsolutions.co.nz/first-aid-courses/book>

Te Anau School Music Performances, Village Green

Wednesday 18 November, 2pm Junior School

Thursday 19 November, 10.15am Middle School

Wednesday 25 November, 1.30pm Senior School



Fiordland Community Garden, Open Day & BBQ

Friday 27 November, 5pm, Beside Tennis & Bowling Clubs

Bring the kids down on Friday evening to meet the dedicated team behind the project, view the concept plans and see how you could become involved in this new project. Bring a picnic along and enjoy a free BBQ. All welcome.

Kepler Challenge and Luxmore Grunt

Saturday 5 December, Control Gates, Kepler Track.

Come down to support the runners. www.keplerchallenge.co.nz

Fiordland Trails Trust 10km/5km Fun Run or Walk

Saturday 5 December, 8.30am, Control Gates, Kepler Track.

Starting and finishing at the Control Gates, this fun run/ walk means you will be at the Kepler finish line to cheer across friends and family all while doing your own event.

Fiordland Sunday Market

Sunday 6 December, 10am - 2pm, Te Anau Club

AA Mobile Drivers Licensing Unit

Wednesday 9 December, 9am - 5pm, Community House

Renew your license or sit a driving test. Appointments essential.

Book in with Fiordland Community House 03 249 7754 or email office@fiordlandcommunityhouse.co.nz

Te Anau Community Market

Saturday 12 December, 10am - 3pm, location to be confirmed

Te Anau Santa Parade and Fun in the Park

Saturday 12 December, Town Centre and Lions Park

Fun in the Park from 12pm, Parade starts 2pm. A great day out for all the family. Rides, food and entertainment. Email santashelpersteanaue@gmail.com with enquiries.

TOP TIPS > Grocery Shopping on a Budget

On Monday 9 November Lyn Tee from Jubilee Budget Advisory Service held a workshop looking at "Making the most of your family finances". As part of this she shared some great tips to keep in mind when heading to the supermarket to do the groceries...

BEFORE YOU GO:

- Make a menu for the week.
- Check your cupboards and make a list of what you need.
- Check for Specials



AT THE SHOP:

- Stick to the list and avoid impulse buying.
- Check the expiry dates on products (especially fresh produce and meat) and get ones that will last until you need them.
- Ask yourself: "Do I need it, can I afford it?". If the answer to either is no then move on.
- When you are buying something from the shelves always look up and down; quite often the products at eye level are the most expensive.
- When you decide on an item always check the weight; what you have in your hand may be cheaper but the same item with a different brand may have more in it for only a few cents more.
- Only buy extras if it is a bargain and something you can store in your cupboard or freezer. Remember a special is not a special if you take it home and it is not used.



THINK ABOUT WHAT YOU ARE BUYING:

- Be careful when buying prepared meals e.g. pies, pizzas, frozen meals, packet sauces and readymade desserts etc as these are usually expensive and not the healthiest of choices. Instead choose more basic canned and frozen foods as time-savers without too much extra cost.
- Meals without meat can still offer as much goodness as those with meat. Use beans, lentils or a can of tomatoes to add to mince and stews - they will make the meat stretch further.
- Planting out your own vegetable garden can be fun and interesting but can also save you money. Seeds are reasonably cheap, the key is not to sow all the packet at once - wait until some seeds are coming through the ground then plant some more.



Jubilee Budget Advisory Service offers confidential and supportive budgeting advice which is available to everyone free of charge. Get in touch with them to learn how to budget your finances effectively to protect your family, plan for the future and get ahead in life.

To get in touch call 0800 JUBILEE or email: jubilee@jubileebudget.co.nz

Tips for a financially stress-free Christmas

Make a plan for your Christmas Shopping:

- Plan ahead. Buy when prices are lowest, and items are on special. Don't leave buying to the last minute.
- Put aside money for Christmas each pay day.
- Don't go to the shops without a clear idea and plan of why you are going.
- Set a budget for gifts, food and decorations etc and stick to it. Discuss gift buying with family and friends and decide who to give to and agree maximum amounts.
- Think up economy gifts to make or buy. Consider second-hand gifts, and don't feel pressured into buying gifts for every family member and friend.
- Don't be tempted to borrow or get into credit deals.
- Challenge your assumptions or traditions! Why do you do what you do - is it adding or taking away from your Christmas?



Consider doing things in a different way:

- Instead of buying "Stuff" you could try putting in together to buy an experience. That way you don't have all that stuff filling up your house and breaking mid-way through January.
- Give the cash- If you have a relative who is saving up to buy an item, help them out to do that instead of giving them something they really do not want or need. Try to be creative in how you give it to them though like wrapping up 30 \$1 coins individually and put them in a big box with rocks to make it heavier. Imagine the great time unwrapping it!
- Introduce a new family tradition - make a list of all the people in your lives you would like to give a gift to - the kids' friends, family friends, workmates etc. In mid-December have a day set aside and make a HUGE batch of a Christmas treats such as truffles or shortbread. Parcel them up and distribute them for Christmas. It is a big part of what makes Christmas special and it costs very little but time.
- Consider only giving presents to the kids
- Try Secret Santa with a maximum amount to spend.
- Instead of the full-on roast with all the trimmings try a potluck BBQ and salads
- Be realistic about food and drinks. Traditional and expensive foods may not be as appreciated as the simple family favourites.
- Have one meal of the day that is special - then make it special in your own way
- Have an advent calendar that is full of activities instead of chocolate.
- Have an alternative Christmas tree that costs less; print and colour in a tree, paint a tree on a window, or make a driftwood Christmas Tree.
- Get your decorations second-hand.



What's been happening at > Fiordland Kindergarten

Our young children are natural scientists. They are so keen to explore, investigate and learn about living things in their world. Spring is such an amazing time at Kindergarten, the trees blossom, the sun comes out and Kaiako John brings in his pet lamb for a week!

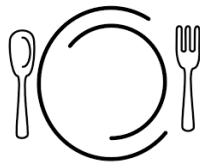


This term has also seen the introduction of duck, chicken and quail eggs. (Thanks to Mrs Taylor and Cooper's whanau) Our children have counted down, shown curiosity and excitement! Our teachers, engaging this interest and inquiry have posed questions that have encouraged our children to research, hypothesize and investigate. Their patience was then rewarded on Monday with three little chickens (see photo above)!

These valuable experiences help children to develop an understanding of biological science concepts and learn respect and care for the living world – not to mention they are soooooo cute!

SUPPORT > Meals for Mates

A small group of locals have been getting together recently to create simple, nutritious meals for those in the community in need of a kind gesture.



The "Meals for Mates" concept began a few years ago when a new Mum realised the value of a meal made by a friend or a stranger, not only in the sustenance it provided but also the sentiment. A Facebook page was created to link both those in need and those wanting to give, however once COVID-19 hit, it was apparent our little community would be hit hard and a concerted effort to provide meals to those in need would be required.

The group has held two successful "cook ups" using donated ingredients and several volunteers from the community. We have produced a total of 89 meals and they are finding their way to appreciative members of the community. Once these meals have found homes, we aim to do further "cook ups".

If you would like to volunteer time or ingredients/donations or know of someone who would appreciate a meal please contact Nita Cole. Community Family Worker from the Fiordland Community House Ph: 027 2658049 Email: nmcole9@gmail.com.

ROAD SAFETY > Bright Sparks visit

The team from Plunket, Kindergartens South, NZ Police and Road Safety Southland visited Fiordland Kindergarten last week.



Here are some of the key road safety messages – a great reminder of how to help keep our tamariki safe when on and near the road and driveways.

- Ensure outside play areas at home are fenced off from the driveway and road
- Double check the door is securely shut when leaving the house
- Know where the kids are before getting into the car
- Don't rely on backing cameras
- Regularly talk to children about being safe around driveways, cars and roads – how do they know a car might be getting ready to move?

Look for a driver, listen for the engine, look for the lights!

- Make sure your child is in the correct restraint for their age and height
- Do NOT put children in the front seat



A catchy song for children to remind you if you have forgotten to buckle them in:

**Twinkle twinkle little star
You must wear your seat belt in the car
If your Mum or Dad forget
you must shout out, NOT READY YET!**

- Teach your child to stick with you like glue on roads and footpath
- SNEAKY DRIVEWAYS - Look out for them and remind your child to look and listen

Before you cross the street:

STOP!

**Use your eyes and ears
BEFORE you use your FEET!**



LIBRARY > Birthday Celebrations

Southland District Libraries and Te Anau Friends of the Library were in party-mode this month, as they celebrated a major milestone. The Te Anau Public Library was officially opened 30 years ago on November 3, 1990, by Frana Cardno, who was chairman of the Te Anau Community Board at the time.



The 30th anniversary featured a week of literary events for all ages – with each event drawing a capacity crowd. Southland-born author Holly Ford kicked-off the week by discussing her writing journey and popular fiction books with MC Sarah McCarthy and an engaged audience. She also generously donated a couple of copies of her most recent work *High Country Hero* to give away.

A group of talented young actors brought Te Anau-based writer Brian Johnston's play *Way of the World* to life during a rehearsed reading at the Te Anau Club. The story of an animal community in strife featured characters who were based on Fiordland's magnificent fauna. Budding writers were able to draw on the experience of self-publishing guru Catherine Taylor, who presented a workshop on self-publishing writing.

The library then became a crime scene for a Murder Mystery evening based on Ann Cleeves' novel *The Glass Room*. The script, which was adapted by Brian Johnston, called upon five local actors to protest their innocence and drop a few red herrings, while the audience had the opportunity to play detective.

The events wrapped up with a children's dress-up party at the library. Award-winning children's author Kyle Mewburn delighted the large crowd by reading a number of stories aloud and cutting a book-themed 30th birthday cake. The children lined-up for face-painting, had the opportunity to play games and win spot prizes throughout the afternoon.



Along with marking the milestone, the week provided an opportunity for library users to reflect on the history of the library and the hard work that went into fundraising for the current building by the community. Major initiatives included the Fiordland Passport scheme and the Great Fiordland Duck Race, and Friends of the Library are still working hard to support the library through their annual book sale. Southland District Libraries and the Friends of the Library thank the wonderful community for their support during the celebrations and the past 30 years.

VISIT > Te Anau Bird Sanctuary

It's all on at Punanga Manu o Te Anau/Te Anau Bird Sanctuary and a great time to visit! Have you seen the sanctuary's young residents yet?

The sanctuary is positively bursting at the seams with little ones! Takahē pair Tara and Mohio's two chicks are growing well (photo below left) and the sanctuary's second takahē pair have recently welcomed one healthy chick to the world. Resident kākā Charlie and Bling have a nest of four fuzzy chicks too (photo bottom right)!

Nest cams allow you to see what's happening up close and personal at both the kākā and takahē nests. The takahē nest cam (photo below) is brand new and was made possible by talented and dedicated community volunteers as well as Mitre 10 who support the Takahē Recovery Programme locally.



There are also papango/scaup ducklings at the duck pond and kāmāna/Australasian crested grebes building a nest on the floating platform on Lake Te Anau.

Excitingly, there are even three tiny kōwhiowhio ducklings from the sanctuary's first-ever breeding pair! Kōwhiowhio is the Ngāi Tahu name for what is more widely known as the whio or blue duck. The ducklings aren't yet visible on tour but they will be soon (photo below, left).



Remember that you can visit the sanctuary anytime between dawn and dusk and that you can help by making a donation that will go directly to the upkeep of facilities and animal care. Donations are best made in cash in the sanctuary's donation boxes or with Eftpos at the Fiordland Visitor Centre on Lakefront Drive.

Thank you for your support!
From the team at the Department of Conservation.

REMINDERS > Water Safety

The sun is starting to shine more frequently, the weather is warming up and this means the paddling pools are out and swims in the rivers and lake are more frequent

Did you know:

- drowning is a leading cause of death from injury in young people
- babies mostly drown in buckets and baths
- pre-schoolers mostly drown in home swimming pools and unfenced water hazards nearby homes
- teens mostly drown in lakes, rivers or the sea



So with this in mind the team at FFN, alongside Water Safety New Zealand want to share some quick tips about keeping your tamariki water safe this Summer.

• Keep constant active adult supervision at all times:

This means keeping all babies and toddlers within arms' reach around water as it takes less than a minute for a child to drown.

• If you're in a group, have an active adult supervision roster:

Don't rely on older children to supervise younger ones in, on or around water. Constant active adult supervision is imperative.

• Identify water hazards in and around the home:

Empty water from unused paddling pools, buckets and containers after use and ensure you have a safely fenced play area. Also when on holiday check for water hazards and ensure pool gates are secure and locked at all times.

• Avoid distraction: Put your phone away when supervising children around water.

Their lives are in your hands and their safety requires your full attention. A child can drown in the time it takes to read a text message.

• Teach your children water safety behaviour:

As soon as they are old enough to understand, teach your children things like: 'Never go near the water unless you're with a grown up'. It is important our children are taught that while water is to be enjoyed, it must also be respected. Enrolling in swimming lessons is a great way to start this even before your child begins school.

• Lifejackets:

These are essential on a boat, must fit snugly and have a crotch strap. Lifejackets should be worn whenever your child is around water as accidental immersions are a leading cause of preventable drowning fatalities in NZ.



Fiordland Swim Club

is another chance for children to obtain swimming instruction on top of school swimming.

It is open to all children aged from 6 to 18 years with swim groups based on ability. Lessons are currently full for the 2020/21 season, but we keep a waitlist for the upcoming season, so if you are interested please contact us on fiordswim@gmail.com. A season of lessons is usually \$75.00 per child (pool entry fee is additional), but this year it has been discounted to help families through COVID-19. Fiordland Swim Club runs with volunteer coaches and we are always on the lookout for anyone interested in helping us out. Coaching qualifications are not required as our head coach will provide assistance.

FACILITIES > Swimming Pools

Fiordland Community Swimming Pool is community funded, was first built in 1977 and is located at 18 Howden Street. The pool is 25 m long, has inflatable pool toys and a pleasant water temperature of 28 degrees. During Term Time public sessions are held weekdays afterschool (Monday, Tuesday, Thursday & Friday 3.30 pm - 5.30 pm) and in the weekends (1.00 pm - 5.00 pm). During Holidays public sessions are held Monday to Sunday 1pm - 5pm (excluding 25 & 26 Dec, & 1 Jan). Pool closes 2 May 2021.

Casual Swim prices: Adults \$6 Children/Students \$3; Seniors 65yrs+ \$4; Pre-school child \$3 (adult swims free). Children under 12 must be supervised by a caregiver 16 years or over.

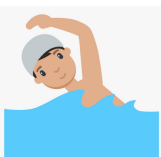
Seasons passes are available that can include a Fob (electronic key) allowing holders to access the pool outside of public sessions. Purchase from Outside Sports Te Anau or Peter Dolamore (027 688 4626). The Pool Committee have reduced the cost of season passes by around 30% for the 2020/2021 season recognising the potential impact of COVID-19. For full prices check out <https://sites.google.com/site/fiordlandpool/>.

Te Anau School Pool is a 15m long learners pool suitable for preschool and primary-aged children, located opposite the Te Anau Public Library. The pool does not have open public sessions, however community members (you don't need to be a Te Anau School family) can purchase a pool key that gives you access to the pool after 3pm during the school week, or between 10 am and 8.30 pm on weekends and school holidays. Keys are \$50 cash per family, with a \$10 refund if the key is returned to the school before 31 March 2021. Keys can be purchased from the Te Anau School Office, or after 15th December from Outside Sports.



Mararoa School Pool is another warm, shallow pool perfect for primary and pre-school children and parents that want to enjoy some swimming time over the summer. Located at the rear of the school, families can purchase a seasons key for \$70 from the School Office before 11 December. Contact Mararoa School on 03 249 5816.

Manapouri Community Pool is located beside the Manapouri Hall, off View Street. This is a solar-heated pool with a separate toddler pool. There are no public sessions but as the pool is not attached to a school it can be used during school hours. Seasons keys can be purchased from the Manapouri Store and Cathedral Cafe for \$80 (with a \$20 refund when the key is returned). Make the most of the tennis courts and picnic tables while you are there. Keep an eye out for information on OPEN DAYS coming up on the Manapouri Community Pool Facebook page @manapouripool.



FFN would like to acknowledge and thank all the amazing volunteers in our community that help keep our swimming pools open and help with swimming lessons for our tamariki. High-five Fiordlanders!

CULTURE > Indian Diwali Festival

On November the 14th the Hindu Festival of Diwali is celebrated, Diwali (meaning "row of lighted lamp") is a festival that celebrates new beginnings and the triumph of good over evil, and light over darkness. It is about loving exchanges between family and friends including the giving of delicious foods. The Diwali Festival is one of the biggest events on the Hindu calendar and is celebrated by Indians all over the world.

Here in Te Anau we have approximately 50 locals who have come here from India. Satya from **Radhas Indian Restaurant** is bringing the community together this year with a Diwali feast at the restaurant. Satya speaks of Diwali as a time to celebrate light and colour and come together with friends and family to share sweets and desserts. Satya has shared 2 simple recipes with us that are eaten as part of Diwali Celebrations, see below.

EAT > Indian Chickpea Salad

Ingredients

- 400gms of canned chickpeas, drained and rinsed
- 100 gms of grated coconut
- Chopped veges i.e. tomato, cucumber, carrot, beans, capsicum, red onion (as you like).
- 1 tbsp mustard seeds
- 1 tbsp cumin seeds
- 3-4 curry leaves (these are tricky to find and can be left out)
- 1 tbsp garam masala or chat masala to taste (as you like). Garam Masala is a blend of spices found in the spice section of the supermarket.
- 2 tbsp oil
- half a lemon
- 1 tbsp salt
- Chopped fresh coriander and mint to garnish

Instructions

Heat up oil in a frying pan and add the cumin and mustard seeds, toast until fragrant, add the curry leaves and coconut and continue to toast until the coconut has turned a golden brown.

In a large bowl mix the chickpeas and vegetables together with the spiced coconut and season with the garam masala, salt and a squeeze of lemon juice. Be sure to taste and add more seasoning if needed. This can be eaten straight away but will taste much better if it is left so that the flavours can be fully incorporated. Garnish with fresh coriander and mint.

This is traditionally a vegetarian dish but would taste great with cooked lamb or chicken!

DRINK > Mango Lassi

This is a delicious cold drink and is easy to make

Ingredients

- 2 cups of tinned mango pulp or frozen mango
- 1 cup of plain yoghurt or sweet yoghurt
- 100 grams of sugar
- 1 tsp of cardamom powder



Add all of the ingredients to a blender and blend. Chill prior to serving.

What's been happening at > Southern Stars

To celebrate Diwali, the Indian Celebration of Life, Ammu (pictured below) and her Mum, Sudha, Keerthy and friends brought an amazing celebration to Southern Stars Early Learning Centre. These lovely ladies created a beautiful sand picture, much to the delight of our Southern Stars tamariki, and the teachers and lucky parents who arrived at just the right time to light a tea candle each around the picture. They shared some lovely food, and created some amazing Mehndi (henna) designs on some of the children's and teacher's hands.



Thank you so much to Sudha, Jayalakshmi, Jayasri and Keerthy for taking the time to come and share your cultural traditions with us - we feel honoured and privileged. And thanks to Ravi for the amazing food.

GARDEN > November tips & tricks

From the Fiordland Community Garden Charitable Trust.

November is a busy time in the garden, seedlings are starting to take off and if you got your crops in early enough you might be starting to harvest lettuces, peas and broad beans. For best results ensure you look after your growing crops by weeding between rows, thinning plants and regular watering.

One of the trickiest parts of vege growing is making sure you have a continual supply of fresh veges. We often go crazy planting the garden in spring only to find we have everything ready in one week and then nothing else ready for weeks.

To get a continual supply of vegetables it is good to plant a small amount of what you want every 2-3 weeks. Now that the soil has warmed up you can easily direct sow straight into your garden. It is also time to get some of the heat loving crops planted.

Vegetables to plant this month:

- Zucchini
- Sweet Corn
- Green Beans
- Tomatoes
- Pumpkins
- Onions/Spring onion



Continue planting:

- Salad Greens
- Spinach/Silverbeet
- Carrots
- Beetroot
- Fennel
- Potatoes



For crops such as carrots, parsnips and beetroot it is important to thin the seedlings (pull out the closely spaced plants) so the remaining have enough space to grow. And if you want bumper crops, regular watering will make all the difference, in the morning or evening, to avoid the heat of the day. If you do nothing else get outside, pull some weeds and just give it a go.

THANK YOU >

We would like to acknowledge and thank our sponsors: The Olive Hutchins Charitable Trust, the Kepler Challenge Committee and the Rotary Club of Fiordland.

How to contact us?

We would love to hear from you. Phone/text one of our team Anna Thomas (027 160 5850), Jo Marsh (027 323 1545) or Michelle Crouchley (021 212 4314) or email (address at top)