

MOUTERE HILLS COMMUNITY NEWS

MOUTERE ARTISANS

Inside this issue:

| Animals | 22-23 |
|---------------------------|-------|
| Art | 13 |
| Community | 3-5 |
| Contractors | 18-20 |
| Environment | 15 |
| Essay | 25 |
| For Sale/Wanted/Jobs | 10 |
| Health & Wellbeing | 24 |
| Recreation | 6-8 |
| Trade & Professional List | 28 |
| Youth | 14 |

Special points of interest:

Moutere Artisans open their doors on Labour Weekend Sunday.

Yoga fundraiser for **Upper Moutere School** year 7 & 8 Camp to Wellington see page 28 for details.

Mighty Duke & the Lords playing at Neudorf Vineyard 19th October see page 9 for details.

Thank you for reading and supporting the advertisers



Local Lives



Moutere Artisan Jo Coster of Moutere Gold at the Old Post Office is one of the 17 Moutere Artisans who will have their doors open at Labour Weekend on Sunday.

Labour Weekend Sunday is the Big Day Out for Upper Moutere. It's the day when all 17 Moutere Artisans are involved in sharing their year's work. It's quite an event and attracts hundreds of people. And you can see why.

The Artisans produce "really, really nice stuff". This is a tagline which rings true. Our small village is prolific - great wine, enviable cider, lush olive oil, handmade sheep's cheese, gourmet mushrooms, alpaca fibre, sculpture, ceramics, conserves, exquisite handwoven baskets, and the oldest pub in New Zealand.

This line up cannot be replicated anywhere in New Zealand. It's proudly Moutere and we all celebrate our unique village.

The charm of the Moutere Artisans is not just the quality product but the people... We are all proudly small producers who welcome the interaction with our customers and their friends over the Artisan Open Day. Visitors from around the globe envy our beautiful area and we've attracted write ups from titles across the UK and USA, National Geographic and Cuisine (NZ) - and many of us have featured on TV's Country Calendar.

On the open day we all try to offer something special.

For instance, both Katie Gold (ceramics) and Tanya Doty (baskets) will be creating pieces during the day. Coffee is on at the Old Post Office, along with their famous Christmas perfect day for everyone. cakes just like your grandmother made, but better! Forsters Moutere Hills are celebrating their first anniversary with a Post a shot on the day with the hashtag #moutereartisans and delicious lunch to enjoy with Moutere Hills new release

wines. Tasteology are offering platters celebrating local food, along with wine, cider and beer. The latest vintage of olive oil will be poured at Neudorf Olives, and Neudorf Mushrooms will tell you everything that happens in the world of fungi. While you're on Neudorf Road, get up close with a Terra Nova Alpaca and check out the fine fibre from their beautiful animals. Michael MacMillan's gallery is just next to Thorvald Cheese and both are 'must do' stops. Thorvald Cheese is delicious, very European and perfect with a glass of local wine. MacMillan Gallery takes art to the next level with sculpture, French homewares, photographs and more. It is a visual feast.

Wines from the Moutere clays are distinctive and in demand... Try Himmelsfeld for cellared wines; Flaxmore is our newest vineyard in the Moutere with amazing views of the ranges; and Harakeke will be pouring wine in the garden at the Old Post Office. At Neudorf, Moutere's very own French crêpe maker will be making traditional crêpes using Artisan cheeses, conserves and mushrooms. And no visit to the Moutere is complete without popping into the pub for a cool cider from Peckham's famous traditional cider. They'll be serving German small plates on Artisan Day.

So from 11am until 4pm on Sunday 27 October, the Artisans will be waiting. They're really, really nice folk and it's a

PS: they have an Instagram competition.

you could wine a basket of goodies worth \$1,000.

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 Tanya Doty at the Old Post Office/Moutere Gold.

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, Beverly Sellers, Sharon Beuke, Heather Eggers and Annabel Duncan.

Disclaimer

Views expressed in articles in The Grapevine are not necessarily those of The Grapevine team or its editor. While every effort has been made to ensure the accuracy of the information included in this publication, The Grapevine takes no responsibility for errors or omissions or for any consequences of reliance on this information. Publication of advertising material implies no endorsement of either a product or a service.

The Grapevine has the right to refuse publication of advertisements or submissions that are inappropriate, offensive or defamatory.







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The Grapevine Says....

We have been having some hiccups with our hotmail account. If you are expecting a response from us please call or text Miriam on 021 0699 066.

Thank you for supporting our local businesses and community organisations.

Motueka Vehicle Testing Station Drive in – WOF – Drive out 25 Huffam street No Booking Required Turn into Old Wharf Rd and left into





Huffam Street.



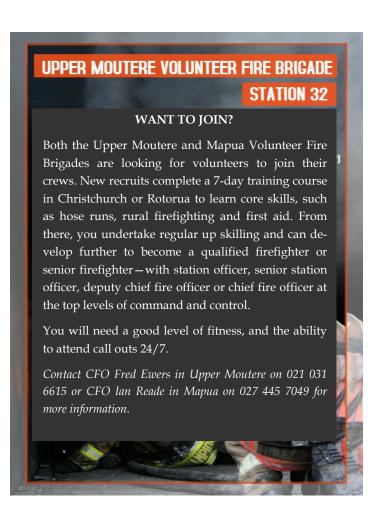
We want your Books!

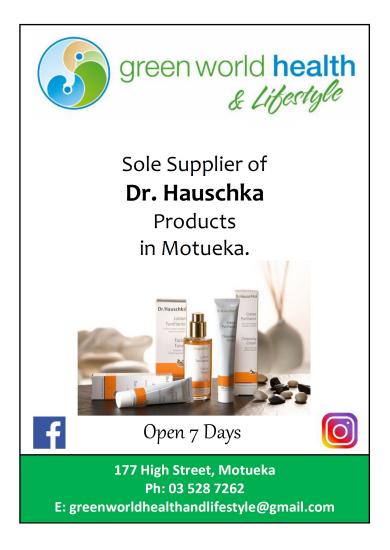
For the Sarau Festival book sale

Please drop off at the MHCC or call Sharon to arrange an alternative 027 432 8145

Thank you!







A date for your diary: Thursday 31st Oct 5-7pm

Mapua Community Costume Carnival

Hills Community Church is holding its annual Costume Carnival at Aranui Park, Mapua on Thursday 31st of October. The carnival has been running for more than ten years and is a highlight in the calendar for families in Mapua and the surrounding districts. It is run as a free gift to the community, a positive trick-or-treating alternative at Halloween. Children, (and adults too if they like) are encouraged to come dressed as fairies, super heroes, princesses, animals, All Blacks, etc. (No scary costumes please).

Prizes are given for the most creative costume to boys and girls in each age group (preschool, primary and teenagers, and adults). There will be a range of fun-filled games and activities to participate in. Bring your children for a fabulous, frightfree evening of old fashioned games, sled rides, jumping on the bouncy castle, and a free sausage sizzle. Each time you have a go; earn a silver token to swap at the prize tent.

http://www.hillscommunitychurch.org.nz/

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Savau COMMUNITY TRUST

The Trustees of the Sarau Community Trust are delighted to advise that the recipient of the 2019 Sarau Scholarship is Alfie Linn. Alfie is very excited to have been selected to repre New Zealand at the INAS Global Games in Brisbane in October as a table-tennis Player. Alfie is 17 years old and both plays and coaches table tennis. The Trustees join with the commun in wishing Alfie the most fabulous experience, and he travels with our good wishes.

Est. 1850

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What's Happening In October

À L

Live Music 7 pm Saturday 19th "Shane Cammell"

As a solo guitarist, Shane's style ranges from classical to finger style, to rock/pop (Beatles, Sting, Jack Johnson), to jazz standards (Summertime, Blue Moon). Imagine a pianist's approach of playing right hand melody and left hand chordal accompaniment but on a guitar - the guitar "sings" each song he plays, complete with bass line and rhythm.



Curry Night 7pm Thursday 17th

Every third Thursday in the month from 7pm, we have a buffet selection of four curries, with vegetarian options, breads, poppadoms, salad, chutney and rice. \$30 per head.



Fine Dining Evening 7pm Saturday 26th

We will be offering a relaxing evening, of fine dining, over five courses. Bookings essential check our website for menu details. \$60 per head.

Don't Forget

 $1^{\rm st}$ Thurs Folk Night This month the $3^{\rm rd}$ $2^{\rm nd}$ Thurs Quiz Night This month the $10^{\rm th}$ $3^{\rm rd}$ Thurs Curry Night This month the $17^{\rm th}$ $5^{\rm th}$ Thurs Cigars and Whisky This month the $31^{\rm th}$

PHONE 5432 759

WWW.MOUTEREINN.CO.NZ

FACEBOOK/MOUTEREINN

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We meet every week at the MOUTER HILLS COMMUNITY CENTRE Friday's 10am - 12pm - all preschool ages Wednesday's 9.30am - 11am - Baby Playgroup

We provide and share morning tea. POP IN FOR a CUPPA AND MEET LOVELY LOCAL PARENTS

> any queries please contact renee 027 293 7326

all families welcome!



Nigel and Michelle. Ph 027 280 5966 or 027 288 5780 Redwood Valley, Tasman info@hardyardsnelson.co.nz www. hardyardsnelson.co.nz Facebook: hardyardsnelson

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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

We would like to inform the Community about the passing of Joan Panzer, an integral member of the team here at Moutere Hills Community Centre. Joan was an inspiring person, always so positive and supportive. She did so much for the community and will be greatly missed. Our condolences to her family and friends.

What a busy time of year we have coming up! With several new initiatives in the Fitness Centre and our new

What a busy time of year we have coming up! With several new initiatives in the Fitness Centre and our new Country Café, as well as all our existing sports, activities and events, Moutere Hills Community Centre promises to be a hive of activity. There is something on offer for everyone so keep up to date with what is going on through our facebook page www.facebook.com/MoutereHillsCommunityCentre and our website www.mouterehills.org.nz





RANGERS CRICKET CLUB

Registrations are open for the 2019/2020 cricket season

Rangers Cricket Club is based at the Moutere Hills Community Centre and welcomes players from around the district of all skill levels.

This season we are keen to enter junior teams with ages ranging from 5yrs—13yrs with the opportunity to play weekday evenings instead of Saturdays.

Our senior team will be playing in the Presidents League, social grade which play on Friday Nights.

If interested, or for more information contact Cindus recreation@mouterehills.org.nz



Country Café



Every Tuesday, from 1st October, Moutere Hills Community Centre will be open for coffee, Cake and a Chat between 10:30-12:30.

A great way for locals to Catch up and enjoy the magic of the Moutere.

There will also be a kids play Zone with a wide variety of interactive play equipment and toys.

\$2 entry per Child.



Country Christmas Market

Saturday 7th December 10.30am – 3pm

Join us for a day of fun with our Local Artisans, Crafts People and Service Providers.

You will be spoilt for choice with the range of unique Christmas Gifts available!

While the kids find that special gift, sit down and relax while enjoying some of the yummy food and drinks on offer.





Have your Christmas Function at our Idyllic Venue

Why not book your Christmas Function in our fabulous venue?

With our large function room, fully licensed bar, fabulous space and views it is an ideal location! We offer in-house catering and a fantastic sound system or you can bring in your own caterer and entertainment. Also on offer are fun interactive backyard games to enjoy while socializing in our friendly, relaxing environment. Talk to us today about customizing the perfect Christmas function for you!



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE Fitness Centre News





Shred For Summer

A brand-new, 8 week weight loss/toning programme, to get YOU ready for summer!

The programme benefits will include:

- Pre and post-programme body scans; detailing fat mass, muscle mass, water weight, and vitamin/ mineral content
- * A personalized exercise programme and nutrition advice tailored to your requirements
- * Regular one-on-one check-ins with Adele, our Fitness Centre manager and qualified trainer
- Weekly group workout sessions to increase motivation
- * Weekly fitness tips, nutrition education and exercise challenge to smash your goals

Shred for Summer Programme will run from 14 October until 6 December. Cost is just \$20 per week! Talk to us about special discounts for couples.

Phone or email Adele for more information or to register.

Spaces are strictly limited, so register today!



FREE for existing

Fitness Centre

THE WORX

Training for Teens

Learn how to correctly and safely use exercise equipment, lift weights and perform a range of exercises.

Get answers to your health and fitness questions. Review and update of your training programme to reflect your progress.

Includes:

- Fitness Centre Access for 8 weeks
- A Training Programme tailored to your goals
- Fitness and Nutrition Advice
- 2 Group Training Sessions per week with our Fitness Centre Manager and Qualified Trainer, Adele

8 Week Programme: 15 October— 5 December.
Group Sessions are Tuesdays and Thursdays 4:15-5:15pm.

To secure your spot, please contact Adele: adele@mouterehills.org.nz or 027 511



Student Special

Join the Fitness Centre for 3 months between November - February and pay just **\$100! NO JOINING FEE!**

To qualify you must be 14 years of age or older and be enrolled at a Secondary School or Tertiary Institute. An additional charge of \$30 will apply to 14-15 year olds or should you require a fitness programme.

All other usual Terms and Conditions apply. For more information, or to sign up, contact Adele.



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE Fitness Centre News



Concession Cards

As of Term 4 (Monday 14 October) we will be increasing the cost of casual attendance to all Fitness Center classes from \$5 to \$7. Concession cards will be available for purchase at the price of \$50 for 10 classes (only \$5 per class) and can be used for all Fitness Classes. Thank you for your support with this.

Casual Fitness Centre Usage

We are now able to offer casual Fitness Centre usage, on Mondays from 7am-9am and Thursdays from 7pm-8pm. These sessions will allow non-members to simply turn up, sign-in and workout! The cost will be \$7 per session.

PERSONAL TRAINING with Adele Cotton

Introducing our new couples rate! Designed to motivate couples to smash those health and fitness goals alongside one another at the cost of just \$70 for a 60 minute session.



We are thrilled to have an Accubody Scanner coming to Moutere Hills Community Centre on Saturday 12th October. No matter if your goal is weight loss, muscle building, muscular/ joint rehabilitation or even just to maintain a healthy lifestyle, this scan can help you! A follow up scan will also be available during early December (8 weeks apart). Scans are just \$40 per person!

Contact Adele for more information or for available scan times.

FAT TISSUE We quantify it, analyse it and show you how it's distributed throughout your body, Including an accurate visceral fat indicator.

LEAN TISSUE (Muscle) - measure, track and compare your segmental muscle mass and overall Body Fat % ensure equal, asymmetric muscular development.

BMR Lean tissue (muscle) burns calories! Know exactly how many calories your body requires at rest based on the measurement of your lean tissue mass.

 Data more accurate & reliable than any other BIA technology available - 98.4% accurate to DEXA.

 No empirical or statistical estimation of results

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BONE DENSITY Learn how strong your bones are.

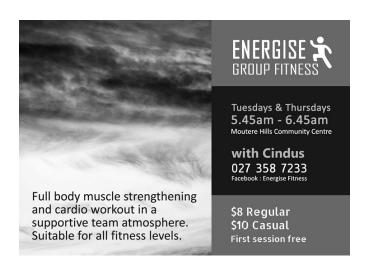


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Email: enquiries@mouterehills.org.nz

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Playing with your child at playcentre

The name gives it away, but the most important part of playcentre is having the opportunity as a parent or caregiver to play and explore with your child. The concept of play is crucial to your child's social, mental and physical development. It works to awaken their creativity, helps them discover new ideas by interacting with their environment and other children.

Here are some of the best ways to help support your child through play:

Try to follow your child's lead and not take over the play
Listen to your child and ty not to tell them what to do
Encourage your child throughout the play
Appreciate your child's effort and provide lots of positive feedback.

Come and join us at playcentre to explore the art of play in a safe and wel-

coming environment with your child.

Come and check us out. We offer a term of free sessions for first time families and all children under two are free. Session times are Mondays, Thursdays and Fridays 9:30am – 12 noon during school terms. You can find us at 84

"Whānau tupu ngātahi — families growing together"



Live @ Neudorf Vineyards Saturday 19th October 2019 from 2pm

As part of The Nelson Arts Festival Tickets Available through Ticket Direct

SECTION for SALE, UPPER MOUTERE

Corner of Moutere Highway and Flaxmore Rd

1.8 hectares flat land.

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Chooks for Sale

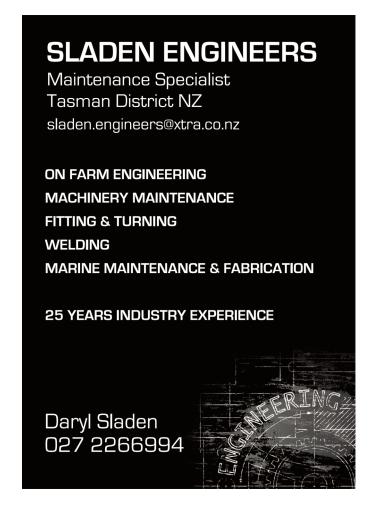
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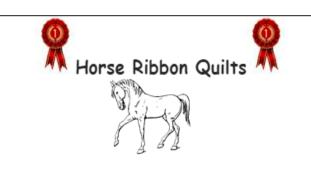


Craft n Connect

Craft n Connect at the Old Post office in Upper Moutere the second and last Wednesday of the month from 1.30 till 3.30 pm.

I Bring your knitting, crochet, drawing, embroidery or any craft and enjoy the company with I others and have a lovely tea or coffee with cake I from the cafe.

Info: Marijke Lup 021 0231 9489



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GOKYO & RENJO LA

One of the best short treks in Nepal!

After a flight to Lukla, we walk up to Namche Bazaar then head off the main Everest trail to reach the tiny settlement of Gokyo, set on the edge of a lake amid snowy peaks. Goyko Ri beckons, a 2-3 hour climb to 5340m with clear views of Everest, Lhotse, Cho Oyu and Makalu. The next day we skirt the lake on an old trading route and follow a rocky path to

reach Renjo La (5417m) in about 3 hours. It's quite different to the view from Gokyo Ri and we can take time to enjoy the grand array of vast Himalayan giants all around us. All too soon it will be time to drop down towards our next lodge.



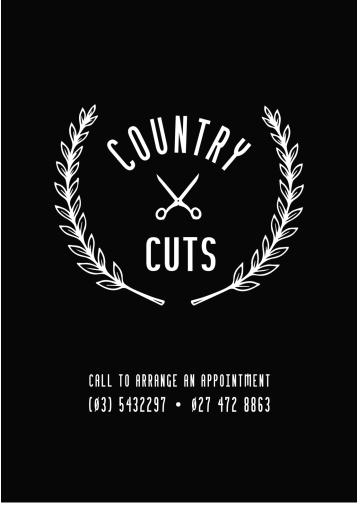
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Trewavas Street Art Walk

th Year Trewayas Street Art Walk, Motueka. (No charge for visitors)

7th December <u>10.am</u> - 4 pm RAIN or SHINE

More artists than ever, more properties to visit.

Punk Art, acrylics, water colour and oils, ceramics, photography mixed media and wrought iron, weaving and plant sculpture

Follow the yellow balloons as before and come and enjoy a nice day out, ouv a special

present for Christmas or just treat yourself to something new and exciting.

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Confession time. I have missed three Tuesday morning sessions in a row, pastel artists of new zealand all legitimate I hasten to add (dog to the vet, fu-

neral, committee meeting) but it means I'm unable to report on any challenges, shared knowledge or gossip that may have taken place. But today, Tuesday 10th September, I was back at my usual table in the corner near the wall heater, so can report on the activities of the morning.

There was gossip; it centered on joy or disappointment and the acceptance of rejection when a submitted piece of art is declined for showing by a judging panel. Criteria are always set by judges but it is still a subjective process and artists should not be despondent if their work is sometimes rejected. Try again is the mantra and who knows, next time you might be the one whooping with delight.

After the 10 o'clock 'sermon' (shared notices, nothing serious), Michael Busby talked about and demonstrated all the gadgets and paraphernalia, many home-made, that he uses in the creation of his paintings. It left most of us flabbergasted. His work is skilled and precise and the gadgets are designed to help achieve accuracy. Many of us work purely by eye and instinct and sometimes with the use of a grid, particularly for portraits. But there is a place for all. If you want to be loose and messy, you certainly can. If you want to be detailed and accurate, then Michael is the man to talk to!

When you read this the Tasman National Art Awards and Exhi-



Michael Busby demonstrating gadgets

bition will be underway in Mapua Community Hall. The exhibition will have opened on Saturday 28th September and is open daily from 9.30 a.m. to 4.30 p.m. until Saturday 12th October. Entry is free and there is still time for you to view and enjoy the art on display. You might even decide to purchase; all of the artworks are for sale. Information can be found on the art awards website or Facebook page

www.tasmannationalartawards.nz

For any information about our pastel group please contact our Area Representative, Glenys Forbes on 03 540 3388 or by email gmforbes@ts.co.nz. You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see national and international pastel artwork.



What's been happening: Adventure Therapy

New evidence that time in the outdoors and nature is good for us appears every day and we are always pleased to see it as it backs up the work we do at WIO and the results we see every day. Our Adventure Therapy programmes take this approach to a new level and enables young people to use their experiences in the outdoors to build confidence and skills to help them with wellbeing and mental health. We are running a series of Adventure Therapy programmes in 2019 and so far we are really pleased with the progress participants are making towards long term changes in wellbeing and life skills. Wellbeing and mental health are hot topics for our communities and developing effective ways that change these outcomes for our youth is vital.

What's coming up - Need a credit top up?

Adventure Max offers secondary age students a chance to earn up to 20 level 2 NCEA credits and take part in some pretty cool activities at the same time. The residential course runs from 31 October to 15 November and includes Rock, Cave, MTB and Sea Kayaking adventures in our beautiful national parks. There is a generous 25% fee subsidy on offer if you enrol before 30 September, so if you have a teen in need of credits, take a look at our website for more details.

Focus on... 2020!

Early spring may seem a little early to plan for 2020 but schools are already booking in for camps and we are involved in many course selection evenings connected to our Trades Academy Programmes. Most weeks, the programmes we offer are pretty much booked up so if you have a particular date or course in mind, we recommend you get in touch to discuss the options that are available.

Outdoor Wanderings - Taking it up a level - MTB

Mountain biking is pretty popular in our region as there are so many tracks at every level. If you've been out a few times and feel comfortable on some of the easier runs, Kaiteriteri is an awesome place to start taking your MTB skills to the next level. The park map shows you the different grades on offer and our favourite intermediate tracks include Ziggy / Corkscrew and Shady Lady - and if you ace those, Tree Hugger and Skullduggery are a good progression with a bit of R&R on the beach to finish.

We'll see you out there!

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Contact Doug today and he will explain what he can do for you.



New trees for the Moutere Catchment

Over the last few weeks with thanks to the Landcare Trust 3900 new trees have found a home in the Moutere. These trees were sourced by the newly formed Moutere Catchment Group. Whenua Iti along with seven other landowners have now planted the trees along waterways and around wetlands. The trees were funded by Trees That Count an online community marketplace where people and organisations can donate trees which Trees That Count then allocate to registered planting Tasman District council provided 1300 new biodegradable covers and a quantity of second-hand plastic covers and stakes.

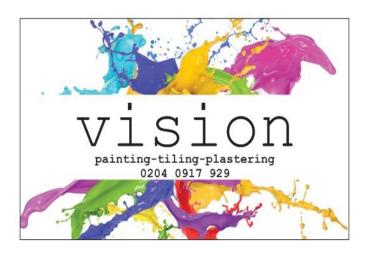
Upper Moutere school has become involved in planting at Lancewood Villa in Kelling Road, with the intention that they will continue to care for, and manage that planting in the years

The Moutere landowner catchment group has been formed in the last few months and is supported by NZ Landcare Trust regional coordinator Annette Litherland. The purpose of the The catchment group is in its early stage, and they are keen to project is to connect QE11 covenants via waterways and restore hear from other Moutere landowners who would like to be and replenish the life force and ecological health of the Moutere involved. catchment in a way that enables connection and action of landowners, families and community groups. The Moutere Email address and contact details catchment group is working alongside the Moutere Inlet group o Annette.Litherland@landcare.org.nz which is focusing on the health of the Inlet.



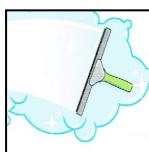












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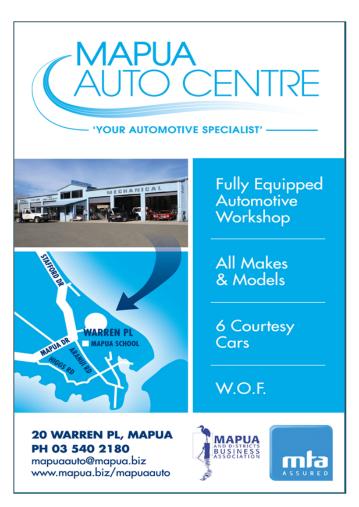
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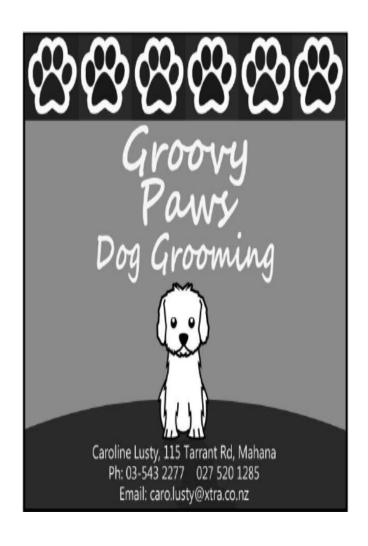
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Horse Talk

This month a refresher on **horses** and further down the page a reminder about **fireworks**. Horses are unusual from a veterinary viewpoint because they are not really a pet or a production animal, and they are also quite unique in how they respond to illness, inju-

ries and stress. However like most animals, if owners focus on preventative health and wellness, a lot of problems can be avoided.

Worm control

Drenching - this should be based on doing <u>Faecal Egg Counts</u> rather than regular 6-8 weekly drenching. This ensures a horse is drenched when it really needs to be and helps to slow down the development of drench resistance. Simply drop off a fresh poo sample to the clinic and we can do a faecal egg count for you. We can also check if your drench is working by doing a faecal egg count before and after drenching.

Feed management – Cross grazing paddocks with other species such as sheep and cattle reduces exposure to worm eggs in the grass and reduces drenching requirements. Daily/weekly poo pickup will also reduce pasture contamination. Supplementary foods such as hay should be fed up off the ground or in buckets to reduce exposure to worm eggs.

Quarantine – all incoming horses should be drenched and kept in quarantine for a couple of days before being allowed out onto pasture.

Selenium supplementation

Horses are often deficient in selenium because our soil is selenium deficient. We advise an <u>annual</u> blood test to check selenium levels then supplement as necessary. Most horses have a daily or weekly selenium dose given orally. It is not safe to guess as horses can also get selenium toxicity if overdosed.

Teeth

Symptoms of dental disease in horses include shaking/tossing/tilting of the head, poor response to the bit, poor transitions, chewing the bit, dropping

food, poor body condition, bad breath, nasal discharge, colic and choke. We recommend a thorough <u>annual</u> dental exam done under sedation to avoid these problems. When horses' teeth are examined regularly from a young age, we can prevent common dental issues such as abnormal wear, sharp points, ulcers, fractured teeth and periodontal disease (which can lead to heart, liver and kidney disease). These problems are not only painful but affect your horse's ability to eat/chew properly and its performance and condition.

We have a purpose-built facility in Haycock Road for examining horses and performing dental procedures. It is important that dentistry and extractions are pain-free and stress-free - we achieve this by using appropriate sedation and local anesthetic or nerve blocks as required.

Tetanus

Horses are the most susceptible domestic animal to tetanus. It is caused by specific bacteria in the soil and horses are exposed through wounds, hoof injuries and ulcers in the gut. It is very difficult to treat so is usually fatal.

However, prevention is very easy. Horses should have a course of two tetanus vaccinations one month apart, then another one a year later, then one every 3 years. Broodmares should be vaccinated every year so their foal is protected from birth by antibodies in the milk. If the mare is not vaccinated, the foal will require a tetanus anti-toxin injection soon after birth.

Feet

Horses should have their feet/hooves attended to every 6-8 weeks.

A wee reminder about fireworks coming up.....

If you have an animal that is freaked out by fireworks, it is more effective to prevent (or at least reduce) their exposure to the noise and lights than it is trying to calm them when they are panicking. Consider moving horses to a safe and quiet paddock. Keep pets inside. Close curtains and turn on the TV before fireworks start. Rescue Remedy, Adaptil collars and Thundershirts can help but need to be started days or weeks before Guy Fawkes. We sometimes prescribe medication to calm animals but this requires a vet check first so should also be done ahead of time.

Call us if you'd like more help or advice.

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Essay: Road to Nowhere

We left Portrush at 7am on a very cold March morning. We were driving to Belfast to catch the ferry to Stranraer, Scotland and then onwards to Ayr further north on the west coast. It was our niece, Emma's birthday and I was going to be the clown and children's' entertainer at it. Added to the journey was my partner's mother Gwen and a wine storage cupboard, which my partner's sister, Jan had purchased on her last trip to Northern Ireland.

As we were driving down the motorway towards Belfast you get a good view of Belfast Harbour and the ferry terminals. Scanning the harbour, I thought there was something missing. I turned to my partner and said, "I can't see the fast ferry."

There were two types of ferry that operated the Belfast to Stranraer crossing. One was your conventional ferry and the other was a highspeed ferry service (HSS). The difference between the two wasn't just the crossing time. The HSS was a catamaran that could travel a 75km/ ph. With it being a new boat, it was a lot plusher inside and generally it was a much nicer experience. Stenna Line put it into service boasting that it would have a crossing time of 85 minutes, whereas the conventional ferry's sailing time between Northern Ireland and Scotland was over 3hrs. When the HSS was first put into service it was a sight to see, a spaceship like design powering its way up Belfast Lough to the Harbour. Many people would line the coastal paths of the Lough to get a glimpse of it. It was for this reason that a family in 2007 were along the shoreline when the boat passed them heading towards the harbour. Having watched it speed by they seemed to be unaware that the boat created a wake. So, they stood and watched as the wave travelled towards them. Standing still, probably still in awe of the vessel, it never occurred to them that a wave of about 0.5m had to come ashore somewhere and that that somewhere was pretty much where they were standing. The woman and her two young children were reported as nearly being swept into the sea by the wave. Once word had spread about this unfortunate incident there were plenty of people who came forward, through their personal injury lawyers to claim the same thing had happened to them. The repercussion of this was that the highspeed ferry had to reduce its speed as it entered Belfast Lough. It still had the fastest sailing time, but it was now 119 minutes. Oh, and there was the incident of a truck and trailer unit going through the rear doors half away across the Irish Sea. It was just left dangling out of the ferry, metres above the water and the boat had to return to port. I know ferries are designed to be 'roll on, roll off' but I'm not sure this is exactly what they had in mind.

Anyway, on this March morning the fast ferry was nowhere to be seen. The lough or the open sea didn't look rough (Oh yes, I forgot, another design flaw of the HSS was the fact that it couldn't handle rough seas) but yes, the sky was a grey and the weather forecast was for a bit of snow.

We drove our car into the boarding lanes and when we got to the check-in booth, we were told the bad news. The fast ferry wasn't running because of the forecast, so we would all go on the slow boat. The check-in lady also informed us that the weather in Scotland was pretty wintery with many of the roads closed. "That's ok" we said as we were only driving 40 minutes once we were in Scotland and that was on the major roads. We were directed onto the ferry and we had resigned ourselves to the fact that the ferry was going to take about 3hrs. Our plan was to return home straight after the party on 6pm sailing back to Belfast.

Once on board this ageing ferry we headed to the lounge area. The interior of the ferry looked as though it had spent at least the last 10yrs resting on the bottom of the ocean rather than floating above it. Everything was worn down with peeling paint on the bulk heads. As we looked around, we noticed that many of the passengers were football fans. The fans were divided into 2 groups. The green and white of Glasgow Celtic and the blue and white of Glasgow Rangers. Now I knew why they had put on such an old vessel. There was a good chance that the rival football fans would trash the vessel in a mini riot. If a riot

broke out on the way to Scotland, the ship was in such a poor condition that a) no one would actually notice, b) no one would care and c) there was the very real possibility that a small riot onboard might well improve the vessel's looks.

As the sailing got underway, the views from the window can be best described as grey. A grey sea, disappearing grey land and appearing grey horizon.

Every 15 minutes a message would come over the ship's tannoy about the weather in Scotland. Roads were being closed due to snow and then we heard that all train services had been cancelled due to snow. It was at this point that we started to take the weather forecast seriously. All roads out of Stranraer were now either closed or being described treacherous to drive on. Needing to find out more, I headed to the info desk. Due to the deteriorating conditions there would be no 6pm sailing back to Belfast. There was only going to be the 12.30pm, which was the vessel that we were on doing a return journey within hours of it docking or a midnight sailing. My partner and I were now faced with the dilemma. If we were going to make it to Ayr for the party, we would be unable to get a ferry until midnight but if we didn't go to the party, we could get the next ferry home. We returned to the lounge to inform my partner's mum of the situation. To Gwen it was straight forward :we were going to the party and we would catch the night sailing home. But Gwen wasn't driving, and Gwen didn't have a job to go to the next day. We decided that we would make our decision once we had reached Scotland. We settled back into our seats having bought a cup of hot grey water that had been advertised as tea.

After several hours, out of the greyness you could see the light grey outline of Stranraer, Scotland. As the ferry approached the port, the Captain made an announcement: "there is a power outage in Stranraer; therefore we are unable to dock as the ramps to the boat are not operating". We were now trapped on the boat 500metres offshore. We stared out the window into the greyness. Occasionally we would spot something that was a little less grey, but these just turned out to be cars with ½ a metre of snow on the roof. After about an hour the boat started to move again. The power to the docks had been restored. As the ferry was moving towards the docks my partner and I were moving towards the same decision about what to do once we were off the boat.

As we drove down the ramp into the port, we saw rows of vehicles waiting to embark. My partner and I exchanged glances. We were on the same page. We drove towards the exit of the port, did a sharp right-hand turn and lined up behind the other vehicles waiting to board the ferry home. Gwen realized what we were doing and made a protest. We explained again that the roads were closed due to snow and this was the only ferry that would get us back to Northern Ireland at a decent hour. Not happy with our plan, Gwen then did something that we had never witnessed before. Out of her handbag came a mobile phone; she had, up to this point, insisted that she didn't need a mobile phone and she wouldn't remember how to use it anyway. She phoned Jan to tell her we would not be going to the party. My partner and I stared out of the window into the greyness while we waited to re -embark onto the same ferry to go home.

By L.M

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1 medium onion, finely chopped, 3 cloves garlic crushed, 1 red capsicum diced, 1 carrot grated, 1 stick celery finely chopped, 1 zucchini grated, 400gm tin diced tomatoes, 2 tablespoons tomato paste, 1 cup vegetable stock.2 sprigs rosemary or other herb, 4 large potatoes scrubbed.

Wrap potatoes in foil with a little seasoning and bake in the oven.

Place all the other ingredients in a large pot and cook until reduced to a sauce.

Remove potatoes cut a cross in the middle and press to open. Top with sauce, chopped parsley and sour cream.

This is a versatile sauce, make a vegetable lasagne with it, use as a pizza topping, with pasta dishes, meatballs etc. Change the vegetable around to suit the season. Eggplant is lovely in this too. Make a large pot and freeze.