

Who Would Rob A Community Food Bank? (Andy An ANK



We can only hope that whoever did this needed the food really badly. Over the night of Thursday 24 March the Food Bank was broken in to and all the meat we had in the freezer was taken. Unlike many of the other Food Banks we have been able to supply meat all through Covid because of the generosity of some businesses and local residents and meat an unrough Covid declade of the generolaty of some doulnesses and local residents and famers. Food Banks can no longer afford to buy meas. Not only have we lost the meat but we have needed to upgrade our security which is a cost that we could ill alford. Many people may not be aware that we are not on only dealing with our usual clients but we have had many to Covid households. These referrals come from MSD (Ministry of Social Development), the hospital and many



locks being put in this week. Looks like the door was forced so need extra locks being put in this week. Looks like the door was lorded so herd extra protection so it doorn't happen gain. Our key owners will all need new keys now which is a pain (and a cost). If anyone has any knowledge as to the burglary could you please help the Police in their investigation. It is hard to believe that locals could have been involved when we are supporting so many families here. If you are in isolation and need some assistance, such as food or accommodation support. Call 0800 512 337.



Office: 39 Richmond Street, Inglewood Ph: 06 756 6058 Mobile: 027 575 6605 Email: george@phillipsplumbing.co.nz	Master Plumbers

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Phone 756 8009	Garden Cluss with Sus a	

April is a great month to start that where vegetable greated mf. If up that new planter box with finds compost and positing mix, and you will see the rewards come where time. Remember back too years ago when the rails before locidown that all all burging up seeks and seeding and we got planning. Some of us had excellent garders in 2019, as we planted at a great time, it was warm, with bits of sumy days, a little like the weather ware the wing now. If you can try some of the basics, which are perfect exating, bursing with goodness these hardy no fus vegetables are brilliant crops to plant in the witner garders. All members of the cabbage family are brasics. May not the family and were yeap tog prov. Mart in fall and reasio are a little more novel, howene just as targ and were yeap tog pow. Mart in fall and, in welding ferein col. Space large and water. Some brasics do thrive in post and containers too. Choose the smaller varieties, and with tur 6 has for and water. Some brastica: do threve in pols and container's took. Hoodes the simaler varieties, and watch out for diago and mask which can be an user as a hyperboy. To TL and and and pole and the stress and the simal fertiliter, which can happen when animal manutes are used solely to fertilite vegetable gardens. They need postasim and phosphorus to form the lead, so use TL vegetable food. Simals sprous get sweeters and caster with each frost, so don't pansi if there's a heavy frost, and harvest from the bottom of the trunk first and store in the fright or a lead week. Havest toroccoll and califlower when the heads are well, difficult to the able before the mige for a revieweek, have a used of a set of the s

some this year, est in season, and save you money. Happy Gardening! Medicinal Herb's Taranaki (somey): Hopking Medicinal Herb's as a potential new business opportunis for small growers in Taranaki (gard of their "Branching Out" program). There is a real need to grow organic herbs in NZ. Many people do not have termic, knowledge or indination to grow their own herbs, yet want to use them to live a healthy lifestyle. Why should we import the herbs needed for this market when mary can be successfully grown here? We need information about medicinal herbs grown in the lingfewood area. Whether you ong grow a couple or grow several, grow them for their therappeut, value or for ornameral purposes, your impot is valuable. umm for their mergenetic value or for ornamental purposes, your input is valuable We have an intall is of herbs we need data for. How we will do therg grow in your region? Which ones don't success? This less un map soil type, weather conditions, and other environmental factors that help determine which herbs grow best where. Herber we are interested in include caledoold, kawakawa, alderberry, echinaces, skullage, and many more. If interested please constart me and/or fill out the questionniary environmental factors and the second state of the second state of the second state of the second state memberd? I and herber in the second state of the second st involved?". I am happy to help you do this over the phone if needed. I'd love to hear from you as well if you are interested in learning more about herbs. I can be contacted at <u>"stratfordherbs@gmail.com"</u> or 021 255 6390.



The Inglewood District Health Trust is seeking expressions of interest for an appointed Trustee on their Board

Diversification is needed to ensure the Trust is representative of Indewood and the community and we are generally seeking people with some business and Governance experience and local community networks Expressions of interest and accompanying CV to be forwarded to

The Chair, IDHT, PO Box 7, Inglewood 4347







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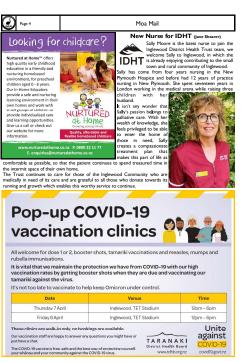
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Inglewood CBD Road Surface

Maintenance Coming (Ella Roche)

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olice station











