

SCULPTURE ON SHOW

LOCAL LIVES



It has taken three years for their gallery to open, but Michael MacMillan and Jackie Crow say it's been well worth the wait.

There's a real family spirit and shared creative passion at sculptor Michael MacMillan's gallery in Neudorf Road. Just about everything at the gallery is made by Michael, his partner Jackie Crow or their 11-year-old daughter Poppy. Jackie's photographs hang on the gallery walls alongside Poppy's paintings – the first of which on display sold in just 10 minutes!

"It's been huge just getting open," says Michael of the three-year process of building and preparing their new gallery, which welcomed visitors for the first time during the Moutere Artisans Open Day last October. "I know we bit off more than we could chew, but we got there in the end."

Visitors to the gallery can see Michael at work and get a real feel for what it takes to sculpt wood, mixed media and concrete. He has sculpted for the past 40 years, and says there are never enough hours in the day to make what they want to here. The gallery stocks his bespoke sculptures in bronze, mixed media and his trademark polished aggregate. Right now, seven original artworks entitled Nest – made from recycled materials and copper-fused steel – fill the space both inside and out in the courtyard, with its glorious views of the Mt Arthur range.

"In my father and mother's Nelson home/studio, I had many years as a young boy watching them create a living out of making domestic wares and pots," says Michael, who recalls learning to pot from the age of eight or nine at his grandparents' home in Hamner Springs. "I was so fortunate to work with both generations

in such a fostering, creative and safe environment, and to experiment with clay every day, making many abstract figures and sculptures that would inspire my future career."

These days, Michael also fashions worn-out French oak barriques (small wine barrels) from the nearby Neudorf Vineyards into the couple's Country Homeware range of bowls, boards, rolling pins, platters and coat racks. Together, Jackie and Michael use freshly cut vine prunings to make the vine-wrapped Christmas trees that line the doors to the shop and gallery space. "Most of the raw materials we use for our homeware range come from local businesses," says Jackie. "There is such a deep sense of satisfaction about recycling used materials."

The gallery and shop have been created right next to the historic home Michael, Jackie and Poppy have lived in for the past eight years, and which was once the Neudorf School. Visitors can enjoy tea or coffee to go from a friend's old Faema coffee machine, which is enjoying a new lease of life.

"Living in this beautiful, creative region where we are surrounded by world class wines, artisans, producers and fellow artists, I am inspired to create," says Michael. "We love people to come up and see what we are doing!"

The Michael MacMillan Sculptor & Country Homeware gallery on Neudorf Road is open seven days a week, from 11-5pm.



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Mob: 021 022 909 20



PLACING AN ADVERTISEMENT

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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:

- ⓪ Births, marriages, deaths and giveaway notices: Free
- ⓪ Business card size advertisement: \$12
- ⓪ 1/4 page advertisement: \$25
- ⓪ 1/2 page advertisement: \$50
- ⓪ 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).

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

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RECREATION

Drawing For Beginners

Moutere Hills & Motueka

Autumn & Winter courses

Do you have a secret desire to draw, or would like to reignite a talent you once had, but are a bit nervous about where to start?

2015 is a great year for you to be drawing!

The good news is that everyone can learn to draw! It is *not* an inherited skill! For most it is learned. Step by step we lay the foundation.

So take off the gardening gloves, come inside and discover your inner artist this winter!!

Drawing For Beginners is a 9 week course in pencil, charcoal & pen, which is offered in Motueka and Upper Moutere in term 2 & 3. Classes are small, supportive and joyful. You will surprise yourself at what you achieve. Learning to draw what you see is very satisfying. Many students have said "I now see the world through new eyes!"

Starts mid April - mid June (Autumn course)
Sat 1-4.30pm or Thurs evening 6-9.30pm

Email your interest to Carol for more details.
Drawnow2@gmail.com Testimonials available.

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.

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a catch up after class, so bring
some friends and join the fun.



get fit aerobics Sam - 543 2512 Moutere Hills Community Centre
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UPPER MOUTERE CRICKET CLUB

Our season is drawing to an end and with a good start to this year's half of the draw, we're looking forward to having a few close games to finish the season.

Our final games of the 2014/15 season are:

28th February Vs Mapua at Mapua

7th March Vs Stoke at Upper Moutere

14th March Vs Motueka at Greenmeadows #2

The players and supports of Upper Moutere Cricket Club would like to thank our sponsors for their support this year:

Moutere Inn, Sarau Festival and the Moutere Hills Community Centre.



RANGERS RUGBY FOOTBALL CLUB

We are getting geared up for the 2015 Rugby season and can't wait to get out there playing again on Saturdays!! For our players it is time to get in there again, get wet and dirty, and play some rugby with your teammates. If you are not able to participate in the actual game as a player, rugby can still be heaps of fun as it is time to get rugged up on a Saturday morning with your beanie and gumboots and head down to your local rugby club and support the kids playing in the JAB games in the mornings, and then in the afternoons watch the big boys or girls (yes Nelson/Tasman does have some ladies rugby teams) fight over the rugby ball!

RANGERS JAB REGISTRATIONS

Saturday 14 March 12.00pm – 2.00pm – Moutere Hills Community Centre (Rangers Rugby Home Ground)

It's time to sign up for JAB rugby!! As well as taking registrations we will be having a sausage sizzle, and a kick around with the rugby balls. We hope to see all our past JAB Players and welcome new players and their families to join us. We provide a club environment which is family orientated, We have great facilities at our grounds which are safe and entertaining for the younger family members too, with a playground on the grounds, and the shop selling hot food and drinks which is open whenever we have a good number of teams playing on the same day. The online registration site is also up and running and you can pre register at www.sportsground.co.nz/rangersrugby/104928

RANGERS SENIORS VS RIWAKA VS TAPAWERA – Preseason Game

Saturday 14 March – 2PM Kickoff – Moutere Hills Community Centre (Rangers Rugby Home Ground)

Come down and support our boys while they tackle it out with the lads from Tapawera and Riwaka - will be a great game and the bar will be open!!

RANGERS SENIORS PRE-SEASON CONDITIONING – Saturday Mornings 8am

Our senior pre season training is continuing on Saturdays Mornings at 8am at the Moutere Hills Community Centre, so come down and join in!

RANGERS SUMMER TOUCH – Tuesdays Nights 6pm-7.30pm

Our friendly touch games are still going strong if you keen for a run around. Everyone welcome to join in and 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 7pm SAT 7th March "The Lonesome Pine Specials"**
The Lonesome Pine Specials are an old-time music revival. They bring songs steeped in the musical tradition of Southern Americana. Reminiscent of The Carter Family with an honest love of simplicity, they weave their banjo's and fiddle's with songs of Appalachia and tunes for the old dance halls.
- ❖ **I.P.A. SHOWCASE Thur 19th – Sun 22nd March**
Four Days of All things hoppy, Mike's single American IPA, 8Wired First Blood, Raindogs Oxymoron Black IPA, and Emersons White Tail Wheat IPA.
- ❖ **FINE DINING EVENING SAT 28th March 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

MOUTERE HILLS COMMUNITY CENTRE



A WORD FROM KATRINA

It has been a busy start to the year at the Centre with a number of weddings and meetings taking place. We also hosted the Sarau Festival. Unfortunately the weather wasn't kind to us this year but despite this it was another successful festival. Congratulations to Jenny and her team of helpers for putting on such a great community occasion. We at Motuere Hills Community Centre would like to especially thank NBS Bank and Laser Electrical Motueka who supported us by sponsoring the new Kids Activity Zone and Laser Tag. These were extremely successful, thanks to this support. So watch out for the Kids Zone at next years festival as it will be even bigger and better!

Have you tried out any of the activities on offer at the Centre this term? We have a great selection with something for everyone. Why not check out what is available on our website then come on down to join us.

It is hard to believe but winter sports will begin soon! Moutere Hills Community Centre is home to Rangers Rugby Club, Rangers Football Club and Rangers Netball Club. If you have children interested or if you are interested in playing yourself then why not email us or fill in the form on our website to express your interest. We can then provide you with the details for your chosen codes as they come to hand.

Have you considered joining our Fitness Centre? It is a great facility with quality equipment and reasonable membership rates. Why not check out the details on our website then contact Vanessa if you wish to join!

We have a great venue for meetings, social occasions, birthday parties, functions and events so if you would like to find out more then please feel free to give me a call or just pop in.

Kind Regards Katrina

Moutere Hills Community Fitness Centre



Quality equipment out of US, access from 5am—11pm daily, free classes, affordable membership fees with family option available!

With Classes offered free of charge to members:

Circuit Class	Monday	9:15am—10:00am
	Wednesday	6:15pm—7:00pm
Box Fit	Thursday	6:00pm—7:00pm



For further details or to join please contact us on 5432516 or email us on enquiries@mouterehills.org.nz



Upper Moutere Playgroup Fridays from 10am—12pm



Cost: \$10 per term/ gold coin per visit

Why not come along and join our friendly group for a chat and a cuppa. The Children's focus this term will be art.

Upper Moutere Youth Group

Moutere Hills Community Centre would like to welcome Tessa and Billy as the new Youth Workers for our community. We are excited that they will be utilising our facility for Senior Youth Group on the first Friday of each month. If you are 13 years + why not come along and join them.



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE



THE HOME OF RANGERS

The Winter Sports season is starting soon so why not join one of our friendly Rangers Clubs



RANGERS NETBALL

Rangers Netball play in the Motueka League. This year they are looking at putting together a competitive and social team. If you are interested in getting back into playing then why not register your interest by going to www.mouterehills.org.nz/clubs/rangers-netball or come along to the "Have a go" day.

"HAVE A GO" DAY

Sunday 8th March 2pm - 3pm
on the outdoor courts at Moutere Hills Community Centre
(if wet in the sports hall)



Junior Registration is on Saturday 14th March

From 12 noon until 2pm

Rangers Rugby Club also has a team playing in the Senior B competition—for further details about this please contact Mark on 0274229949.
Rangers Seniors Team have a pre-season game on Saturday 14th March at 2pm so why not come on down and support them.



Registration Day is on Sunday 29th March

From 10am—2pm

Rangers Football Club have teams for children from 4 years and over. You can register online by going to www.mouterehills.org.nz/clubs/rangers-football-club or on the day. Join us on Sunday the 29th March to meet other families involved and participate in a variety of fun activities.



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



Tom Filmer's Hospice Charity Ride

A huge thank you to everyone who supported Toms 21 ascents of Barnicoat by donating to the Nelson/Tasman Hospice.

So far he has raised over \$1400, with more coming in. He climbed over 9000 metres. Parts of the ride can be viewed on line: Vimeo 21 ascents Tom Filmer.



COMMUNITY

St Paul's Lutheran Community Church

The death and resurrection of Jesus are at the very heart of the Christian faith. The Good News of the gospel is that God came into our world to allow us to have a relationship with him, to be united with him through the pains and suffering of life. And to finally be united with him in his resurrection. In the lead up to Easter, the church remembers the sufferings of Jesus in a time known as Lent.

On the Christian calendar, Lent is the forty days beginning on Ash Wednesday and leading up to Easter Sunday. Sundays themselves are not counted in these forty days, as they are generally set aside as days of renewal and celebration (mini-Easters of sorts).

The grand events in the life of Jesus are overshadowed firstly by his death, and lastly by his rising from dead. It is with this heart that Christians all over the world use lent as a season of preparation during which we anticipate the death (Good Friday) and resurrection (Easter Sunday) of Jesus. It is this very preparation that develops in us a powerful longing for the celebration of life that Easter and the Christian life brings.

This Lent, we would love to encourage you to share in this journey to Easter with us every Sunday at 9:30am, and culminating in our **Easter services:**

Maundy Thursday 7:30pm, April 2nd
Good Friday 9:30am, April 3rd
Easter Sunday 9:30am, April 5th

God's richest blessings,

Pastor Chris and the whanau at St Paul's





COMMUNITY

Sunday Meditation at Chandrakirti Meditation Centre

10am to 11.30am

Every Sunday with Geshe Jampa Tharchin

A very popular public teaching followed by a delicious vegetarian lunch at the centre. The meditation class encompasses religious and non religious methods to calm the mind and is suitable for everybody interested in meditation and improving the mind. Breathing meditation techniques are explored and discussion on how we can improve our mind and relationships.

Geshe Tharchin understands the modern scientific world and teaches Buddhist science. Geshe Tharchin is very open minded and enjoys peoples questions and discussion. Everyone welcome – by donation.

289 Sunrise Valley Rd – Upper Moutere.

www.chandrakirti.co.nz

UPPER MOUTERE YOUTH GROUP

Term 1, 2015

Hi! We are Billy & Tessa Werner, the new youth workers for the Moutere Community Youth Trust. Our family (Leah-10, Grace-8, Ollie-6 & Zac-3) have shifted back to the Moutere after living in Central North Island (Raurimu) for nine years.

We are sure you guys are ready to come back to youth after your super sunny holidays.

Our plan is to run two youth group events on Friday afternoon/evenings:

JUNIOR YOUTH

Fridays, 4pm-6pm, 10-13 years old, meeting at the church hall, (behind the Lutheran Church), Upper Moutere. Please call to discuss arrangements regarding pick-ups and drop-offs.

SENIOR YOUTH

Fridays, 7.30pm-9.30pm-ish, 13-18 years old, also meeting at the church hall (behind the Lutheran Church), Upper Moutere. Please call regarding pick-ups and drop-offs.

NOTE: 13 yr olds can choose which group they would like to attend, or both.

SO - STICK THIS ON YOUR FRIDGE - THIS IS WHAT WE'RE UP TO THIS TERM...

DATES	JUNIOR YTH	SENIOR YTH
27 Feb	Pool swim & games - \$5	Go to the beach/river - swim/snorkel/surf/ kite - \$5 <i>Bring along your beach toys</i>
6 March	Treasure Hunt Night - \$5	Meet & hang out at Moutere Hills Community Centre (we will do this the 1st Friday of every month) - \$5
13 March	Records Night! - \$5	Records Night \$5
20 March	Pizza Scavenger Hunt - \$5 <i>Drivers required</i>	Bigger & Better - \$5 <i>Drivers required</i>
27 March	Surprise Night! - \$5	Movie Night - (cost of movie \$11-\$15) + \$5

We are on the lookout for adult & teen youth leaders to help out with both programs. Let us know if you are keen. Aged 15 yrs and older please.

Any questions?
Please contact us!
Billy 021 027 28825
Tessa 022 101 2276
moutereyouth@gmail.com

MOUTERE COMMUNITY YOUTH TRUST

Te Puawai Tanga O Rangatahi



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.**

SARAU SCHOLARSHIP: If you are representing NZ in a sport or cultural event during 2015 and would like to apply for the Sarau Scholarship – please let us know about it by 16th March – there is no application form – just send an email indicating what activity you are involved in, how much, and what you require the funding for. *Jenny Leith for the Sarau Trust.*

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COMMUNITY



What an amazing afternoon for the 8th Sarau Festival! First some showers, then sunshine and finally rain

Whether you were there helping before and over the long weekend, one of our generous sponsors, or came along to enjoy the afternoon with us – I hope you had a great time and THANK YOU for your support.

Once all the accounts have been paid the Sarau Trust will again be in the position to distribute funds to the local community – our first priority is the groups who have helped run the Sarau Festival, the groups providing sport or activities for young people and then others. If you think that your group would benefit from receiving a donation – please let us know about it by **16th March** – there is no application form – just send an email telling us about your group and what you require the funding for and how much it will cost.

Jenny Leith for the Sarau team.

jenny@saraufestival.co.nz



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Authorised by Damien O'Connor MP, Parliament Buildings, Wellington



RURAL WOMEN

Rural Women are celebrating 90 Years as an organisation this year. We have been given a challenge to donate \$90 to a local charity.

Each year we are given a country to study. This year it is Afghanistan which may be interesting to explore. Did you know ... Afghan girls can't ride a bike, but they can ride a skateboard. Did you know.... Exquisite hand woven and natural dyed woollen rugs and carpets are a major export of Afghanistan.

Photo competition for School Children.

Kiwi school children are being encouraged to snap photos, draw pictures and share creative descriptions of their favourite outdoor places in the 2015 Top Outdoor Spot competition.

The students who contribute the "Best Photo". Best Drawing" and "Best Description" will each win a prize pack including an Apple iPad mini courtesy of Farmside, Skellerup Red Band gumboots, Kiwi Sock Company 70 Mile Bush socks, a \$60 Wild South Clothing voucher and a Dash day pack. Their schools will each win a \$100 book voucher and a Cancer Society of NZ 1L pump bottle of sun lotion. Competition from 26 January to 20 March 2015.

Pat Moore

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MAPUA BOWLING CLUB

THE WRITE BIAS



The weather has cooled a bit making it perfect for bowls. Visitors and members alike are enjoying the roll-up afternoons on Tuesdays and Thursdays, and competition play on Saturday. We even had visitors from as far away as Melbourne, Australia stop in for some bowls one afternoon this past month.

The new green is rolling faster each week. Like a good wine, it continues to improve with age.

Two special events will be held at the Club during March. Firstly, on Saturday, 14 March, an afternoon of bowls is planned to farewell Frank and Joan Gibbison. Frank is our club Patron and both he and Joan have been keen and supportive members of the club for many years. Bowlers from Ngatimoti, Motueka and Riwaka clubs have been invited to join us for the afternoon to bid Frank and Joan a fond farewell. A special afternoon tea will follow play.

The second special event is a competition held in memory of Elston Blain, a former member of our club. It is an annual drawn pairs event and the winners will have their names engraved on a very splendid cup. Last year's winners were Ben Whitten and Graham Watson. It is a fun and well supported tournament. Originally scheduled to take place on Nelson Anniversary day, it was unfortunately rained out so it is rescheduled for Tuesday, March 17 and club members are keenly looking forward to it.

League Bowling is held on 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 offers welcome refreshments. Why not give it a try?

For information about bowling, coaching or booking the clubhouse and facilities please call Secretary Jean Daubney (540 3281) or President Michael Busby (544 6325)

MAPUA LIBRARY

CRIME AND SUSPENSE ...

... and a whole lot of fun to be had at the third **LITERARY FESTIVAL** hosted by the volunteers at Mapua Community Library. There is something for everyone so pencil the dates in your diary, 27, 28 and 29 March and check out the details on the festival website, www.mapuafestival.wordpress.com

Just to whet your appetites: -

Friday night is quiz night and with **JOE BENNETT** asking the questions it promises to be, well, a night to remember!

On Saturday we can offer you an adult writing workshop with **JOE BENNETT** and for the children, **BARBARA ELSE** will show how to 'trap and train' a story. Very young children (and their parents) are in for a treat with the songs of **KATH BEE** and stories read by **ANNA CROSBIE**.



Come and marvel at Mapua Community Hall on Sunday when it will be transformed into the Incident Room and you can find out whodunnit! **CARL NIXON**, **CHARLOTTE GRIMSHAW**, **BARBARA ELSE** and **DYLAN HORROCKS** aided and abetted by **JOE BENNETT** will give us their take on crime, mystery and suspense.

Places need to be booked for the two workshops and tickets are on sale for the quiz and 'Whodunnit Hall'.

For bookings, ticket sales and enquiries please call Sue on 03 540 2934 or email s1ad2as3@xtra.co.nz

This festival is a fundraiser for our volunteer library but more importantly, a great community event and an opportunity to meet some wonderful Kiwi authors. We hope to see you there!

Sue England

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Early Childhood Education & Care

Kia Ora and welcome to Country Kids 2015.

My name is Kylie G and I have worked at Country Kids for 6 years. I work mainly in our Just4Kids programme but also get to spend some time with our younger children in Ngā Whetū.

This photo is of me having my foot painted by one of the children during a recent face painting session.

I believe in sharing the children's experiences and will often be found taking my turn in the fun!



We have had a great start to the year, saying farewell to some of our older children who have transitioned to school as well as welcoming some new families to the centre.

Water play is always a favourite at this time of the year and we have seen a lot of dramatic police play as well, with the children setting up headquarters and responding to emergencies, a great way for us to support learning about the wider community.

Other interests at the moment are nature, rocket ships and lots of animal play, leading the J4K teachers to ask families to fill in pet sheets about the children's animal friends.

There is always fun to be had while learning, for teachers and children alike.

Wishing everyone a happy and healthy 2015,

Ka Kite, Kylie G.

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UPPER MOUTERE PLAYGROUP

Upper Moutere Playgroup is back this term from 13 Feb 15!

We have an exciting first term of Art planned. See the programme below.

We meet every Friday during the term (10am-12pm), for morning tea, activities and play in the Rangers Room at the Moutere Hills Community Center. We generally have one excursion per term.

We have a lot of toys for babies, toddlers and young children to play with, and provide morning tea for kids and parents. \$10/family/term. All families welcome.

Contact Kristy (0278417844) or Josi (0273748223) for more information, and check out our Facebook site (Upper Moutere Playgroup)



Term 1 Activities

- 13 Feb - Tree Wall Art
- 20 Feb - Butterfly & Bee Art
- 27 Feb - Window Art
- 6 Mar - **Beach Art Excursion**
- 13 Mar - Bunting
- 20 Mar - Finger Paint
- 27 Mar - Easter Decorations & Easter Egg hunt



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

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ANIMALS

Hello Animal Lovers. I wanted to raise the subject of punishment and reward with animals and offer some suggestions.

Most people have noticed that their beloved animals like a routine. If they are in a routine they stay calm and confident. It is when their routine is disrupted in any way, the stress levels increase and some unpredictable and difficult behaviours can appear. So it is when training our animals, consistency and routine are essential and that includes the owners reaction to behaviours. It is no use if say, a dog rushes out and barks at someone and is corrected by one member of the family but another member allows it to happen, it has to be a consistent message for it to be effective.

Human logic does not apply to dog logic. If a dog runs away say, chasing something that it has been attracted to and the owner is calling it to come back, sometimes it takes the dog some time to return. During that time the owner is getting upset, frustrated and angry which can result in punishing the dog when it does return. Obviously the dog associates coming back with punishment and is less likely to return the next time as it does not have human logic. The same can be applied to someone trying to catch a horse. Horses being flight animals are easily upset by someone waving their arms around and shouting. Even worse when the owner tries to chase the horse to catch it. This simulates an attack for the horse and it runs away.

Many trainers use food rewards to train their animals but a quiet calm tone can work just as well. It all comes down to training and then being consistent day after day. If the animal does the right thing it can be given a small food reward or a kind word and stroke but that must be immediately or it will not be associated with the action.


No animal should be physical hit ever no matter how upset the owner is. This is no help in training and only increases fear and resentment no matter what animal is being trained. Tone of voice and body language is what is understood far better. Remember adrenalin high, learning low. Adrenalin low, learning high.

If some of these guidelines are applied we will have a long and happy association with our beloved animals.

I am always happy to answer any animal behaviour questions.

Susan Mott

Animal Behaviourist ph 03970 0952



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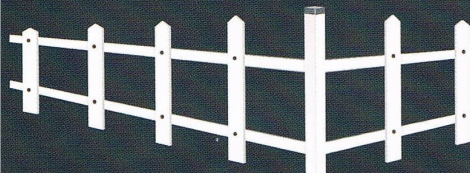
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PRE-MATING – IMPROVED FLOCK PERFORMANCE

The pre-mating period is one of the most critical times on your farm. It determines the performance of your flock for the coming season. If something goes wrong here, it is virtually impossible to correct it for another year as there is nothing that can be done to increase scanning percentages once mating has finished.

A pre-mating plan needs to be in place at least 6-8 weeks before mating is due to start. This cannot be left until the last minute. There are numerous factors which influence flock performance at this most critical time.

They include:

Rams. A pre-mating 'W.O.F' should be done prior to mating to ensure they are fit and ready to do their job. Check to see they have no lameness and not suffering from any other conditions that may impair their ability to mate.

Ewes. Monitor their weight, condition score and nutrition from weaning onwards. This will dictate when a ewe will begin to cycle and also how well she ovulates. Ewes with low body weight and condition scores can have a delayed onset to breeding activity and reduced ovulation rates reducing overall fertility.

Trace elements. Deficiencies can impact on ewe and ram fertility, so it is very important to ensure levels are adequate prior to mating. Selenium and Iodine are the most important. If you are unsure whether you need to supplement trace elements then it is best to arrange for either Danny or Roger to take blood samples to determine the mineral status of the flock.



FEED BUDGETING

Even on a small-scale, as we have on smaller blocks, feed budgeting is essential to avoid surprises. Just like catering for a school camp or a dinner party, a feed budget looks at what we need, what we have and what we need to supply. With pasture, we also look at what we will grow.

The following guides are estimates to give you an idea of feeding your animals over Autumn/Winter periods.

How many mouths

We often 'convert' our animals into stock units (SU)

1 ewe is 1SU

1 calf is 3 SU

1 yearling beef is 6 SU (still growing)

1 adult beef cow is 6 SU (maintaining)

Horses vary from 0-4SU as they are often partially or fully supplemented for performance purposes

Alpacas are a science on their own, but similar to horses

Goats need to browse, including trees, washing and all sorts of inappropriate feeds

Pigs are pretty co-operative and make-do on pasture and scraps, as pets, though they need more 'scientific' feeding if expected to perform as a production animal.

How much to feed

Three percent of the animals body weight should be fed as Dry Matter (DM) :

1 ewe at 50kg should eat 1.5kg DM per day, while 1 yearling at 200kg should eat 6kg DM per day and 1 beef cow at 500kg should eat 15kg DM per day.

A small bale of hay contains 17 kg DM, so therefore, if you had no pasture at all, a beef cow would need almost a bale of hay per day and the yearling 1/3 of a bale and the ewe 1/10 of the bale a day.

However, hay alone isn't a complete balanced feed. Hopefully, there will only be 4-5 weeks in winter where the grass doesn't grow at all and the rest of the time they will be getting some pasture.

Feed supplements

Molasses acts like a concentrate feed which provides fast starch, high GI and quick energy. Adding this to hay should improve intake, with sheep in particular, needing to learn to eat a new feed.

Silage is a valuable feed for full-time farmers and small block farmers, once opened to feed out you must be conscientious about resealing and airproofing the bale to maintain feed quality.

Grains, cereals, meals, fruit and vegetables, these are all possible feeds, however you will have to learn about them before feeding them as indiscriminate use may lead to sick or dead animals. It may pay to ring the clinic for advice from our vets before using these as supplement feeds.

Is it working?

Lets ask the animals. Are they holding condition? Condition scoring is the simplest system for you to use in the absence of weighing scales. Initially, this is done by putting your hand on their ribs, loins and flanks (sheep). Cattle are checked by looking at around their rump, hips, base of tail, all the mentioned areas should have a covering of muscle, rounded visually and to the touch and generally look good.



FOOD

There's some great fresh fruit out there, so let's use it!

BLUEBERRY SOURCREAM SHORTCAKE

Oven on at 160c fan bake or 180c bake. Line a slice tin (17x27cm) with non stick paper and set aside.

Shortcake base: 1 cup flour, 1 teaspoon baking powder, 1/2 cup sugar, 125g butter softened, 1 lightly beaten egg, 1 teaspoon vanilla.

I put all this in the wiz, adding the egg last and process until well mixed (it will be a bit crumbly) and then press into the prepared tin. Scatter 2 cups of blueberries over the base.

Beat together 2 cups sour cream with 2 eggs, 1/2 cup sugar and teaspoon vanilla. Pour evenly over the blueberries and bake 55 minutes or until skewer comes out clean.

Cool and cut into squares, serve with yoghurt, or just as a cake.

RUSTIC PLUM AND ALMOND TART

Oven at 200c or 180c fan bake.

400gm sweet pastry (bought!), 1 kg plums, 1/3 cup flour, 3/4 cup ground almonds, a few drops almond essence, 1/2 cup sugar, good grating of nutmeg or 1/4 teaspoon ground, juice of 1/2 a lemon, about 20gm butter (cold).

Roll out pastry to fit a 20cm round pie dish with some overhang. Chill (the pastry—not you). Cut plums into quarters and remove stones. Place in a bowl, toss with flour, almonds, almond essence, nutmeg, sugar and lemon juice. Pile into pastry case, fold over pastry overhang and dot with butter. Bake 30-40 minutes until pastry is cooked and fruit is soft. Great made with other stonefruit. Enjoy!

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GARDENING

In the garden... It's dry!! I've started placing orders for spring bulbs— bluebells etc. It's a bit soon to plant them but start planning ahead and when you see them in the shops grab them.

The evenings are a good time for garden tidy ups and any water that you can spare can go on in the mornings. I'm putting extra compost on too, just to try and help keep any moisture in.

If you need to get new lawn down now's the time to do that and it's also a good idea to get any trees planted that you didn't get around to planting before Christmas.

Carrots, celery, lettuces, mesclun, parsley, radishes, rocket, spinach, silverbeet and coriander will do well if planted early in the month, so there's no excuse for resting on your laurels!

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“Crossings”

An exploitation of the humble cross stitch

21st March – 11th April

Exhibition opening at the **Icon Gallery Studios Park**, Upper Moutere 21st March 3-6pm

“I stitch. I can’t help it. It’s what I do and have always done,” said Rowena Lukomska, and the outcome of Row’s stitchings are unique, inspirational and dramatic. Her beautifully crafted cushions, stunning framed works of abstract and realistic wall art and felted creations adorn many a wall, both here, in other parts of New Zealand and around the world. And soon it’s your chance to see an array of her work at the Icon Gallery in Upper Moutere. Rowena’s exhibition opens Saturday 21st March at 3pm

“The title ‘Crossings’ is about crossing points, where we may find ourselves at cross roads where paths may cross, at meeting places where decisions can be made on which road to take. I look at sea crossings with ‘Rough and Hairy Crossing’, and crossing over from one side to the other in ‘Shadow Crossing’.”

The idea of using the cross stitch in her work came from discovering ancestors who had been ecclesiastic embroiderers. As it was at her great grandmother’s elbow, that Row first witnessed the magic of the needle she uses granny knots as part of her hand stitched pieces.

“I use photographs and sketches as a starting point for a new body of work. My original ‘Cross Stitch’ is in the Hills Community Church in Mapua and it has now become a recurring theme of mine. By exploring this term I have been finding unusual ways to exploit the humble cross stitch”

“Whenever I can I use threads and fibres that are no longer wanted for their original use. I take these fabrics and use a free form style of machine embroidery. This allows the fabric to have a unique texture and the design comes from cutting, piecing and stitching into it again.”

Born on the White Cliffs of Dover Rowena and her family lived a nomadic life following her father around the world. In Singapore in the 1960’s the family thought about living in New Zealand, but instead decided to stay close to family and settled in the south of England. However a seed had been planted in Rowena’s mind! It took until 2004 for that seed to sprout when she and her husband and two boys migrated to New Zealand.

Between times Row has been a school teacher, studied for a Diploma in Art and Design and been trained and influenced by many well-known names in the textile art world – like Diana Springhall, Louis Gardiner, Jeanette Appleton and Carol Tarrant. Each has added another dimension to Row’s creations.

In this country Rowena has exhibited widely and she became the first textile artist to be accepted as an exhibiting member of the Suter Art Group.

Rowena still enjoys teaching and once her “Crossings” exhibition is over she intends offering small sewing and creative embroidery classes to adults and children at her home in the Moutere’s Central Road South. “If anyone is interested in getting out their sewing machine to either make a garment or would like to find out more about this addictive pastime please look at my website www.fibrerow.com or contact me through fibrerow@gmail.com”



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If you don't have any experience but are keen to help, with a bit of training we can bring you up to speed. You do need to be organised and be able to meet monthly deadlines but so far I've never missed one and it can be done any time of the day or night.

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GET READY GET THRU

With the summer sun out in full force, it's a good time of year to remind ourselves about utilising alternative power sources like solar energy, in the event of an emergency.

Civil Defence says that in most emergencies you should be prepared to be self sufficient for at least three days. "All disasters have the potential to cause disruption, so it's vital that you prepare now."

In order to do that, Civil Defence advice is to 'Get Ready, Get Thru' by assembling and maintaining your emergency survival items for your home, as well as a portable getaway kit in case you have to leave in a hurry.

While you may have a gas BBQ on hand, storing a portable solar oven at home will give you additional options to use in an emergency. On a hot summer's day the oven will heat to around 100°C.

And now is also a good idea to practice cooking on your solar oven, so you know what you're doing, which will mean you won't waste valuable food in an emergency.



For further information please visit <http://nelsontasmancivildefence.co.nz/> or phone 03 543 7290.

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Bodily Symptoms - don't treat them, love them!!!

Taking the symptoms away is like turning off the light.

In BodyTalk, we recognize that the client's symptoms are the tip of the iceberg, and we address what is underneath. In other medical modalities, if you complain about pain in the knee, the practitioner will treat your knee. Quite often the "treatment" does not address the underlying cause of the condition. It usually only eliminates the symptom which can then makes things even worse. To understand this more clearly, imagine a light bulb on the dashboard in your car signaling that there is something wrong with your engine. If you remove the light bulb, you haven't really removed the problem. You've only removed the signal telling you that there is a problem. Your engine is still in trouble, only you have now blinded yourself to this fact, which in turn puts you into even greater trouble. Similarly, the doctor may give you a drug for the pain in your knee and the pain might go away. However that didn't fix the problem. It just took away the signal indicating that there is a problem. The thing is, quite often the problem is nowhere near the symptom!!! A pain in the knee might result from problems with your kidneys, with your elbow, a tooth infection, food allergies or a deep fear of something in your life, etc.

Symptoms evolve into other symptoms unless we address the cause.

Imagine you have just retired and have some fear of what life now holds for you. You feel stuck and you don't know what to do with yourself. Your knees start playing up. You take a pill and the pain is gone. But you still have that fear. It will now seek other ways of "expressing" itself. Soon you notice your sleep becomes erratic, you wake in the night feeling restless and can't go back to sleep. You can't focus to do anything. The doctor may give you a sleeping pill. Your sleep is now better, but the fear is still inside. Next thing you know another symptom pops up to get your attention. What about that fear? It's still inside you!!! And it will gnaw away at you for as long as you keep masking the symptoms.

What's the best thing to do when a new symptom appears?

The BodyTalk System offers a set of techniques which are safe and non-invasive. We do not diagnose or treat conditions. We highlight areas of priority and re-establish communication within your body-mind system. This enables the body to activate the self-healing mechanism which is inherent in us but is compromised through everyday stress. The magic of BodyTalk is in the way we obtain information about what needs to be highlighted. We use neuromuscular bio-feedback from your own body. We do not make things up, and we do not assume what might be causing your problems. We let your body guide us and if you need to see another practitioner (be it a different BodyTalker, your GP or any other health practitioner). Your body will indicate that too!!

How Mapua Natural Health Clinic can help relieve your symptoms.

Oftentimes, things that come up in a BodyTalk session seem unrelated to the problem the client came for. Nevertheless, the problem still gets resolved. For instance a client attended the clinic because she was waking during the night and lacking in energy. The session was focused on her relationship with her husband and her symptoms were relieved. And the list goes on and on...

In conclusion

This is not to say that conventional medicine does not have its place! Western medicine can be wonderful in many acute situations and can certainly be a life saver. However, instead of resorting to "alternative" therapies once conventional treatments have been exhausted, we might benefit far more by acting the other way around. Rather, seek out non-invasive ways of restoring the natural balance in the body first, and then opt for invasive techniques as a last resort. BodyTalk is certainly a great place to start - it gives demonstrable benefits for the client and is practically risk-free. With this approach, you have nothing to lose and a lot to gain!

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Circus performances, music, food, children's crafts and games, raffles, white elephant stall, plants, harvest produce, handmade toys, Easter presents & more

Sunday March 22nd, 11am - 6pm, 480 High St, Motueka

Stay on for the bonfire at 5pm and see the dragons fly...

Entry - gold coin donation

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