

## ON YER BIKE!

### LOCAL LIVES



**Upper Moutere's John McIntyre is the event owner behind a new road cycle challenge for Nelson Tasman.**

**E**ntries are now open for the Abel Tasman Cycle Challenge, Nelson Tasman's first ever road cycle challenge. The event will take place on 3 December with competitors cycling in a loop from Saxton Field along nearly 160km of road. It will take them through the Moutere Valley, Motueka River, Kaiteriteri, Tasman and Ruby Bay before finishing back in Saxton Field.

"Cyclists from around New Zealand and our own region will want to make the most of this first opportunity ever to compete in a road cycle challenge on a route which takes in two national parks and some of the most beautiful road cycling terrain in the Southern Hemisphere," says event owner John McIntyre.

"We're confident that it's a realistic goal for keen cyclists of most levels of ability and fitness. We're hoping to see plenty of people ticking this off as a great 'bucket list' challenge heading into summer, especially if they start training now."

Event director and former triathlete Shanelle Barrett is the course director for the Abel Tasman Cycle Challenge. "I believe the event will attract a large number of participants, which will really help put Nelson Tasman on the map for cycle tourism," she says.

Cyclists aged 13 years and over can enter the challenge individually, in pairs or in groups of up to four. Businesses can enter a team or several teams. While the event will be timed and competitive, it is not a race.

"The key for us is getting as many people to participate as possible whilst maintaining our high safety standards," says

John. "I've cycled the route myself and it's a great feeling of achievement."

Communities dotted along the route are encouraged to enter into the spirit of the challenge by dressing in the event colours of yellow and blue to cheer competitors on.

"We are hoping to run a competition for the best-dressed community along the challenge route so we can make it a really colourful, fun and vibrant day for the fantastic communities that line the event route."

Attending the event launch in early May was Tasman District Council Mayor Richard Kempthorne (pictured here with John McIntyre). "The Abel Tasman Cycle Challenge is further proof that Nelson Tasman is establishing itself as New Zealand's cycling capital," he says.

Nelson City Council Mayor Rachel Reese says the event will showcase our beautiful Nelson region. "With our great climate, and such a beautiful backdrop, it's great to see an event like this on offer here. It will encourage more people, both locals and visitors, to experience a unique and special part of New Zealand."

To enter the cycle challenge, go to [www.atcc.nz](http://www.atcc.nz)



**Hon Damien O'CONNOR**  
MP for West Coast/Tasman

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Authorised by Damien O'Connor MP, Parliament Buildings, Wellington



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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 15<sup>th</sup> of the month.**

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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).

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# MOUTERE HILLS COMMUNITY CENTRE



## Dear Community

We are extremely grateful to have the first stage of our grounds enhancement with the steps, history panels and plantings in the picnic area outside the tennis courts now completed. We must acknowledge the generous donations from Sarau Trust and Grants from Rates towards this project and the donation of labour by Sam Leith to complete this project. We are now looking into the next stage of this development and would love community feedback for this.

If you have the time, and would like to have your say, then please visit

<https://www.surveymonkey.com/r/ZSZ7X7S> to give your opinion.

Moutere Hills Community Centre has also been approached about the possibility of developing a skate park at the Centre. If you have any feedback on this idea and weren't able to attend the recent public meeting then you are welcome to email us at [enquiries@mouterehills.org.nz](mailto:enquiries@mouterehills.org.nz)

Kind Regards Katrina and Vanessa

## FUNCTIONS AT MOUTERE HILLS COMMUNITY CENTRE

The team here at MHCC would like to welcome Cindus Colonna on board as our new Function Co-ordinator.

Give Cindus a call to discuss your function needs.

Check out the new catering options available.

[www.mouterehills.org.nz](http://www.mouterehills.org.nz)

NOW AVAILABLE AT MOUTERE HILLS .....

## MICHAEL KERKHAM TUTORING

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## Dance Fitness with Naz

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*From beginner to expert, there's something for everyone!*

Cost: \$5 per class or buy 10 sessions for \$45!

## 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.



## Country Kids 80's Disco

Saturday 11th June

7pm



**A fundraiser for Country Kids Preschool**

Tickets can be purchased from us at Moutere Hills Community Centre



Phone: 543 2516

Email: [enquiries@mouterehills.org.nz](mailto:enquiries@mouterehills.org.nz)

Website: [www.mouterehills.org.nz](http://www.mouterehills.org.nz)





## UPPER MOUTERE TENNIS CLUB

*Mission: To be a friendly community tennis club that promotes and encourages participation for fun, fitness and achievement for all ages and levels*

### MOUTERE PAIR WIN FINAL OF LODESTONE CLASSIC 2016

What a brilliant day of tennis "out in the country"!

On Sunday 15<sup>th</sup> May, The Moutere turned on glorious sunshine for the seventh annual 'Lodestone Classic' Tennis Tournament. Visiting clubs from the Nelson region competed in this mixed doubles tournament held at the Moutere Hills Community Centre.

The preliminary rounds of pool play were extended to 30 minutes this year, allowing more on-court time for tactics. Two clear winners surfaced from each of the two pools in the Social and Competitive Divisions. Between matches the players refuelled with nutritious nibbles from the sponsors.

A delicious lunch, prepared by the hosts from Upper Moutere Tennis Club, was enjoyed by all. Play resumed after lunch with closely contested semi-finals; won by crucial deuce points.

In Division 2 (Social), Clint Edmonds and Jennie Ricciardi from the Tahunanui Club came through undefeated from pool play to beat fellow club members Mike and Madelyn Delaney 6-5 in their semi-final. Another close semi-final, in this division, saw Mark Hamilton and Karina Inglis from the Motueka Club beat Trent Sliedrecht and Denise Marshall from the Stoke Club 6-4. Edmonds and Ricciardi had a decisive win 9-2 over Hamilton and Inglis in the Social Grade final.

In Division 1 (Competitive), Ian Newton and Bree Arnott from the Upper Moutere Club came through undefeated in pool play to narrowly win their semi-final 6-5 against Motueka pair Brett Martin and Heidi Mayer. Their opponents in the final, Sam Piper and Tania Erskine from the Tahunanui Club had a narrow 6-5 win over Bruce and Tania Smith from the Tasman Club in their semi-final. Newton and Arnott were beaten by Piper and Erskine in the 2015 final, so this set the scene for an exciting grand final. This match delighted the viewing crowd as the balance of power

see-sawed back and forth, with a tie breaker second set, and then a third set tie breaker. In the end the power of Arnott's ground strokes and Newton's strong volleying skills triumphed over Piper and Erskine. The winners of the Lodestone Trophy for 2016 were Newton and Arnott.

The afternoon was finished off with a prize giving to the division winners and runners-up, followed by some generously donated spot prizes.

#### Results

Division 1 Competitive: Score 4-6, 6-5, 6-5

**Winners:** Ian Newton & Bree Arnott – Upper Moutere Tennis Club  
**Runner Up:** Sam Piper & Tania Erskine – Tahunanui Tennis Club

Division 2 Social: Score 9-6

**Winners:** Clint Edmonds & Jennie Ricciardi – Tahunanui Tennis Club  
**Runners Up:** Mark Hamilton & Karina Inglis – Motueka Tennis Club

An integral part of this event is to promote the local businesses who produce such an excellent range of superb products and services. Upper Moutere Tennis Club acknowledges and thanks the generous support of their sponsors, who continue to make the 'Lodestone Classic' so successful:

**Brambleby Orchards; Lodestone Wines & Seeds; Moutere Gold;  
Moutere Inn; Moutere Motors; Neudorf Olives;  
Owen Bartlett Pottery; Patisserie Royale; Peckham's Cider; Pomeroy's; Proper Crisps; Upper Moutere On the Spot Store; and the Upper Moutere Takeaways.**

To join Upper Moutere Tennis go to:

<http://www.mouterehills.org.nz/clubs/upper-moutere-tennis-club/>  
for our 2015/16 Membership Form  
or email

[UMOTennis@gmail.com](mailto:UMOTennis@gmail.com)

We look forward to seeing you on court



## MOUTERE INN



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### COMING EVENTS AT THE MOUTERE INN

- ❖ **LIVE MUSIC 2pm Monday 6<sup>th</sup> June "Tom's Field"**  
Tom's Field are a tasty fusion of traditional folk/old time with contemporary original flavours.
- ❖ **THE DARKSIDE SHOWCASE Fri June 17<sup>th</sup> - Monday June 20<sup>th</sup>**  
8 Wired Flat White, Townshend St Bernards Stout, Twisted Hop  
Nokabollockov Imperial Stout, Altitude Peated Stout
- ❖ **MID WINTER CHRISTMAS LUNCH Sunday 19<sup>th</sup> June**  
It's Mid Winter and time to get together and enjoy a delicious Mid Winter Christmas lunch. Bookings essential, check our website for menu details.
- ❖ **FINE DINING EVENING Sat 25<sup>TH</sup> June 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 2nd.  
2<sup>nd</sup> Thurs Quiz Night. This month the 9th.  
3<sup>rd</sup> Thurs Curry Night. This month the 16th.  
Last Thurs Cigars and Whisky This month the 30th.

**THE MOUTERE INN**  
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# MAPUA BOWLING CLUB

## THE WRITE BIAS

It has been a busy time at Mapua Bowling Club as the 2015/16 season drew to a close.

The annual 'Kiwis vs the Rest' triples tournament was held on closing day. There was a great turn-out of members dressed in a range of colourful outfits representing their country of birth. Black was the colour of choice for the Kiwis. Red, white and blue were common colours among 'the Rest'. The bowling was competitive but in good spirit. A good day was had by all. Winners on the day were 'the Rest', but it was ever so close.

The presentation of the season's championship trophies was followed by a club BBQ. A number of members received trophies this year. The prized Championship Senior Singles trophies went to John Trotter and Jean Daubney.

The Mapua Bowling Club AGM was held on Saturday the 7th of May. With a number of members willing to put their names forward for a role on the committee, a full committee was elected. Dave England is the new Club President. Michael Busby who has served as President for the past two seasons was thanked for all the hard work and effort he has put in while President.

Throughout the winter months, our green, which is only two seasons old, will be weeded, rolled and pampered to make sure it is at its best when the new season begins. In the meantime, Mapua Bowling Club members will be getting together twice a month (first and third Fridays) at the club rooms for social evenings.

For information about the bowling club or booking the clubhouse and facilities please call President, Dave England (540 2934)

Barbara Brown



**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.**



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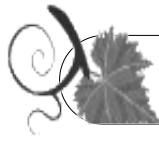
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## COMMUNITY

### Upper Moutere Volunteer Fire Brigade

#### Call Outs

Callouts from the 16th April - 15 May

17/4 Car fire, Appleby Bridge  
19/4 Tree stumps on fire, Rosedale  
20/4 Structure fire, Able Glass Motueka  
10/5 Permitted fire, Wills Road  
14/5 Alarm activation, Warren Place Mapua

We all know wasps can be annoying at this time of year and a great idea can be using petrol/diesel poured down into their nests, the fumes will get rid of them, we hope that you understand that it does not need to be set alight!

**This is very dangerous!**



### *Rural Women NZ*

*In 1925 a number of farmers' wives were on holiday in Wellington while their husbands attended a conference of the Farmers' Union. They got talking and heard stories of the way of life on many farms. Stories of loneliness, of illness, lack of education etc. So they set up "Women's Division of the Farmer's Union" to see what could be done to help. And out of this developed an emergency housekeeping and bushnursing scheme.*

*Later on Women's Division of the Farmer's Union was renamed Women's Division Federated Farmers and finally became Rural Women NZ.*

*The problem of loneliness and isolation has improved through modern technology and social media, but RWNZ are still the leading body promoting and advocating on rural health, education, land use and social issues.*

*The latest initiatives are for road safety around school buses, quad bike safety and firearms and hunter safety.*

## Sarau Winter Sale Days

Sat 30<sup>th</sup> & Sun 31<sup>st</sup> July

11am – 3pm Moutere Hills Community Centre

- Monster book sale
- Fabric and wool sale
- Nelson Embroiderers Guild  
Bric-a-brac stall
- Light refreshments available

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

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

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.

**Come and Join the FUN and Fundraising!**





The Sarau Trustees are delighted to advise that they have distributed the total sum of \$20,530.00 to the Moutere community following the 2016 Sarau Festival. We particularly thank the generous festival sponsors who help us to ensure the Festival is a success for this community..

We also note that without the outstanding contribution of Sharon and her bookstall team, and Elaine and her team with the Sarau Cream Teas, these two make a substantial addition to the distributable funds. As many of you know Sharon also convened a mid-winter bookstall in 2015 and this raised approximately a further \$2,300 which went directly to the MHCC. Please support this winter's book stall too as advertised in this issue of the Grapevine..

Following consideration of the applications for funding, donations have been made to the following: Moutere youth group, Upper Moutere tennis, Moutere cricket club, Kidpower, Moutere Youth Trust, the community support fund, Moutere gymnastics, Country Kids, the History Panel production, and the Moutere Hills Community Centre.

There is also a commitment to support the publication of the Grapevine should this be necessary during the next 12 months, and to support a skate park imitative once this is forthcoming.

Thank you all for your support and for making 2016 such a successful Sarau Festival and ensuring that we had funds to make these donations available.

Sarau Festival, Moutere Hills Community Centre – Sunday, 30 January 2017

**Contact:** Jenny Leith      **Postal Address:** Sarau Festival, 365 Harley Rd, RD 2 Upper Moutere 7175  
**Tel:** 03 9700715 / 021 231 3947      **Email:** [jenny@saraufestival.co.nz](mailto:jenny@saraufestival.co.nz)      **Web:** <http://www.saraufestival.co.nz>

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Dear Ed.,

### JUNE QUIZ NIGHTS, SPRIG & FERN, MAPUA

With family living and working in Fiji, my concern for their welfare is my current priority. Not only were the effects of Category 5 Tropical Cyclone Winston devastating in February, but they were compounded by two further Category 1 cyclones that caused extensive flooding.

It would be all too easy to bail them out, fund flights to bring them to New Zealand. But that isn't the answer. Zoë and Wilson are needed there to assist with the restoration programme. They have the skills needed to organise and co-ordinate the provision of supplies, food, building materials, tools, household goods, clothing ... I could go on! What they don't have is those supplies nor the funds to support the rebuilding of the whole community of Waimaqera on Taveuni.

So my project is fundraising and I have been truly humbled by the outpouring of support from in and around Mapua. A movie night at the State Cinema, Motueka was a sell-out, a fantastic atmosphere that wasn't just due to Eddie the Eagle. Many thanks to Upper Moutere Tennis Club, Mapua Bowling Club, Mapua Community Library and PANZ Nelson for being there, buying raffle tickets and generally being noisy.

A second movie night has been scheduled thanks to the generosity of Mark, the Cinema Manager who will donate all the proceeds to Fiji.

A very special lady needs a mention. Joy Scott raises money for charities and took it on herself to organise a Sales Table at Mapua Bowling Club in support of Fiji. At 90 plus a little bit, what she created was no mean feat. But it didn't stop there. The Club added to the pot with the proceeds from two raffles.

I am truly indebted to all of these people and through your newsletter would like to thank them publicly.

Next project? Two quiz nights scheduled at the Sprig & Fern on Wednesday 15<sup>th</sup> June and Wednesday 22<sup>nd</sup> June both starting around 7 p.m. \$3 per head and the chance of winning a \$50 bar tab. Teams of any number, the more the merrier, just come along for a bit of fun whilst helping our Pacific neighbours to get back on their feet.

Sue England

<https://givealittle.co.nz/cause/help4cyclone>

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## A Stormy Pot through trip (The Cave)

By Andrew Smith



The rope shuddered as it began to pick up speed through my descender. The darkness of the unknown below was both intimidating and foreboding; the rope had been thrown coiling its way down with out certainty of reaching the rocky bottom.

The rock was dark and wet, the void large and airy. As my light slowly began to pick up the rubble on the floor I became aware that the 10mm Nylon rope to which I owed my support had not reached the rocks below. Still 20 metres up I could not decide how short the rope was. I continued to descend. The rope whipped around crashing into the sides of the shaft, as I neared the last ten metres. I could see that the rope was very close to a large rock on the cave floor, this was what I had been hoping for. I continued to abseil. The rope was about one and a half metres from the top of this rock which meant that I even had to undo the knot in the bottom of the rope to get just that extra length. With my hand now holding the very end of the rope my toes touched the boulder and with a sigh of relief I let the rope go. With the stretch of the rope it disappeared back up the shaft and well out of reach. This was the Intimidator pitch, the fourth of twenty seven abseils in the entrance series and the second of 60 metres.

The Stormy pot entrance into Nettlebed cave has been progressively discovered over the last five years. A small number of very dedicated cavers battled underground rivers, abseils under waterfalls, swims in deep cold waters and many more challenges before finally a break through into known passage. All this with out a drop of sunlight. This entrance makes Nettlebed the deepest cave in New Zealand at 1176m.

With the Entrance series behind us I looked forward to some horizontal caving. The passages were wide and high, sometimes with a floor, sometimes with the darkness of a rift below our feet and the sound of water running way down deep. After many hours and many challenges, including the "Gates of Troy" a squeeze which pushes hard on sternum and back bone, we reached our first camp., the "Chocolate room" Over the years of exploration a very comfortable campsite has been formed. The damp sandy floor provides a great sleeping platform and with water only 20metres away who could ask for more?

Day two was the dreaded "River of Clowns" day. There had been much talk about this section of the cave where swimming the deep pools and the bitter cold was a fact of life. This cave was rigged as a "pull down" trip, that is to say that once the party has abseiled the first abseil the rope is then pulled down behind us and this continues for most of the drops. What this means is that there is no going back and no getting out of doing the River of Clowns. It did not matter what the cave had to throw at us, we just had to do it.

For half an hour the caving was easy dry and horizontal but all good things come to an end and sure enough the sound of running water got closer and closer, and then it was splash. The River of Clowns was easy on us for a start, even our gumboots remained dry. Soon the hand holds around the steep sides of the stream slowly became smoother and more slick until it was time to wade in boots and all. Several pools had the water at waist depth and some a little deeper. Then came the first of two traverse hand lines to help in getting around a very much deeper pool.

The water was a pure blue green, so clear it hid its true depth and the sinister cold that lurked. The traverse line was to aid cavers around the side of this pool but the tricky thing was the roof had descended

to only about 500mm above the surface. Grasping the rope with both hands and placing my body in an almost 45 Deg angle I leaned back and shuffled my feet along the wall. The water started seeping into all

those warm places that one does not like water to seep. My pack was almost completely under water but I must keep moving, Water was pouring down my back; I was desperate to get out of the wet. Finally, rounding a corner, I saw the stony beach that would mean respite. Cold and miserable I poured out the water from my gumboots. We did not stop for fear of cooling down even more. So pool after pool and one more traverse line similar to the first and then an "up pitch" to ascend out of the river. The cave had been easy on us, the water levels had been low and the pitches had been dry. The water disappeared gurgling into the rocks and we were in the "Black Dwarf" chamber/Passage, it is massive, and it just continues. Such large spaces hidden under mountains are difficult to believe and understand, how and why? A chamber known as Hammer heights which we had to squeeze into is even bigger. We tramped up and down mountains of rock for almost ¾ hour before squeezing through a hole in the floor in this massive place. The odd thing about Hammer heights is that you squeeze into it and then squeeze out of it.

Just after Black Dwarf and before Hammer heights is the connection between old and new discoveries. The old Nettlebed and the new Stormy pot. Travel through the old Nettlebed was familiar country; names like the "Prickly tube" "Tippy toes" and "Salvation Hall" which is where we stayed on our second night.

The trip out to the entrance held two challenges, the first was the ducks. This is an area in the cave half an hour from the entrance where the roof gets to within 500mm from the floor, this would not be a problem but from time to time water likes to share the same space, which for a caver means having to "duck" under the water to reach the passage beyond. We were lucky this day.

The next and final Challenge was the Hinkle Horn Honking Holes, which are a series of three squeezes. Lying flat with my chin on the cold calcite floor I pushed my pack into the squeeze. We were doing a pack shuffle, the wind through the holes was terrific, this is caused by the barometric pressure difference between the top of the cave and the exit at the bottom. After the three packs had been pushed, pulled, jerked and yanked it was time for cavers to do the wiggle thing. Sliding my helmet ahead of me I slithered through the first restriction. Using my feet to push off I gradually made progress into the larger space between the squeezes. The second squeeze is much the same but with very little space before the third restriction. The third Squeeze is similar but with a twist, there is a corner beyond. Approaching the corner a caver must manoeuvre so that they are on their left side down, the corner turns to the left. The technique involves entering the corner and bending your back with your face against the rock the slowly rolling over so that you end up sliding on your back. In all this you have to be very mindful that your gumboots don't get caught in the ceiling.

Exiting the cave is always an exhilarating experience, in particular the visual rush of colours, greens and blues which are so vibrant and of course the sunshine.

Many thanks to Chris Whitehouse who was part of the exploration team who helped Seb and myself find the way.

The team:

Seb Head

Chris Whitehouse

Andrew Smith



# UPPER MOUTERE SKATE PARK RAMP JAM

SPOT PRIZES, SAUSAGE SIZZLE & OFFICIAL OPENING

## Sunday 26th June 2pm

Supplejack Valley, behind Upper Moutere Church Hall  
Event is weather permitting, postponement date 3rd July

### QUESTIONS?

Billy 021 027 28825  
Tessa 022 101 2276  
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MOUTERE COMMUNITY YOUTH TRUST

Te Puawai Tanga O Rangatahi

MCYT



**The Moutere 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 wel-  
come to attend.

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

### Graeme Smith (MNZIQS)

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## Know Your Fire Extinguishers

The vast majority of neighbourhoods are served by volunteers. The traditional image of firefighters sliding down the pole and rushing to the incident really isn't the case. The reality is that a firefighter may be in the field sheering sheep or serving a customer at their place of work. They have to get to the station before they're even in a position to respond.

Although we always urge you and your family to evacuate a property on fire, there is often the opportunity to stop disaster by tackling the fire before it gets away.

Not all fires are the same so it pays to have a working knowledge of the different types and how to extinguish them:

Class A: SOLIDS such as paper, wood, plastic etc  
 Class B: FLAMMABLE LIQUIDS such as paraffin, petrol, oil  
 Class C: FLAMMABLE GASES such as propane, butane, methane etc  
 Class D: METALS such as aluminium, magnesium, titanium  
 Class E: Fires involving ELECTRICAL APPARATUS  
 Class F: Cooking OIL & FAT etc

Water Fire Extinguishers: Used for Class A fires.

Foam Fire Extinguishers: Used for Classes A & B fires.

Dry Powder Fire Extinguishers:

Often termed the 'multi-purpose' extinguisher, as it can be used on classes A, B & C fires.

Warning: when used indoors, powder can obscure vision or

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damage goods and machinery. It is also very messy.

CO2 Fire Extinguishers: Carbon Dioxide is ideal for fires involving electrical apparatus, and will also extinguish class B liquid fires, but has NO POST FIRE SECURITY and the fire could re-ignite.

For more go to FireBuddy.co.nz and search fire extinguishers.

### TRAPPING RATS

I had a call last week about last month's article regarding the release of rats away from the home. This is something I overlooked and I wholeheartedly agree that they should be knocked on the head at any opportunity.

## Help!

**Are You Retired?**

Are you looking for something rewarding to fill some spare time each day?

We need a volunteer to help with articles and posting news on social media.  
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## MOUTERE YOUTH JUNE 2016

Note that we have switched things around a bit, created a group for the intermediate age. The year levels all overlap so one can choose which group (or both) to attend.

### Junior Youth

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

- |    |                           |
|----|---------------------------|
| 3  | Baking for a Cause        |
| 10 | 40-hour Famine Action     |
| 17 | Choose Your Own Adventure |
| 24 | Kidpower at Dovedale      |

\*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

- |    |                    |
|----|--------------------|
| 10 | 10 pin bowling     |
| 24 | Device Games Night |

### Senior Youth

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

- |    |                      |
|----|----------------------|
| 3  | Table Tennis at MHCC |
| 17 | Spotlight Rampage    |

### ANY QUESTIONS?

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

### Ghosts

We float through worlds like a puff of  
down caught on an updraught,  
unseen,  
are we cognisant?  
Are we actually phantoms of the past?  
Do people catch our whispers,  
ghosts of words in a dream,  
does a veil separate our worlds,  
are there tears,  
does magic live,  
or am I a mortal dreaming?  
(by Rosa Kelly 11years)

House-cleaning- Please contact me if  
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## ANIMALS

Hello Animal Lovers

. Difficult decisions sometimes have to be faced at the end of a pet's life as those pets have become very much a part of the family and it is hard to let them go. It is particularly important therefore to observe older animals for behaviour that would indicate they are distressed or in pain. Refusing food or hiding away are some indicators but sometimes it is very difficult to tell how comfortable they are. Cats in particular tend to hide away if injured or distressed but usually they hide close to their home, also cats can purr when in distress. Dogs will whimper or moan or just sleep a lot. Whatever the signs, it is certainly kinder for the owner to seek advice from the vet who will point out the options available. Should the animal be put on regular medication or injections? Is an operation an option? When weighing this up pet owners should be mindful of the age of their pets before putting them through a lot of treatment which could be distressing. It is my belief that animals do not understand prolonged distress and pain but can accept a quick and painless end. It is more difficult for the owners to make that decision as they cannot imagine their life without their beloved pet however it one that should be faced from the animal's point of view in mind as difficult as it is.

There is another side to this subject and that is when an animal has had a long and close relationship with its owner and the owner passes away. There are some famous examples of dogs searching for their owner sometimes for years after their loss. For example, Greyfriars Bobby, a little Skye Terrier in the 19th century, spent 14 years guarding his master's grave when he died. Sometimes an animal is rehomed but it is not always successful as the animal can pine away with someone they do not know. Again it depends on the age of the pet and their individual personality. This is a difficult and sad subject but one that must be faced at some time in all pet owners' lives.

The message must be to enjoy your animal companions as much as you can whilst you can and accept the fact that one day we should let them go peacefully. They deserve to go with love and dignity like us all.

I am happy to answer any animal behaviour questions at any time.

Sue Mott

Animal Behaviourist

03 9700952

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## Metabolic Diseases

*Metabolic disease is the collective name given to a group of diseases, which are due to the abnormal metabolism, or an imbalance of an essential nutrient or substance in the body.*

### **The Downer Cow -**

*We can assume the majority of downer cows encountered around calving are likely to have strong **milk fever** component. Treating milk fever is very effective provided that it is prompt. A poor response to initial treatment usually results from under-dosing and this can have serious consequences.*

*Injectable Calcium—unless clinical signs suggest otherwise, treat suspect milk fever down cows aggressively with 500ml 25% calcium borogluconate as a minimum for a light framed Jersey. This amount should be at least doubled for a large framed, well conditioned Friesian. Using a bag under the skin and a bag into the vein will provide rapid calcium replacement and also slower release.*

*Milk fever cases are often complicated with by other metabolic disturbances. **Grass staggers or hypomagnesaemia**, should be treated with metabolic solutions containing magnesium and provide oral magnesium support.*

***Ketosis or Pregnancy toxemia** represents an imbalance between energy supply and demand. Cows bearing twins, poor condition or those with other complications (retained fetal membranes, mastitis etc.) are most at risk. Affected cows are often dull and weak, with a strong smell of acetone on the breath. Dextrose Injections or a combination containing Dextrose should be given IV (into the vein) as dextrose is not readily absorbed under the skin. Drenching with Ketol twice daily for 5 days is a recommended treatment to maintain blood glucose levels.*

### **Milk Fever in Ewes -**

*Common in ewes of any age, normally occurs 6 weeks prior to 2 months after lambing. Outbreaks in ewes are often precipitated by sudden changes in feed, with yarding or driving. Administer calcium solutions by subcutaneous injection. Results are good with early treatment but relapses may require repeat treatments.*

### **Sleepy sickness in Ewes -**

*Pregnancy toxemia is common. It is caused by a disturbance of carbohydrate and fat metabolism from a falling plane of nutrition in late pregnancy. A drop in blood glucose occurs with clinical signs seen such as dullness, teeth grinding, in appetite, unusual posture, muscular spasm, apparent blindness, progressing to coma and death. Early treatment is vital, drench with Ketol*

### **Grass Staggers in Ewes -**

*Seen mainly in mature lactating sheep, it is caused by low magnesium in the diet. Low magnesium can predispose ewes to milk fever. Clinical signs can be hard to distinguish from other metabolic disease. If treated quickly there is a good chance of recovery. Using a combination of calcium, magnesium, dextrose and phosphorus is best under the skin or in the vein.*

### **Giving Metabolics—Special Notes**

- All metabolic solutions should be warmed to body temperature to aid absorption and reduce shock
- Magnesium Sulphate should not be given into the vein
- No air should be allowed to enter during this procedure
- Metabolic solutions should be given slowly (10-15 minutes) when administering into the vein
- Metabolic solutions should be carefully be spread out under the skin to aid absorption





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Drawing for Beginners is a 9 week course in pencil , charcoal & pen, which is offered in Motueka and Upper Moutere in terms 2 & 3. Classes are small, supportive and joyful. You will surprise yourself at what you'll achieve. Learning to draw what you see is very satisfying.

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## Correction for May Grapevine Mapua Craft Group.

The wrong email contact address was printed. It should have read  
**juliehcox@xtra.co.nz**

## PANZ – Pastel Artists of New Zealand

It has finally happened! Originally mooted in 2014, officially accepted in 2015, 12 months of planning, organisation and innovation, and now PANZ "Purely Pastel" national Art Awards and Convention 2016 has taken place with plaudits aplenty.

It was wonderful to see Mapua Community Hall transformed into an art gallery and full of appreciative people on the evening of Friday 15<sup>th</sup> April. There were some stunning pieces. An air of expectation, softened by drinks and nibbles (thank you Sprig & Fern), as artists waited to discover the winners. At half seven, Glenys Forbes, the Convenor introduced us to Julie Catchpole, the Director of the Suter Gallery to officially open the exhibition. And then the moment we were waiting for, the big announcement ... congratulations go to Julie Freeman, the overall winner and Karen Neal, the runner-up. Merits went to Bill Burke, Alice Reade, Julie Greig and Karen Neal. Just amazing.

With the exhibition open until 1<sup>st</sup> May it was an opportunity for the public to enjoy the art and in some cases, purchase. Congratulations also to all the artists who sold a piece of work, truly a measure of success.

The Convention itself on Saturday 16<sup>th</sup> and Sunday 17<sup>th</sup> April was for PANZ members only. The varied programme, sometimes serious, sometimes comical, was enjoyed by some 60 people from around New Zealand. Stan Sperlak, the visiting Master Pastellist from the USA was kept on his toes. He joined the boat trip on Friday 15<sup>th</sup> in the Abel Tasman National Park, demonstrated his painting technique on Saturday morning to a full house, walked through the gallery on Sunday morning to talk about the paintings and then gave four days of masterclass workshops. He was skilled, informative and engaging and it was a privilege for PANZ to have him join us.

For PANZ Nelson this has been an honour. A successful and rewarding event that has been supported by many sponsors, we are indebted to them all but particular mention must be given to "Impressions Picture Framers and Art Supplies", TDC, Creative NZ, Golden Edge, NBS, Mitre 10, Sally Hunt Fine Art, Sportswise Signz N Graphics, Janome and Mapua/Ruby Bay & District Community Trust.

And finally the team that has been beaver away for the past year to bring this event to Mapua – Liz Hofmann, Judy March, Ron Oliver, Gloria Anderson, Michael Busby, Anne Cegarra, Marian Painter, Sue England and the human dynamo, Glenys Forbes.

It will take some time to calm down from these dizzy heights but Tuesday morning sessions have resumed and some inspirational work should result. If you have enjoyed our exhibition and pastel painting intrigues and interests you, our doors are always open!

If you want to find out more about pastels and the PANZ art group in Mapua visitors are always welcome. Just call into the Community Hall on a Tuesday morning between 9 a.m. and 12 noon when you see the PANZ board outside. Or contact Glenys Forbes on 540 3388 for more information.

*Sue England (540 2934)*



## 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 craftspeople. 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).

## Motueka Arts Council Winter Art Workshops

With winter on its way the Motueka Arts Council is again providing art workshops. This year co-ordinator Sarah Douglas has made it harder than ever to decide which of the workshops to attend as there so many exciting opportunities. Workshops on offer include mosaics, waiata, hyper tufa, eco dyes, mosaics, watercolours, basket making, felting, singing, song writing, drama, poi and ti rakau, self-publishing, writing crime fiction, harakeke and an art tour through Te Awhina Marae. To view the program for details, see the following page or contact Sarah at [woolweaving@gmail.com](mailto:woolweaving@gmail.com) You can also get your copy from local libraries, Collingwood and Takaka or Westrupp jewellers, Potters Patch and local cafes in Motueka.

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# 2016 Winter Workshop Programme

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Cheques payable to Motueka Arts Council. Drop off at Westrupps Jewellers or post to  
Workshop Co-ordinator - Sarah Douglas P.O. Box 121, Motueka. (Possible unwaged discount)

**1. Singing for Pleasure - Tutor Barbie Cole** Experience the joy of group singing for five glorious weeks. Barbie's enjoyment of singing is infectious and her sessions are hugely popular—so get in quick! She is an experienced singing tutor and co-leader of the World Music Choir 'Inakord' and the local choir 'Gospel Sunday'. The songs are unaccompanied and as always, there will be a mix. No experience necessary, just come along and sing your heart out.

**Date** Wednesdays 8, 15, 22, 29 June & 6 July **Time** 7 – 9 pm  
**Venue** St Chanel Arts Centre, High Street

**Cost** \$45.00 or \$40 if also enrolling in Waiata for pleasure

**2. Waiata for Pleasure – Tutor Maihi Barber** Here's some more music, fun, and joyful singing with Maihi, an experienced music teacher with a love of waiata. Learn classics like Po Karekare Ana and NZ's national anthem, as well as songs from well-known artists.

**Date** Wednesdays 3, 10, 17, 24, 31 August **Time** 7 - 9 pm **Venue** St Chanel Arts Centre  
**Cost** \$45.00 or \$40 if also enrolling in Singing for pleasure

**3. Self-Publishing - Tutors Emma Stevens and Ro Cambridge** If you love to write, this course is for you. Tutors Emma and Ro will walk you through the steps of publishing your own book. Between them, they have experience in writing, editing, book marketing and promotion. By the end of this workshop you'll be better prepared to face the challenges of self-publication and more likely to enjoy the benefits (not to mention the thrill!) of transforming your manuscript into a published book.

**Date** Saturday 11 June **Time** 9am - 4.30pm (BYO lunch).

**Venue** Community House Decks Reserve

**Cost** \$55.00

**4. Magical Mosaics - Tutor Maeve Allen** Here's an invitation to make magic with mosaics—artist and tutor Maeve will advise you how to place, clean, balance and design your unique creation. Choose between four colourful kits to make a fabulous pot stand. With 16 years' experience, Maeve is currently creating a sculpture garden in Motueka with a six-metre mosaic canopy.

**Dates** Monday 13 June 9am – 4pm (BYO lunch) and Tuesday 14 June 10am – 12

**Venue** Highland Band rooms **Cost** \$45.00 plus kit between \$55 - \$75

**Maximum students** 12

**5. Winter Wander through Te Awhina Marae with Joy Shorrocks and Ngarangi Marsh**

This is a rare cultural and art opportunity to be welcomed onto Te Awhina Marae with a powhiri and then wander through the grounds and Marae with knowledgeable and experienced cultural guides. See the whakairoa (carving), kowhaiwhai and tukutuku panels and hear about Motueka Maori ancestors. Before you leave, with a better understanding of our region, you'll be invited for a cuppa. Conservative dress is recommended.

**Date** Saturday 18 June

**Time** 1 – 4.00pm (meet at front gate)

**Venue** Te Awhina Marae **Cost** \$35 or \$40 family.

**6. Ways with Watercolour - Tutor Marian Painter** Enter the translucent, atmospheric world of watercolour painting with a guide of 20 years' experience. Marian will show you colour mixing, wash and how to use your tools in a relaxed and encouraging atmosphere. The emphasis is on enjoyment and Marian is looking forward to sharing.

**Bring** watercolour paints, paper and brushes, 2 water pots, drawing tools, paper towels, tissues, white plate for mixing, hairdryer optional, pen and notepaper.

**Date** Sunday 26 June **Time** 10 - 3.00pm (BYO lunch).

**Venue** Community House Decks Reserve

**Cost** \$65.00 includes some watercolour paper & paints

**Maximum students** 12

**7. Eco Dyeing the Natural Way – Tutor Jo Kinross** Explore your creative potential in the world of natural fabrics and dyes in this contemporary take on an ancient art. Use leaves and flowers to eco-dye and print some samples, then a silk scarf. Your tutor—textile arts practitioner Jo Kinross—is committed to helping people at all stages of their creative journeys. She has exhibited widely in group and solo exhibitions.

**Bring:**

**Date** Friday 15 July

**Time** 10 - 4.00pm (BYO lunch)

**Venue** Community House Decks Reserve

**Cost** \$95.00 Includes silk scarf

**Maximum students** 10

**8. Beginner Stitched Baskets – Tutor Carol Gowan** Learn how to coil and stitch a small basket using natural materials such as cabbage tree leaves, pine needles, flax, and grasses. Sewing needles and thread, and a range of natural materials will be provided. Carol is an experienced tutor who has worked for many years with natural materials to produce an exquisite array of baskets.

**Bring:** scissors, secateurs, embellishments: beads, shells, seed heads, feathers etc.

**Date:** Sunday 17 July **Time** 9.30 - 4.30pm (BYO lunch).

**Venue** ATET (Abel Tasman Educational Trust), 420 Main Road, Riwaka

**Cost** \$65.00 Includes materials

**Maximum students** 10

**9. Hyper Tufa Pots with a personal touch – Tutor Elly Shaw** Elly Shaw has been making these durable, decorative and imaginative pots for 13 years. She will encourage you to experiment with natural textures and decorative details to make rustic garden containers using accessible moulds and materials. .

**Bring:** plastic rubbish bag and embellishments: driftwood, shells, stones, rope, and china.

**Date/Time** Tues 19 July, 10 - 2.30pm (BYO Lunch) and Thurs 21 July, 10 – 12.30pm

**Venue** ATET Main Rd Riwaka. (Wet or dry weather)

**Cost** \$80 Includes materials. **Maximum students** 12

**10. Make and use Poi and Ti rakau – tutors Joy Shorrocks and Ngarangi Marsh**

This course will deepen your maturaunga, knowledge and understanding of the two arts, poi and ti rakau. You will make and learn to use and enjoy poi with waiata and ti rakau with games and titi toria. Take your poi and ti rakau home—by the end of workshop you'll have the confidence to share your skills! Have lots of fun learning traditional skills in the beautiful cultural setting of Te Awhina Marae. (Meet at front gate for powhiri on Saturday)

**Bring** 8 – 12 ply Wool in 2 colours, 4 shopping bags. Manuka and sandpaper supplied.

**Date** Saturday and Sunday 23, 24 July

**Time** 9.30 - 3.00pm (BYO lunch)

**Venue** Te Awhina Marae

**Cost** \$110.00

**Maximum students** 24

**11. Hand felting a Unique hat – Tutor Shona Schofield** Make a warm lovely wool hat in your choice of style, colours and just the right fit. Shona Schofield has been teaching and exhibiting for many years and has twice won the national Creative Fibre Fashion Parade Supreme Award. She will provide wool and hat blocks and plenty of tips to help with your creation from start to finish.

**Bring** 2-3 sheets newspaper, tape measure, marker pen, rolling rod 1.5m long by 25mm diameter, 2 towels, scissors, old pantyhose, plastic sheet to cover table, 1L plastic milk bottle, bucket and a few embellishments for decoration.

**Date** Wednesday 27 July **Time** 9 - 5.00pm (BYO lunch).

**Venue** Highland Band rooms **Cost** \$95.00 Includes wool kit

**Max students** 12

**12. Introduction to Drama Techniques – Tutor Joanne Kilsby** Avoid a dull Sunday

by transforming yourself into someone else through characterization, learn to speak in a different accent and read aloud with confidence. Meet likeminded people keen for a laugh.

This class is ideal for beginners. These drama techniques are fun and can help you gain confidence in everyday life. Tutored by Joanne Kilsby who has 20 + years of directing, writing and acting experience.

**Date** Sunday 31 July **Time** 12.30 - 4.30pm

**Venue** Highland Band Rooms

**Cost** \$40.00

**Maximum students** 12

**13. Tradition turned upside down - tall coiled pots – Tutor Diane Reedy**

A capable and inventive potter, Diane has been potting since 1984. She has a friendly and approachable manner. You will make a unique and interesting tall clay pot (30cm in height) that looks like golden sand once fired.

**Bring** Old towel, shirt/apron and water container

**Date** Wednesday 10 August **Time** 9 - 4.30pm (BYO lunch)

**Maximum students** 10

**Venue** Motueka Pottery Workshop, School Road **Cost** \$85.00 Includes clay and firing.

**14. Introduction to Song Writing – Tutor Glen Bathgate** Get your songs out of your head and out there in the world! Glen is a talented musician who has written, performed and encouraged other musicians for 24 years and it's his pleasure to guide you towards success. You'll learn to bring professional structure and technique to your individual music and words to create songs.

**Bring** Pen and paper and preferred instrument

**Date** Saturday 13 August **Time** 10 - 4.30pm (BYO lunch)

**Venue** Pokororo Hall, West Bank Road, Motueka

**Cost** \$45.00

**Max students** 12

**15. Creating Murder and Mayhem – writing crime fiction Tutor Alan Carter**

We are lucky that Alan has moved to Havelock from Australia and is here to share his mordant wit and chilling ability to write crime fiction. He is an experienced tutor and his 1<sup>st</sup> novel "Prime Cut" won the Ned Kelly award. You will learn the rudiments of plot, character, place, suspense and research in writing crime fiction. Come along to be inspired, learn, gather ideas and share. **Bring.** Pen and paper

**Date** Weds 17 August **Time** 9-4.30pm

**Venue** Community House Decks Reserve **Cost** \$45.00

**Maximum students** 15

**16. Harakeke small kete – Tutor Atawhai Teaukura** Start with plaiting practice

making bangles and then advance to a small two-corner kete (with handles if you wish).

This class is the ideal place to start making small kete. Atawhai began weaving as a child, learning from Auntie Irene Walker in Nuhaka; her whakapapa is Ngati Kahungunu and Ngati Porou me Rongomai wahine.

**Bring** Scissors and spring pegs

**Date** Sunday 21 August **Time** 12.30 - 4.30pm

**Venue** Highland Band Rooms

**Cost** \$45.00

Includes harakeke

**Maximum students** 8

**17. Oamaru Stone Sculpting – Tutor Jo Heatherbell** Sculpting in Oamaru stone is a

tremendously satisfying art; you'll learn techniques to make your design a reality and take home your own hand-carved Oamaru stone sculpture. Jo supplies stone and tools for this very creative workshop. Beginners are welcome.

**Bring** Garden gloves, dust mask, safety glasses

**Date** Tuesday 23 August **Time** 9 - 4.30pm (BYO lunch).

**Venue** Jo's Workshop in Mapua

**Cost** \$90.00

Includes materials and tools

**Maximum** 8

**18. Advanced Stitched Baskets – Tutor Carol Gowan** An experienced tutor for

many years, Carol will guide you to make a natural basket of your design using a new technique. You'll need experience in basket making such as the beginner course or other basketry experiences.

**Bring:** scissors, secateurs, embellishments: beads, shells, seed heads, feathers etc.

**Date:** Sunday 28 August **Time** 9.30 - 4.30pm (BYO lunch).

**Venue** ATET (Abel Tasman Educational Trust), 420 Main Road, Riwaka

**Cost** \$65.00 Includes materials **Maximum students** 10

**Thank you to Creative Communities Tasman for their generous support of the Winter Workshop program, New World and to Greenworld Health and Lifestyle.**

Registration Form	2016 Winter Workshop Program	Motueka Arts Council
Name	Telephone	
Workshops		
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Soo Gee tells us there's plenty of apples out there – Granny Smiths' being one of her favourites.

## SOUR CREAM APPLE CAKE

**Topping** (make first): Mix together ¼ cup each of flour, coconut, brown sugar and 1 teaspoon cinnamon. Melt 60 grams butter add to dry ingredients and mix to form a ball. Put this into the fridge for later. You will also need ½ cup of almonds for decoration.

Heat the oven 180c. Grease and line the base of a 23cm tin (spring form is best).

250g butter, softened, 1 cup sugar, 4 eggs, 1 1/3 cup plain flour, 3/4 cup self-raising flour, 300g sour cream, 3 medium apples peeled and finely chopped 1/2 teaspoon cinnamon.

Cream the butter and sugar well, add eggs one at a time. Sieve the flours together and add to the mix alternately with the sour cream. Mix until smooth.

Spread half the mix into the prepared tin, top with apples and cinnamon, then spread the remaining mixture over. Crumble the topping over and sprinkle with almond. Bake for 1 ½ hours, covering with tinfoil if needed to prevent the top from browning too much.

I sometimes add a little grated tasty cheese on top of the apples, just to give it a point of difference.



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## GARDENING

### Coastal Garden Group

Our guest speaker for May was Ralph Butcher who spoke on Karamaya Black Garlic.

Black Garlic is a well established Korean Product that was first introduced into the USA in 2008 and is now gaining popularity in Australia and New Zealand. One meaning of the word "Karamaya" means 'ancient' which is an acknowledgement that the culturing of black garlic has been carried out for many hundreds of years in the Eastern World. There is no nutritional loss in processed black garlic, and the benefits of fresh garlic are maintained and in fact boosted. It is produced by caramelising fresh garlic with the enzymes present at a low temperature in a highly humid environment for two months. It is a very gentle process. Black Garlic has a sweet/savoury taste that resembles a mixture of liquorice and fruit chutney type flavours and so is totally different to its original state as fresh garlic. It no longer has the highly astringent sharp taste and doesn't have the 'bad breath' effect. Karamaya Black Garlic can be used directly as a spread or sauce on any food where an addition to a sweet or savoury dish is desired, It is gaining popularity as an addition to cheese platters. As well as its many benefits black garlic is also 100% pure. During or after processing there are no additives, preservatives, colouring, sugar or any other substance. Ralph doesn't dig the ground over but instead grows his garlic in raised garden beds with a well composted growing medium and a straw covering to suppress weeds and hold moisture in. When growing garlic choose only the biggest cloves from around the outer edge of the garlic bulb and plant twice the depth of the clove. Ralph's Karamaya Black Garlic products are available at local markets and fairs.

Regards  
Judy Sisam  
Secretary



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## LEARNING ABOUT NUTRITION



B vitamins are also available in capsules or tablet form. Discuss your B vitamin needs with your natural health specialist and take as directed.

### Resources -

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## Ayurvedic Besan Protein Pancakes (Gluten Free)

### Ingredients

- Besan (Black Gram) Flour - 1 heaped cup
- Onion - finely sliced - 1 lg
- Optional - Coriander chopped - small bunch
- Salt - 1 tsp
- Ajwain Seeds - ½ tsp (Wild Celery Seeds)
- Cumin Seeds - 1 tsp
- Turmeric - ¼ tsp
- Cold water - 1 ½ cups
- Oil / Ghee for frying
- Fresh Coriander to garnish

### Method:

1. In a large bowl mix the flour, onion, salt, ajwain seeds, cumin seeds and turmeric.
2. Add the water and mix well.
3. Heat a non-stick fry pan and add some oil / ghee.
4. Spoon 2-3 Tbs of the batter into the pan and spread it out to make a pancake. (Saucer size)
5. Shallow fry and flip.
6. Serve with fresh coriander.
7. Makes 10-12 pancakes.



These really yummy Ayurvedic Pancakes are great as a Winter or Spring lunch. They can be served alone, with pickle or as a side dish to an Indian meal. (The more ghee / oil you fry them in the crisper they are).

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## MOUTERE MASSAGE

Last months' pre winter special was a great success. This month Moutere Massage is offering a '3 Session Sciatica Special'

One of the most common musculoskeletal ailments that is presented is Sciatica. This is a painful condition that results in disrupted function through the sciatic nerve and can be caused by either neuralgia or neuritis. Nerve entrapment usually occurs in the lumbar vertebrae or in front of the sacroiliac joint. Referred pain can be experienced in tissues down the leg, through the quadriceps, the hamstrings and even down to the foot, with aching or sharp pain through the buttocks. It is a debilitating pain that causes loss of mobility and fatigue.

Remedial massage therapy can greatly alleviate Sciatica. Usually after three treatments consisting of massage, muscle mobilisation and Bowen Therapy, the client is relieved of nerve pain and is given stretching and strengthening exercises to continue at home.

If you are suffering from Sciatica and are having difficulty in eliminating nerve pain then you can try the '3 Session Sciatica Special' and breathe a sigh of relief.

The special includes 3 sessions a week apart for 1 hour at a cost of \$50 each.

You will receive Remedial Massage, Acupressure, Bowen Therapy and specific stretches to do daily at home.

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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: Susan Brennan, 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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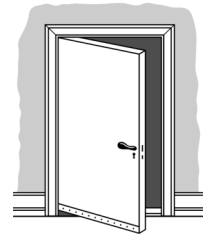
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