

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

SEPT 2016

MOTOR **SKILLS**



eople who know Karl Lyford won't be surprised to hear he's back in the car industry. Karl recently set up Autofix Cars, an affordable mechanical workshop and car yard for the local community, based at the Riverside workshop in Lower Moutere. The idea came after he got talking to Cameron, Riverside workshop's engineer and mechanic, having asked him if he could do some work on his car.

Karl has been building his knowledge of cars since he was a little boy. While still at primary school in Christchurch, he was helping disassemble old English cars to send parts back to the UK, earning the decent sum of \$20 a day for one so young. His first 'proper' job after leaving school was to help groom cars in preparation for sale. After just a few months, he was managing the stock flow, as well as selling cars.

Using his considerable mechanical knowledge, Karl went on to become a car mechanic. He and his wife Tasha were living in Christchurch when the earthquakes struck, at which point they decided to move to Australia's Gold Coast.

Karl worked in home automation and security for the next five years, while Tasha worked as an accountant until becoming a mother to daughter Cayla (now four) and Levi (now two). All the while, Karl kept up his interest in vehicles, attending V8s and car

Karl Lyford recently set up a new car yard and workshop at Lower Moutere's Riverside.

shows, and working on his own motorbike and cars with his mates.

In 2015, the family moved to Motueka, where they would be closer to extended family. Karl found a job in Nelson, but soon found himself doing long hours travelling once more. Wanting a simpler, more self-sustainable lifestyle, which would allow him to spend more time with his young family, Karl resigned and set up Autofix Cars.

He is enjoying being back on tools and reconnecting with his many contacts in the car industry. He enjoys getting to know the people he sells his cars to, and finds it rewarding to find the right vehicle to suit each person's particular needs. He can source vehicles of all makes, models and values, he says.

Karl loves the friendly atmosphere at the Riverside workshop, and especially loves that his kids can come and visit him with Tasha during the week, and that he is able to be home to have dinner with his family.

He is very grateful to the Riverside Community for supporting his business idea and giving him the opportunity to take this step. They have made it affordable for him, so that he in turn can make it affordable for the local community.

ADVERTISING AND PRODUCTION



PLACING AN ADVERTISEMENT

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

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

Please email your print-ready ad to—umograpevine@hotmail.com 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

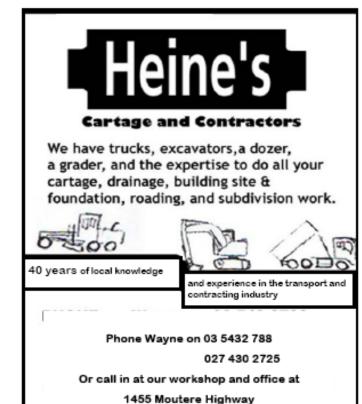
We warmly welcome editorial contributions to the Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read!

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 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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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Gosh it is hard to believe the winter cold is coming to an end and we are starting to see the beautiful spring days. Please note the following date in your diaries:

Moutere Hills Community Centre AGM Wednesday 21st September at 7pm

We would love to see as many of you there as possible. If you are interested in standing for the board please email us for further details at enquiries@mouterehills.org.nz

Thank you to all the great community members who either helped run our recent Quiz Evening or came along and supported it. And a special thank you to all the wonderful businesses listed below who provided sponsorship and prizes to help the evening such a success:

Concrete and Metals
Nelson Building Society
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Tasman Golf Club
Crest Clean
Moutere Honey
Neudorf Mushrooms

Debbie Watson—Tall Poppy Real Estate Neudorf Vineyard Tasman Rugby Union Nelson Alarms The Smokehouse Barkers of Geraldine Trail Journeys Del Trew—Summit Real Estate Mapua Plumbing Crowe Horwath FMG Thirkettle Nurseries Super Liquor Westbank Natives Seifrieds

Moutere Gold

Kind Regards Katrina, Vanessa & Cindus



MOUTERE HILLS COMMUNITY FITNESS CENTRE

Spring into Summer - Special Offer

\$150 with no joining fee

for membership from 1st September until the end of November 2016

To join either email vanessa@mouterehills.org.nz or phone her on 0275118826

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!!



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 and a live interactive show where you help solve the mystery. Guaranteed to be a "frightenly" good night out!!

You are welcome to get a group of friends together and book a table. 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





UPPER MOUTERE TENNIS CLUB

OPEN DAY

Saturday 17th September 2016 2 – 4 pm

(This marks the start of the new season.)

Join up and get court access for the new season. (Your old access key will not work anymore.)

Enjoy some social tennis and meet new members of the club.

A shared afternoon tea will be provided.

All Newcomers Welcome

See you there!

Any Questions? Phone: Vanessa Mairs 5432 332, Mobile 0275118826

Registration forms are available on the Moutere Hills Community Centre website http://www.mouterehills.org.nz/ or by email UMOTennis@gmail.com

> Moutere Hills Community Centre, Main Road, Upper Moutere

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.



CARAVAN RENTAL

Local business offering great value, good quality, well equipped UK caravans available for short and long term rental. Can be delivered and set up to a campsitelocation of your choice. Short term holiday rates from \$50 a day. Long term static hire from \$100 pw.

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Email: info@kinacampers.co.nz





Low impact dance FREE for your first class

A friendly group of folks learning the basic steps to many styles of dance. All ages welcome. Includes a cuppa afterwards.

Mondays & Thursdays 9.30am ----- MAPUA Community Hall -----

Ph: Hilary 5432290 or just turn up to the next class.



Re-Fashion by Fibre Row

Have you ever thought about what ultimately happens to all of those clothes that get thrown away every year, if you looked into the statistics you would be amazed. Think about the high street fashion stores where you can buy two t-shirts for the price of one, how long do they last in your wardrobe? Not all of them end up in land fill; some get donated to charity stores, some of these are sent on to third world countries, but what about the ones that don't re-sell?

Instead of going for the high street bargains why not try to restyle your own garments, maybe they no longer fit or they just need up-dating? Rowena has spent a lifetime re-fashioning her own garments, she can often be found rummaging around op shops to find something that might just work with a snip here a tuck there and a bit of stitching.

Row's mother taught her how to sew as soon as she could hold a needle so has grown up with the ability to sew and now even makes pictures using her sewing machine. Maybe now it is time for you to learn these skills and Rowena is here to help you with up cycle workshops in the beautiful Moutere Valley.

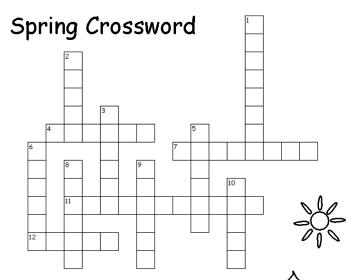
We will run through some basic sewing skills, such as making a dart, placing in a godet, button holes and other essentials so that when you look at your ready to revamp a garment from your wardrobe or the op shop you will have the skills to proceed. The hardest decision is making that first cut/slash, but from then on things take on a life of their own and each garment seems to develop into a unique one off design.

During a series of three small group workshops, you will learn some basic sewing skills and decide on what might suit your body shape. Giving time for you to work on designs at home or visit the ever growing opportunity shops around the area; once you start you will know what to look for. Then a couple more weeks of stitching embellishing and honing our creations. The only worry Rowena has is that someone else will find that op shop bargain just before she does.



Winter wear, cardigan and bubble skirt

SOMETHING FOR THE KIDS



Across

- 4. To begin to grow and give off shoots or buds.
- 7. Baby duck.
- 11. Larval form of a butterfly.
- Sow these in the ground in spring to get a harvest in the autumn.

Down

- 1. Yellow flower that makes a nice spring bouquet.
- 2. Dutch springtime flower.
- 3. Wear this on your head to fancy picnics or parades.
- A small pool of water
- 6. Fragrant bunches of purple flowers that grow on a bush
- 8. Wear this to keep warm
- 9. The season between winter and summer
- 10. Break out of an egg.

The answer is Sunday 4th

September ...

What is the guestion?

Answer at the bottom of the page

Re-Fashion with Fibre Row

Learn how to adapt clothes into trendy fashion items

Contact: Rowena Lukomska

rowenalukomska@xtra.co.nz 03 543 2400



Local author's novel keeps you in suspense

Ruby Bay resident David Briggs is looking forward to the publication and launch of his new novel, The Direction of Our Fear, in September.

The story follows three people who unknowingly live in the shadow of an impending catastrophe, as they travel together on the morning commuter train to Wellington. Sally is a 17-year-old schoolgirl, stepping tentatively into womanhood. Brendan is middleaged, Irish, a widower, trying to move on from the death of his wife some years before. Tamás is a Hungarian immigrant, struggling to lay the foundations of a new life in New Zealand for his wife and son.

Meanwhile in Dunedin, Farida, a young Muslim woman working as a translator for the the security forces, picks up hints of the terrorist plot that threatens to engulf them all.

David, who writes poetry as well as novels, says that most of his writing starts with a moment of reflection out of which a question or a dilemma worth exploring emerges. The Direction of Our Fear was the same, he says: "After reading about a devastating building collapse in Bangladesh, which hardly ruffled the news here, I found myself wondering why we care so much about the suffering and death of people we know, or think we know – even film-stars, royalty, characters in books – yet give so little thought to those countless millions we don't know."

Writing the novel helped him discover his own answer to this question. "I think we care about those with whom we can empathise," he says. "It's an empathy that I hope readers will feel for the characters in this story."

The book is David's first novel to be released in print form, and is being published by BMS Books Ltd, Roto-

After a national launch in Wellington, the book will be launched in Nelson, on Thursday 22nd September at 4.00 – 6.00 pm, in the Jaycee Room, Founders Park. Entry is free, refreshments will be provided, and everyone is invited. So, come along.



Sharon De Jong Sales & Marketing Consultant

Mobile: 0273 202 196

Richmond Office 203 Queen Street, Richmond Office: 03 544 2900 Fax: 03 544 2909 sharon.dejong@summit.co.nz www.summit.co.nz

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As winter is really here now and we hear of areas in New Zealand isolated due to the weather with roads closed and heavy snow, we realise how important it is to have a support network. And RWNZ has provided that support for families in rural NZ for the last 90 years. But with social media (Internet, facebook, twitter etc) we are less isolated than we have been and parts of the country are less rural and more urban than before. So the question we have to ask ourselves is:" What role does RWNZ have in our society today? "And "What would RW have to offer you in order to get you interested and want to join the organisation?"

If you have any ideas or suggestions, I am quite sure the team at 'The Grapevine' is happy to pass them on to me.



The Sarau Trustees

are delighted to advise that they have distributed the Sarau Scholarship to Ben Karalus who has been included in the New Zealand team for the downhill mountainbiking World Championships in Italy in September.

On behalf of the wider Moutere Hills community we wish Ben all the very best in this adventure and that he does us all proud!



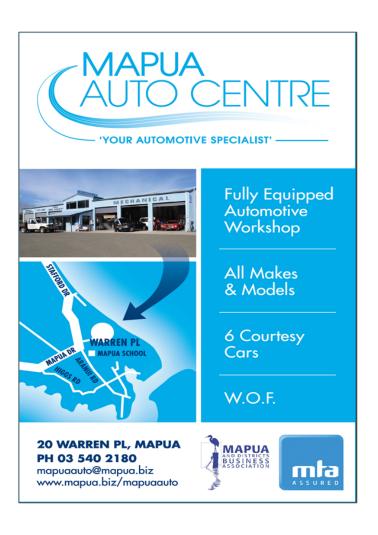
Andrew Prouting (Chops)

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SUPPORT FOR THE CONSTRUCTION OF THE MOUTERE HILLS COMMUNITY PATHWAY

The Moutere Hills Residents Association is working to rectify a deficiency in the Upper Moutere community infrastructure, the lack of any safe walking or cy-

cling connection between the two main centres of activity: the Upper Moutere village (with the school, church, shops, petrol station, and residences) and , just two kilometres down the road, the Moutere Hills Community Centre, Tennis Courts and Domain, (where virtually all sporting, recreational and social events take place.)

The provision of a suitable walkway from the Upper Moutere Village to the Domain is a small infrastructural project that would bring innumerable benefits to the community. These include:

- allowing school children and general residents safe, carless access to the sports fields, tennis courts and Community Centre amenities.
- enabling local children north of the village to cycle or walk to and from school.
- providing residents and visitors with a much needed recreational pathway.
- adding value to the existing Community facilities by enhancing public access and usage.

We would like the TDC to commit to working with the community on this project, and are in the process of collecting evidence of community support. A good number of local businesses and organizations have supplied letters of support and we have placed a number of petition forms around the village for individuals to register their personal support with a signature. If you feel that the pathway is worthy of your support please sign up at one of the following:

The Moutere Hills Community Centre, The Moutere Inn, Moutere Motors, Moutere Gold, The Upper Moutere Store and The Upper Moutere Takeaways.

Tim Finn, Moutere Hills Residents Association. Chair@MHRA.ORG.NZ





Moutere Community Youth 2016

September

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

2 Let's Make: Juggling Sticks (cost \$5)

9 Games Afternoon

16 Choose Your Own Adventure...?

23 Wave Rave Meet at 6:30pm

Intermediate Youth

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

9 No youth this evening 23 Wave Rave

Senior Youth

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

2 Hang out at Moutere Hills Community Centre

16 Choose your own adven-

MOUTER 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-5pm

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



We Meet every friday 10am-12PM moutere hills community centre.

WE Provide and share morning tea. POP IN FOR a cuppa with local parents!

any queries please contact anna 021 262 6675 or Josi 027 374 8223

all families welcome!



Karen

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The

Moutere Hills Residents Association

would like to invite you to their

Annual General Meeting
Tuesday 27 September 2016, 7:00 pm
Moutere Hills Community Centre

- meet Council Representatives
- chat with candidates for the upcoming Local Elections
- · discuss Local Issues such as
 - o Water Supply
 - o Transportation
 - Walkways
- and some <u>Association Business</u>

All welcome. Don't miss it!

For further details visit our website www.mhra.org.nz or write to us at secretary@mhra.org.nz

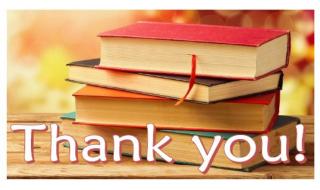
OFFERING CAR POOL

BETWEEN MOUTERE AND STOKE MONDAY TO FRIDAY

LEAVING UPPER MOUTERE VILLAGE AT 7.15am

LEAVING STOKE 5PM

PHONE/TXT LAURA 0275 633 688



A big thank you to all of you who came along to help with this year's Sarau Winter Sale. It was a great success, with over \$2000 raised to help with the redevelopment of the Moutere Hills Community Centre playground area.

Thank you also to those who generously donated books, fabric and wool. We'll be keen to have your surplus again next year!

And lastly, thank you to those of who came along and enjoyed a cosy browse on that chilly weekend!





Friday 28th October at 4:30pm

Save the date!!

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Dear editor

My name is David Harvey. I live at Johnstone Loop which is the first inlet heading towards Motueka.

The Motueka highway forms the nature inlets. An unusual piece of foreshore land which was never formally subdivided according to the TD Councils rules for Rural 1, gained a title in 1995. This narrow strip of foreshore has been recently been sold and the new owner has been given consent to build a 400m2 x 6.7m high 4 bedroom house.. The Council deemed that the effects were "less than minor". No consultation (apart from Iwi) was undertaken.

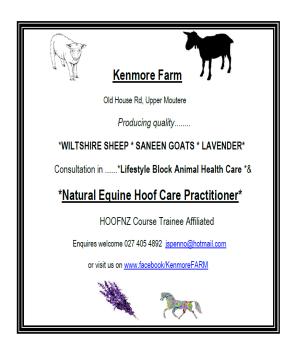
The plans submitted for consent were deliberately misleading as to the landscape impact. We residents of the Loop are obviously not happy about the greenbelt foreshore strip being developed as it will impact the wildlife and also our neighbourhood.

The building will be an ugly intrusion with water tanks actually located in the intertidal zone. The wastewater treatment bed simply will not work due to the high ground water level for a good part of the year. Additionally, it is located adjacent to or in a permanent wetland area. The result is likely to be discharge into the Inlet. The Councils Engineers note that the lot is likely to be subject to rising seawater. We have witnessed freshwater floods three times this year so far.

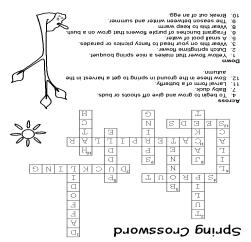
I would like to bring this to the attention of local residents and get support to save our shores from unnecessary development. We have created a Facebook page which gives an overview of the issue https://www.facebook.com/SaveOurShoresTDC/ We are about to lose a valuable environmental asset and also be subject to a precedent which suggests the Council does not have to consult with affected parties through using an RMA clause inappropriately.

I am happy to provide more information on the detail

David Harvey (letter abridged)



Kíds Crossword Answers







TOWN & COUNTRY VET

Fast Growing Lambs & Clostridial Diseases

Clostridial disease is a real issue on every NZ pastoral farm and if not controlled it will almost definitely result in lamb losses. Usually it affects the best lambs that were fine the night before but are found dead in the morning. The five most common clostridial diseases are:

Pulpy kidney (PK) – also referred to as enterotoxaemia: The classic sign is sudden death in young lambs that are well fed and growing quickly. If grazing Lucerne – this must be a consideration. However it can affects animals at any age, especially when they are grazing high quality pastures.

Tetanus: This occurs when the tetanus spores enter a deep wound where there is minimal aeration in the presence of dead & damaged tissue. Tailing with rubber rings brings with it, one of the greatest risk. However having a searing iron that is not hot enough can cause tissue damage that allows the tetanus spores to proliferate.

The next 3 diseases are similar in appearance and all fall into the blood poisoning category which is typified by sudden death followed by rapid post death deterioration, bloody discharge from nose & bloating.

Blackleg: This is usually associated with dirty wounds, grazing muddy winter feed crops, after lambing & using dirty vaccination needles.

Malignant oedema: Lesions very similar to blackleg.

Black disease: Usually associated with liver fluke infection.

Signs and symptoms

- Lambs with Pulpy Kidney are usually found dead with no obvious signs, but may be found lying on the ground with their head extended back. Lambs with blood poisoning usually found dead. They generally go off very quickly and may have gas under the skin.
- **Tetanus** appears 7-21 days after the injury that causes a deep penetrating wound that seals over one that creates a lot of dead tissue (e.g. from tailing or shearing wounds). Animals are stiff and go into a rigid spasm if stimulated.

The Cost

Common clostridial bacteria are endemic throughout NZ farms, however diseases are not commonly seen due to the widespread use of vaccination. Because vaccination is so effective and has been around for a long time many new generation farmers may never have seen the diseases. Farmers need to be confident that the disease risk will always be present and that a sound vaccination programme will be stopping the disease from happening. Most of the disease outbreaks are now associated with farmers forgetting to vaccinate.

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CONDITIONS APPLY -Phone (03)5441200 for appointments and more information.

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Hello Animal Lovers

One of the most interesting animal behaviours is that of animals returning home after their owners have left. There are many accounts of all sorts of animals walking great distances to return home but in particular it is cats that usually go the furthest over the longest period of time. There have been no definitive answers as to why and how cats can do this but it seems to be linked to their extraordinary sensory abilities.

All cats are territorial they walk great distances and mark their territory and regularly patrol their area. Most cat owners will tell you what happens when another cat invades their territory, they fiercely protect their area. However if taken out of their territory they will try to find it again. The fact that many cats are moved to a new home in a car or even a plane and still manage it is quite extraordinary and indicates their superior homing abilities.

A recent news item reported a cat in England that had been missing for 8 years being found in Paris, albeit in a very depleted state. How the cat got to Paris is not known and the only reason it was reunited with its owners is because it was traced through its microchip. Here in New Zealand the only place that has passed a law to make it compulsory for cats to be microchipped is Wellington. However it is certainly advisable that both cats and dogs be microchipped by their owners as this would probably reduce the number of unmarked strays that are euthanized each year.

Missing cats are often not far away from home but have been scared or injured in some way and are hiding. This recently happened to my 16 year old very sociable cat who always came home . She was missing for 8 days and had not responded to my calls. I found her later hiding on my veranda where she was chased and injured by a dog. Cats have a remarkable ability to get home when injured as they feel it is their safe place. Many missing cats have been found on a bed in the house when owners have been searching for them. It is normal for a cat to refuse food if they have been scared or injured and that will not tempt them to come home.

So our beloved felines are highly sensitive and complex little animals but still remain loving and loyal companions and provide comfort to so many.

I am always happy to answer any animal behaviour questions.

Sue Mott Animal Behaviourist 039700952

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No dogs or smokers please

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Last term saw Tasman School celebrate Matariki. This year the event was held on the school grounds, beginning with a hangi.

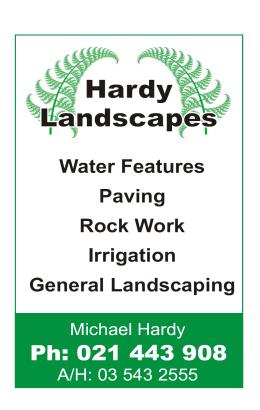
Tim Hikuroa (Deputy Principal and teacher in senior room) was responsible for organising the hangi, and was ably assisted by a group of helpers. The process was keenly watched by students and parents alike throughout the day, and the end result did not disappoint.

On a lovely, clear and cool Friday evening, pupils and their widely families gathered for a communal dinner. There was quite an array of food, and it was delicious (many going back for seconds).

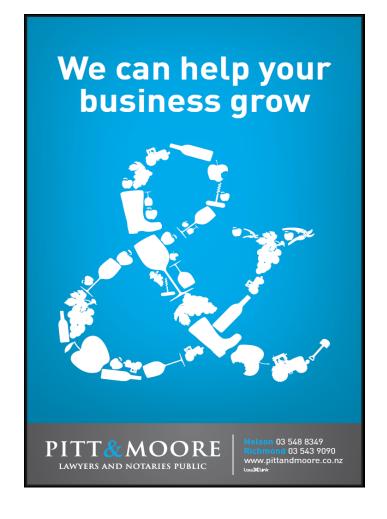
Everyone was then moved inside for a variety of Matarikithemed plays, with each of the four classrooms giving a performance.

The plays were followed by a great selection of desserts, which were provided by students of Room Four, as it has done in the past. This provides a boost to the funds for their annual class camp – this year to Lake Rotoiti, later in Term Three.

Tasman School's Matariki this year was a great occasion, bringing together our families and many from the community; with the hangi sure to be a much anticipated event on the calendar.









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

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

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

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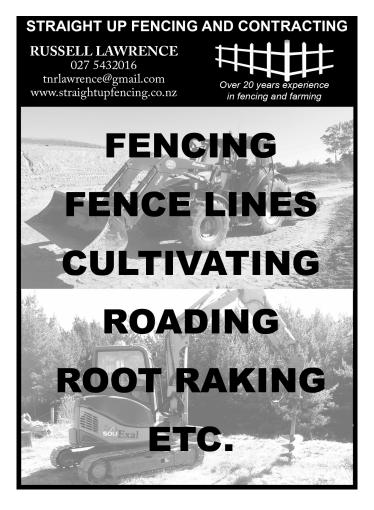


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COMING EVENTS AT THE MOUTERE INN

❖ LIVE MUSIC 7pm Sat 17th September "The Immigrants"

The Immigrants each arrived in Nelson looking to build something new. Time and travel have hardened their original country rock stylings into twisted pop rock nuggets of golden sound that veer intoxicatingly from profane acoustic guitar lullabies to throbbing pysch workouts.

❖ FINE DINING EVENING Sat 24th September 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.

1st Thurs Folk Night.

THE MOUTERE INN

THE CENTRE OF THE MOUTERE

This month the 1st.

 $2^{\rm nd}\, Thurs \; Quiz \; \bar{Night}.$ 3^{rd} Thurs Curry Night.

This month the 8th. This month the 15th. This month the 29th.

Last Thurs Cigars and Whisky

Phone 543 2759 www.moutereinn.co.nz

Soo Gee gives us Pumpkin with a Twist—it's delicious!

THAI PUMKIN CHICKEN CAKES

I bunch fresh coriander or parsley, 3 kaffir lime leaves or some lime zest, I stalk of lemongrass chopped, 3 tablespoons sweet chilli sauce, 3 cups grated pumpkin, 100g minced chicken (I whizz a skinned breast), I cup breadcrumbs. I/4 canola oil, 2 teaspoons sesame oil or other nutty oil, salt and pepper to taste.

Oven at 180c

Do this all in a kitchen whizz if you can.

Blend coriander, lime, lemongrass, salt and pepper, chilli sauce, then add pumpkin, chicken and breadcrumbs (you might not need them all). Shape into large or small cakes depending on whether they will be nibbles or a main dish.

Heat both oils in a fry pan, brown on both sides, then transfer to a baking tray and bake for 20 minutes or until firm. This is a meal on it's own but is particularly good with a Mesclun salad.

Dress up pumpkin soup; a small tin of coconut cream added just before serving works wonders for pumpkin soup, also add a few chopped roasted cashew nuts as you serve. It'll keep you warm and fill you up.

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Ashes to Ashes

Over the last few months there have been a number of call outs caused by open fires in the

Lighting a fire in a house made of wood sounds just a little dangerous but it's something most homeowners do every night during the dark, colds winter months. It's simply inevitable that there are going to be incidents.

I'm reminded of a fire a couple of years ago where the homeowner discarded the previous night's ashes over the fence adjoining his section.

The embers were still smouldering and the fire quickly took hold. The damage was serious and the final bill handed to the homeowner was over a million bucks.

I'm not a great fan of sermons, but with the number of call outs we get for this type of incident maybe I can urge you to take just a few second to think about the consequences a momentary brain fade can bring.

Embers can smoulder for days so make sure they're left in a metal container in the short

WATCH THE VIDEOS FIREBUDDY.CO.NZ

term. When you dispose of them make sure it's in a suitable environment, that's to say well away from combustible materials like dry grass and leaves etc

There have also been a number of chimney fires in our area this winter. If a chimney isn't swept regularly the soot builds and will eventually take flame. Chimney fires can soon get out of hand and break through into the stud work spreading unseen throughout the house. Our advice is always call 111 and get out.

Having said that, there will always be people who take the opportunity in the early stages to put the fire out.

Obviously, I don't endorse anyone other that frieflighters tackle a blaze but surprisingly, chimney fires in their infancy can be extinguished with very little water. Just a mug full thrown on the base of the fire produces huge amounts of steam. This travels up the flue and can often be all that's needed.



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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



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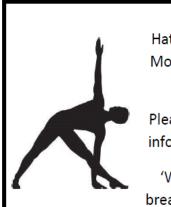


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'When we control the breath, we calm the mind'

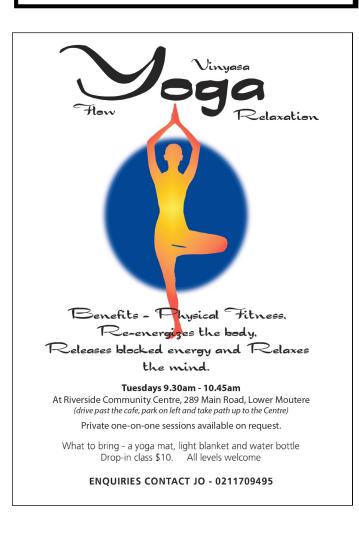
MOUTERE MASSAGE SEPTEMBER 1 HOUR LEG AND FOOT MASSAGE SPECIAL

SPRING into SPRING!! with a 1 hour massage that kneads those well earned leg muscles and your precious feet and leave you walking on air.

The foot can suffer soft tissue injuries which can be effectively treated with correct massage application. General preventative massage can be highly beneficial as the feet are put under great pressure in many sports and other activities but are usually neglected in terms of care and training. When injury occurs, recovery may be slow because it is difficult to give the tissues sufficient rest in the early stages.

In a single stride, you use more than 100 different leg muscles! These same muscles have to carry twice your body weight with the impact of every step you take. Even if you stand still at work all day, they take the strain and support you so that you do not fall over. Massage will not only relax your leg muscles but also recharge flagging energy levels in aching, stiff legs.

Look after your leg muscles and feet and they will respond with renewed energy!





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It is not only necessary for producing cellular energy, but also for defending the cells from damage by harmful free radicals. Tests have shown that taking a CoQ10 supplement may resulted in up to 95% less damage to cell membranes, thanks to its antioxidant protection. It also recycles vitamin C and vitamin E, further maximizing the antioxidants that are already at work in the body. The levels of CoQ10 in the body decline as we age.

This decline is very apparent in people over the age of 40 and particularly in those taking statin drugs. Statins are known to reduce an enzyme in the liver, which not only reduces the production of cholesterol, but also lowers the natural production of CoQ10. A supplement of CoQ10 is therefore essential to restore natural levels to their optimum and to counter the effects of statin drugs.



CoQ10 may assist in:

- Boosting stamina
- Defending against free radicals
- · Reducing the typical signs of aging
- Restoring the power of vitamin E
- Supporting a healthy cardiovascular system
- Stabilizing blood sugars
- Supporting healthy gums

CoQ10 supplements are available in capsule form. Discuss your CoQ10 needs with your natural health specialist and only take as directed.

Resources www.draxe.com

Cauliflower Soup

Ingredients

- 2 Tbs Coconut oil or Ghee
- 3 cloves of Garlic (Minced)
- 3 Carrots, peeled and chopped
- 3 Celery Stalks, chopped
- ¼ cup Gluten Free Flour or Normal Flour
- 4 cups Chicken Stock
- 1-2 cups Coconut Milk
- 1 head Cauliflower
- Sea Salt and Black Pepper to taste
- . 6 slices of Bacon cooked (Optional)
- 2 Tbs Parsley Garnish

Method:

- In a large pot over medium heat, melt the coconut oil / ghee. Add the garlic, onion, carrots and celery. Cook until tender.
- Blend the cauliflower in a food processor / blender until the consistency of fine pieces is achieved.
- 3. Add to the pot and cook through.
- 4. Add in the flour and cook for another 5 minutes.
- Add the chicken stock and coconut milk. Bring to the boil and then reduce the heat and simmer for 15-30 minutes until the desired consistency is achieved.
- Season to taste and garnish with the bacon and parsley.
- 7. Serves 4-6



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And Spring arose on the garden fair, Like the Spirit of Love felt everywhere; And each flower and herb on Earth's dark breast

rose from the dreams of its wintry rest.

 \sim Percy Bysshe Shelley, "The Sensitive Plant"

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