

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

Mike Joy is coming to Mapua Hall this month, see page 9 for more information.

Thank you for reading the Grapevine and for supporting the advertisers.

Gold coin donation to Mouere Motors, Tasteology or Mouere Store appreciated.

FREE DELIVERY



Mana with Frances and some of their permanent residents

Mana's Mission

Mana Stratton's love for animals was apparent at an early age. She grew up on a hill above Tahunanui, frequenting Natureland, - she 'half lived there' according to Mum Frances and would bring a lot of small, sick animals, home to nurse. She had the patience to move cautiously toward a sick bird until she could catch it, a sort of animal whisperer, and now she runs a voluntary Native Wildlife Rescue Clinic in Upper Mouere. Here a huge range of native, rescued creatures are nursed back to health and rehabilitated.

Formerly an orchard, the property now is home to various enclosures, sheds, a pool, a couple of aviaries and a clinic set up for medical care of native wildlife. There is a menagerie of permanent residents, which includes

ponies, donkeys an Appaloosa llama, and chickens. There's even a black backed gull who grew up there and returns regularly with his mate and offspring.

Mana's passion for her mission is palpable and infectious, whether she is describing an injured bird or an operation on a sea lion, and one can't help feeling touched by the rescue missions she describes.

Mana attended school in Tahunanui, then Nayland College, and graduated from Vet School at Massey University. A month's field work followed, based in a hut on what is basically a rock off the coast of Okuru, near Haast - Open Bay Islands - to research the NZ fur seals that live there. She returned to Palmerston North to wash

cont. pg3

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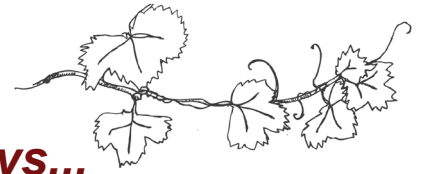
Sending us articles of interest

We warmly welcome contributions to The Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read! There is no cost for having your articles published if you are telling the community about a fundraising venture. However we do appreciate a donation from commercial ventures to help us cover our printing costs—see email address above to get bank details.

Archived coloured copies of the Grapevine are available at www.mouterehills.org.nz/community/the-grapevine courtesy of the Moutere Hills Community Centre staff. Grapevine circulation is approximately 1400 copies. This issue has been constructed by volunteers: Rachel Field, Jenny Leith, Sharon Beuke, Bessie Adie, Kirsty Vanderwerff and Sue McGregor.

Disclaimer

Views expressed in articles in The Grapevine are not necessarily those of The Grapevine team or its editor. While every effort has been made to ensure the accuracy of the information included in this publication, The Grapevine takes no responsibility for errors or omissions or for any consequences of reliance on this information. All adverts are required to present a name or contact details so that people can respond directly should they have any queries or concerns. Publication of advertising material implies no endorsement of either a product or a service.



Grapevine Says...

Toilets may seem a strange topic for “Grapevine says” to be commenting upon, but our editorial team is a thoughtful bunch and we have discussed the need for/usefulness of a public toilet in the Upper Moutere village. There are public toilets at the community centre but these are a little distance down the road and are not signposted in the village (maybe they should be). The village attracts many visitors, some of whom ask about toilets. The Grapevine welcomes your views on this matter: should we be asking the TDC for a portable toilet?

A more permanent one? Send your thoughts to:

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her gear and then spent two months on the Auckland Islands working with NZ Sea Lions and population counting for Hoiho yellow-eyed penguins. This was followed by a year of marine mammal postmortems for DOC, more field trips, some time in clinical practice as the sole vet at a satellite clinic of a large practice, and then at a vet clinic in Motueka. There have also been two trips to Peru to work with llamas and alpacas.

Meantime her parents, Frances and Joe Stratton, moved from Tahunanui, eventually settling at the property on Gardner Valley Rd, which is now home to the clinic. Mana works night-shift as a vet for MPI, based at the Alliance Meatworks. Here she is responsible for checking the entire process, ensuring safe practice, the absence of disease, humane handling, compliance with NZ and overseas market regulations, and food safety. Interestingly MPI is the biggest employer of vets in New Zealand.

She often returns home from work to feed and treat a patient – there is a huge range of species that pass through her clinic - most come from DOC, but also vet clinics, the public and the Tasman Bay Blue Penguin Trust. Mana holds a DoC permit for doing native wildlife rehab, which is voluntary work, and due to her marine mammal training under DoC's authorization, she is able to rehab native marine mammals. Last spring, she had a rare visitor to rehab from DoC, an underweight yearling Subantarctic Fur seal that a member of the public found in Ruby Bay.

Now that there are a couple of other DoC permitted rehabbers in the region, it means that she can focus mainly on marine mammals, penguins, and other pelagic seabirds, which can range in size from a fairy prion to an albatross!

One of their busiest times is around Christmas when the blue penguins start to fledge. Frances is her assistant and helps with feeding – in fact they

try to stick with one feeder for a particular bird, so as not to imprint on it more than necessary. It's important that the bird knows it's a bird, so that it will identify with its own kind once released. They are not trying to tame them, rather just be accepted, and the goal is that once the bird is fed it doesn't like the feeder! They use bird soft toys and recorded bird sounds to assist the process particularly with young ones. There is a lot of food preparation, and an endless amount of cleaning! And in some cases, liquid feeding is required to combat dehydration and severe malnutrition. They use heat pads and heat discs for warmth and the Tasman Bay Blue Penguin Trust also knit little woolly jumpers to help keep the sick penguins warm.

She feels strongly that there are some steps that can be taken to ensure the safety of these birds, and other creatures. She has seen some horrendous injuries, both with injured living creatures, and in postmortems. One simple fix is to have dogs on leads, rather than roaming free – even a very well-behaved dog can kill or maim a bird in seconds and the owner may be completely unaware. She is not against dogs or their owners but says that cohabitation requires learning to live with nature not against it, and she is quick to acknowledge that most people will do the right thing if they understand the problem.

If Mana has any spare time, she enjoys harness driving ponies, and riding, and she also dabbles in sport and music. She is grateful for the support she receives from sponsors such as Seaford, who provide fish for the seabirds and seals, and the likes of Mitre10 Mega who recently helped with supplying a water blaster and are working with the Menz Shed to build a covered penguin/seal haul-out platform for the pool. DOC are



very supportive too and help wherever possible.

Her dream for the future would be to find a benefactor for the rescue centre, so that she no longer needs to work night shifts to fund it – there's no doubt it's a worthwhile cause!

Photos: Woolly Jacket modelled by toy penguin. Some of the penguin chicks in the rehabilitation pool.

ANZAC DAY SERVICE

Thursday 25th April

10am

Moutere Hills Community Centre

Service lead by Andy Marr

You are invited to join us for a free community morning tea after the service.

All welcome!

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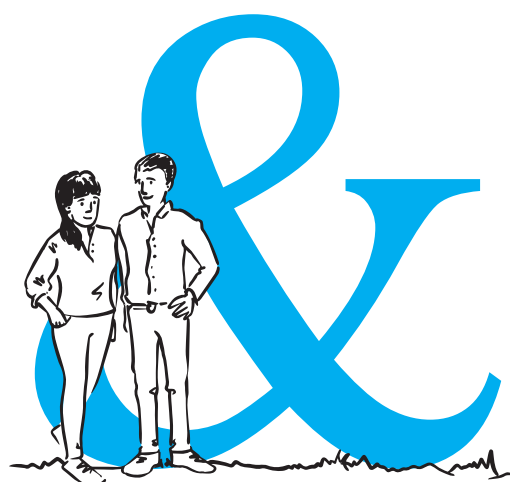
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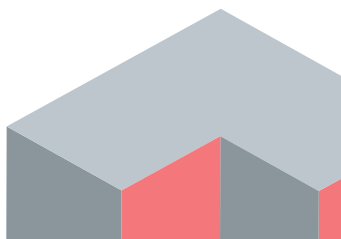
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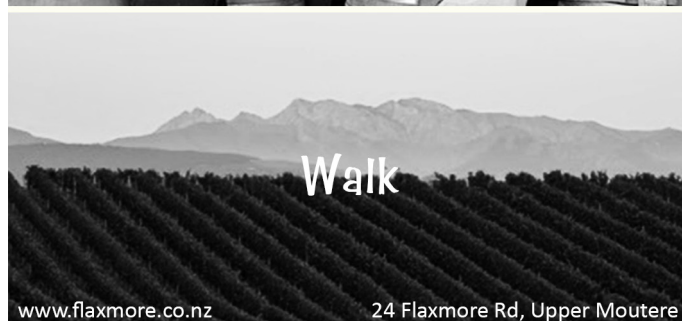
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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

It is hard to believe the winter months are nearly upon us. To keep you active and connected we have our next Community Social evening taking place, as well as some new activities on offer. We are also looking at moving forward with the development of our outdoor area so if anyone has any landscaping skills or ideas we would love to hear from you! Check out all the details below.

Kind Regards Katrina, Keith, Josh and Cindus

Create and Connect

Ever wanted to have a go at an art or craft but didn't think you were creative enough? Come along to our **create and connect** evening, a **fun** night out for anyone in our community to discover your artistic side in a **supportive** environment!

Bar open— drinks and food available to purchase.



FRIDAY 12TH MAY

7:00pm – 9:30pm

Cost \$25 per person

(includes all materials and supper)

Workshops are for all ability levels. Choose from the following two options:

Painting with Helena: Using acrylic on canvas, with the guidance of local artist Helena Morris, you will create a work of art inspired by the local environment.

Natural Fibre Art: Working with local craftsperson, Deborah Whalon-Fran, you will learn the techniques of needle felting and make your own felt creation.

BOOKINGS ESSENTIAL (as numbers are limited).

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021482263 to register your interest.

BBQ



The first part in our plan to improve our outdoor area to become more of a usable Community Recreation space is the installation of a free commercial BBQ for use by the community and visitors to the Centre.

A huge thanks to Network Tasman Trust who have provided us with a grant to assist in the purchase of the BBQ. We really appreciate this support and know that the BBQ will be a valuable addition to our Community Centre.

So thank you



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Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



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Join our friendly Community Fitness Centre. Offering quality equipment, a variety of classes and experienced instructors to support you with your health and well-being.

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Membership includes Fitness classes. Discounts available for MHCC registered community members.

For more details visit www.mouterehills.org.nz/fitness



Fitness Classes



Available free of charge for Fitness Centre members, \$60 for a 10 class concession card or \$10 for casual.

Re-activate	A low impact class, suitable for all abilities	Monday 11:15 am and Thursday 8:30am
Box n Burn	Using boxing skills in a non contact environment	Monday 7:00pm
Stretch & Flex	Increase flexibility and mobility	Tuesday 9:30am and Thursday 9:30am
Pilates	Improves core strength and Stability	Tuesday 6:00pm and Thursday 9:00am
Metafit	High intensity interval training	Wednesday 6:00pm and Friday 9:00am

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Upper Moutere School News

Recently Upper Moutere School hosted the wonderful Manaaki Level 3 Extension students led by Whenua iti.



Supported by their mentors Mike, Ebony and Linda, these Year 13 students from various secondary schools from across te tau ihu worked alongside our tamariki for the whole day.

We welcomed them to our school with a mihi whakatau and after some kai they set about working first with our junior students, sharing their considerable passion and expertise in tikanga. After morning tea, they worked with positive energy teaching our Year 4- 8 students the intricacies of mau rakau. A video of this is on our Upper Moutere School Facebook page.

Over the past week it has been great to hear students initiating their own revisiting of the skills they learned. Arthur along with Micah, both Year 8, greeted our guests with a mihi. Arthur said afterwards, "They were really cool. They were happy all of the time teaching us, even though some of us struggled to learn at times. We learned the mo rakau, a traditional movement with long rakau (sticks) used to train for combat. We learnt in groups and then came together to challenge each other. It turned out really good as we mostly were in sync all of the time!

It was fun, some of us lost our voices from the calling." Seth, also Year 8, said " Big cheers to the manaaki students and Matua Mike. They were kind and made me feel like I could express myself while performing."

We are excited to have the team come back in the next week, when they will teach us a haka and waiata to go with the mau rakau.



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"Degrowth"

Presented by Dr. Mike Joy



The Local Matters group is delighted to welcome Dr. Mike Joy back to the Tasman District for a presentation at Māpua Hall on the 17th of April. This presentation will outline the transformational change we need to make in order to stop overshooting our ecological limits.

An increasing number of scientists from many disciplines, are advocating for a reorientation of our social and political priorities by abandoning economic growth as our overriding priority. In a recent Newsroom article by environment writer Dr. Catherine Knight 'degrowth' is described as follows: 'Degrowth advocates do not sug-

gest the carte blanche reduction of economic activity. They propose the downscaling of parts of the economy that do little to contribute to human wellbeing while causing enormous harm to the environment. Advocates of degrowth propose the expansion of sectors that will support our transition to an economy that operates within planetary boundaries. Such sectors include renewable energy generation, public transport, social housing, the health and care sectors, education, environmental restoration, and sustainable food production, among others.'

Dr. Joy is an ecologist and senior researcher at Victoria University. He is well known for his expertise on climate change and for his outspoken and courageous climate advocacy. Dr. Joy says that degrowth is inevitable and that 'the choice is ours; managed or a train wreck.' 'We need to stop overshooting planetary boundaries and put policies

and incentives in place that prioritise ecological and human wellbeing over economic growth.' Dr. Joy will provide an up to date overview of the intensifying impacts of climate change. He will debunk the negativity around degrowth and will paint a picture of our future world and lives if we embrace degrowth.

"Degrowth"

talk by Dr. Mike Joy

Monday 17 April 7.30pm

at MĀPUA HALL

Door sales only - \$10 ticket,
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This is a Local Matters event, organised by the Motueka Branch of the Green Party of Aotearoa NZ.

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Community Noticeboard

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UPPER MOUTERE PLAYGROUP we meet every Friday 10am - 12pm at the Moutere Hills Community Centre, all families welcome. Contact Karen 021 252 2657

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MOTUEKA COASTAL BUS operates Tuesdays, Thursdays & Saturdays, leaves Motueka i-SITE 9.30am to Tasman, Māpua, Richmond CBD & Pool, returns 1pm. Pre-booking essential Motueka i-SITE 03 528 6543.

CRAFT & CONNECT

Would you like to join our group for a social afternoon?

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Moutere Volunteer Fire Brigade

Callouts for the month of February 2023

1st Feb fire in paddock, gardeners valley

1st Feb tree across road, Holdaway road

23rd Feb house truck fire, mapua leisure park

Upper Moutere Tennis Club

COME ALONG FOR THE FERRICK CUP!

Saturday 22 April, 1pm start

This is a social, fun doubles tennis event at Upper Moutere Tennis Club. Partners are randomly drawn for each round of play making it an ideal format for players of all levels and abilities. There will be kai provided to keep everyone going. All senior club members are encouraged to come along on the day to be included in the draw. Everyone is welcome at the club to see the tennis in action.

SPECIAL OFF-SEASON MEMBERSHIP DEAL

\$50 individual \$100 family \$10 child

The off-season membership rate starts now and will be for membership for the remainder of the season (to the end of Sept). You can join at the MHCC office or online through our Club Spark site: <https://clubspark.kiwi/UpperMoutereTennisClub>





Want to get in touch?
Email us at:
mdba@mapua.co.nz

April 2023

We've hit the ground running with the new committee getting straight down to business & making new connections, lining up events & projects up for the year ahead. Exciting times.

March Networking Event

Our first networking event was held at The Playhouse Café on Tuesday 21 March. It was a great event meeting the new committee, new & not so new members, so we could check in with each other & see how the first few months of 2023 had been going. With the second part of the evening being an open Q & A with Vincent Revell from Frequency, the Mayor Tim King & TDC councillors on the 'Streets for People' project in Mapua. It was an interactive & informative discussion for all parties.

April Lunch & Learn, Mapua Hall

Wednesday 5 April, 12.15—1.30pm

TOPIC: Business resilience, panel discussion

Business resilience is critical in today's business environment. There are opportunities if you look in the right places. What you need is to be able to "work" on your business & take some time away from "working" in your business. The panel will include a number of business experts and members of the MDBA. There will be an open Q&A session as part of this L&L. **RSVP** mdba@mapua.co.nz by Tues 4 April 4pm.

Till next month, cheers from the MDBA.

A FEW WORDS FROM GORDON SHAW, MDBA CHAIR...

"It is an honour to serve as our associations Chair. The 2023 year ahead has many opportunities and challenges to be taken and dealt with. The MDBA is in good heart and positioned well to be the voice of business in our district. We have lots to do and the new committee is committed to strongly representing the business interests of our members in the district and to be the coordinated voice of business so that we enhance the economic potential of our members to enable our businesses, people and places to thrive.

The five key and immediate areas of focus for the committee are:

1. Providing value to members.
2. Production of the Mapua map and members directory.
3. Focused engagement with our stakeholders and partners on key items for business.
4. Membership retention and growth.
5. Networking and members doing business with members.

In the past month MDBA has engaged with our local councillors, met with the Mapua residents' association, engaged with TDC officials, met with the Boat ramp trust, met with the team at Business Assist – Nelson Tasman Business Trust and arranged the first members networking meeting of the year.

I have been also looking for opportunities for non-retail office space and business accommodation opportunities in the Mapua village and surrounds and will keep you updated on our continued progress each month."

Gordon Shaw—chair@mapua.co.nz



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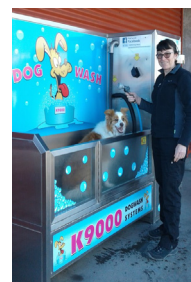
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Infant Reflexes and School Performance

Infant reflexes? What do they have to do with school performance?

The answer to this question can actually throw a new light on child behaviour and developmental delays which can interfere with a child's successful learning in school or starting in kindergarten and even earlier than that.

What are infant reflexes anyway?

They are automatic movement patterns, triggered by specific sensory impressions, like for instance: touching an infant's mouth will make her open her mouth and automatically turn the head towards the touch impression. The movement patterns are archetypal, i.e. every human being in the world comes equipped with these reflexes and has to overcome them out of his/her own accord on his way to become an upright human being, usually within his first year of life. They ensure survival, some are already active in utero, support a child's birth process and the first stages of sensory-motor development and conscious body control. The first body part to be controlled is the head.

Every reflex has its specific time and function. They build upon each other. Once the body has learned a certain movement, the reflex is not necessary anymore, has matured and will be integrated into body memory. There it will serve as a foundation for further learning.

Sometimes reflexes remain immature, they are not completely overcome. Rest reactions remain active, are taken along into life and will interfere with later learning.

Indicators of reflex rest reactions can be observed in many school children, but they can be matured at a later stage with the use of joyful, playful activities. Teachers and parents can observe these indicators and provide the children with suitable games to enhance later reflex integration.

This fascinating area of intervention and developmental learning support will be addressed in several lectures and workshops geared towards the children's age and individual needs, depending on the particular reflex patterns involved. Edith Bulle, remedial Steiner class teacher of many years and international teacher trainer will offer her expertise in school and kindergarten settings around the area and work with teachers and parents to enhance their understanding of their children's performance at home or at school. Different traditional children's games will be introduced and analysed for their suitability and applicability for different age levels in children.

The introductory lecture and workshops will be offered in May in different locations.



- Lecture: Back to the Beginnings, Introduction to concepts around infant reflex integration, held in Riverside Centre.
- Workshop 1: Archetype stages in infant reflex integration and reflexes involved with each stage within the first year of life.
- Workshop 2: Needs of young children (age 1-3) at home and in kindergarten within the framework of infant reflex integration and sensory-motor development.
- Workshop 3: A closer look at the young school child, the transition from early childhood education, developmental delays and aspects of school readiness.

What can help? Exemplary play sessions can be arranged with children and adults.

The locations, costs and further details will be published closer to the dates in the local press.

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Our latest news & adventures

Manaaki Tāpoi students visit Upper Moutere School

Recently our Manaaki Tāpoi secondary students had a wonderful visit with Upper Moutere School students to introduce them to waiata, kemu (games) and even a new haka pōwhiri that was written by one of the students. It was such a fantastic cultural exchange for everyone involved, and an opportunity for the rangatahi to share their knowledge. Ka rawe te mahi!

Trades Students explore the Abel Tamsan

Ngā mihi nui to **Network Tasman Trust** for funding us to purchase awesome new duffel bags! These make transporting participant gear on our programmes so much easier. Recently our Manaaki Tāpoi Level 2 and Tourism Operations participants headed out with them into the Abel Tasman National Park on a waka journey followed by an exhilarating day of ziplining, abseiling and jumping off rocks with **Abel Tasman Canyons**!



Our Manaaki Tāpoi students teaching mau rākau - the performance art of traditional Māori weaponry - to UMO School pupils



The sweetest gift

As part of larger site development at Whenua Iti we have hives on site - they encourage bees to the site, aiding the growth of our plants and also provide us with honey! This is a great teaching opportunity and discussion with tamariki, and they really enjoy making bush tea from manuka on site, sweetened with our own bush honey of course. There are even plans afoot to use the beeswax for lip balms - we'll keep you posted.

Ngā mihi nui to the Moutere Hop Crew!

We had a great time attending the Hop this year and are incredibly grateful to the funding support from the proceeds raised by the event, which will go towards our facilities development. It was a fantastic turnout, the weather certainly played ball and we enjoyed running fun activities for tamariki including a treasure hunt for native birds and an orienteering course. See you next year!



Students with Abel Tasman Canyons as part of the Tourism Operations Trades Programme

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News from Māpua Bowls Club

THE WRITE BIAS



Lots of good bowling happening at this, the back end of the season.

It is good to see our new members attending regularly and showing great improvement. The green is playing really well and there have been some very close games and a lot of fun. But there is always time to sit down, chat and win your game from the bench as Colin and Wally are demonstrating!

Ian Benbow and Karen Clark are to be congratulated for being the first members in living memory to enter the Mixed Pairs at the Nationals in Central Otago; around 100 entries so a very tough challenge. They didn't make it through the group stage but reported a tremendous experience and hopefully one to be repeated next year.

Warren Keith made it to the final of the Veteran Singles Champ of Champs where he was beaten by an in-form Lloyd Bellis from Stoke Bowling Club.

The annual Wadsworth Trophy is held at Havelock and two of our ladies were selected to represent the Nelson Centre. Congratulations to Debbie Win and Di Blanchet.

We have enjoyed having weekly visits from some of the children from Māpua School. In groups of 16 they attended for an hour of coaching. This was all about basic principles and more about fun than serious coaching but we hope it might have sown a seed for the future. There were certainly some promising bowlers in the mix. We look forward to them joining us again next year.

For any information about bowling, coaching or booking the clubhouse and facilities, please contact the secretary, Di Blanchet on 03 540 2627 or check out our website, sporty.co.nz/māpuabowls

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Kai
Collective



The Moutere Kai Collective have been back in the kitchen again, restocking our public-access freezers with nutritious meals for 2023. We've recently had some new members volunteering with us and it's great to have their energy and enthusiasm at our cook-ups. We're also excited to share that our Kai Collective model has been picked up again by a wonderful group in Wakefield called The Big Bake Up. They started out with baking and are now also producing masses of frozen meals. It's awesome to be able to share our recipes and support more people getting meals out into the community in times of stress and need. Lastly, a huge thanks to all of you in the Moutere who contribute to the Kai Collective in your various ways. We couldn't do it without you!

For those new to the Kai Collective concept, we're a group of locals who get together every 6 weeks, to produce nourishing meals for our community. We then encourage locals to come and collect the meals and gift them on to their neighbour, friend, or a family member who may be in need of a little support. As always, our frozen meals can be collected by anyone, from the public-access freezer located in the foyer of the Moutere Hills Community Centre. We also supply the Motueka Maternity Unit and various other community out-reach locations with our frozen meals. We're entirely volunteer co-ordinated and run.

How do I use the Kai Collective?

1. Identify someone in need of love and support
2. Collect a meal or two from MHCC (also available from Country Kids, the Church Hall)
3. Deliver the meal to your friend and make the world a little kinder...

How can I help the Kai Collective?

- By gifting our meals out into our community.
- Donate to help support our food costs: NBS 03-354-0423793-00
- Volunteer, by joining our Facebook group 'The Moutere Kai Collective' or email Anna - haddonanna@gmail.com



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Chickens!

With the current egg shortage, backyard chickens have become increasingly popular! However there's a lot to consider before rushing out to buy your own egg supply.

Chickens will add more to your family than just eggs! They are very social and make great pets! But the most important thing about keeping chickens is their environment - they must have a clean, warm area to sleep, have constant access to fresh food and water and be able to dust bath (this keeps external parasites under control).

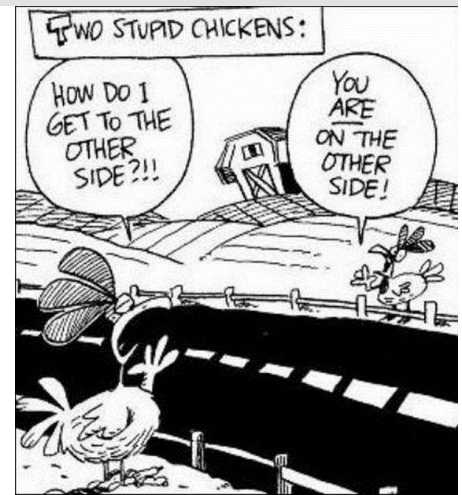
Lifespan/Laying: Chickens live for 7-8 years depending on their breed. Most pullets (young hens) start laying at about 16-24 weeks of age, the first eggs are often small, odd shapes and sometime don't have shells. As they get larger you may strike the odd double yolk! As laying becomes regular the eggs will have healthy looking shells. They will continue to lay strongly for two to three years and then lay less and less as they age. Egg production will depend on the quality of their food and their living conditions.

Housing/cleaning: Each chicken needs space to flap their wings, move about and build a nest. They require a minimum area of 3 square metres to house up to 3 large birds and 0.4 square metre per additional bird. If they are to be caged, then make sure they are not overcrowded. Is there enough room at the feeder for them all at once? Is there enough room on the perch for them all? Use clean straw on the floor and nesting boxes. They must be able to scratch around in the dirt and dust bath so a reasonable size run is important. They require a warm and dry area to perch each night. Young hens will mostly teach themselves to perch, but to ensure this happens, lift them gently onto the perch each evening until it becomes a habit (2-4 nights). Make sure the perch is just high enough that they can jump onto it from the ground. Free range chickens can live and behave more naturally - interestingly a truly free range chicken can walk more than 1km daily! - but remember chickens are foragers and will happily destroy your vegie patch in a very short time if they get the chance! It is safest to be free range during the day and

locked up at night. Free range birds will perch in trees if there is nowhere else but they prefer somewhere warm and dry. Provide a closed in nesting box so they have a safe place to lay their eggs, if they lay in the wrong place, put the eggs in the nesting box and they will usually go to that spot to lay next time.

Feeding: Start with a good quality pellet or mash for young chickens and then graduate to layer pellets when laying commences as their requirements change at this time. Feeding a good quality pellet is essential as it will be formulated to meet the requirements of a laying hen. The best food is one that contains 16-18% protein. They also require daily greens - silverbeet is a favourite. If they are caged and don't have access to insects and worms then get the kids to go on a worm hunt and give them as a treat. Chickens also require a certain amount of 'grit' in their diet, they naturally eat small stones which are stored in the gizzard to grind up their food, caged birds can't get these naturally so giving them a handful of shell grit or ground up egg shells every now and then will help them digest their food better and keep their calcium levels up. Feeding kitchen scraps is a great way of recycling but you need to be careful as they can easily get too much salt and sugar. Have a look online for some good tips as to what is good and what is not.

Health and Disease: Keeping your hens perch and flooring area clean is essential to keeping disease at bay. Clean your hen house out every 6-8 weeks (depending on size) and put in fresh straw. De-worm your hens twice a year, in spring and autumn. Check for mites and lice every week, general



mites are tiny red specks and live in the cracks in your chicken house. Scaly leg mites burrow into the scales on your chickens legs causing raised encrusted scales. Lice are yellow and flat and can be seen at the base of the feathers. If you have any concerns, please call the clinic and we will help you diagnose the problem and treat accordingly.

Predators: Unfortunately hens are low on the food chain and they have a large number of predators such as dogs, cats, ferrets/stoats and hawks (and possibly pukekos depending where you live) so make sure they are safe!

Moulting: Chickens will moult once a year, usually during late summer or early autumn. They may not lay as well during this time and will look pretty scruffy.

Broody hens: Occasionally hens will go clucky even without the presence of a rooster, they will sit on the nest and not get off. If a rooster is present then eggs will hatch in about 21 days. If no rooster is present you may be able to source fertilised eggs, otherwise you may remove eggs daily from your hen and she will eventually give up although this could take a few weeks in persistent birds!

Crowing roosters!: Roosters can start crowing from 16-20 weeks of age. They generally do this in the morning but some will do it at random times during the day, they can start very early in the morning (usually first light) which is a great way to annoy your neighbours! Check with the council about rules in your area for keeping hens and roosters before you commit to your new pets.

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