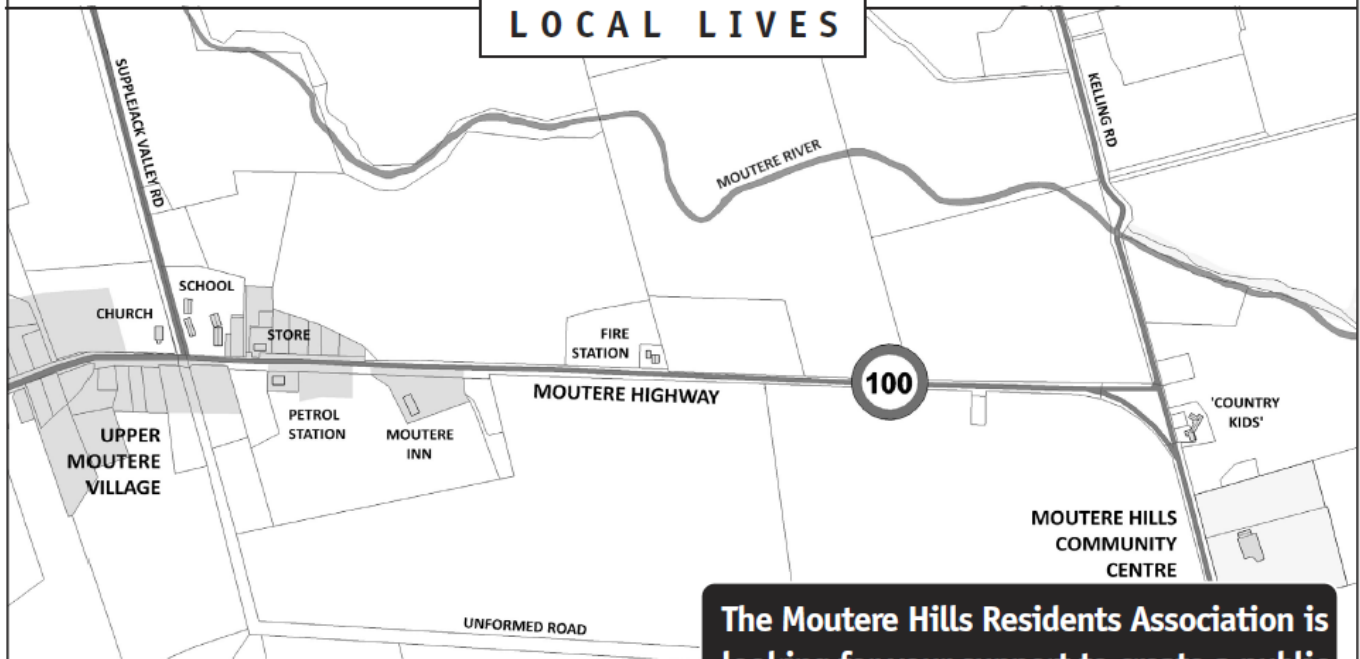


PROJECT PATHWAY

LOCAL LIVES



We are proposing the creation of a public walking and cycle track to connect Upper Mouere village to the Mouere Hills Community Centre. It's a distance of less than 2km down the highway but currently has no safe access other than by car.

We would absolutely love for landowners to step forward and help us make the community easier and safer to get around in. As well as being a great recreational trail, the pathway would provide safe passage for school children going from the school to community centre activities. It would also provide an alternative to driving for families with school children who live near Upper Mouere School but who, since recent times, are not eligible for the school bus.

We are talking to landowners, Council, local businesses and organisations for their support, and collecting feedback from the wider community. We are not advocating any particular route for the pathway at this moment. There are three or four different ways a track could run—and each has individual advantages, disadvantages and difficulties. Also, to get from the village to the centre, every possible route would at some point require crossing private land.

We expect the final route to be chosen based on input from landowners and Council, feedback from the community, and simple feasibility. Once a practical route has been found, we can take a formal proposal to Council.

Generally, all that is needed is a three-metre wide strip of land in the right place. Some landowners have, in fact, already approached us with offers and we are exceedingly thankful to them. In the end, the pathway is most likely to go wherever we can first bridge the gaps and make a physical connection that is also practical.

The Mouere Hills Residents Association is looking for your support to create a public pathway from Upper Mouere village to the community centre.

It is envisioned that the MHRA will raise the majority of funds required to construct the pathway from donations, private fundraising, and as contributions 'in-kind' by the local community.

Once completed, the pathway would become a Council asset, like other similar walking and cycle tracks.

What you can do?

An easy way to show your support is to become a member of the Mouere Hills Residents Association, a not-for-profit incorporated society. You will receive all email updates and be able to vote at association meetings. Just go to www.mhra.org.nz/members/join or visit one of our meetings. We also urge you to sign the TDC petition at the centre, pub, garage, school, store and takeaway.

If you are a local business or organisation, and you think the proposed pathway is a good idea, please write us a letter of support for the project. Many local groups and institutions have already done so, and this greatly helps us in fundraising and negotiations with Council.

If you can offer any other form of contribution—especially contributions 'in-kind', such as gravel or timber, fencing, machine work, labour or other materials—let us know. We will need to be able to show what the community can contribute at the same time that we ask Council for help.

Contact us at MHRA, 164 Neudorf Road, RD2, Upper Mouere 7175; email feedback@mhra.org.nz; www.mhra.org.nz



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 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 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 Beaked, Avril Stephens and Heather Eggers.

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

NEWS AND VIEWS

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DATES FOR YOUR DIARY

8th October

Karaoke night at the Moutere Inn, page 4

28th October

Tasman Bay Christian School Gala, page 9

29th October

Murder in the Moutere, see page 3

31st October

Mapua Costume Carnival, see page 4

Sarau Festival Committee meeting, see page 6



Hon Damien O'CONNOR
MP for West Coast/Tasman

0800 DAMIEN (0800 326 436)
Facebook: [damienoconnormp](https://www.facebook.com/damienoconnormp)
damien.o'connor@parliament.govt.nz



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National
www.national.org.nz





The United Nations' (UN) International Day of Rural Women celebrates and honours the role of rural women on October 15 each year.

This day recognises the role of rural women, including indigenous women, in enhancing agricultural and rural development, improving food security and eradicating rural poverty.

Rural women make up a quarter of the world population and play a critical role in the economies of both developed and developing countries. The International Day of Rural Women directs attention to both the contribution that women make in rural areas, and the many challenges that they face. In most parts of the developing world women participate in crop production and livestock care, provide food, water and fuel for their families, and engage in off-farm activities to diversify their families' livelihoods. In addition, they carry out vital functions in caring for children, older persons and the sick.

The first International Day of Rural Women was observed on October 15, 2008 and in every following year. It will also be celebrated this year worldwide on this day.

From the Moutere Hills Residents Association

YOU MIGHT NEED A NEW WATER TANK

Tasman District Council is proposing some changes to the Public Water Supply Bylaw in an update on the previous bylaw from 2009 which is now expiring.

Two areas where Council intend to apply and enforce bylaw requirements are a "minimum storage for customers connected to a restricted flow supply", and for customers to "comply with any water restrictions imposed because of drought, emergency, or other reason".

This will affect all users on schemes with restrictors such as the **Dovedale Water Scheme**. Be sure to check out the new storage requirements outlined in the proposed bylaw text.

In short, this will be:

- a 25,000 L tank if you receive 1-3 cubic meters per day
- 7,000 L storage for every cubic meter supplied if you receive more than that

Storage requirements must be complied with by 1 November 2018.

Go to our website and follow the water supply news to find a link to the full proposed bylaw text and submission deadline.

Visit our website www.mhra.org.nz
or write to us at feedback@mhra.org.nz

Upper Moutere

Volunteer Fire Brigade

Call Outs

Callouts from the 16th August to 15th Sept:

- * 19/8 alarm activation Mapua school
- * 25/8 alarm activation Mahana Estate
- * 29/8 alarm activation Thawleys packhouse
- * 10/9 car fire Moutere hill

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.

OFFERING CAR POOL

BETWEEN MOUTERE AND STOKE MONDAY TO FRIDAY

LEAVING UPPER MOUTERE VILLAGE AT 7.15am

LEAVING STOKE 5PM

PHONE/TXT LAURA 0275 633 688



The last month at Tasman School has been another busy one.

The two senior classes (Year 4-8) took part in the biennial event, "Rock da House". This is a musical event, where local primary schools learn a range of songs. The songs range from western to modern, something for everyone. Over four nights, various schools then combined to form a massive choir. It is really quite something, and a credit to the children and those who facilitate it.

Our annual ski trip to Rainbow Ski Field was another success. It is open to all pupils and their families, with large numbers taking the opportunity to brush up on their skills and hit the slopes.

Room Four (Year 6-8) have just had their annual class camp. This year they spent the week at Rotoiti Lodge, taking advantage of all the area has to offer – bush walks, kayaking, biking. Unfortunately weather put a stop to the day at Rainbow Ski Field. However, they were treated to a day of snow, and got out amongst it, with much snow thrown around. A great way to finish the term!



Pastel Artists of New Zealand (PANZ), Nelson Region

I would like to start this article with a quote I read from Sally Duggan, Editor of the NZ House and Garden magazine. "Spring. The season that magically upcycles our gardens, renews our enthusiasm and revamps our energy levels all at once." I found that this applies to my painting as well. During the winter I sometimes found it hard to get motivated to head out to our painting group in Mapua on a cold, frosty morning. However, now that Spring has arrived, I am full of new ideas and inspiration, as are my fellow pastel artists as they work away on their various, creative paintings.

Once our members arrive and settle into their painting, their enthusiasm and creativity seem to rub off on me. They are a real inspiration to me as I am relatively new to pastel painting and I am still finding my style. They are a very supportive group.

We meet every Tuesday morning at the Mapua Community Hall. Feel free to come and join us to see if this is an art medium that you would be interested in. We have painting challenges or mini-workshops on the third Tuesday of the month. These fun workshops help us refresh our skills and sometimes even take us out of our comfort zone but that is what we enjoy about them. All of us have different styles and levels of expertise but everyone is willing to help you along with problems and to give you friendly advice to improve your skills.

We often have visitors to our sessions which we always welcome, so if you feel inclined to see what we are up to, just stop into the Mapua Hall on a Tuesday morning between 9am and noon or call our Area Rep, Glenys Forbes, 03 540-3388 for further information.

Enjoy the Spring. Gloria Anderson

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Planning for the future...

Simplicity Funerals Nelson have an information pack entitled "My Life, My Funeral" which contains a number of pamphlets with information about pre-planning your own funeral, and an application form for the FDANZ Funeral Trust.

This is a useful tool for all of us as we plan for our future. Much like making a Will, completing the information on the form provides peace of mind to families when faced with bereavement.

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

69 Haven Road, Nelson 7010
www.simplicity.co.nz

03 539 0066





MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Isn't this a lovely time of year? It is nice to have the beautiful spring days. We definitely have a spectacular location at Moutere Hills Community Centre! It is a good time to get out and about and have a go at some of the many activities we have on offer here at Moutere Hills Community Centre. Everything is listed on our new website, which is now mobile friendly, so why not check it out?

It is hard to believe that the end of the year is fast approaching!! At the Centre we are in the process of organising several end of year activities. How about at your work? Have you decided where to hold your annual staff Christmas Party? Why not consider Moutere Hills Community Centre? We have several packages available to suit a variety of budgets and tastes. Check it out on our website or email Cindus@mouterehills.org.nz for more details.

Katrina, Vanessa and Cindus.



Upper Moutere Tennis Club



The new season is underway and we welcome new members!

Affordable membership fees are available. Play socially or competitively; there are numerous options! For individual or group coaching for both junior and senior players, plus any other information, contact Vanessa—claybrookestate@xtra.co.nz



Powerhooping



Wednesday's 9:15am (45 minute classes)

Cost \$5 for the session + \$3 for hoop hire

This full-body workout involves more than just hip-twirling; the weighted Powerhoop is used in a variety of maneuvers to work all of the body's muscle groups. Due to the hoop's weight and larger diameter, Powerhooping is easy to master. And, more importantly, the classes are FUN!

Powerhoop's patented design slims your waist, strengthens your core & tones your entire body!!

Contact Sara for further details on 021069722

MURDER IN THE MOUTERE - Murder Mystery Dinner



Saturday 29th October

6:30pm—10:30pm

\$45 per person



It's the eve of Halloween and anything could happen.....Join us for 'Halloween in the Moutere' for nibbles + a 2 course buffet meal including dessert and a live interactive show, where you help solve the mystery!

Guaranteed to be a "frighfully" good night out!!

Book your table now! Join your friends and family for this fun night out!

Tickets available from Moutere Hills Community Centre office or by emailing us at enquiries@mouterehills.org.nz



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





Sarau Festival 2017 is coming up!!

To make this another fantastic Moutere event we need your help and support

Please let us know if:

- you have an idea to include in the Sarau Festival
- you think we do something well, and could expand it
- you have (a little) time to help with organisation before the Sarau Festival

To make this another truly amazing Moutere event, and help raise funds for the Moutere Community - join the crew and have good fun!

Please contact Jenny at jenny@saraufestival.co.nz or phone: 9700 715

Come along to our first meeting on **Monday 31 October at 7.15pm** at the wonderful Moutere Inn - our first generous sponsors every year!

SARAU FESTIVAL: Sunday 29 January 2017

Est. 1850

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What's Happening In October



KARAOKE NIGHT 7pm Saturday 8th \$10

Karaoke is an ancient Japanese art form, often used to gain insight to the fundamental absurdity of social conditioning. It's also a great way to fundraise. So come along and help raise some money for Upper Moutere and Mahana schools.



FINE DINING EVENING 7pm Saturday 29th

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

Don't Forget

1 st Thurs Folk Night	This month the 6 th
2 nd Thurs Quiz Night	This month the 13 th
3 rd Thurs Curry Night	This month the 20 th
4 th Thurs Cigars and Whisky	This month the 27 th

PHONE 5432 759

WWW.MOUTEREINN.CO.NZ

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Hills Community Church Presents

Mapua's Costume Carnival



An Old Fashioned Carnival
with
Games
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and Sausage Sizzle
EVERYTHING IS FREE

5-7pm Monday 31st October

Aranui Park and the Hills Community Church

A safe alternative to
traditional "trick or treating"

Prizes for best costumes - Please avoid scary costumes

Proudly supported by



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A date for your diary:

Hills Community Church Costume Carnival :

Monday 31st Oct 5-7pm.



Hills Community Church is holding its free, annual Costume Carnival at Aranui Park, Mapua on Monday 31st of October.

As a trick-or-treating alternative, bring your children for a fabulous, fright-free evening of old fashioned games, sledge rides, bouncy castle, free sausage sizzle and more. Non-scary costumes encouraged. Fairies, pirates, superheroes, princesses, animals, All Blacks, etc-- and a prize for the best!

In case of rain a smaller scale version will be held in the new Hills Community Church. Queries, contact Connie 5403005.



Tasman Bay Christian School

GARDEN GALA

Friday 28th October at 4:30pm

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TINSEL AND TEASE
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2ND DEC

DAVID UPFOLD
COMEDY HYPNOTIST
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HIT THE NELSON STAGE.

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WITH OVER 30 YEARS OF EXPERIENCE,
DAVID IS THE BEST HYPNOTIST COMEDIAN
IN THE COUNTRY. THIS IS A GREAT NIGHT
OF LAUGHS FOR THE WHOLE CREW

Upper Moutere Tennis Club News

The 2016/17 season has just begun! Grab your rackets and come out to play in the Spring sunshine. Registration forms and membership fee information are on the Moutere Hills Community Centre website <http://www.mouterehills.org.nz/> or by email UMOTennis@gmail.com.

For Seniors Upper Moutere Tennis Club offers:

- Club Social Tennis – Sunday mornings
- Senior Coaching – Individual & Group (Beginners to Experienced)
- Cardio Tennis – the latest craze to get fit while playing tennis!
- Social/Competitive Inter-Club for seniors

Junior Tennis Coaching Details:

For ages 5yrs +. These sessions will develop and improve technique through games based learning, match play and hitting on the ball machine. Depending on a child's age and ability, they will learn at Red Level (5-8yrs), Orange Level (8-10yrs) or Green Level (10yrs +). With the use of modified racquets, nets and balls, children see success very early and therefore enjoy their time on court. Lessons run on Thursdays from 3.15pm **starting 13th October**. Cost is \$8.50 per 1 hour lesson (plus membership & affiliation fees). Various competitions are run throughout the season – both locally & region wide.

Community Play

These sessions offer NO COACHING but are a chance for children and families to see if they are interested in tennis. It is run by trained teenagers and each session will include a warm up, challenge, play and wrap-up. Cost is \$5 per session for ages 5-12yrs and run for 40-45minutes.

For all coaching inquiries for both junior and senior players, contact Vanessa claybrookestate@xtra.co.nz

Coming up....Quiz night fundraiser

The tennis club is holding a Quiz Night fundraiser on Wednesday the 5th of October at the Mapua Sprig and Fern starting at 7:30pm. So plan to come and join in on the fun. It's a great chance to catch up with Moutere friends and neighbours. Organise your team and get ready for a good night out. Entry is just \$3 per person. Great raffles! See you there.

9 or 90?

We just don't mind!

There is a place for everyone at Mapua Bowling Club.

It is a popular misconception that lawn bowls is a sport restricted to the elderly, those retired folk who can no longer wield a tennis racquet or cricket bat. Ha! Trying telling that to our top teenage bowlers in New Zealand! There truly is a place for everyone within the lawn bowling family.

Here in Mapua we are extremely fortunate to have one of the best club-houses in the Nelson/Tasman area and a fine, natural green to play on. The game of bowls is fun and can be played purely socially or competitively if desired. We also have an accredited NZ coach and plenty of senior bowlers all anxious to share their knowledge and enthusiasm for the sport.

Throughout October we will be encouraging people to try bowls completely free of charge. Plenty of support will be available on the afternoons of each Tuesday, Thursday and Saturday to get you underway. We have the bowls if you have a pair of heel-less shoes and the willingness to try. If you would prefer to have private lessons that is also an option; please give me a call.

Of course, as with any sporting club, there is the post-game camaraderie. Ours is a sociable group of people who enjoy the well-stocked bar, the outpourings from the kitchen and the occasional opportunity to release the inner child! One of the ladies on the right is this year's Club Captain - need I say more?!



The new season opens on Saturday 1st October. Sessions start at 1.15 p.m. A 6-week coaching programme will run on Fridays starting at 4 p.m. Session 1 on Friday 7th October is entitled - "I've never bowled before but think I might like it." Come on, you know you want to!

Dave England, Club President: 03 540 2934, s1ad2as3@xtra.co.nz



Andrew Prouting (Chops)

M 027 305 2412

P 03 543 3613

E chopsfencing@gmail.com

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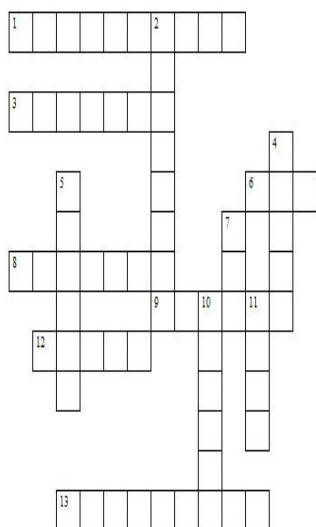
Monday - 6am
Monday - 7pm
Tuesday - 6am
Wednesday - 6pm

www.facebook.com/mouterespin
Mark/Tracey 0274 229 949



SOMETHING FOR THE KIDS.....

Animals Crossword Puzzle



ACROSS

- 1 Big animal that has one horn
- 3 This animal has a very long neck
- 6 Man's best friend
- 8 Lives in the cold and waddles
- 9 Slow moving and has a shell
- 12 Striped animal that looks like a horse
- 13 Can swim under water and walk on land and has a big bite

DOWN

- 2 This animal has a long trunk
- 4 This animal likes to eat carrots and sugar cubes
- 5 This animal loves bananas
- 7 Some say this animal has nine lives
- 10 Has big ears and likes to hop
- 11 King of the jungle

Answers can be found on page 16

MOUTERE COMMUNITY YOUTH

SEPTEMBER/OCTOBER SCHOOL HOLIDAYS 2016

We thought we would plan some fun adventurous outdoor activities for the school holidays to keep you busy

The Plan:

Tuesday 4th October

Mt Biking at Kaiteriteri Mt Bike Park, (Sn Yth Year 9 and up only), 9am-3pm

Wednesday 5th October

Rock Climbing at Paynes Ford, Golden Bay, 9am-5/6pm

Thursday 6th October

Geocaching Extreme, how many can we find? 25, 30?! 9am-3pm

Friday 7th October

Orienteering at Rabbit Island, 9am-3pm

Ages - Year 5 and up. All activities are \$5 per person. Bring your lunch and appropriate gear for rain/sun. We obviously don't know the weather situation for this week so may switch things around closer to the time. Drop off and pick up at UMO church hall, 7 Supplejack Valley Road. Limited numbers so if you're keen let us know!

QUESTIONS?

Tessa Werner 022 101 2276

Billy Werner 021 027 28825

moutereyouth@gmail.com

UPPER MOUTERE

play group

WE MEET EVERY FRIDAY 10am-12PM
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ANNA 021 262 6675 OR JOSI 027 374 8223

ALL FAMILIES WELCOME!

MOUTERE COMMUNITY YOUTH 2016

OCTOBER

Junior Youth

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

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

- | | |
|----|---|
| 14 | Baking for a Cause (this means baking and delivering it to someone... not just eating!) |
| 21 | Choose Your Own Adventure...? |
| 28 | Nerf Wars.... |

Intermediate Youth

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

- | | |
|----|-------------------|
| 14 | Make, Bake & Take |
| 28 | Minigolf |

Senior Youth

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

- | | |
|----|------------------------------|
| 7 | Sports at MHCC |
| 21 | Adventure - what will it be? |

QUESTIONS?

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



Hello Animal Lovers,



Well, Spring has certainly sprung and you may have noticed some strange behaviour with your animals. With the increased daylight, sun and spring growth can influence an animal's activity level dramatically. Cats will charge around, as will dogs, horses and cows. Spring is traditionally a time for finding a mate and starting a family but this is not the whole reason for the increased activity. All animals are influenced by the electricity in the atmosphere and after colder weather and shorter days, it is a time to celebrate Spring.

The feverish activity will not last and eventually the animals will return to normal again. There are sometimes cases, however, when the new spring growth can be exceedingly influential on horses and cows behaviour. This can be remedied by limiting grazing or by feeding magnesium to counteract the toxins in the grass. In rare cases a cow or horse can be significantly affected by the toxins and veterinary advice must be sought. It is hard to know why some animals are affected and others not but it is important to observe them on a daily basis in order to take the appropriate action.

However, spring is generally a lovely time of year for animals and people and the air seems charged with possibilities, even people feel more 'alive' and it is a great time to get out and enjoy it.

As always, I am happy to answer animal behaviour questions

Sue Mott
Animal Behaviourist
039700952



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PLAY IT SAFE



Something that is often overlooked with our modern anthelmintics is that some of the components have a fairly narrow safety margin. Levamisole in particular has a pretty narrow safety margin with a 2 - 3 times overdose being enough in the right circumstances to kill sheep or cattle. Abamectin can be toxic to lambs when overdosed though this issue is more commonly seen in calves. Because of their small size lambs and calves are most at risk from potential toxicity.

Large scale cases of toxicity are pretty rare but losing the odd lamb or calf after drenching may not be that uncommon. Lambs that collapse &/or show nervous signs soon after drenching could well be showing signs of levamisole &/or abamectin toxicity. Most modern combination anthelmintics contain levamisole and abamectin, sometimes both and generally don't cause problems however appreciation of the risk factors for toxicity will help you avoid the potential for this to occur.

These include:

Overdosing: Estimate liveweights accurately (use scales) and resist the temptation to give that particularly scungy lamb a double dose.

Dehydration: This is often a common factor in levamisole toxicity. For example drenching in hot conditions following trucking or mustering, if lambs are scouring and yarding for too long can all result in dehydration.

Rumen Bypass: Drench is designed to be swallowed into the rumen. In very young lambs the presence of liquid on the tongue can trigger a reflex (the esophageal groove reflex) which directs the drench straight to the abomasum (4th stomach) as happens when they drink milk. Drenches are then rendered more toxic because they are more rapidly absorbed from the abomasum... Although in most cases there is no need to drench really young lambs, (<6 weeks old) if you decide to do so, passing the drench nozzle right over the back of the tongue will help minimise rumen bypass.

Insufficient Mixing of the Drench: This can result in an inadvertent overdose of one of the drench components. Not all combination formulations are created equal and some do settle out faster than others. We stock products that have better performance in this regard but never the less – shake the drum well before decanting into your backpack.

Heat Stress: On really hot days, muster in the cool of the early morning – you'll reduce your incidence of enzootic pneumonia as well.

CLOSTRIDIAL PROTECTION

Lambs born to ewes not vaccinated with 5 in 1 before lambing should be given lamb vaccine at docking. This should be boosted with 5 in 1, 4-6 weeks later, in November or December. If all ewes were vaccinated, the lambs will have maternal immunity from the colostrum for about 12 weeks and the first shot needed by the lambs will be in November/December, with a booster given 4 to 6 weeks later. At the clinic we can decanter off small amounts of vaccine so even small mobs can be vaccinated

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Answer to kids' crossword:

Across: 1 Rhinoceros, 3 Giraffe, 6 Dog, 8 Penguin, 9 Turtle, 12 Zebra, 13 Crocodile

Down: 2 Elephant, 4 Horse, 5 Monkey, 7 Cat, 10 Rabbit, 11 Lion.

There are plenty of lemons out there especially in the warm microclimates many of you will have in your garden. This month Soo Gee tells us how to prepare and use preserved lemons.



PRESERVED LEMONS

20 lemons (not Meyer), wash and cut into wedges (4-6). Press salt into the cut surface, put into a stainless steel bowl and leave for 1-2 days in a cool place.

Remove and pack into sterilized jars with sealable lids. Cover with fresh lemon juice that has had a little boiling water added to it. Make sure lemon wedges are covered then seal. Let them stand for 3-4 weeks.

To Use: Rinse to remove some of the salt, discard flesh, cut into strips or as desired. Use in fish dishes – add lemons and a knob of butter to the pan after removing fish and use to deglaze the pan. Add to mayonnaise, risottos, couscous salads and chicken dishes. Add a little to dips for a tangy twist.



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Gas Heaters Can Be Harmful to Health

During a particularly cold snap this winter the oil heater I have in my office simply wasn't man enough to keep the damp and cold at bay. I remembered I had an LPG fuelled gas heater lying in the man cave, so thought it would be a great comfort to set it up and roast in the glorious heat.

The first morning I fired it up and wow was I toasty. I quickly forgot about it and started working through the day's business. Now they do smell a bit but I soon came to the conclusion that this was a small price to pay but after several hours I developed quite a headache. I put this down to a hard day's graft.

Back to work the next morning and the first thing I did was fire up the bad boy to melt the ice. A few hours later I began to notice the same symptoms, I also started to take note of the strong gas odour the fire gave off. I went outside to get some fresh air and when I returned it struck me that it may be the heater causing the issue. I turned it off and decided to do a bit of research. Turns out that my fire

is what's known as an unflued gas heater, and they're pretty dangerous things.

As a firefighter I am aware of the dangers a naked flame poses but was unaware of the other issues. The government list a number of health effects: Unflued gas heaters increase the level of indoor air pollutants and also the incidence of respiratory problems amongst some people in the building. Health effects from nitrogen dioxide and carbon monoxide may occur immediately at the time of exposure or they may occur sometime later.

Here's the advice:

- The room needs to be well ventilated.
- Keep internal doors and at least 1 window open to allow fresh air to enter the room.
- Check that room vents are not blocked.
- Never use an unflued gas heater in the room where you sleep, in a bathroom, caravan or tent.
- Minimise the length of time you use an unflued gas heater.
- Make sure your heater is installed by a licensed gas fitter.
- Have your unflued gas heater serviced by a qualified person at least once a year.



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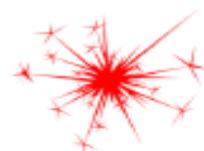
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Brown Rice Salad

Ingredients

- 2 cups Brown Rice
- 1 Carrot, cut into fine sticks
- ½ Telegraph cucumber, chopped
- 1 Red Capsicum, very finely sliced
- 4 Spring Onions, finely sliced
- ½ cup Peanuts, lightly roasted
- ½ cup Cashew nuts, lightly roasted
- 1 Tbs Sesame Oil
- 3 Tbs Mirin
- 3 Tbs Light Soy Sauce
- 1 lemon, freshly juiced
- ½ tsp Himalayan salt
- ½ cup Mung Bean Sprouts
- ½ cup Fresh Coriander

Method:

1. Cook the rice in boiling water for 30 minutes. Drain well and set aside to cool..
2. Gently combine the rice, carrot, cucumber, spring onions and nuts.
3. Mix together sesame oil, mirin, soy, lemon juice and salt. Drizzle dressing over the salad and toss to combine.
4. Serve the salad topped with sprouts and coriander leaves.



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