

DOWN BY THE RIVERSIDE

LOCAL LIVES



The Riverside Café is a local landmark, serving homegrown produce wherever possible, as chef Jenny Lomas explains.

Salad leaves, garlic, tomatoes, spinach, plums and lemons are among the herbs, vegetables and fruit grown in the two-hectare organic gardens at Lower Moutere's Riverside Community. Much of this homegrown produce is used in the dishes on the Riverside Café's menu, which changes four times a year to make the most of what's in season.

Chef Jenny Lomas says the café uses as much local produce as possible, including wild goat, pork and rabbit. "We like to offer inventive and inspiring food that you won't necessarily get elsewhere," she says. "One of our most popular dishes is our Mauritian wild goat curry. We really like people to try different flavour combinations."

Visitors can enjoy brunch, lunch, coffee and home-baked cakes and brioche every day of the week, with a dinner menu served on Friday and Saturday evenings, accompanied by local wines, cider and beer.

The Riverside Community was formed in 1941 by a small group of Christian pacifists, who wanted to lead a peaceful, cooperative way of life. Seventy years on, the community is still going strong, though it now takes a secular approach. Community members live in individual homes and receive a weekly allowance, with all assets belonging to the Riverside Charitable Trust. The Trust runs several other businesses on site, including a dairy farm, shop, hostel, and events and workshop centre. Profits go back to the community or worthwhile local causes.

Many of the café staff live in the community, including manager Franka Haeussner and front-of-house Charles Mersmans, who has been welcoming guests since it opened 15 years ago. Other community members help out in various ways, tending the gardens, distributing flyers or doing the kitchen laundry. The copper chandelier in the dining area is by community member Che Vincent, whose gallery is just down the path, and artworks

on display are by Bonnie Coad, mother of cake baker Sandra, another long-standing community member.

Che is also behind the distinctive landscaping and cactus garden, which draws enthusiasts from around the region. Younger visitors enjoy the playground, created by another long-term resident, and can also head to the meadow for pony rides each Saturday from 12.30-2.30pm.

Jenny joined the team in May 2013 as an off-site employee. Having trained and worked in London, she settled in New Zealand in 2011, finding work in the Coromandel. "I spent time in Upper Moutere with my partner through our connections with the Chandrakirti Meditation Centre and we really liked the area," she says. When the chef's job came up at the Riverside 18 months ago, Jenny jumped at the chance to be involved in the community.

She and the team were thrilled in November when the Riverside Café featured in *Hospitality Business* magazine. A research mentor at AUT's School of Hospitality and Tourism came to stay at Riverside for a week while at a Nelson conference, and was a regular visitor to the café. He told the magazine he'd experienced the best hospitality of his life and some of the best food he'd ever eaten.

"We were blown away," says Jenny. "We don't enter any awards, but we're really proud of what we do. We just hope people have a nice time, and we're so grateful for all the support from local businesses and visitors."

Many have fascinating stories from the Riverside Community's past so will be interested to know that the café is planning to create a wall of photos from the 1940s to the present day.

You are free to wander round the Riverside Community, but guided tours are the best way to go for larger groups. Please call 03 526 7805.



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The deadline for each issue is 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

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

There is no cost to having your articles published, but if you are telling the community about a commercial or fundraising venture, we do appreciate a small donation to help us cover our costs (see above for bank details).

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MOUTERE HILLS COMMUNITY CENTRE



Happy New Year Moutere Community!

With Christmas over and Summer in full swing, we look forward to another busy and exciting year ahead at Moutere Hills.

It is great to see the Fitness Centre's popularity continuing to grow as we reach 120 members. This is proving to be a big asset to the community and we once again thank you for your on-going support.

The Centre has been hugely utilised over the summer period with a number of weddings and still many more to come throughout the year. We had a good turnout for our outdoor Summer Movie night and look forward to the Sarau Festival which is always a day filled with family fun and entertainment.

Once again, we offer a full schedule of activities for your enjoyment. Most restart at the beginning of the new term in early February with some already underway. Please check our website for further details www.mouterehills.org.nz

Sarau Festival Blackcurrant Festival & Country Market

Sunday 1st February

A great family day out in the country with over 100 stalls, activities for the children plus lots of entertainment including live music!

**Gates open at 3pm
Look forward to seeing you there!**

Moutere Hills Community Centre

Your venue for

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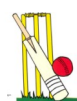
Website: www.mouterehills.org.nz

Rangers Cricket Club.

With the Christmas break close to being over, the guys have made it back into the nets improving their skills and getting ready for the second half of the season. We've progressed well as a team even though we're still chasing that elusive first win for the season. Anyone who would like to play, no matter what skill level, are welcome to come and have a hit with us. Training is every Tuesday at Upper Moutere Primary School's Bottom oval at 5pm.

Our upcoming games are:

Jan 31st Vs Marist (Venue TBD)
Feb 7th Vs Tapawera @ MHCC
Feb 14th Vs Riwaka @ Riwaka
Feb 21st Vs Mapua (Venue TBD)
Feb 28th Vs Stoke @ MHCC
March 7th Vs Motueka @ Greenmeadows



A big thank you to our sponsors the Upper Moutere Inn and Sarau Trust for all their support of cricket in the Moutere.



Rangers Rugby Football Club

Summer is definitely here but doesn't mean you can let your fitness levels drop as before you know it the Rugby Season will be here!

RANGERS SENIORS PRE-SEASON CONDITIONING – Saturday Mornings 8am

Start getting your body ready for this years Rugby season. Our seniors have started their pre-season conditioning training on Saturdays Mornings at 8am at our home grounds at the Moutere Hills Community Centre, so come down and join in!

RANGERS SUMMER TOUCH – Tuesdays Nights 6pm-7.30pm

Rangers social summer touch is continuing throughout the summer and it is great to see so many of you turning up and having a run around, and a friendly game of touch throughout the xmas season. Anyone is welcome to come along and join in for just a gold coin donation which goes towards the Rangers Rugby Club Fundraising. Touch takes place every Tuesday night at 6pm-7.30pm at our home grounds at the Moutere Hills Community Centre. Feel free to bring along the kids as well and we can get them having a throw around of the rugby ball too!!

Don't forget to keep up to date with what is happening with the club by checking out our facebook page RANGERS RUGBY CLUB.

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COMING EVENTS AT THE MOUTERE INN

- ❖ **LIVE MUSIC 8PM SAT 7th Feb "The Gypsy Pickers"**
Always a favourite at the Moutere Inn, the Gypsy Pickers are back, with their unique blend of high energy acoustic music with the power of soul.
 - ❖ **FINE DINING EVENING SAT 28th February 7pm \$45**
We will be offering a relaxing evening, of fine dining over five courses. Focusing on produce from the Moutere Artisans we will also be matching local wine and beer with each course. 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. This month the 5th.
2nd Thurs Quiz Night. This month the 12th.
Last Thurs \$20 Ribs Night. This month the 26th.

THE MOUTERE INN
THE CENTRE OF THE MOUTERE

Phone 543 2759
www.moutereinn.co.nz



RECREATION



UPPER MOUTERE TENNIS CLUB

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

Welcome to a glorious 2015 – perfect tennis weather so far!
Our weekly Programme continues...

- **Social Tennis:** Sunday Mornings: Begins at 9:00am
- **Cardio-Tennis:** Tuesday Mornings: 9:00-10:00am
A fun hour combining a cardio workout with tennis drills, all to music!
- **Coaching:** Wednesday Mornings: 9:00 – 10:00am
Thursday Mornings: 9:00 - 10.30am

For Coaching, Contact Vanessa Mairs 543 2332
Individual coaching also available

- **Junior Coaching** with Vanessa, resumes week of 9th Feb
- **Senior Inter-Club:** Several UMOtennis teams are playing in the local NBTA competitions. Contact the club, if you are keen to take part.

To join Upper Mouere Tennis go to:
<http://www.mouterehills.org.nz/clubs/upper-moutere-tennis-club/>
for our 2014/15 Membership Form
or email

UMOTennis@gmail.com

We look forward to seeing you on court



Fun class, working on core strength and balance, with music you can sing along to. 45 minutes of toning and fat burning followed by an all over body stretch, then an optional 10 minutes of stomach crunching, bring a towel or yoga mat for this please.

GET FIT! aerobics classes

Fridays bpm - 7pm

\$5 a session
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No need to book, just
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Don't think of it as
exercise, more a case of
meeting up with friends
and dancing the night away.

Join us for a glass of wine and
a catch up after class, so bring
some friends and join the fun.



get fit aerobics
Sam - 543 2512
Mouere Hills Community Centre
get fit aerobics
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Classes start back Friday 13th February



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COMMUNITY

From The Moutere Hills Residents Association

Various property owners around the district are receiving letters from TDC indicating that their property is to be added to the **Site Contamination Register**.

This may be based on evaluation of historical aerial photographs on which properties appear to have been used as **orchards in pre-1970s** times, which means toxic substances such as **lead arsenate or DDT** might have been used or stored on the site. These chemicals accumulate in the soil and do not break down or leach away.

Have you received such a letter yourself?

The Moutere Hills Residents Association is collecting feedback from affected landowners in order to accumulate and share information which might then help others affected.

- *Does TDC want to add your property to the Site Contamination Register?*
- *Are you concerned about what this might mean for either your personal health, or for the resale value of your land?*
- *Have you taken further steps such as investigating the issue, or getting soil tested?*
- *Have you communicated with council about the details of the registration - and how was your success in negotiating with council?*

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

MOUTERE COMMUNITY YOUTH TRUST

Te Puawai Tanga O Rangatahi



New Youth Workers Appointed!

Former Moutere-ites Tessa (nee Heine) and Billy (Daniel) Werner have returned home and are going to take up the role of Community Youth Workers following the retirement of Andy and Abbey Bensemann.

Billy and Tessa have been working at the Blue Mountain Adventure Centre in Raurimu, National Park, and are keen to introduce new activities and programmes to our local young people. Initially they will be engaged for six months when they then head to Switzerland to visit Billy's Mum, Madi.

Billy and Tessa have 4 children: Leah, Grace, Ollie and Zac who will attend Upper Moutere School.

Thanks again to Andy and Abbey for all their fine work over the last 3½ years.

"It takes a community to raise our young people ... so they too will help raise young people."

Leigh Briars Moutere Community Youth Trust

UPPER MOUTERE VOLUNTEER FIRE BRIGADE

Call Outs for 15th Nov - 15th Jan

21.11.14 Motorbike accident, Neudorf Road.

24.11.14 Tree harvester fire Supplejack Valley Road

26.12.14 Vegetation fire, Old Coach Road

26.12.14 Vegetation fire, Old Coach Road, re-ignition of previous days fire.

The brigade is currently looking for new members so please step forward if you would like to be part of a valuable community team...

Contact Fred Ewers 0210316615
Alan Rankin 5432862

The Social Group meets at the Sunday School Hall (Upper Moutere Lutheran Church) on **Thursday afternoons at 1.30pm each fortnight**. Join in games and cards. Enjoy our afternoon of fun and fellowship.

All welcome. **Contact Brian or Lois Eggers ph 5432 871.**

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Community Tribute of Respect and Remembrance. Anzac 2015

This is an invitation to groups and individuals who would like to take part in being creative and make poppies in any art form. Crafty Tarts and the Motueka RSA would like you to help us make poppies to commemorate the 100th Anniversary of World War 1.

If you are up for the challenge and want to be creative and have a go at designing your own, anything goes, any art media as long as the poppies are red.

For those who are knitters, sewers, felters and craft makers the RSA will supply some red wool, knitting needles, crochet hooks, buttons, ribbon etc but any donations of red wool would be appreciated and can be dropped in to the RSA, Library, Red Cross, or to Crafty Tart members.

They will be sewn onto army blankets or wreaths and made into displays in the library, museum, RSA and shop windows prior to Anzac Day 2015.

Patterns are available for crochet, knitting and shapes of poppies to felt. These can be emailed to you, or you can pick them up at the RSA, Library, or from the Crafty Tarts group.

Schools will also be invited to participate, to make paper or paper mache poppies (or other materials) also for displays, and maybe a competition will be arranged for them.

Posters will be up shortly around the town.

To get in touch with the organisers, contact:

Berneer at the RSA - phone 528 977,

email motueka.rsa@xtra.co.nz



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Rural Women NZ News:

We are pleased that Liz Evans our former National President and also former councillor for the Top of the South has been recognised in the Queen's New Year Honours list and has received the NZ Order of Merit. Liz lives in the Waihopai Valley out of Blenheim.

Rural Women's 3 wishes for the New Year are:

- *Give family violence a permanent holiday.
- *Giving for Good. In line with our charitable status we give bursaries and scholarships and support national and local projects and campaigns.
- *Keeping our children safe. Going to school, on the farm, at the beach and at the local pool.

We wish you all and happy and safe year ahead.

Pat Moore.



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MAPUA BOWLING CLUB



THE WRITE BIAS

The New Year has seen both new members and long-time members enjoying bowls in the lovely summer weather. Club competitions are underway and the Club has had teams entered in various Nelson-wide competitions as well.

One annual tournament that is always hotly contested at the club is the Kiwis vs The Rest of the World. This year it was held just before the holidays. Members, dressed in costumes to represent their countries of birth, battled for the Daubney Trophy. After an afternoon of keen bowling, the Kiwis won the close contest. Frank Gibbison, captain of the Kiwi team, accepted the Daubney Trophy on behalf of his team. The tournament was followed by a BBQ.



(Photo: Frank Gibbison accepts Daubney Trophy on behalf of the Kiwi team)

League Bowling is underway and is held Monday evenings beginning at **6 p.m.** These sessions are open to new and experienced bowlers with both friendly and competitive play. There is no need to pre-book; just turn up on a Monday evening and give it a go. Flat-soled shoes are essential to protect the green, but there are plenty of sets of bowls to borrow at the club and the bar is always open. Why not give it a try?

For information about bowling, coaching or booking the clubhouse and facilities please call Secretary Jean Daubney (543 2765) or President Michael Busby (544 6325)

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Grapevine circulation is 1300 copies. This issue has been constructed by volunteers: Tanya Doty, Beverley Sellers, Sharon Beuke, Avril Stephens, Viv Sellers and Heather Eggers. Views expressed are not necessarily those of the voluntary editors and no responsibility is taken!



Riverside Café

- * Wild Meats, Organic & Seasonal Specialties
- * Fantastic Coffee, delicious cakes & brioche
- * Awesome kids playground, tranquil garden
- * On the Great Taste Cycle Trail

Arabian Nights Dinner

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Early Childhood Education & Care



Hi. I'm Sharyn and I work part time at Country Kids. My three gorgeous children are awesome thanks to their early years spent at Country Kids! In all, I have been

involved here as a mum and a teacher for eight years. They are an important part of my family. When my youngest left, I was the mother staring wistfully through the door so Nickie gave me a job. I work mainly in Ngā Whetū but also help the girls in Piko piko from time to time.

Last century I trained as a primary teacher and have taught in lots of small country schools around the top of the south. I love this area of New Zealand and I love my career. Being with children every day has got to be the most fun way to spend time. I'm sure it keeps us young and switched in to the real world of nature, creativity and relationships.

I run a small property (read old MacDonald's Farm) in Dovedale and I am an artist and writer when I'm not at Country Kids. At present I am studying art through the Learning Connexion in Wellington. It's a really inspiring art school and I highly recommend it. In my spare time (snigger) my biggest treat is to disappear into a good book or a movie. Most of the time though I spend mowing lawns and spraying weeds and just trying to keep the wilderness at bay.

So that is just a snapshot of me. Feel free to say hi next time you're passing and I'll tell you more about how amazing Country Kids would be for your family.

Congratulations to Country Kids float, they won "Best School" and Best Over-all in this year's New World Starlight Parade.



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It is very important to generate a good attitude, a good heart, as much as possible. From this, happiness in both the short term and the long term for both yourself and others will come.

[Dalai Lama](#)

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email: caro.lusty@xtra.co.nz





News from your Preschool in The Moutere

Kia Ora Koutou, and a very wonderful and peaceful New Year to all our families and the community! To farewell 2014 and get into holiday mode the Harakeke whānau again enjoyed our traditional Christmas Camp at Kina Beach Reserve in the week before the home festivities took all our time. Our children, siblings, parents, and teachers relaxed by and in the sea, explored the rock pools and soaked in the hot tub. They enjoyed each other's company, good food, music, singing and of course toasted marshmallows on the camp fire - for the first night anyway - then the rain came.....

We have all had a wonderful break, caught up with friends and family, relaxed, ate too much, got jandal and tog lines from this gorgeous Nelson weather - and are now ready to embark on the new adventures that come our way. The children- like the tomato plants in our green house, have shot up and seem to have grown inches over the Christmas period- are enjoying reconnecting with their friends, making cakes in the tipi, digging rivers and using the pump to fill them in the sandpit as well as creating masterpieces in the art area inside the cooled building.

The start of 2015 sees BIG things happening here at Harakeke:

- Our hours have changed and we now operate Tuesdays to Fridays (8.30am - 3.30pm)
- We now have a new programme for children aged 2 -3 (Tui Tots ?????), and are currently taking enrolments. Spaces are limited.
- We are turning 5 and are having a Birthday celebration/Open Day for past, present and future families - and anyone else who would love to join us. Sunday, the 8th of February (wet day Sunday 15 February) is the day to mark on your calendars. From 11 - 2pm we will celebrate... bring a picnic; cake time will be at 1pm. This is a wonderful opportunity to come and look around, talk to past and present families, share beautiful food, see what the children get up to and relax in the atmosphere that is Harakeke.

Any queries please call us 03 5432 119

Ka kite your Harakeke team

Tasman Gymnastics Club



Gymnastics is a fun, physical activity for all ages and abilities. No other sport uses all 7 of the fundamental movement patterns which are: spring, landing, rotation, locomotion, balance, manipulative skills and swing. Gymnastics is a high-impact sport which improves bone density, can help reduce the onset of osteoporosis later in life, and improve posture and quality of movement. In gymnastics we regularly cross the body's midlines, making both sides of the brain work, improving balance, spatial awareness, hand- and foot-eye-coordination and lots more. If your child is struggling to learn to swim or ride a bike, they will benefit from more work on crossing the midlines of the body, which develops the brain. Gymnastics will help with that.

Term 1 is 7 weeks long and starts Monday 9th February

Enrolment: All classes must be booked in advance, by enrolling your child you are committed to pay the full term fees on or by the first week of term. .

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ANIMALS

Hello Animal Lovers

Happy New Year to all animal lovers and their beloved pets. Judging by the recent weather, this is going to be a long hot summer.

Traditionally, many people take on a new puppy or kitten at this time of year and although I have written about it before I believe it is important to repeat some important tips.

New animals are always an exciting addition to a family but it is very important to realise that each member of that family should be properly introduced to the new pet. With dogs, as they are a pack animal they need to know where they are put in the new pack they are joining. It is very easy for everyone to make a big fuss of the new arrival, picking it up, feeding it titbits and generally spoiling it. New puppies are usually very pretty and cute and this is a natural human reaction. However, dogs need structure and boundaries. That is why a routine should be established with the new puppy. Bearing in mind it has come from being with its mother and brothers and sisters, it now has to adjust to its new situation. So a designated sleeping area should be given as well as a place where the puppy is fed.

It is too easy to give in to whining and bring it into the bedroom or on the owner's bed. However if this happens, it is likely it will be that way for life. Many owners do not realise in doing this they are elevating the dog's position in the pack and when it gets older it will try to dominate or be possessive. It is very important that the chief owner in the family takes on the role of pack leader and does not elevate the dog by picking it up or allowing it to jump up on the furniture or bed. As pack leader the dog should also only eat after the owner and be taught to wait for its food. This is also pack leader behaviour. Going first through doorways or gates it should also be the pack leader. These are simple rules that every dog respects and understands and if followed will allow it to grow up respectful and obedient. Also every member of the household should be consistent with these rules and other pets carefully introduced or friction could result..

Kittens also should be given a similar routine. Although not pack animals like the dog, a cat is territorial and needs to know where its territory is. This includes the owner and family. Cats can also be taught a routine. Food should be given only once a day (or twice as kittens) but not just left out for the cat to eat 24/7. Cats by their nature are hunters and predators and do not need access to food constantly. They need fresh meat and some dry food to replicate their historical diet. Cats also sleep a good part of their day and like comfort and safety. An igloo type bed is ideal as it allows the cat comfort but safety from behind and it can see out if anything is threatening. New kittens should also be introduced to all members of the family both human and animal as they need to know where they fit into this situation as they are easily frightened.

Once a new animal has got into an established routine and is confident with its surroundings it will go on to be a wonderful, loyal and loving companion for the rest of its life. It is the responsibility of all animal owners to see that this happens as it will be enriching for all.

I am always happy to answer any animal behaviour questions.

Susan Mott Animal Behaviourist ph 03970 0952

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Facial Eczema (FE)



It's that time of year again when we should be starting to think about the facial eczema season that will be here before we realize it. Facial eczema occurs when cattle or sheep ingest the spores of the fungus *Pithomyces Char-tarum*. Sporodesmin toxin presents in the spores, causes serve damage to the liver, and decreases the animals' ability to handle waste materials including the plant pigment chlorophyll.

An accumulation of chlorophyll results in photosensitization and inflammatory damage to the skin.

The fungus grows well in warm and moist conditions and peak levels are usually seen in late summer/early autumn. Regular, light to moderate rainfall along with overnight temperatures consecutively greater than 12-13 degrees sets the scene for spore counts to rocket. Pasture with moderate levels of dead matter at the base of the sward is also at much higher risk.

We will once again be taking grass samples from five monitoring farms this season and posting the results on our web page and also notifying when the facial eczema season begins. During the season, if you are worried, bring a pasture sample into the clinic and we can perform a spore count on it for you.

Prevention

Because of the many micro climates around the Nelson area, Town & Country Vet recommend that all susceptible farms monitor the spore counts on one or two of their sheltered paddocks to identify the current level. Prevention is the only way to avoid facial eczema losses if spore counts rise to dangerous levels.

If the early to mid rise in spore counts is missed and conditions remain favourable for the fungus, then the timing may be too late to provide suitable prevention treatment with zinc.

Zinc supplementation is still the most effective means of reducing the liver damage effect of Sporodesmin. It does this by binding to and neutralizing the toxin.

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COMMON FLEA QUESTIONS/MISCONCEPTIONS

I only saw one flea and I removed it so it will be fine now

Adult fleas are only 5% of the population. The rest is made up of flea larvae, pupae and eggs. If you've seen one, chances are high there is a population somewhere

I've flea treated my dog and I can just use half of the same treatment on my cat

NO! Strengths and also sometimes ingredients differ between flea treatments for cats and dogs. Some cheap dog flea treatments are even toxic to cats. Unless you have specifically consulted with a vet, do **not** use a dog treatment on a cat

I've heard flea collars are bad for animals. Is this true and why?

The main ingredient in many budget flea collars is organophosphates, which are a group of insecticides that work by interrupting nerve signals. These chemicals can be hazardous to ingest not only for animals but also small children who may put their hands in their mouths after touching animals. Even if the chemicals are not hazardous, these collars will only kill those (adult) fleas within the very near vicinity of the collar, leaving the rest of the body untreated and not killing any other life stage.

There *is* ONE exception which is the veterinary-approved Seresto® collars. Please ask us if you have any questions regarding this collar

It's winter. I don't need to treat for fleas

Fleas are present all year round, just in not as many numbers. The key to flea control is PREVENTION. If you treat during winter and keep the population under control you are less likely to have an 'explosion' in the heat of summer

How do I know whether my animal has fleas?

The quickest test if you can't see adult fleas is to run a damp paper towel through your pet's coat, rubbing at skin level. If fleas are present their 'dirt' (droppings) will cause red spots on the towel

I've seen fleas on my dog and I've treated him/her but my cat isn't scratching so I don't need to treat him/her

Cats tend to lick not scratch when they have fleas. If your dog has fleas it is almost certain your cat will too

I've treated my cat/dog but I can still see fleas, it didn't work!

When treating for fleas it is important to also treat the environment. If there is a population somewhere they will continue to hop onto your pet (making it appear the treatment hasn't worked). These fleas will die but you need to neutralize these to control the problem. Whenever you treat for fleas make sure to treat the environment

My dog/cat doesn't get fleas!

Every animal is susceptible to fleas, it might just be that they haven't encountered fleas yet. However more often than not we see fleas on an animal that "doesn't get fleas"



Something for the Barbie?

Soo Gee can help spice up your barbeque with these easy

GINGER CHICKEN DRUMSTICKS

350ml Ginger beer, 3 tablespoons honey, juice of one lime, 2 cloves garlic (chopped).

Put all ingredients except garlic in a pan, simmer for 5 minutes or until it's slightly reduced and a bit stickier than it was to start with. Remove from heat, add the garlic and cool.

Put about 8 chicken drumsticks in a single layer in a dish, pour the marinade over, cover and put in the fridge for at least one hour—overnight is better.

Remove the drumsticks from the marinade, return the marinade to a pot and boil for 5 minutes until it has reduced again and is sticky—stir the whole time.

Barbeque the chicken for 10 minutes then brush with the glaze, cook a further 5 to ten minutes until fully cooked.

BARBEQUED PINEAPPLE

Mix together a glaze—4 tablespoons each of dark rum, honey and orange juice and a small grating of nutmeg (optional). Warm the glaze a little to make it easier to blend.

Cut the top and bottom from a pineapple, cut lengthways in quarters, remove core and then cut the quarters in half.

Brush each piece with glaze, cook over a medium heat, turning often, glazing again if needed.

Give it time to cool a little as it will be HOT! Young ones will love it served with ice-cream, grown ups—serve with lime wedges.



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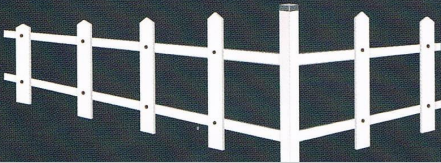
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NEW ROAD IN THE HILLS – *Lyell to Seddonville*

Written by Martin Douglass

There's been a lot of interest recently in the controversial construction of The Old Ghost Road – an 82 km long mountain bike track linking the town sites of Lyell and Seddonville. Outdoor folk are divided as to the development's merits. Bikers will love it while wilderness fans probably regard it as an invasion of a pristine area. Three local trampers (Mike Graham, Martin Willets and Martin Douglass) got curious and wanted to see for ourselves whether the track was "A Good Thing" or not. So when in early October the weather forecast said "fine for the next few days" we were off.

A difficulty when planning this trip is how to get back to your car after you get to the other end of the track – there's not much in the way of public transport. However, "Hike and Bike" run a van from Westport which can be booked to pick up trampers from Seddonville. Fortunately for us we had friends going through to Karamea who drove our car round to the Seddonville end after we got out at Lyell.

Lyell township sprang up as a result a gold rush in 1862 and had its heyday from 1880 to 1896 with a population of over 2000. Alluvial gold was the first to be won but quartz mining became the town's mainstay with the United Alpine mine employing 200 men. Banks, schools, hotels and churches were built along with stores and workshops. The economic activity extended to road building with an ambitious plan to link with a track already begun from Seddonville. The desire by often isolated mining communities to improve communications with neighbouring settlements wasn't uncommon; the Croesus and Wakamarina tracks are two further examples.

Mining activity declined after the Alpine closed in 1906 and the town itself suffered major fires in 1896 and 1926. The route to Seddonville was never completed and became a "Ghost Road". A further blow to the town was the Murchison Earthquake which destroyed roads and isolated Lyell for several months. The Post Office Hotel was the last building to survive and this burnt down in 1963. Today a carpark and a DOC campsite have taken the place of the town.

We began our journey from the Lyell car park just before lunchtime. The track crosses the Lyell Stream immediately on a handsome new bridge and then winds through second growth beech forest on the old road line. Here the formation varies from 1.5 to 2.5 m in width and we could only admire the untiring care with which the original surveyors and workmen avoided unnecessary changes in grade. In fact the altitude gain to the Lyell Saddle is 840 m over 16 km, a grade of 1:19 – probably less than the slope from the fire station to the pub in Upper Moutere! After only 15 minutes we passed a plastic kilometre peg – apparently we had 81 km to go. We discovered that all formed parts of the route had these pegs – we debated over their merits – were they out of place? Did we need to be told how far to the end? And how come some kilometres seemed to be shorter than others? By the end of our journey we had grown to accept them. Mostly we managed "15 minute k's" and it was interesting to be able to measure the effects of slope and surface on our speed.

After almost 2 hours steady going we passed the remains of the Eight Mile Hut, last used in the 1930's and now a collapsed jumble of rotting timber and rusting iron. Mining relics are scattered about – tools, utensils, crockery and bottles as well as strangely surviving hobnailed boots. Well tanned leather is a most persistent material. The whole area must have resembled a rubbish dump when it was abandoned nearly 100 years ago. Today the perishables have disappeared or been covered by leaf litter, mosses and ferns, leaving mostly only durable glass, cast iron, crockery, enamelled and leather items behind.

Along the way were occasional information panels providing historical and environmental details as well as descriptions of the efforts of the modern track crews. All interesting stuff that added to our enjoyment.

A late afternoon shower wasn't quite heavy enough to make us put our parkas on and shortly afterward we took the short turn off to the new Lyell Saddle Hut – 5 easy hours from the car park. The new hut clearing overlooks the head of Mokihinui South Branch and we arrived as wisps of mist swirled up steep forested slopes across the valley. Views like this are dramatic because they change as rapidly as the mists move and reminded us of similar sights at Spludgeon's Rock on the Lesley-Karamea Track.

Actually there is more than one hut as 50 metres from the main 11-bunk building there are two 4-bunk sleepouts. These can all be hired using the Old Ghost Road on-line booking system for \$15 per bunk per night. We thought this was a pretty sensible departure from conventional D.O.C. thinking on accommodation for apart from able to escape the snorers, the risks of losing everything to fire or some other disaster are reduced through the buildings being dispersed. We expected double glazing, stainless steel and varnish. Instead we got bare, roughsawn boards and unlined roofing iron – as Mike remarked "This is a most un-DOC-like experience!". Basic and functional as things were, we spent a comfortable night.



We got away about 8 the next morning with brighter skies than the previous evening. For the first 10 minutes the track grade is almost level as it runs into the Lyell Saddle. In a nod to history, boggy sections have been corduroyed using trunks and branches cut from beside the track to provide support and drainage for the pavement gravel. These days geotextiled or board walks would be used but the old-timers had neither treated pine or synthetic cloth and made do with the resources to hand.

From the Saddle the new track leaves the old formation which may still be followed as it drops into the Mokihinui Valley. It is almost completely overgrown and provides an insightful comparison with that of the newly renovated and revealed section. One gets the sense that given time nature can hide and heal most man made disturbances.

To reach the bushline of the Lyell Range we now had a 400 m climb in front of us up the western flank of Bold Hill. For a trumper the ascent becomes a tedious meander as the path makes almost flat zigs and zags across the hillside and I gave into the temptation to take a short cut more than once. We passed a small excavator covered with a tarpaulin and wondered why the earthworks were up to 4 m wide. It's a fair bet that if only picks and shovels had been used, more thought would have been put into alignment with a tidier, more efficient result.



We emerged onto the Lyell Tops with views in all directions and plenty of time to enjoy them. The track builders seemed to have realised their excesses on the slopes below and had reduced the width to a metre or so. The grade is easy and constant in a graceful traverse of the alpine hillside and a lot of work had gone into replanting areas disturbed by the benching. If there has to be a track then this is how to do it – the only jarring note being some garish blue plastic snow poles. The steel warratahs used elsewhere serve well enough.



We took advantage of a small patch of snow to melt some and then boil the billy for “morning smoko”. We were overlooking Murchison and could see parts of the “Thousand Acre Plateau” as well as a great arc of ranges and mountains to the south. A visual feast.

The Lyell Range was named by Julius von Haast after Sir Charles Lyell (1797 – 1875) regarded as the father of modern geology. Haast himself was employed by the New Zealand government as an explorer/geologist who travelled through the area in 1860.

Shortly after resuming our journey a sign told us that we had reached the tracks highest point at 1300 m. A small mobile gravel crusher was parked nearby and more signs warned us to dismount should we be riding. Here, the track was still a work in progress as a walking platform was blasted out of the solid rock. The unsightly debris from this operation will unfortunately remain visible for years to come. We discussed this as we scrambled past and concluded that you can't bake a cake without breaking an egg.

We reached Ghost Lake Hut 4 hours from Lyell Saddle and promptly declared it lunch time. The spacious, airy, well lit building is perched atop a rocky crag on the tree line. It overlooks Ghost Lake, a small tarn set in a mossy bowl. To minimise disturbance in this delicate area a board walk has been built and earth works kept to a minimum.

From Ghost Lake Hut the track loses 250 m of altitude in a multitude of small zig zags before gaining a lengthy scrubby spur that leads down into Stern Creek. A mountainbiker over took us but his lead was short-lived as we came to the end of the path. The longest unfinished section of the route is here and although well marked is hardly cleared and took us 3 hours to pass. We completed our descent to Stern Creek and passed a covered mini digger parked at the trail head. A benched path formed the previous summer lead us across two new suspension bridges and shortly afterward the new Stern Creek Hut. It had taken us 4 hours from Ghost Lake.

Two track workers, Mark and Alby from Karamea, were busy making themselves at home in preparation for the next 7 day stint. They had all the mod cons – stoves, fridge, lights and TV and even a trail bike to ride to work. They made us very welcome which we repaid by sharing a dram later in the evening. In answer to our queries about construction progress, they said they could form on average, 60 m a day with their digger and were confident of linking up with the trail head from Ghost Lake by the summer's end.

You can fish for brown trout in Stern Creek near the hut and shortly before dark Mike landed one that we ate shortly afterwards.

Our run of good weather continued for Day Three and we were away shortly after 8. Only 30 minutes later the benching ran out and it took us 2 ½ hours to slog over the roughly cut saddle route to Goat Creek. Thankfully we regained the path by the creek and enjoyed a pleasant stroll along a valley floor still recovering from the 1929 Murchison earthquake. This 7.9 magnitude event has continued to have a profound effect on landforms and forest types in the area. Eighty years later the landslide scars and debris stream paths are still quite evident.

Continued over....

We reached the junction of Goat Creek and the Mokihinui South Branch just after noon. We enjoyed lunch and a siesta in the recently restored Goat Creek Hut – a classic and homely little 4-bunker from the Forest Service era. Rested, we took our spinning rods to a nearby pool where we could see fish shadows under the breeze-ruffled surface. After only a few casts I hooked a reasonable jack brown (3 lb?) who consented to being landed after only a token struggle. He was a little on the shabby side so rather than risk a disappointment at dinnertime, I released him.



The author with a the one that didn't get eaten....

We heaved our packs back on and headed downstream. A grove of shapely matai roused our admiration not to mention our sawmiller's instincts – was there enough in a single trunk to provide a floor? we speculated. Less than a kilometre below Goat Creek we crossed the South Branch on a handsome new suspension bridge some 200 m in length. At the peak of its arch there's an aluminium shield pierced at its centre by a door. We had seen rabbit proof fences, but never a possum proof bridge. The furry pests are found on each side of the river but intriguingly only on one side have they developed a taste for native land snails. The aim of the shield is to prevent bad habits being passed from one bank to the other!

As the shadows lengthened, Mike and I tried our luck in several pools while Martin made a beeline for the Forks Hut and a cup of tea. He arrived to find that although a number of bunks had already been claimed by fishermen, trampers and a cyclist, there was still room for us. A popular spot. Originally a Forest Service 6-bunker, the hut has been enlarged by DOC to 10 and overlooks the large grassy flats where the two branches of the Mokihinui join. Martin, who's a keen hunter, was captivated by the sight of 2 red deer grazing concernedly across from the hut and some goats "keeping the lawns down" only yards from the building.

The Forks Flats were originally farmed and even had an airstrip but earthquakes and flood forced the area to be abandoned. Mike and I arrived before dark without spotting a single fish – seemed like all the trout were further up the river. Nonetheless we'd had a very pleasant day with only 6 ½ hours active tramping from Stern Creek Hut. As usual dinner went down a treat and bed time shortly after.

Our fourth and final day was "short" but spectacular as we followed the old pack track down the picturesque Mikihinui Gorge. We passed the new Specimen Point Huts after less than an hour from The Forks.

They are built in a similar style to the Lyell Saddle Huts and, including the sleepouts, provide 22 bunks. Down river the gorge deepens and the track sidles across bluffs using "land bridges". These suspended steel structures are close to being "via ferrata" (mountain routes with fixed climbing aids, popular in Europe) and are an impressive answer to the challenges presented by the terrain.



Further on we passed the remains of old gold mining villages and machinery. As we gazed down into the river bed opposite, the Rough and Tumble Creek, we could clearly see the remains of a collapsed steel bridge. The road to Karamaea used to cross the Mokihinui here but a flood destroyed the bridge and the damage was never repaired. A new route avoided the area altogether.

Near midday a stream conveniently crossed our path so we stopped for a final brew up and lunch. Two cyclists pedalled past us – just in for the day they said, bringing the number of bikes seen to only four during the entire trip whereas we'd met over 20 trampers.

Thirty minutes after lunch we crossed Welcome Creek and could see our car parked nearby. We'd completed our journey and voted that it ticked enough boxes to be counted as "A Good One". Good weather, good company and new, interesting country – who could ask for more?

If mountainbiking is the impetus required to upgrade and develop tracks that are great for walking, so be it. We decided on balance The Old Ghost Road is a positive back country development. Maybe there's room for a few more like it?

Late summer, early autumn, is a great time to head for the hills – low rivers, balmy nights, dry firewood – what are you waiting for?

The Old Ghost Road is waiting for you!





The Upper Moutere Sarau Festival 1 February 2015!!

- Guest blackcurrant chef Steve Richards from Award winning café Jester House
- Blackcurrant Bake-off – get creative!
- Photographic competition
- Moutere Artisans
- Blackcurrant health information
- Moutere History
- Grown in the Moutere
- Food, beer and wine, music and entertainment
- Monster book sale
- NBS Kids Adventure Zone
- Masses of stalls and activities
- Loads to do and see!



Come along and support the community and the festival!
Keep up with all the exciting festival news and competition details on www.saraufestival.co.nz – we can't fit it all in here!



THE BLACKCURRANT COOKING CHALLENGE IS ON!

Locals from Upper Moutere have had their fair share of prizes in past years. We have invited foodies from near and far to take up the challenge and show us what they can do with blackcurrants. Whether it's a trusted family recipe or something experimental, there's a category for your entry. Don't let the townies take all the prizes, go to www.saraufestival.co.nz or visit the Sarau Festival facebook page for more details. Make it with blackcurrants and make it memorable!

UNWANTED BOOKS

If you have books you'd like to move on, we are happy to collect them to

sell at the next Sarau Festival.

Please contact Sharon Beuke
ph 5432 814

SARAU FESTIVAL

NEEDS YOU !!

Please come along and help out at our working bees on Saturday 31 January and Monday 2 February from 9.30am on either or both days...we cannot manage without volunteer labour – there are tasks for young and not so young, and for strong and not so strong!

On Festival Day – we need volunteers to join our fantastic team. Please contact Jenny 03 9700 715 or jenny@saraufestival.co.nz. No offer is ever turned away!