

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

FOR THE LOVE OF WINE

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MHCC

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Starting with just five rows of vines, Colin and Nick Fisher have gone on to establish a small family vineyard and winery in Mahana.

LOCAL LIVES

Colin Fisher has been a wine lover for many years. He first got the hang of making his own wine by growing grapes in the greenhouse at his Wiltshire home in the UK.

It was to serve him in good stead when he moved to New Zealand in 2007 on retiring at the age of 65 to be with cardiologist son Nick, who owns a 10-acre property in Mahana. "I said to Nick that I'd like to grow a few vines, so we put in five rows of Tempranillo."

That has since grown to 38 rows, 3,000 vines and a small family-owned vineyard called Mahana Hills—though the wine they produce bears the Five Rows label as a reminder of its origins.

Always looking to do something different, Colin and Nick have branched out into several more varieties new to Nelson, planting Semillon (a Spanish white), Gamay Noir (a French red) and Lagrein (an Italian red) alongside the Tempranillo (Spanish red).

"Our philosophy is to use the minimum of sulphites needed for good hygiene in the wine," says Colin. "We don't filter our wine or use fining agents like egg whites. What you get is pure, fermented grape juice with nothing added and nothing taken away—and

we're very fussy about the quality of our grapes."

Together, father and son carry out the winemaking process from start to finish. "We make it, bottle it, label it, drink it and sell it," says Colin, who does the majority of the manual labour and enjoys nurturing his vines individually. A tractor is used for mowing and organic spraying throughout the season, but all other tasks are done by hand. "It's quite physical work, thinning out the vines and cutting them down using electric secateurs—but it keeps me fit," he adds.

This is now the busiest time of year, with picking, crushing and fermenting on the seasonal calendar. The resulting wine will be stored for a while in the stainless steel barrels in their underground winery, before being transferred to oak barrels for a year or so.

Colin and Nick love getting the community involved in picking and pruning, and showing people what's involved in winemaking. To this end, they've set up a wine club specifically for locals, with club members able to receive a 10 percent discount on all wines bought at the cellar door. It's all by appointment, so give Colin a call on 027 540 3420 if you'd like a visit.

Sign up to the Five Rows Wine Club by emailing mahanahills@gmail.com



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 Moutere Motors.

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!

MAKE AN IMPACT LOCALLY

Please remember to support our advertisers. With their support, we deliver the Grapevine to 1300 households in the Moutere Hills area.

Lots of them are locals too and what better way is there to get to know your neighbours?



Have You Seen Us In Colour?

Previous issues of the Grapevine
can be viewed in glorious colour on the
Moutere Hills Community Centre website
<http://www.mouterehills.org.nz/community/the-grapevine/>



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Call outs from 12th Jan - 15th Feb

- 16/1 Investigate smoke in area, Toru St Mapua
- 17/1 Residential alarm activation, Tahi St/ Langford, Mapua
- 27/1 Fire in toilet, Pomona Rd/Pine Hill Rd, Mapua
- 30/1 House fire, Poole St,
- 1/2 Shade sail loose, Thorpe Orinoco Rd
- 1/2 Flooding, Mapua.
- 1/2 Tree over road, Wills Rd/Upper Moutere Highway.
- 9/2 Permitted burn offs, Flaxmore Rd
- 9/2 Uncontrolled burn off, Parker St, Motueka
- 14/2 Bonfire, Seaton Valley
- 15/2 MVA, Moutere Highway, Neudorf Rd.

Got spare? Then share

The sharing table is back!

Every Friday 9am – 4pm Moutere Hills Community Centre from Friday 2nd February

Bring what you have – take what you need.

The Social Group

Meets at the Sunday School Hall
(Upper Moutere Lutheran Church)

on

Thursday afternoons

at 1.30pm each fortnight.

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For further information, please contact
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MAPUA PLAYCENTRE

We're running a series of family profiles over the coming months to introduce some of our playcentre families and what they love about playcentre. This is from Liina who comes with her son Nils, 4 (Lars, 6 is now at school).

Our family moved to New Zealand from overseas more than 2 years ago. We have two boys who at that time were 2 and 3 years old. We came from the Netherlands and the boys could not speak any English.

I had never heard about Playcentre before coming to New Zealand. A local mum introduced me to it so I called up and we went for a visit. The calling wasn't even necessary as we could have just popped by during one of the sessions on Mondays or Fridays.

First of all my boys and I were blown away by the expansive range of facilities that the place offers. The indoor area has the role play setups for a shop, and kitchen; dozens of costumes in the dress-up room; games, puzzles and musical instruments; the cozy reading corner; amazing range of art supplies; discovery area filled with all sorts of natural materials; and of course the train sets. The outdoor space has a massive sandpit, slides, waterplay equipment and even a boat.

The absolute favorite space for my boys was the carpentry table. I was very surprised to see that the kids were using real tools. "You can't hammer a nail with a plastic hammer," explained Moira who was one of the Mapua Playcentre lovely supervisors. That made sense.

We became a Playcentre family after our first visit. I loved spending quality time with my kids while also meeting other parents. The boys enjoyed the interaction with other kids while having their mum close by in case a language barrier appeared. Session by session we also got to know the Playcentre philosophy – families learning and growing together- better. Playcentre is such a unique place and I'm very glad our family is part of it.

Mapua Playcentre has been a prominent place for families in the Mapua community for over 60 years. We have a qualified supervisor on each session and we love having visitors so please feel welcome to drop in at any time and find out what Kiwi families have been embracing for generations.

We offer a term of free sessions for first time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 2534264, email: mapuaplaycentre@gmail.com or find us on Facebook.



The 11th Sarau Festival was held on a perfect afternoon in late January. What a wonderful day for the Moutere.

A special acknowledgement and thank you to all the fantastic volunteers and sponsors who once again ensured the Festival went ahead and was such a happy occasion.

Now it is time to thank the sponsors and start the planning for 2019!

Meantime the Sarau Community Trustees invite local organisations to apply for funding assistance for the coming year. There is no application form but we require a letter of application to jenny@saraufestival.co.nz before 31st March.

Sarau scholarship : the Sarau Trustees will accept an application from any person representing New Zealand in any endeavour. Please apply by telling us in a letter what you do, and what you require financial assistance for. Applications to jenny@saraufestival.co.nz by 31 March.

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The Forge is a shared office space, open to the public for casual, short term and long term leasing.

Located in a specifically refurbished room at the Moutere Inn (1406 Moutere Hwy), The Forge provides access to a desk, unlimited internet usage, use of a printer/scanner/fax, and tea and coffee.

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Half day use (4hrs): \$10
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Availability is on a first come first served basis. Contact Faris Mali to reserve your booking or for any further information:

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mail@skybarn.nz
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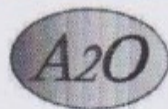
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10% of all wine with free membership to the Five Rows Wine Club

For ten years we have been pursuing our dream of creating a small family vineyard and winery where everything from harvesting, making the wine, corking and finally labelling is undertaken by the family, with the help of friends and neighbours. The vineyard is called Mahana Hills and we call our wine Five Rows (there were only five initially). We also decided to plant new varieties to Nelson in the form of Semillon - Spanish white, Gamay Noir - French red, Tempranillo - Spanish red and recently Lagrein - Italian red. Current prices are: red wines from \$20, white wines from \$15. We use traditional wine making techniques with the bare minimum of sulphites, and no filtration or fining. The wines are matured in French Oak barrels for a minimum of one year. We are now making more wine than we can drink so we need some local help.

Our Five Rows wine club is designed specifically for locals. Our wine is only available at the cellar door and club members will receive a 10% discount on all our prices including the multi-buy discounts. Membership is free and easy by simply emailing us at mahanahills@gmail.co.nz and we will send you a membership number by return. Don't worry we won't pester you, (we don't have time). However, we will let you know when we need your help if you're interested in joining in with nets, the grape harvest and crushing. We will also endeavour to arrange some wine tasting events allowing wine matching to local produce. We open only by appointment, but if members call Colin on 0275403420, he will open especially for you.

You can learn more about us at

www.mahanahills.co.nz

We look forward to hearing from you and meeting you in the Winery.

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Sunday 25 March 2018, 10am to 4pm

165 Robinson Road, Lower Moutere.

Updates at www.facebook.com/Motueka.Steiner.School

Thank you for supporting independent Steiner education for the Nelson-Tasman region, we appreciate your gold coin donation on entry.

And thank you to our sponsors:

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Mapua Easter Fair

Sunday 1st April, 9am – 3pm, Mapua Domain

We are excited to announce that the Mapua Easter Fair will be held on Easter Sunday – Sunday 1st April. The fair is now in its 36th year and raises funds for Mapua School and Mapua Playcentre to purchase resources, support trips and reduce student– teacher ratios. This year's fair is shaping up to be an awesome day out for all the family!

If you are interested in having a stall at the Fair, registrations are now open. Details and the online registration form can be found at <https://mapuaeasterfair.co.nz/stallholders-info/>.

As in previous years we are running our very popular silent auction and white elephant stalls. If you would like to donate any items for the silent auction, please send an email to info@mapuaeasterfair.co.nz (items may include a product or service from your own or a contact's business, accommodation for a weekend away, a piece of artwork or a household item). We also welcome any donations for our white elephant stall. The stall sells pre-loved toys, games, books and household items in good condition (for puzzles and games please ensure all pieces are accounted for.) Your goods can be dropped into the Mapua School foyer.

We anticipate our parking plans to be similar to last year. We will post the parking plan on our website in the week leading up to Easter. For further details on the fair please like our Facebook page,; we will post updates as planning progresses.

We would like to thank all of the community for the support you give us with undertaking this key regional event which turns our village into a very busy place to be on Easter Sunday! We're looking forward to putting on a great day and seeing lots of you there.



PechaKucha Night

Friday 23 March

Mapua Hall



Food & Bar from 6pm
PechaKucha starts at 7.30pm
Drinks & Curries \$5
Entry \$15 (GF & Vege options)

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MOUTERE HILLS COMMUNITY CENTRE



School is back and now it is time to get back into a regular routine. The weather this summer has given us some of the hottest days I can remember. For some, the hot weather makes it hard for us to get motivated and active as we are hiding in cool spots and staying out of the heat of the sun. Being active however does not mean you need to be outside in the heat, as there are a range of activities in your area that do not require you to be outside or even running around!!

Being active and taking part in some type of physical activity is good for your health, but it also has countless other benefits and can help to make your life more enjoyable. You should not think of taking part in a physical activity as a chore as it is first and foremost an opportunity to have fun. Use your activity time as a chance to relax, forget about work, think about something else and change your mood. Being active is good for both your body and your mind, and can add years to your life and life to your years!

Leading an active lifestyle has many benefits. Many studies show that regular physical activity not only improves the quality of your daily life, but can increase your lifespan by reducing the risk of chronic illness.

SOME OF THE MANY BENEFITS OF BEING ACTIVE INCLUDE:

- | | | |
|--|---|---------------------------------------|
| Increased energy levels | Help with weight loss | Improve muscle and bone health |
| Increase positive self esteem | Improve your skin health | Reduce pain levels in some situations |
| Help your brain health and memory | Improve your mental health, reduce stress levels and feelings of depression | |
| Prevent and better control of some of the risk factors for heart disease, blood cholesterol, diabetes and hypertension | | |

The hardest part of being active is usually actually leaving your house – once you are there and taking part the fun begins! So what are you waiting for get out there and be active. It can only be a positive experience!!

CHECK OUT OUR TERM ONE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Metafit PWR 6:00 – 6:45am Bookings Essential Active Older Adults 10:00 – 10:45am Low impact class for anyone getting back into fitness Cost: \$5 or FREE for FC members Gymnastics 12:30 – 1:15pm (Pre-School) 3:20 – 4:10pm (5-7 yrs) 4:20 – 5:10pm (7-9 yrs) 5:20 – 6:35pm (10+ yrs) Cost: Classes start from \$65 per term (starts 12 Feb) Dru Yoga 6:30 – 7:45pm Contact - Kris Pure ZUU 7:15 – 8:00pm Cost: \$5 or FREE for FC members Boxfit 8:00 – 8:45pm Cost: \$5 or FREE for FC members	Group Fitness 5:45 – 6:45am Bookings Essential Cardio Tennis 9:00 – 10:00am No ability necessary Upper Mouere Tennis Club Dru Yoga 9:30 – 11:00am Contact – Brighid Gymnastics Tumbling Class 3:30 – 4:15pm (6-8yrs) 4:15 – 5:30pm (10+ yrs) (starts 13 Feb) Social Touch 6:00 – 7:30pm Gold coin donation Qigong/ Ren Xue Yuan Gong 7:00 – 8:30pm Adults Social Badminton 7:00 – 8:30pm Cost: \$3 Contact Mark to book your court time Dru Yoga for Men 6:30 – 7:45pm Contact - Kris	Powerhooping 9:15 – 10:15am Casual \$12 (includes powerhoop) Concession available Powerhoops available to purchase Midweek Tennis Coaching 9:00 – 10:30am Upper Mouere Tennis Club Metafit 6:00 – 6:30pm Cost: \$5 or FREE for FC members Core Foundations 6:30 – 7:15pm Cost: \$5 or FREE for FC members (\$10 for both sessions) Adults Social Table Tennis 7:00 – 9:00pm Cost: \$3	Group Fitness 5:45 – 6:45am Bookings Essential Midweek Tennis Coaching 9:00 – 10:30am Upper Mouere Tennis Club Shine Yoga 9:30 – 10:45am Pure ZUU 9:00 – 9:45am Cost: \$5 or FREE for FC members Boxfit 10:00 – 10:45am Cost: \$5 or FREE for FC members Junior Tennis Coaching 3:15 – 6:00pm All Levels Upper Mouere Tennis Club Able Hoops Fundamentals of Basketball for year 3 and up 3:30 – 4:30pm Circuit class 6:00 – 6:45pm Cost: \$5 or FREE for FC members Adults Volleyball (Intermediate/Advanced) 6:45 – 8:00pm (Beginner/Social) 8:00 – 9:30pm Cost: \$3	Metafit 9:00 – 9:30am Cost: \$5 or FREE for FC members Core Foundations 9:30 – 10:00am Cost: \$5 or FREE for FC Members Sharing Table Front foyer 9:00 – 4:00pm Bring what you have Take what you need Playgroup 10:00 – 12:00pm All welcome	Rangers Cricket Club Presidents Grade Social Cricket Games 2:00pm onwards See MHCC calendar for home ground game dates 	CONTACTS Dru Yoga Kris 027 525 2814 Brighid 021 101 5166 Group Fitness Core Foundations Metafit / Meta PWR Carol 021 908 539 Playgroup Anna 021 2626675 Gymnastics/Tumbling Class Sam 021 069 5991 www.tasmaniangymnasticsclub.com Cardio Tennis/Coaching Vanessa 022 4600 320 Touch Mark 027 422 9949 Powerhooping Sara 021 069 7522 Qigong/Ren Xue/Yuan Gong Sajja 5432 088 Shine Yoga Elaine 021 260 8415 Pure ZUU / Boxfit Carl 021 023 68260 Badminton Mark 022 424 3564 Rangers Senior Cricket Franklin 027 445 6581 Able Hoops Faris – 022 019 6863

STARTING IN MARCH Youth Hang Out

On the second and fourth Friday evenings each month we will be opening the centre as a place for young people (from 13 years old) to come on down and hang out with friends and have some fun. More information coming soon!



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UPPER MOUTERE

March 2018 Newsletter



Pastel Artists of New Zealand, Nelson Region

The "Top of the South" Art Exhibition for PANZ members from Nelson and Marlborough areas has come and gone and I hope you had an opportunity to attend.

We have now started meeting back at the Mapua Hall for our regular sessions on Tuesday mornings from 9am to 12pm. For those of you who may have made a New Year's resolution it isn't too late to try something new, please do come along and give it a go. You may find that pastel is the art medium for you!

We were very proud to have three of our local members, Nicola Reif, Marian Painter and Sharon Platt take Winner, 2nd place, and Merit, respectively, in our Pastel Artist Newsletter Pastel Challenge depicting an animal and/or Wildlife. Way to go Nelson region!

We had a workshop at the end of February with Pastel Society of Australia Master Pastellist Tricia Taylor. Tricia Taylor was awarded Master Pastellist status with the Pastel Society of Australia in 2011 and she has won many awards including Pastellist of the Year 2010. Tricia's work has been published in a variety of national art magazines including Australian Artist, Art Edit and Paint and Draw Magazine UK. Teaching from beginners to advanced students for many years, Tricia's workshops are in popular demand in New Zealand, Australia and internationally. We were very pleased to have her as a tutor and the learning experience will benefit all of our artists.

As usual we have our national conference (Timaru), workshops and other activities planned for the coming months. Never a dull moment at PANZ Nelson region.

For additional information please contact our Area Rep, Glenys Forbes at 03 540 3388 or by email gmforbes@ts.co.nz. You can visit our **FACEBOOK page**: PANZ Pastel Artists of New Zealand to see what our pastel artists are creating.

Gloria Anderson

Bo Mansfield &
Leeon Johnston

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Damien O'Connor
MP West Coast/Tasman



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208A Palmerston Street, Westport | Phone 03 789 5481
181 Tainui Street, Greymouth | Phone 03 768 7189



damienoconnormp

Authorised by Damien O'Connor. 208A Palmerston Street, Westport



2018**MOUTERE COMMUNITY YOUTH**

Welcome to another year of fun youth activities. We'll start the year with some team building initiatives, welcoming new kids into the group, while also making the most of the warm weather.

*Note that we have changed a few things (days and times)

JUNIOR YOUTH is for kids in **years 5 - 7**, we meet at the **Upper Moutere Church hall** (Supplejack Valley) on **Fridays** during the school term, time - **3:30-5pm**, but can come over earlier after school for afternoon tea snack (a gold coin donation). Generally the **cost is \$2** each week, but more if we go to Wave Rave or similar activity.

March	2nd	Nerf Wars (bring your nerf gun and labeled bullets)
	9th	Bike Night (bring bikes/helmets for some challenges on the pump track...)
	16th	Records Night (Last years records are waiting to be broken)
	23rd	Survivor (You have one match and a raw egg - will you survive?)

INTERMEDIATE YOUTH is for **years 7-8-9**, a **fortnightly** program meeting on the 2nd and 4th Fridays at the **UMO church hall. 5:30-7pm** with some food to keep growly tummies at bay, cost is **\$5**.

March	9th	Orienteering - how well can you read a map?
	23rd	Wide and High Games

SENIOR YOUTH is for **years 9-13**, also meeting **fortnightly** on the 1st and 3rd Fri/Sat, meeting at UMO church hall at **7.30pm**. We can drop youth off to home after activities in the youth van if required.

March	Friday 2nd	- Pool night (at the hall)
March	Saturday 16th	- Orienteering at the beach

Any questions please ask away...

Tessa 022 101 2276

Billy 021 027 28825

moutereyouth@gmail.com

Facebook - Moutere Community Youth



MAPUA TOY LIBRARY OPENING AGAIN ON TUESDAY 20 FEBRUARY

Open every first and third Tuesday in the month

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Teen Zone

What?

A lively place to hang out. Gather together, play sport, chill out and catch up with others teens from around the community.

Who?

High school aged

When?

7:30pm March 9th & 23rd (2nd & 4th Fridays)

Where?

Moutere Hills Community Centre

Organised by Moutere Hills Community Centre + Tessa & Billy Werner, Youth Workers, Moutere Youth

03-5432 616 mouterehills.org.nz

022 101 2276 moutereyouth@gmail.com

Salmon en croute



Recipe by Soo Gee

Ingredients:

2-3 sheets of puff pastry, depending on size of salmon
1 lightly beaten egg
2 whole salmon fillets, boned and skinned or 2 large fillets of firm fish

Filling

50gm butter
500gm button mushrooms, finely chopped
3 shallots, finely chopped
Selection of herbs
Salt & pepper
1 medium bag of spinach, water cress or other green (we used micro greens)
100gm sour cream

Prepare filling

Melt butter in pan
Add mushrooms and onions and fry until softened
Add herbs and spinach. Cook until wilted.
Add sour cream.
Season, remove from heat and cool.
Take the pastry sheet and put on a tray with non-stick baking paper, larger than salmon.
Put first fillet on pastry, spread cooled filling on top and place second fillet on top.
Egg wash edge of pastry and place over the second sheet of pastry.
Crimp the edges and trim.
Egg wash the top.
Place in hot oven (200c) for 30-40 minutes.

My 16 year old grand daughter made this



Craisins, oat and white chocolate chunkie biscuits

Recipe by Soo Gee

Heat oven to 190c

Ingredients:

2/3 cup of softened butter
2/3 cup brown sugar
2 large eggs
1¼ cups of rolled oats
1¼ cups of flour
1 tsp baking soda and 1 tsp salt
1 cup craisins (dried cranberries)
2/3 cup of chopped white chocolate or chips



Method

Beat butter and sugar together until light and fluffy.
Add eggs and beat.
Add baking soda mixed with a little cold water.
Combine oats, flour and salt. Add to butter mixture.
Stir in cranberries and white chocolate
Drop spoonfuls onto greased tray or baking paper
Bake 1-15 minutes until golden. Cool on rack.

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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.

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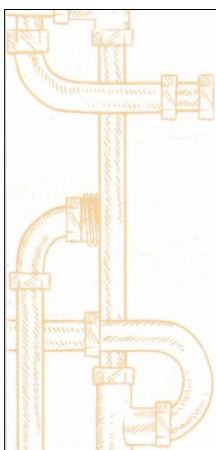
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Silent messages

How to tell when an animal is sick or injured

To be able to realise an animal is sick or injured, it's important to be familiar with normal behavior. Unfortunately Vets often encounter animals that have been unwell for a while, but it hasn't been spotted by its owner. If a problem is noticed early on, treatment is often much more straightforward and rewarding.

Whenever you have time, observe your stock during their daily routine, whether this is walking, grazing or just resting. You will learn to recognise differences in individuals and therefore notice when something is 'off'. As Vets, we often get phone calls from clients telling us their animal is 'not itself', an instinctive feeling only the owner can get.

Normal behavior will include (but not be limited to) the following:

Bright and alert – head upright, bright eyes, responsive to changes in its environment, ears pricked up.

Energetic – have the energy to do what it should do, graze/drink/rest

Healthy appetite or full abdomen – appetite is one of the first things to disappear when an animal is sick. Ruminants should ruminate.

Shiny coat and clean – no discharge from eyes/ears/nose/back end and a healthy glow to the coat

Normal gait – putting equal pressure on all four limbs

Solid faeces (bear in mind – this might vary with water content of the grass)

There are several sign that might indicate something is not right. First off, there are signs of discomfort – not necessarily indicating disease, but either slight pain (think cramp for example) or something that makes them feel uncomfortable:

Feeling cold – hunched, huddled together, seeking shelter, shivering

Overheating – panting, elbows in wide stance away from chest, open-mouth breathing

Hungry – pica (eating unusual objects), vocalisation (especially in young animals), lethargic, weight loss, getting cold (not enough energy to maintain body temperature)

Behaviour indicative of the affected area (for example kicking at belly with cramp or scratching repeatedly)

Then there are signs of disease, though there might be some overlap between discomfort and disease as some causes for the symptoms are linked:

Inappetence or anorexia ('tucked up') – reduced to no appetite

Lethargy – no energy for the daily routine tasks

Quiet behavior or isolation – keeping away from herd mates, mind you this can also happen at the start of parturition

Down – an animal that can't get up is per definition an emergency

Droopy ears – sign an animal is not feeling well

Abnormalities in shape or form: bloat, swelling (for example abscess or inflammation), fracture, scouring (diarrhoea), discharge (pus, blood)

Finally, there's the need to mention signs of pain. Naturally these could coincide with signs mentioned before, but these symptoms indicate pain in an animal:

Grinding teeth

Favoring a limb (lame)

Vocalisation (not specific)

Kicking at belly

Rapid breathing (horse, not specific)

Rolling (colic in horses)

Looking or biting at the flank (horse)

The above lists are not complete; there will be other symptoms that can indicate discomfort, disease or pain. Also, symptoms can coincide.

These lists are meant to give an idea of the most common indicators that something is not right with an animal. KNOW THE NORMAL and you will quickly be able to pick up on anything unusual.

So, you've established something is wrong – WHAT NOW? First, when dealing with disease or injury (injury can include wounds/blood, misadventure, limping, bruising), you need to isolate the animal and address discomfort initially. This means providing warmth (cover, shed, hay as bedding) and supplying fresh food and water. Then you can take stock to assess the severity of the situation. Most of this will come down to common sense – emergencies are often easy to recognise. As an example: heavy bleeding, fractures, bloat, down animal and animals taking a long time birthing all require veterinary attention.

Prevention

There are several things you can do to prevent adversity and these come down to basic animal care. Provide fresh water and adequate food: enough food to meet maintenance requirements plus additional energy if necessary (pregnancy, lactation, recovery).

Familiarise yourself with the most common health care needs of your stock, especially drenching requirements and vaccination plans.

Drenching and vaccination play a big role in preventing the most common diseases we see in livestock. The cost is often relatively low and it will prevent a lot of heartache, animal suffering and even loss.

Finally, check your property for objects that might be ingested (plastic, wire, rubbish as well as lead paint on buildings) and for poisonous plants.

DIY

There are a number of health conditions that can be treated by you:

Scours

Worms – anthelmintic treatment

Young animals – your vet will be able to advise you on treatment regimes for your calf/lamb/kid/foal/piglet/ cria etc.

Lameness – especially foot rot is easy enough to treat by yourself

Fly strike – when detected early it's a simple case of clip, clean and treat

Mud fever – if seen early, also clip, clean and treat

External parasites – lice, mites etc. can be easily dealt with using a pour-on application

As always, if you have any doubts, follow your instincts or ring the team at Town & Country Vet to discuss the problem and get some advice.

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