



The Inlet

Newsletter for Guardians of Pāuatahanui Inlet

APRIL

2022

The Inlet is a newsletter that brings together local and regional news affecting the Pāuatahanui Inlet and its environs.

The Inlet comes out three times a year and current or back issues can be downloaded from our website.

The newsletter includes items of concern that affect the area as well as general interest topics for everyone.

Please contact us if you would like to contribute to The Inlet.

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www.gopi.org.nz

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FROM THE CHAIR

There is a lot going on in the freshwater space and what happens there will materially affect the future of the Inlet.

A Freshwater Commission was recently established via an amendment to the Resource Management Act. It will make decisions on regional plans, changes and variations dealing with all bodies of freshwater (rivers, streams, lakes, wetlands, groundwater and contributory systems). The planning documents must comply with national policy statements and environmental standards on freshwater. They must be publicly notified by December 2024 and then submitted to the Commission by June 2025 for its review and subsequent decisions.

Decisions taken by the new Freshwater Commission must comply with the following hierarchy:

A: The health and well-being of water bodies and freshwater ecosystems;

B: The health needs of people (such as drinking water);

C: The ability of people and communities to provide for their social, economic and cultural well-being, now and in the future.

Central to all its decisions is the concept of *Te Mana-o-Te Wai* – effectively, integrated management from a Māori perspective. Councils must ensure freshwater is managed in a way that:

- Gives effect to (as opposed to ‘considers and recognises’) *Te Mana o te Wai*;
- Ensures *tangata whenua* are actively involved in freshwater management; and
- Establishes a long-term vision for this natural resource with an integrated approach to its care (*‘ki uta ki tai’*).

Sitting, waiting to be implemented, is an important document called the Te Awarua-o-Porirua Whaitua Implementation Programme. It is the result of a collaborative community process led and supported by Greater Wellington Regional Council (GWRC). I have mentioned it in previous columns. It sets out 75 carefully thought-through recommendations. In my view, if these recommendations are implemented, the result will be a progressive and positive improvement in harbour water quality. This will be done by targeted controls over inputs into the catchments, streams and watercourses that feed into the Inlet.

GWRC has the job of putting many of the Whaitua requirements into its policies



From the Chair cont....

and plans. We had hoped this would be under way by now but little has been done so far. It will now be diverted through the new process which is likely to lead to changes in some of the recommendations in the important Whaitua report. It may take time for the changes to policies and plans to become operative.

Despite the likely slower track for statutory controls, GWRC has started progressing the non-statutory Whaitua work. Hopefully, this will result in accelerated riparian planting in Belmont Park, assistance with riparian fencing and an increase in farm/lifestyle-block management advice.

In addition, and probably eclipsing the Whaitua work, there are some potentially game-changing activities in the pipeline. Porirua City has committed significant resources to a major streamside planting project. This is further assisted by funding from the Ministry for the Environment. GOPI are contributing to this by shoreside planting around the Inlet. The combination of streamside and shoreside planting, together with community support and involvement, will make a material contribution to limiting sediment and pollution entering the Inlet.

All this activity, and especially that of Porirua City Council, is likely to lead to real changes that will progressively protect and enhance the Inlet and its important ecosystems. In fact, I consider that this work will probably do more to materially help the Inlet than anything we have seen to date.

Lindsay Gow

PHOTOGRAPHIC COMPETITION CANCELLED

At the beginning of the year the Omicron outbreak caused concern for all, including the GOPI committee who had anticipated running this year's photographic competition. As the future looked very uncertain with the new Community Response Framework in play, and with infection numbers expected to rise significantly, the committee took the reluctant decision to cancel the competition for the second time. As we approach the normal closing date for entries to be received, the restrictions have been relaxed somewhat but we could not, in all honesty, have predicted what the pattern of events would be early in January.


We are very sorry that we had to make such a difficult decision, one we know would have disappointed many of our regular entrants. All we can hope for now is that next year's competition will go ahead unhindered, and we trust that it will bring old and new photographers back to the challenge of this very popular annual event.

OUR PO BOX IS NO MORE

Ever since Guardians of Pāuatahanui Inlet was established we have utilised a Post Office Box to receive our incoming mail. The PO Box number was included on all our paperwork and in our on-line documentation where contact details were published.

Nowadays, however, the PO Box is hardly ever used. Bank statements and the annual renewal notice for the box itself are all we get.

So, from 8 April we have closed the PO Box facility and will not be renewing the subscription. Statements and all other correspondence can be received by email. If there is something that needs to be delivered another way, please contact our Chair or Secretary via phone, text or email and we will arrange the best way of receiving it. The end of an era, albeit a small one.



HIGH TIDES AND THE INLET

A full moon rose over New Zealand on 18 March this year, easily seen around Pāuatahanui with a clear sky overhead. This date is significant as it coincided almost exactly with the Autumn equinox of 21 March. A full moon brings higher than average spring tides when this concurrence happens, a result that can be exaggerated by other factors such as the moon in perigee (its closest orbital point), low atmospheric pressure in cyclonic conditions and even ocean water temperature. Very high tides tend to be called king tides these days and, with time, they will be further exaggerated by rising sea levels, the result of a warming planet.

High tides often cause inundation of parts of Grays Road where its elevation above the Inlet is very low. They also affect those walking tracks in the Pāuatahanui Wildlife Reserve that extend out to the estuary of the Pāuatahanui Stream. The 18 March event was no exception to this and it garnered a number of comments from people who expressed concern about the flooding that occurred at the time. Now that there is a well frequented walkway beside Grays Road, Te Ara Piko, such observations are more frequent and raise concerns in people's minds about the risks of future flooding with the threat of global warming getting stronger.

This begs the question: Was the walkway designed with the future in mind?

To answer that question I talked to Andrew Gray, the Landscape Architect for Porirua City Council, a key member of the design team for the walkway itself, and our discussion brought out a number of facts that are important in this regard.

Firstly, it's worth reminding people that Te Ara Piko was a 15-year project that took time to plan and build. The pathway was divided into several sections, each investigated separately in order to

analyse the different challenges that would be met along its length. In designing the pathway, consideration was always given, at least to some extent, to the prospect of a rising sea level. As evidence for global warming became more concrete, reinforcing the predictions of climate scientists, the issue was given greater focus during the latter stages of the build.

Some sections of the walkway have been built with the footpath above the current road level, using the culverts that were already there to allow surface water on the road to drain away. In areas where the path meanders through the Inlet's intertidal zones, amongst the rushes, the construction allows for the tread level to be raised in the future if required. Setting the initial height well above the reeds would detract from the feeling of connection to the environment so this was avoided where possible.

As for the Wildlife Reserve, there is little that can be done to prevent this wetland area from the risks of increased flooding, something that is inevitable as temperatures rise. It is an accepted fact that, while hundreds of work hours have been put into developing the habitat for waterfowl, the reserve as we know it will change in profile as the sea level gradually rises over the next 50 years with tides and storm-flooding all having a significant effect on the habitat.

The future of the Reserve was the subject of a previous feature article in the April 2021 newsletter, where the threats to this sanctuary were focussed on in greater detail.

This issue, and all previous newsletters, can be viewed at: <http://www.gopi.org.nz/our-activities/newsletters/>.



GOLF-LOVING FUR SEALS

Every now and then we hear reports of New Zealand fur seals coming into the Inlet attracting the attention of residents and visitors alike, sometimes giving concern to people who encounter them. In November 2012 a single individual parked up on Camborne Walkway and made some threatening gestures to passers-by, even blocking the progress of some. In 2017 a very young pup that appeared to have been abandoned by its mother was discovered around Browns Bay. Unfortunately this one died on the beach, probably from lack of its mother's milk.



Recently, in late 2021, more fur seals were spotted in the Inlet. While not residents or regular visitors of the Inlet, it is not uncommon for them to enter the harbour and they always make a good news item when they appear.



So, it is with particular interest that, in the last week or two of December 2021, two fur seals separately made their way up the Pāuatahanui Stream to visit the Judgeford Golf Course. The first was in mid-December, while the second, a smaller individual, appeared on the 29th.

It's pretty certain that they were not making this journey in order to play golf, although they are known for their inquisitiveness and may just like a change of scenery. It's more likely, according to DOC, that different food sources are enticing them, both into the harbour itself and up the freshwater streams to farms and other locations like this one.

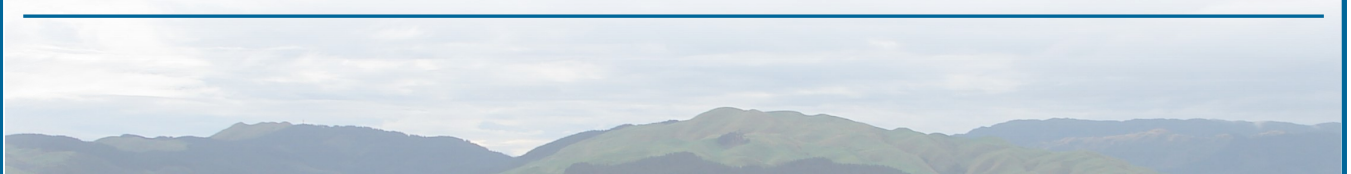


The DOC Hotline is the number to call in such circumstances, and members of the golf club did just that to report the sightings.

Such calls initiate a rescue effort by DOC rangers who respond by capturing the animals and releasing them, either back with the rest of the group in the Inlet or at a quiet safe location such as Onehunga Bay.

This shot was taken as the first of the fur seals was captured at the golf course by two DOC rangers. (All images taken by members of the golf club)

If you see anything in or around the Inlet that is of concern, including fur seals but also any illegal activity you may spot, please call the **DOC Hotline: 0800 362 468**.



JET SKI ACTIVITY IN THE INLET

There have been ongoing reports from residents living around the shores of Pāuatahanui Inlet that water ski and jet ski enthusiasts are taking their craft at high speeds very close to the shore.

The Inlet comes under the jurisdiction of the Greater Wellington Regional Council, and the Wellington Harbour Board has a long-established set of regulations, (*Navigation Safety Bylaws*) designed to protect people from the risks associated with water activities, particularly where motorised craft are involved.

Among the list of rules in these regulations is the one setting a speed limit of 5 knots maximum for craft getting closer than 200 m to the shore. This limit has two major benefits: it prevents the risk of accidents that could happen when people and powered water craft get too close together, and it reduces the environmental and physical effects of wave action at the water's edge.

A new rule in the 2021 Bylaws is directed towards environmental protection at the eastern side of the Inlet within an area designated as a Wildlife Refuge. The Bylaws identify a boundary that crosses the Inlet from Ration Point to a point just south-west of the Wildlife Reserve. The area east of this boundary is out of bounds for all motorised craft.

GOPI is keeping an eye on any environmental damage to the shoreline, sea bed, eel grass and bird life, caused by motorised vessels.

There are three rangers that look after Pāuatahanui Inlet 24/7. The rangers respond to any reports of infringements of the regulations, or other concerns that people may have.

You may ring the following numbers, AT ANY TIME, to report abuse of the regulations.

Beacon Hill Signal Station

(04) 388 1911 or (04) 473 4547

ON THE HORIZON

The 2022 Cockle Survey

2022 is the year for counting our cockles—the highly important shellfish species that populates the intertidal region of Pāuatahanui Inlet. We organise this survey every three years and planning has already begun for the next one, to take place in November. The triennial cockle survey is New Zealand's longest running community science study and has followed the recovery of the cockle population from a low in 1993 to much larger numbers in the last survey of 2019.

We will confirm the date of the survey closer to the time but at this stage we encourage anyone interested in taking part in this very valuable scientific study to pencil in the month of November and ensure they will be available to participate this year.

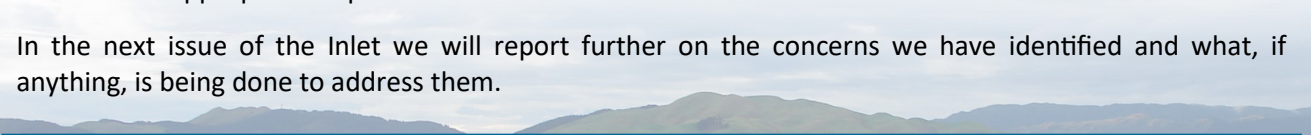
Clean-up Day

This is an annual event and as usual takes place around October. The details will be confirmed closer to the time.

Transmission Gully Motorway

So, the new motorway opened at last on 31 March and many would say: '*not before time*'. However, we at the Guardians are concerned about a number of outstanding issues that have been identified, both before the opening and since that day. These issues are being examined in some detail and questions asked of the appropriate departments.

In the next issue of the Inlet we will report further on the concerns we have identified and what, if anything, is being done to address them.



FEATURE ARTICLE

In the past we have covered several of the common bird species seen in and around the Inlet. These included the black swan, the white-faced heron and the oystercatcher. Another common bird of estuaries and inland waterways is the shag. While many species of shag look similar to each other there are some clear differences you can use to distinguish between them. So, this month, our feature article is about these birds as they relate to Pāuatahanui Inlet.

Shags of Pāuatahanui Inlet

Here's an interesting statistic: One third of the world's shag species live in New Zealand. Globally there are 36 species recognized of which 12 are found in our islands, eight of these being endemic, i.e. found nowhere else. Shags (or cormorants as they are otherwise known outside New Zealand) are mostly coastal marine birds although some, like the species in the Wellington area and around Pāuatahanui, live near lakes and rivers. Their diet includes fish, crustacea (crabs and crayfish) and frogs. These they catch by diving for their prey, pursuing them underwater with their large webbed feet. They can stay submerged for several minutes before coming up for air. Shags are often seen drying out their wings after a dive by holding them out horizontally while perched on favourite resting posts. They do this because, unlike many aquatic birds, their feathers are not waterproof and can easily become waterlogged - not so great for flying. They are good flyers and travel from nesting sites to feeding grounds on a daily basis. Nests are often in trees near to the waterways and coasts where they live.

Of the twelve New Zealand species, four can be found in the Wellington area. Shags are grouped according to foot-colour - black, yellow or pink, and the local representatives are some of the black-footed shags. Most individuals seen will be the black shag, with some pied shag as well. The other two, little black shag and, confusingly, little shag, are much less common here. All four species can, however, be seen at the Zealandia Wildlife Sanctuary.

Because of the similarity in appearance of species it can be difficult to be sure which one you are looking at. This is especially so for the pied shag and little shag because the latter, although smaller, is very varied in its appearance and can look like the pied. Here is a list of the distinctive features of each species, described in order of the adult bird's typical size.

Black shag (kawau) *Phalacrocorax carbo*

Standing at 80-88 cm high, this is the largest of the species and also the most common. This bird is in fact very cosmopolitan, found not only throughout most of New Zealand but also most of the world.



As its name suggests this species is largely black-brown in appearance but it does have white-cream feathering over cheeks and throat. The skin about the eyes and base of the bill is yellow, while the eyes themselves are green. The long grey bill has a hook at its tip, typical of shags in general.



Black shags are found in a variety of habitats, including coastal waters, estuaries, harbours, rivers, streams, lakes and ponds, including up to the subalpine zone.

In general, black shags feed alone, but occasionally form flocks to forage cooperatively where prey is

Feature Article cont....

abundant. They mainly consume small and medium-sized fish of a variety of species, both pelagic and benthic. Common prey species in New Zealand waters include mullet, carp, red cod, spotty, smelt, eel, bully, galaxid, trout and perch. They also take freshwater crayfish, large invertebrates, molluscs and even ducklings.

Pied shag (kāruhiruhi) *Phalacrocorax varius*

Mainly Australasian in distribution, this species stands 65-85 cm tall and has a striking appearance. While generally black on top, the face, throat and underparts are white. Even so, the legs and feet are black. The long, hooked beak is grey but the green eye is surrounded by a distinctive bright blue tubercle, with a small yellow patch in front of it. (A *tubercle* is any round nodule, small eminence, or warty outgrowth found on external or internal organs of a plant or an animal).



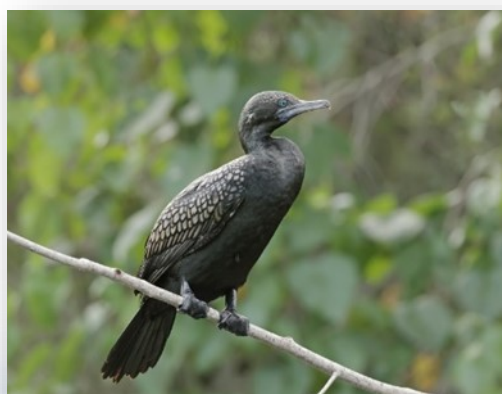
Found mainly in coastal habitats, the pied shag is reasonably trusting, allowing close approach when roosting or nesting in trees. It generally forages alone but can be found in small groups when prey is abundant. It feeds mainly on fish 6-15 cm long and occasionally on crustaceans. Prey species include flounder, mullet, eel, perch and common trevally.

The pied shag is in decline in parts of New Zealand but in the Wellington area, particularly due to Zealandia, numbers are increasing. They have been seen in Pāuatahanui where, some years ago, a large colony nested in macrocarpa trees on the Golden Gate peninsula overlooking Ivey Bay. There is an episode of the Living Waters series of videos devoted to this colony, its effects on the neighbourhood and the sad resolution that was found to rid the local community of their presence.

This can be viewed at <https://vimeo.com/20505308>.

Little black shag (kawau tūi) *Phalacrocorax sulcirostris*

First reported in 1840, and rarer than the others, this bird is thought to be relatively new to New Zealand, emanating originally from Malaysia and Indonesia. Adults stand at 61 cm high with all-black plumage, unlike the colouration of the other three species, although it does have a dark-green glossy sheen on the upper wings that is apparent in good light. It has dark facial skin and green eyes with a long, slender dark grey bill.



The little black shag is mainly a freshwater bird and usually found in, or not far from, the water around harbours, lakes, estuaries and coastal inlets. It is gregarious when feeding and roosting, and the only New

Feature Article cont....

Zealand shag species that routinely forages cooperatively in flocks, often seen flying in a V-formation. The main diet is small fish.

Little Shag (white-throated shag, kawau paka) *Phalacrocorax melanoleucos* (more recently called *Microcarbo melanoleucos*)

This is the smallest of the four shags at 56 cm high but a bird of very variable appearance. While the predominant adult little shag in New Zealand is black with white cheeks and throat, some colonies, depending on location, have all-white underparts from face to undertail, giving an almost indistinguishable colour-pattern from the pied shag. However, while this variation could



make identification uncertain, shape alone is enough to distinguish this bird from the other species, with its short, stout beak and relatively long tail. And, unlike the other species, this bird has brown eyes, a beak tinged with yellow and, during the breeding season, a head crest.



The little shag is widely distributed in New Zealand, found in both marine and freshwater habitats, on the coast as well as on inland lakes, ponds, rivers and streams. The diet consists of small fish, eels and crustaceans but also frogs, tadpoles and insects. Little shags generally forage alone, making a succession of shallow dives around 20 seconds long.

Conservation Status

In the early 1900s, the black shag had a very bad reputation as a pillager of trout fishing stocks. Because of this a price was put on its head allowing for wholesale slaughter. This reputation was known world-wide and persecution of the bird by sports anglers was widespread. In New Zealand, studies of black shag behaviour eventually proved that the bird has very little effect on fish stocks, at least in this country, and protection was introduced in 1986 to stop unlimited culling. This protection is only partial, however, and if they can be shown to damage commercial property on fish farms the owners are still allowed to kill them.

The other three species of shag are fully protected by law in New Zealand and even the pied shag, while it is similar in many respects to the black shag, is not implicated in any commercial losses because it feeds mostly in coastal waters.

Further reading

There is a terrific page on the New Zealand shag species and, in particular the black shag, that further discusses its persecution, why the name 'shag' and other great facts about this group of birds. The webpage is: <https://www.nzbirds.com/birds/kawau.html>.



WILLOWBANK APPLICATION

Willowbank Trustee Limited has made an application to considerably enlarge the existing quarry on its farm property near Judgeford. The proposal is for consent to be granted to operate for 35 years. It will provide much needed aggregate for the Wellington region. If consent is granted, the operation will be managed by Fulton Hogan.



Location of Willowbank Quarry

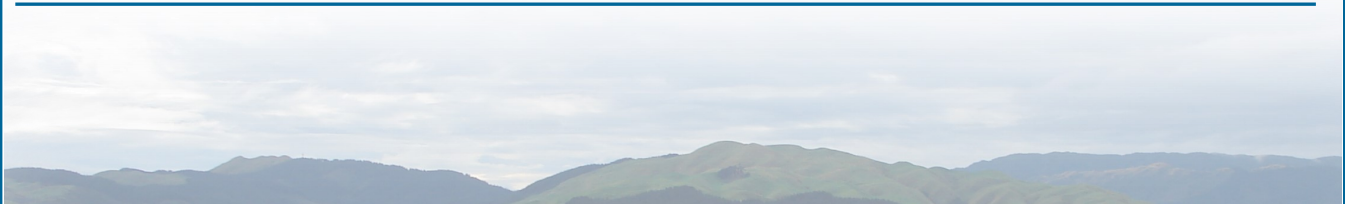
Jointly with the Te Awarua-o-Porirua Harbour and Catchments Community Trust, GOPI has made a submission on this application. We haven't opposed it as we consider there are environmentally beneficial reasons for sourcing aggregate from within the Wellington region rather than trucking it in from outside. Nevertheless, we consider there must be careful control of overburden rock and related rock disposal areas and of the quarrying operation itself. (*Overburden rock is the overlying soil and rock that needs to be removed to get at the useful aggregate-grade rock underneath. Aggregate, in turn, means the rock that is crushed into smaller pieces*).

If the application is approved, suitable conditions need to be imposed to ensure any sediment and related contaminants do not enter the Pāuatahanui Stream or, consequentially, the Inlet.

Willowbank have put forward a number of proposed conditions in their application and these have been discussed by Willowbank in combination with GOPI, Porirua City Council, Greater Wellington Regional Council, DOC and Forest and Bird. So far it looks like the conditions that matter to us will achieve the outcomes we want.

As it happens, the quarry and a relatively small overburden disposal area are located in the Pāuatahanui catchment. The large overburden disposal area is located in the Hutt River catchment.

The hearing of the application is scheduled for August.



MORE VISITORS TO THE INLET

A member of GOPI had a great experience a short while ago as they were pottering around on the Pāuatahanui Inlet. It was a close encounter with a pod of three orca that entered the Inlet on 9 April. Heading as far up as the point of Golden Gate peninsula, the three spent some time in the waters of the Inlet before appearing to be scared off by a passing jet ski. After this they turned and made their way back out to the open sea but not before the GOPI member was able to take this image from the boat he was in.



Photo: Andre van Halderen

Not too many capital cities around the world can boast encounters like this. All the more reason for us to cherish the Inlet.

STOP PRESS ANNOUNCEMENT

We have a new secretary!

For several months now we have been advertising for someone to fill this vital position on our committee after Marion Rosner had to step down after just a short while in the role.

Today we can happily announce that Jessica Bignell has accepted the offer to join us and take on the responsibility.

Jessica will be formally elected as Secretary at the AGM in June and we will include more details on our website and in the August Newsletter after that date.

Meanwhile we take this opportunity to welcome Jessica aboard.



INLET RESTORATION PROJECT UPDATE

Since its initiation last year our Inlet Restoration Project has achieved some notable results. Working closely alongside Porirua City Council, together with Ngāti Toa, volunteers have manually placed approximately 13,400 plants along significant areas of the Inlet's shoreline. The vast majority of these were wīwī (sea rush; over 10,000), followed by makaka (1,664) and oioi (470). Sea rush in particular have been planted at multiple sites along the Camborne Walkway, Motukaraka Point, Ivey Bay and Browns Bay.

The volunteer groups involved have included the Guardians during our volunteer day (approximately 800 sea rush), Aspiring Leaders Forum (planting approximately 2,000 sea rush) and Ngāti Toa (almost 11,000 plants of various species).

Ongoing monitoring of all the sites is now key to establishing the effectiveness of the project. It is possible that some areas may not be suitable in the long term due to wave action or other pressures at the site, such as disturbance by people. Sites that are shown to have long term potential will be infilled, to replace plants that have not survived, and further extended, as considered appropriate, in following years.

For pest control purposes, 38 Good Nature A24 traps, with replacement lures, were ordered and received early in February this year. GOPI is liaising closely with Porirua City Council and with Pest Free Porirua (the group that oversees all the community trapping initiatives in the area) to complement existing pest traps around the Inlet with these A24s. The placement of these new traps is expected to take place soon. The project will be registered with Predator Free NZ and trap count data with Trap.NZ.

We plan to have another GOPI planting day in May or June but the actual date is yet to be decided. Check the website and your email for an update on the next GOPI Inlet Planting day.

PLEASE SIGN UP A FRIEND OR NEIGHBOUR

Sign up a neighbour, friend, or another family member. Just explain to them that membership numbers really count in giving us a strong voice to argue for what we all value about the Inlet. Membership forms can be downloaded from our website <http://www.gopi.org.nz/assets/membersForm/Membership-new.doc> or copied from the one at the back of this newsletter. Better still, if you've received this newsletter by email, just forward it to others with a note encouraging them to join.

EMERGENCY NUMBERS FOR THE PĀUATAHANUI INLET

Pollution: Discharges of contaminants to air, land, storm-water drains, streams, rivers or sea and for after hours consent enquiries: Greater Wellington Regional Council – 0800 496 734 (24 hours)

Boating infringements: Greater Wellington Regional Council – 384 5708 (24 hours)

Illegal fishing activity: Ministry for Primary Industries – 0800 476 224 (24 hours)

Pāuatahanui Wildlife Reserve: Department of Conservation – 0800 362 468

Let us know what you have reported so we can keep an accurate record and follow up if necessary.
235 5052 (Chair, GOPI) or pauainlet@gmail.com.



Guardians of Pāuatahanui Inlet

www.gopi.org.nz

pauainlet@gmail.com

MEMBERSHIP FORM FOR NEW MEMBERS

To join the Guardians of Pāuatahanui Inlet you may pay your subscription in person or on-line.

Please fill in this form with all details then send it by email to the Guardians.

<p style="text-align: center;">To make your payment</p> <p>Pay your sub at a bank or on-line into our Westpac account: 03-1533-0009387-00. When on-line, use the 'Particulars' and 'Reference' fields to write your surname, initials, and the period of your sub (1-yr or 5-yr).</p> <p style="text-align: center;">Email the form to pauainlet@gmail.com</p>	<p style="text-align: center;">NOTE</p> <p style="text-align: center;">We no longer have a postal address so please email all correspondence.</p> <p style="text-align: center;">If you have something that cannot be emailed you can call our Chairperson</p> <p style="text-align: center;">Lindsay Gow: 235 5052 / 021 159 2384</p>
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First: Fill in your details for our records.

Name:	
Address:	
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Email:	Phone:

Next: Please put '☑' next to the subscription you are paying.

(You can also make a donation. We are a registered charity for tax purposes. Number: CC47523)

One-year individual (\$12.00) <input type="checkbox"/>	Five-year individual (\$50.00) <input type="checkbox"/>
One-year family (\$15.00) <input type="checkbox"/>	Five-year family (\$60.00) <input type="checkbox"/>
Donation: \$.....	Do you require a receipt for your sub? <input type="checkbox"/> or your donation? <input type="checkbox"/>
Reference appears as:	
<i>(for on-line banking)</i>	
Date subs paid:	
We'd like to send you newsletters and notices via email. May we do this? <input type="checkbox"/>	

Finally: Please tick a box if you would like to take part in one of these activities.

Annual Clean-up day <input type="checkbox"/>	Submissions to local bodies <input type="checkbox"/>
Three-yearly cockle survey <input type="checkbox"/>	Restoration Planting <input type="checkbox"/>
Website and video clips <input type="checkbox"/>	Other: <input type="checkbox"/>

Now email the form. Thank you and welcome to the Guardians