

# ART FROM WAX

## LOCAL LIVES



**At her Paint Tin Studio, Dovedale artist Helena Morris creates artworks using beeswax and resin.**

**T**he smell of melting beeswax permeates Helena Morris' studio. This is part of the process for her encaustic artworks, which begin life by combining the wax pellets with tree resin crystals. From here, Helena adds colour with oil pigments and starts brushing the mixture onto wood panels, letting each layer fuse before adding the next. "You can create portraits or landscapes, or use mixed media—and that's what I love about it," she says.

Mixed media can be anything from paper collage, to copper wire and gum leaves used as stencils. "You don't need flash materials," she says. "You can use anything you have to hand." Birds, flowers and abstract designs shine out from panels, small and large, arrayed around her studio.

Helena discovered encaustic painting four years ago while doing an extra-mural diploma through the Wellington-based Learning Connexion art school. This way of studying worked in well with the demands of family life and raising their four young children. "I've always had an interest in art and the Learning Connexion draws out your creative thinking," she says.

The Morrisses have lived on Neudorf Road for the past seven years, having previously spent time in England and in Wellington, where Helena had a gallery for a brief while. She now works from her Paint Tin Studio on the family's property, and recently decided to open it to visitors, who can call in and see the encaustic process in action.

"It's one of the oldest art forms, used by the ancient Greeks when they ruled Egypt," explains Helena. Greek artists used this wax paint on sculptures, murals, boats and architecture. The Egyptians adapted the art form and incorporated it into their mummification practices. They would place life-like portraits over mummies as memorials, and some paintings remain, beautifully preserved, in museums today—barely cracked and unfaded, more than 2000 years on.

Two of Helena's encaustic artworks were shortlisted for the recent Christchurch Art Show Awards, held at the end of June, and one made it to the top 10 finalists. Called 'Bloom', it is a mass of creamy flowers on a square panel, created by dipping folds of linen into the wax.

Go to [www.facebook.com/helena.morrisencausticartist/](http://www.facebook.com/helena.morrisencausticartist/) or her website [www.hjmart.net](http://www.hjmart.net) to view Helena's work. You can drop in to the Paint Tin Studio by calling ahead on 03 543 2850 or 021 022 48013. Her encaustic art is also on sale at the Michael MacMillan Gallery on Neudorf Road.

Helena also runs adult art classes at Dovedale Hall on Wednesdays from 7.30-9.30pm.



## ADVERTISING AND PRODUCTION

### PLACING AN ADVERTISEMENT

Thank you for advertising in the Grapevine—you help us cover the cost of producing and delivering this free community newsletter each month.

**The deadline for each issue is the 15th of the month.**

Please email your print-ready ad to—[umograpevine@hotmail.com](mailto:umograpevine@hotmail.com) or provide paper based, print-ready copy to the Upper Moutere Store.

**The following prices apply for advertising:**

- ∞ Births, marriages, deaths and giveaway notices: free
- ∞ Business card size advertisement: \$12
- ∞ 1/4 page advertisement: \$25
- ∞ 1/2 page advertisement: \$50
- ∞ Full page advertisement: \$95 (if space available).

Please deposit payment (and identify it with your name) to our account: NBS 03 1354 0229034 16.

#### **Sending us editorial items**

We warmly welcome editorial contributions to the Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read!

There is no cost to having your articles published but if you are telling the community about a commercial or fundraising venture, we do appreciate a small donation to help us cover our costs—see above for bank details.

**Archived coloured copies of the Grapevine are available at [www.mouterehills.org.nz/community/the-grapevine](http://www.mouterehills.org.nz/community/the-grapevine) courtesy of the Moutere Hills Community Centre Staff.**

**Grapevine circulation is 1300 copies.** This issue has been constructed by volunteers: Miriam Lynch, Tanya Doty, Beverley Sellers, Sharon Beuke, Avril Stephens and Heather Eggers.

**Views expressed are not necessarily those of the voluntary editors and no responsibility is taken!**

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### MAPUA BOWLING CLUB

#### THE WRITE BIAS

The winter season at Mapua Bowling Club brings with it a variety of activities, including bowling! Though some members prefer to retreat from the sport for a few months, others are sufficiently motivated to play occasionally on the artificial surfaces within the area. Opportunities for friendly roll-ups and some competitive play are available at Motueka, Richmond, Tahunanui and Wakefield Bowling Clubs. It is good to keep the Mapua flag flying and will be encouragement for players from other clubs to visit us during the summer season.

A spot of "home" maintenance has taken place with a newly decorated locker room and Captain's Shed. It was amazing what hidden "treasures" were revealed in the tidy-up of the two locations. Some of the treasures are now in the Clothing Bin and several more in the Bingo Bin! Sadly no highly valuable antiques were lurking amongst the dust but it was a job well done.

Work on the green continues, the next task being the collection of seed from the existing surface. With Health & Safety in mind, new rink markers will be installed for Opening Day, markers that are flush to the surface rather than the current hazardous, upright pegs.

And of course, throughout the winter members and guests meet every first and third Friday of each month to socialise, play pool, table tennis, carpet bowls and cribbage. The bar is open and a light supper available; if this appeals, please come along to meet the crew, you will be made very welcome. The fun starts around 5 p.m. and finishes by 8 p.m. (unless there is rugby on the box!).

For information about the winter socials, bowling at Mapua or booking the clubhouse for meetings or private functions, please contact either President Dave England (540 2934) or Secretary Julie Booth (543 2233).

Sue England

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# MOUTERE HILLS COMMUNITY CENTRE




## Dear Community


Thank you to everyone that contributed to our landscape development survey. We really appreciate your input. We are analyzing the results and developing a plan, taking your feedback into consideration. Once this plan has been finalized, we will have it on display at the centre for your information. We are in the process of planning some great community activities beginning with fun workshops for the children during the July School Holidays and then some great nights out for you all during Term 3. More details about these will be available on our website, facebook and e-newsletter over the next few weeks.

Kind Regards Katrina and Vanessa

## SCHOOL HOLIDAY WORKSHOPS


**Creative Craft with Helena**  Thurs 14th July 10:00am - 12:00pm Ages 5 - 8 yrs Cost: \$20  
1:00pm—3:00pm Ages 9 yrs + Cost: \$20

How crafty are you? Come and explore with artist Helena Morris!

**Gymnastics with Sam** Wed 20th July 10:30am—11:30am Ages 5—10 yrs Cost: \$5  
Fun games and challenges utilizing the various gym equipment 

**Aerials/Walkovers with Sam** Wed 20th July 11:45am—12:45pm Ages 10 yrs + Cost: \$15  
Come and learn how to do aerials and walkovers—numbers limited!

**Canvas Art with Helena** Thurs 21st July 9:00am - 12:00pm Ages 9 yrs+ Cost: \$25  
Come along and paint your own canvas with tutor Helena Morris!

**Dance with Empire**  Fri 22nd July 10:00am—11:00am Ages 5—10 yrs Cost: \$10  
11:15am—12:15pm Ages 10 yrs+ Cost: \$15  
A fun, interactive workshop introducing the various genre's of dance run by Empire Dance Company Director, Okiwi Hawkins.

Bookings are essential as numbers are limited! Phone us on 5432516 or email enquiries@mouterehills.org.nz

### SOCIAL SPORTS \$3 a session

Adults Social Badminton  
Tuesday's 6:30—8:00pm

Adults Social Table Tennis  
Wednesday's 7:00—9:00pm

Adults Social Volleyball  
Thursday's 7:30—9:30pm

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### Over 60's Social Fitness, coffee and information group

Monday's 9:15am—10:15am  
Thursday's 11:00am—12:00pm

\$3 per session. Meet Vanessa in the Moutere Hills Community Fitness Centre.  
Join us for an hour of social fitness, stay for a coffee and listen to one of our monthly speakers.



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





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## MOUTERE COMMUNITY YOUTH TRUST

Te Puawai Tanga O Rangatahi

**MCYT**

The Mouere Community Youth Trust will be holding their AGM on July 6<sup>th</sup> at 7:30pm.

Anyone who is interested in the work of the Trust or of our Youth Workers, Billy and Tessa Werner, are more than welcome to attend.

The meeting will be held at St Paul's Lutheran Community Church Hall. Refreshments will be served after the meeting.

## MOUTERE COMMUNITY YOUTH TRUST

Te Puawai Tanga O Rangatahi

**MCYT**

### Mouere Community Youth July 2016

Six senior yth (+ the Werner family and Chris Janetzki) are heading up to central north island for the first week of the school holidays to attend an adventure camp at Blue Mountain Adventure Centre (Raurimu). The youth (and leaders) will be challenged through a variety of activities - white water rafting/rock climbing/mountain biking/high ropes/mountaineering and more. They have been working hard at fundraising for the trip doing all sorts of jobs - cleaning, weeding and lots of firewood hauling. We hope to have an awesome time together, creating some fun experiences and making some great memories.

### July Junior Youth

Fridays/3:30-5:30pm/Year 5 - Year 7/\$2/meet at UMO church hall

- 1 Let's go to the Kid's Dance Party!  
6-8pm, \$3 at the  
Mouere Hills Community Centre
- 8 No Youth - Senior yth travelling to camp
- SCHOOL HOLIDAYS**
- 29 Messy Games\*

\*Come early after school for afternoon tea, gold coin donation

### INTERMEDIATE YOUTH

2nd & 4th Fridays/6:30-8:30pm/Year 7 - Year 9/\$2/meet at UMO church hall

- 29 Wave Rave at Richmond Aquatic Centre

### Senior Youth

1st & 3rd Fridays/6:30-8:30pm-ish/Year 9 - Year 13/\$2/meet at UMO church hall

- 1 Help out at the Dance Party
- 8 Travel to Camp

### QUESTIONS?

Tessa - 022 101 2276/Billy - 021 027 28825  
mouereyouth@gmail.com



Rural Women  
NEW ZEALAND

Growing Dynamic Communities

## Rural Women NZ

In the last issue of the Grapevine, I mentioned the Bush Nursing Scheme which was set up in 1927 by ladies of Women's Division of the Farmers Union to provide home care services.

In those days, much of New Zealand was rural and it was the vision of the founders to bring quality home based care to much of the country.

Over the years, the nurses' scheme developed into a business first called Access Homehealth and later, just Access but still owned by Rural Women NZ. As the business expanded and the model of care developed since the early days, the ideals of caring, service, strength, perseverance and equality still stayed the same.

As the business grew to one of the biggest home care providers in the country (at the moment, they care for nearly 17,000 people around the country), it got too involved for a charitable organisation such as RWNZ and consequently it was sold to Green Cross Health a few years ago.



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## A Big Thank you from Country Kids

Country Kids would like to say a huge thank you to all that came to our 'Pump up the Volume' 80s Disco on Saturday night at the Moutere Complex. What a fantastic evening was had by all and what an amazing turn out from our community.

We would like to take this opportunity to thank our amazing fundraising team who worked extremely hard to make this evening a success. They were so busy planning the decorations, asking for prizes from local businesses, and making tickets, not to mention food, venue and drinks.

Mel Van Reenan you are a star : you led our team to victory; thanks to Jo Dunbar and Kelly Lusty for all your hard work.

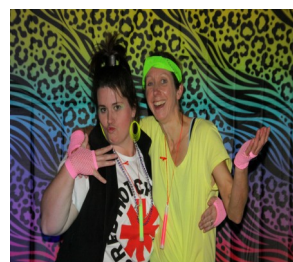
Anne Grange, your supper was delicious and enjoyed by all. Thank you for your generosity and commitment to Country Kids and the community.

DJ Draper was on fire and the dance floor was rocking all night long; no time to rest with this awesome DJ. Thank you for your generosity and your support of Country Kids.

The venue was perfect thanks to the Moutere Complex and the best bar manager ever. Cindus you are awesome.

Thank you to the following businesses for your support:

Kimi Ora Eco Resort – Kaiteriteri, PGG Wrightson Motueka, Farmlands Richmond, Lisa Ball Photography Motueka, Pak'n'Save Richmond, The Warehouse Motueka, New World Stoke, Unichem Hurst & Taylor Pharmacy Stoke, Pics Peanut Butter Whakatu Estate, Bunnings, The Old Post Office, Tasman Store, Moutere Hills Community Centre, Upper Moutere Store, State Cinema Motueka, Paper Plus Richmond, Dean's Nursery Lansdowne Road, Neudorf Vineyards, Books Direct Nelson, Hanmer Springs Thermal Pools & Spa, Crowe Horwarth, Sprig & Fern Mapua, Hells Pizza Richmond, Fresh Choice Richmond, Sweet Sounds Nelson, Hotel Montreal Christchurch, Copy Art Richmond.



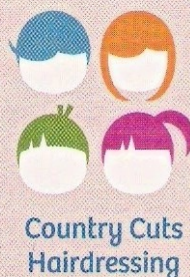
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June 9<sup>th</sup> saw the official launch of our school's campaign to build a new swimming pool – a Tasman Community Pool.

With a small group of passionate parents driving it, the school is aiming to have a new pool within a couple of years. This has been on the school's wishlist for some time now, so the hard work has begun to make this a reality. Keep an eye out for details of fundraising events in the near future.

The goal is to build a pool 25m x7m, located on the school grounds. Most importantly, this would provide our students the opportunity to learn vital skills in the water. It would also include a shallow toddler pool, to give the whole family somewhere to enjoy. Swim schools, life- saving skills and distance swimming are just some of the other possibilities with such an asset.

It is envisaged the pool would be used by all in the Tasman community; creating a great leisure hub for all; and adding another dimension to the heart of our community – Tasman School. Funds are expected to be raised through a combination of fundraising events, community contributions and grant applications. For more details, contact the team at: [tasmancommunity-pool@gmail.com](mailto:tasmancommunity-pool@gmail.com).

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ALL FAMILIES WELCOME!

The Social Group meets at the Sunday School Hall (Upper Moutere Lutheran Church) on **Thursday afternoons at 1.30pm each fortnight.**

Join in games and cards. Enjoy our afternoon of fun and fellowship. All welcome.

Contact Brian or Lois Eggers ph 5432 871.



and ...  
2 year old Tui  
Tots

### *News from your Preschool in The Moutere*

During the month of June we focussed our programme around one of the most important events in the world of Māori (te ao Māori).

Matariki is the Māori name for a group of stars known as the Pleiades star cluster. The Māori New Year is marked by the rise of this star cluster and the rising of the next new moon. From a Māori perspective all 7 stars of Matariki, the mother and her 6 daughters all bring their unique strengths and qualities to give and renew mauri, life force to papatūānuku, Earth Mother's many different environments.

Our Harakeke children have been developing an understanding that just like Matariki and her daughters each member of their family as well as every person in our Harakeke whānau plays their own special part and share their unique gifts. "Sharing in the wisdom and special gifts of our family members can help us to shape what we do for and in the world"

In our daily practice the children experienced the sharing of ideas/theories during discussions of what makes things grow, how we can help to feed the vegetable garden. They actioned their theories for example by getting the bokashi fermentation process going again.

They revisited and taught our young children Matariki songs/waiata and stories that share the knowledge. They drew pictures of their family members and talked about what is special about every individual, including themselves.

We also had plenty of opportunity to practise manaakitanga, being good hosts, how to make visitors feel welcome and to look after them including a visit of 40 children and their caregivers from Henley Kindergarten (Richmond) for a fun morning in our playground and forest. We also enjoy having two year 8 students from Upper Moutere School arriving fortnightly for some fun times together.

Close to New Moon in June the Harakeke whānau/community enjoyed the company of each other again at our annual Matariki celebration and lantern walk - a wonderful experience of belonging and togetherness.



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★ 6.00pm

**SUN 3<sup>RD</sup> JULY**  
★ 4.00pm

**★ Venue: ★**  
**MOTUEKA MEMORIAL HALL**

**THE Little Blue Bag**

adults \$15 kids \$5

Tickets: Cybertree Cafe, High St, Motueka or call 5432512 to reserve yours now!  
Door sales available but booking is advisable. General admission seating.  
[www.tasmangymnasticsclub.com](http://www.tasmangymnasticsclub.com)

## Tasman Gymnastics Club



### Monday @ Upper Motueka Community Centre

•Tumble tots	10 months - 2 ½ yrs	11 - 11.45am	\$40 a term
•Home School	5 - 10 yrs	12.45 - 1.30pm	\$75
•Pre school	2 ½ - 5yrs	1.45 - 2.30pm	\$75
•Gym Fun	5 - 7 yrs	3.20 - 4.10pm	\$95
•Gym minis	7 - 9 yrs	4.20 - 5.10pm	\$95
•Gym Stars	9+ yrs	5.20 - 6.30pm	\$120**

### Wednesday @Motueka Recreation Centre

•Pre school	2 ½ - 5 yrs	1.15 - 2pm	\$75
•Pre school	3 ½ - 5 yrs	2.15 - 3pm	\$75
•Gym fun	5 - 7 yrs	3.30 - 4.20pm	\$95
•Gym minis	7 - 9 yrs	4.30 - 5.20pm	\$95
•Gym Stars	9+ yrs	5.30 - 6.45pm	\$120**

### Thursday @Motueka Recreation Centre

•Pre school	3 ½ - 5 yrs	1.15 - 2pm	\$75
•Assisted learning	5 - 10 yrs	2.15 - 3pm	\$75
•Gym fun	5 - 7 yrs	3.30 - 4.20pm	\$95
•Gym Minis	7 - 10 yrs	4.30 - 5.20pm	\$95
•Boys only	6 - 12yrs	5.20 - 6.10pm	\$95

\*\*= parents who stay for 10 minutes to help pack away equipment get \$20 discount on gym fees.  
See Sam for more info, limited to first 6 people who ask!

All classes must be booked and paid for in advance as there are waiting lists for some classes. NBS account: 03-1354-0364754-00

For more information or to make a booking contact Sam on: (03) 5432512 or [tasmangymnasticsclub@gmail.com](mailto:tasmangymnasticsclub@gmail.com)

For full terms and conditions, plus more info about the session please see the web site.

[www.tasmangymnasticsclub.com](http://www.tasmangymnasticsclub.com)

Term 3 starts: Mon 25<sup>th</sup> July



**MONDAYS 3.30 - 4.30PM**  
First class Mon 25th July

**Term 3**

**Boys & girls**  
**Ages 7-12 years**

**Kids group**  
**dance sessions**

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**1st class free.**

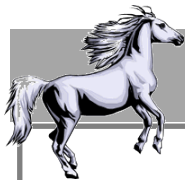
**Many styles of dance, but mainly hip-hop.**

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**All info [www.funkbusta.nz](http://www.funkbusta.nz)**

In the Mapua Hall. Run by Hilary - The Zumba lady who recently trained at Parris Goebel's -The Palace in AKL.

 **the palace**





## ANIMALS

### HORSE DENTAL CARE

A healthy mouth is essential for efficient feed utilization and pain free performance.

There are many subtle signs of dental disease indicating that your horse would benefit from a dental. Here are some more common ones to look for :-

- ♦ weight loss, poor condition
- ♦ dropping balls of food
- ♦ smelly breath or nasal discharge

Signs of pain avoidance when bitted include:-

- ♦ head shaking or tossing, chewing or grabbing bit,
- ♦ poor response to reins, head tilt, poor collection, refusal to maintain frame or head carriage, slow or difficult in transitions, difficulty or resistance with one side compared to the other.

Equine teeth erupt continuously at 2-3mm per year throughout a horse's life. Because of this continuous eruption, any teeth which are out of alignment with opposing teeth will develop overgrowths as there is nothing to wear them down. This often develops as 'hooks' on the front of the first upper cheek teeth and the back of the last lower cheek teeth. These hooks can interfere with the normal chewing cycle and also stop the upper and lower teeth sliding past each other when the horse's head changes position, which can cause discomfort.

Problems with teeth are always more easily corrected before they progress to an advanced stage, therefore a regular, thorough oral examination is recommended to detect early signs of any problems.

In horses younger than five years it is recommended that examination be performed six monthly because this is a time when permanent teeth are erupting. Caps are the deciduous cheek teeth remnants which are pushed out by the erupting permanent tooth. These are often sharp and can cause pain and excessive salivation. Teeth should be floated and examined before your horse is broken in to minimize potential pain.

Older horses are generally able to be maintained with examination every 12 months. Unfortunately, we commonly see horses that have not had routine dental visits, resulting in large overgrowths. Sometimes it is not possible to correct these in one visit, and these horses require regular follow up to try and re-establish normal dentition.

#### **What is a 'Bit-Seat'?**

Bit seating is a commonly performed technique but the term is somewhat misleading, as the teeth are not actually shaped to fit the bit. In fact the bit should not be in contact with the teeth at all if it is used correctly.

The concept of a bit seat is to remove the sharp prominences on the first cheek teeth that can damage the soft tissues if they are pulled hard against them. This involves essentially rounding them off. Care must be taken not to be too aggressive as it is unnecessary and may risk exposing the pulp cavity and introducing infection, especially when machine tools are used.

It is also important to evaluate the gums, as just like people, horses can suffer from gingivitis

(inflammation of the gums). This can be a particular problem in broodmares, as chronic

shedding of bacteria from the mouth into the bloodstream can result in reproductive losses.



**WANTED TO LEASE : GRAZING FOR HORSES. BROOD-MARE AND TWO YOUNGSTERS IN THE UPPER MOUTERE/BRAEBURN/LOWER MOUTERE AREA. LARGE Paddock WITH SOME SHELTER AND GOOD FENCING. DEDICATED AND FULLY COMMITTED OWNERS. EXCELLENT Paddock MAINTENANCE ASSURED.**

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## ANIMALS

Hello Animal Lovers

We are now in the midst of winter and the inevitable unpredictable weather. This year it seems as though there are lots of surprises and it is interesting to observe how our animal friends are adapting.

In June the Dovedale area was visited by a very dramatic and violent storm. Animals usually can sense that something is happening and will go for cover and safety however most were unprepared for the lightning bolts that hit and damaged power and phone lines. I witnessed my cats and dog sitting relaxed just before the lightning hit which really surprised me, they were really unprepared for it. One reason may have been that there was little thunder which usually accompanies lightning. Locals all agreed that they had never seen anything like it before.

Fortunately I am not aware of any animals being injured but it certainly begs the question as to whether animals can sense danger approaching. There are many reports of dogs and even cats waking their owners if they sense danger like smoke or a gas leak. Herd animals take their cue from each other and will usually run to get away. Animals can be surprising however, a few years ago when I lived in Australia I had to rescue my horse during a bushfire. It involved riding him through thick smoke and a lot of chaos as people tried to evacuate the area. Far from panic, he took it in his stride and we were able to calmly get away. Perhaps this means that animals are as varied as people in their reactions, some will react strongly whilst others stay calm. It also depends on what breed a dog is as some breeds get very excitable easily whilst others are laid back. It certainly is a consideration when getting a pet. It is my opinion that an excitable owner does not want to get an excitable pet, it would not be at all relaxing. Most animals do not like sudden loud noises and yet certain breeds of dog can be trained to work with them such as gun dogs or police dogs.

Generally speaking animals have sharper reactions to danger than people and it explains their sometimes inexplicable behaviour.

I am always happy to answer any animal behaviour questions.

Stay warm and dry.

Sue Mott  
Animal Behaviourist  
039700952



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# Sarau Winter Sale Days

Sat 30<sup>th</sup> & Sun 31<sup>st</sup> July 11am – 3pm

- Monster book sale

All proceeds from book, fabric and wool sales go to the MHCC garden & playground development project.

- Fabric and wool sale

- Nelson Embroiderers Guild  
Bric-a-brac stall

Let us recycle all that unused fabric and balls of wool sitting in boxes!

- Light refreshments available

To donate books, fabric or wools please deliver to MHCC on Friday 29<sup>th</sup> 5-6pm or Saturday 30<sup>th</sup> 9-10am or phone Sharon 03 5432814 and leave a message.

Moutere Hills Community Centre

## Grazing/Lease block wanted to fatten cattle in the Moutere area.

Anything considered but a minimum of 40 acres, prefer within 15km of Upper Moutere Village

40+ years experience in farming. I have leased blocks in the Moutere area for the last 30 years and my current block's lease has just expired. Good references available if required

Good stock handling facilities a must. Minimum lease period one year, long term preferred.

Please ph Hadyn Ellis on 021 496557 or 5432890 (evenings only )



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### The Mapua Makers Market Diversifies



The next Mapua Makers Market on 10 July is set to be the biggest and most diverse yet. Applications for the market closed recently and Vikki and Miriam, the market organisers, were blown away by the number and quality of applicants. "It was really hard turning people down" says Miriam "but we are so excited about the range and quality of stallholders, the standard of which keeps increasing with each market".

At the July market there will be many first time stallholders along with a few of the very popular regulars. A number of the stallholders come from the wider Mapua area and it is fantastic to support and showcase local arts and crafts-people. With this being a winter market the focus is on warmth, luxury, and colour – vital ingredients for the colder days. The Market includes an eclectic array of handmade items beautifully crafted from wool, felt, wood, and glass alongside natural skincare, adult and children's clothing, homewares, candles and jewellery.

To complete the Market experience there will be a selection of young local buskers, which include harpists, guitarists and singers, creating a relaxed atmosphere, perfect for browsing and shopping.

A completely new innovation for this upcoming market is the introduction of an Epicurean corner. "This is a trial for this market" explains Vikki. "We would like to showcase some of the amazing local small food "makers" out there who may be looking for an opportunity to introduce their products to a local audience"

The Mapua Makers Markets run from 10am to 3 pm in the Mapua Community Hall on 10 July, 25 September, 4 December 2016 and 15 January 2017. Please direct any enquiries to the Mapua Makers Market facebook page [www.facebook.com/MapuaMakersMarket](http://www.facebook.com/MapuaMakersMarket) or email the organisers [mapuamakersmarket@gmail.com](mailto:mapuamakersmarket@gmail.com).

## MAPUA COUNTRY STORE

### YOUR FRESH LOCAL MARKET

**Draw or paint your favourite fruit or vegetable and tell us why you like them. The top three chosen will win a basket full of goodies and have their paintings displayed in store. Open to 5 to 10 year olds. Please drop your entries into the Store. Entries close 24th July. Winners will be announced 26th July.**

Runner beans are my favourite  
- mum says they make me run fast!



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**Mapua Community Hall**

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zumba fitness mapua

021 182 8885

Hello, the gorgeous Mapua community hall is now my Zumba fitness class home. Come & try it. See you there, Hilary



## 2. Zumba Gold

For Active adults who are looking for a modified Zumba class that recreates the original moves with lower impact on joints. The design of the class introduces easy-to-follow Zumba moves that focuses on balance, range of motion and coordination.



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gold

The MAPUA version



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**Timetable July/August**



	Monday	Tuesday	Wed	Thursday	Fri
9.30AM	<b>ZUMBA® gold</b>	<b>ZUMBA® fitness</b>		<b>ZUMBA® gold</b>	
6.00PM	<b>ZUMBA® fitness</b>			<b>ZUMBA® fitness</b>	

All classes \$7. College students \$5. Kids FREE (with adult). Concession card available.

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**THURSDAY 21ST JULY**

**FIESTA**



**IT'S BEEN**  
**ONE**  
**YEAR**  
**MAPUA**  
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**FREE ENTRY**

### FAQ 1 : Why ZUMBA?

For me, being part of 'Zumba' means I am covered by a music user license. I'm also regularly supplied with moves from the some of the worlds best fitness instructors. Things like usability, popularity & injury risk are taken into consideration.



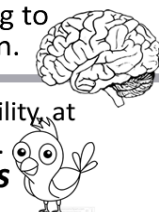
### FAQ 2 : What is going on!? I can't learn that!

Learning ZUMBA for some, in the beginning, is a brain challenge. Everyone who has wanted to learn HAS. Anyone wanting to learn CAN. It won't happen overnight, but it will happen.

I strongly believe maintaining mental health & agility, at all ages, is as important as keeping your body fit...



...two birds one stone - **DANCE FITNESS**



Info about my personal dance journey -YouTube "one thigh clapping"

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**Riverside Café Closing for winter**

**1<sup>st</sup> June to 31<sup>st</sup> July**



We are looking forward seeing  
you next season,

from 1<sup>st</sup>. August 7 days a  
week for updates check our  
facebook page and website  
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[www.facebook.com/RiversideCommunityNZ](http://www.facebook.com/RiversideCommunityNZ)



## FOOD AND DRINK

### Neudorf introduces Rosie's Block Chardonnay



Neudorf Vineyards founders Tim and Judy Finn have renamed one of their chardonnays and dedicated it to their daughter Rosie. Released in May, Neudorf Rosie's Block Chardonnay 2015 was previously known simply as Neudorf Chardonnay, a sister win to the iconic Neudorf Moutere Chardonnay.

Winemaker Todd Stevens says the name reflects the block overlooking the Home Vineyard at Neudorf. "The mature vines on Rosie's Block are dry farmed, under organic conversion, on north-facing Moutere clay-gravel slopes. Parcels from other Moutere hill sites are included in the wine."

Neudorf Vineyard was planted in 1978 by Tim and Judy Finn and has since gained a worldwide reputation as one of New Zealand's finest wineries.

Rosie Finn is thrilled to have a wine dedicated to her. She currently works in the wine trade in London, but says her roots are in the Moutere. "I've grown up around wine. I am so lucky to have an extended family of winemakers, viticulturists, French interns and of course Mum and Dad to show me the ropes."



"I was never made to feel I had to be involved and headed off to complete a degree in design but when I went to London I soon discovered I couldn't escape my background and became immersed in wine. This wine is a favourite of mine and I'm happy to see my name on the bottle. I haven't been offered the role of international ambassador for the wine yet—I might have to work a bit harder on the parents."

### This month Soo Gee suggests **Irish Potato Flat Bread**

500g floury potatoes peeled and cut into cubes -agria are good.

Another 500g potatoes same as above, 100grams melted butter, 1 teaspoon salt, 1 teaspoon pepper, 2 tablespoons each of chives and flat leaf parsley, 2 cups flour.

Cook the first 500g of potatoes in salted water until soft. Drain well, return to pot and place over low heat to dry out. (Keep an eye on them). Remove from heat, mash and leave to cool.

Grate the second 500 grams of potatoes, put in a muslin lined sieve and squeeze out liquid over a bowl, reserve this liquid and leave to stand. The starch will settle at the bottom of the bowl.

Add the butter to the cooked potato, then add the grated potato to the mix. Drain the clear liquid from the potato juice and add the remaining starch to the potato mixture. Stir together, add herbs and salt and pepper. Add the flour and mix to a soft dough.

Turn onto a floured bench knead then leave to stand for 15 minutes. Divide into 8 pieces and roll out thinly to about 1cm.

Heat a pan and add a little butter cook on both sides until golden then transfer to a baking tray and cook for 25 minutes at 180c.

A good soup goes well with these and reminds us just how good winter can be!



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#### ❖ LIVE MUSIC 7pm Saturday 16<sup>th</sup> July "Gypsy Pickers"

Always a favourite at the Moutere Inn the Gypsy Pickers are back with their unique blend of high energy acoustic music with the power of soul.

#### ❖ FINE DINING EVENING Sat 30<sup>th</sup> July 7pm \$50

We will be offering a relaxing evening, of fine dining, over five courses. Bookings essential, check our website for menu details.

#### ❖ DON'T FORGET

Raffle every Wed 6pm with Chase the Ace and Steak Wed.

- |                                    |                      |
|------------------------------------|----------------------|
| 1 <sup>st</sup> Thurs Folk Night.  | This month the 7th.  |
| 2 <sup>nd</sup> Thurs Quiz Night.  | This month the 14th. |
| 3 <sup>rd</sup> Thurs Curry Night. | This month the 21th. |
| Last Thurs Cigars and Whisky       | This month the 27th. |

THE MOUTERE INN  
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## Take The Kids FireSafe Quiz

Most kids know it's bad to play with fire. Would yours know what to do in the actual event of a fire?

At my website FireBuddy.co.nz we've created a fun quiz that's designed to walk through the most important things youngsters should be aware of.

Some of it is common knowledge however, I've had some great feedback from parents who've sat down and gone through it. They were surprised at how many questions were answered wrongly.

As firefighters, we're highly trained for search and rescue in a smoke-filled building. We have very specific working practices enabling us to progress as quickly as possible in total blackness. Warrens of rooms filled with noxious, toxic smoke. We learn as we go, step by careful step, feeling the floor ahead with our boots hoping to discover weak boards before falling through.

We blindly feel the space in front of our faces with the backs of our hands so that if we touch

a live wire, we don't involuntarily clamp down on it. Senses are alive, on the highest level of alert, trying to anticipate the unexpected.

We make our way through the property checking behind doors for adult bodies and under beds for little ones.

Adults know to keep low in a fire but at the last minute they stand up to open the door and get out.

One breath of toxic smoke and they are rendered unconscious, only to die just a couple of steps from safety.

Kids? Well they think they can hide from fire. They're often found under the bed or even in the wardrobe.

There are a number of basic things we should all know. Grab some quality time and sit down with your precious ones and go through the quiz. It'll help ensure they know what to do in the event of the unthinkable ...

Find the Kid's Quiz at [FireBuddy.co.nz](http://FireBuddy.co.nz)

WATCH THE VIDEOS  
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Contact us for more information or to receive this free information pack.

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## Upper Moutere

## Volunteer Fire Brigade

### Call Outs

Callouts from the 16th May to 15 June:

- \* 28th May Tree over the road, George Harvey Road
- \* 29th May car fire, Moutere Hills
- \* 1st June Alarm activation at Mapua health clinic
- \* 7th June Quadbike accident, Wills road



## Mapua Natural Health Clinic

Achieving Health and Wellbeing

**Sometimes the questions seem complicated. Know that the answers can be simple**

### Iron

Iron is a trace mineral found in every living cell in our bodies. Iron is a primary component of these two proteins: hemoglobin and myoglobin. Hemoglobin is the part of the red blood cell that carries oxygen to the body's tissues. Myoglobin is the part of the muscle cell that holds oxygen. Since iron plays such a critical role in the body, the liver and bone marrow are able to store some iron in case it is needed. It must be stored inside specialized proteins because free iron can cause damage to the body's tissues.



#### Iron deficiency symptoms can include:

- Weakness
- Fatigue
- Poor concentration
- Weakened immune system
- Leaky Gut or Irritable Bowel Syndrome

Consuming high iron foods are important for Pre-menopausal women as they have higher iron needs than men due to monthly blood losses.

If you are low in Iron it is also important to get plenty of vitamin C in your diet as this increases iron absorption. Iron supplements are available as a liquid, in a capsule or in tablet form. Discuss your Iron needs with your natural health specialist and take as directed.

#### Resources -

Iron-www.draxe.com

Recipe-Ayurvedic Cooking with Dr S Ajit

**Jude Twin 021 2020339**  
**www.mapuanaturalhealth.co.nz**

### Ayurvedic - Soothing Oats Porridge

#### Ingredients

- Fine Oats - ½ cup
- Ghee - 2 Tbsp
- Boiling Water - 1 cup
- Milk - 1-2 cups (Non-homogenised or nut milk)
- Raw Sugar-as per your taste
- Raisins or Sultanas-1 handful
- Cardamom-¼ to ½ tsp
- Cinnamon-¼ tsp

#### Method:

1. Heat the ghee in a pot or frypan.
2. Add the oats and toast until golden brown.
3. Add the boiling water and stir to prevent lumps.
4. Add the raisins, cardamom, cinnamon and half the milk and stir. Add more milk until it is the thickness you like.
5. Add the sugar.
6. Cook for 4-5 minutes. (The porridge should be quite runny not thick and gluggy like the porridge we grew up on).
7. Serve.



This is one of my favourite winter breakfasts. I teamed it up with home-made Chai. I'll share that recipe next month.

**Mapua  
Makers  
Market**

**Craft Market**

**Mapua Hall**

**Sunday 10 July**

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