

RUGBY ADVENTURE

LOCAL LIVES



Upper Moutere's Sam Quedley is fundraising for a rugby trip to Fiji next year.

In July next year, Sam Quedley, his mum Kim and younger brother Josh will all be heading for the Fiji Junior Rugby Trip 2016. Sam, 12, is among the players who have been selected for the trip.

The team will begin their adventure with a flight to Suva and a game against the local club the following evening. From there, they will travel to a Fijian village for a seven-a-side or two. The fourth day will be for recreation and sightseeing, with the team returning home the next day.

Coach Biggsy has put the 19-strong team together from players all around the region, including the Motueka and Murchison districts. "We thought that it would be great to give them the chance to play in another country and experience a different culture," he says. "We'll have a set of jerseys made up for them, and they will leave them with the host club when they return home."

It's not just the jerseys they'll leave behind. "We will be taking as much as possible of the boys' rugby gear in their cabin luggage, so their suitcase allowance can be filled with new and second-hand rugby balls, boots and jerseys," explains Kim, who will be one of seven parent helpers on the trip. "Some of the Fijian teams have to play in bare feet, so we'll be taking whatever we can to help."

Each player has to find a sponsor to help pay for their travel and rugby jerseys. Sam has already kindly been offered sponsorship

by Julia and Andrew Young at Lower Moutere's Village Milk, which is the principal sponsor for his Nelson Under 12 Country rep team.

Each player must also raise around \$1,500 to take part in the adventure, which means a significant amount of fundraising for many of the families involved. The club has already sent out the call for scrap lead and batteries, and there will be plenty more fundraisers, including firewood sales, BBQs, car washes and an Anzac breakfast event at the local RSA in April. Sam will be doing his own fundraising, too, including odd jobs around the Moutere, where the family has lived for the past five-and-a-half years.

Both Sam and eight-year-old Josh have played rugby from a very young age. They've never been out of New Zealand, so it will be a huge experience for them to go to Fiji. Keen sports players, they also belong to the Motueka Athletics Club and recently took part in the two-day Tasman Bay Athletics Championships at Saxton Field. Sam came first in high jump and shot put, and was the fastest 12-year-old in the 100 metres. Josh placed third in discus and shot put, making it through to the Tasman vs Canterbury event at Saxton Field at the end of March.

If you would like to help Sam fundraise for Fiji, have any odd jobs for him, or can donate any second-hand rugby gear, please contact Kim on 027 555 7775; kquedley@yahoo.com

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

The deadline for each issue is 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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UPPER MOUTERE CRICKET CLUB

Rangers Cricket Club has finished for the summer. It's been a great second season for the club that has seen us improve out of sight. The boys deserve a great break over the winter and we're looking forward to getting out the willow later in the year.

We would love to thank all our supporters especially our sponsors: Moutere Inn, Sarau Trust and the Moutere Hills Community Centre.



Chris Janetzki
Rangers Cricket Club

Tasman Gymnastics Club



Term 2 starts on Monday 4th May

This term we will focus on our display routines.
Display dates are: Sat 27th & Sun 28th June.

Term 2 is 7 weeks long plus two dress rehearsals and two performances, that's 11 sessions for the price of 7.

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.

Mondays @ Upper Moutere Community Centre



| | | | |
|------------|------------|---------------|------|
| Pre school | 2 ½ - 5yrs | 1.45 - 2.30pm | \$70 |
| Gym Fun | 5 - 6 yrs | 3.15 - 4.10pm | \$90 |
| Gym minis | 7 - 9 yrs | 4.15 - 5.10pm | \$90 |
| Gym Stars | 9+ yrs** | 5.15 - 6.30pm | \$95 |

Wednesday @ Motueka Recreation Centre

| | | | |
|-------------------|---------------------|---------------|------------------------------|
| Tumble tots | 10 months - 2 ½ yrs | 11 - 11.45pm | \$20 a term or \$4 a session |
| Pre school | 2 ½ - 4 yrs | 12.15 - 1pm | \$70 |
| Pre school | 3 ½ - 5 yrs | 1.15 - 2pm | \$70 |
| Assisted learning | 5 - 10 yrs | 2.15 - 3pm | \$65 NEW FOR 2015 |
| Gym fun | 5 - 6 yrs | 3.15 - 4.10pm | \$90 |
| Gym minis | 7 - 9 yrs | 4.15 - 5.10pm | \$90 |
| Gym Stars | 9+ yrs** | 5.15 - 6.30pm | \$95 |

For more information contact Sam on: (03) 5432512 or samantha_slade@hotmail.com

www.tasmangymnasticsclub.com




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TUE 5.45pm Moutere Hills community centre



All ages and abilities welcome \$7 a class

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Swim @ Mapua Chalets

From just \$15 per hour enjoy private use of our heated indoor pool. 30 degrees + even if it's freezing outside! Perfect for some private exercise, a family swim, or a children's party.

Did you know our indoor and outdoor pools are now open to the community throughout the year?



Book your private pool experience instantly on our website at www.activekidzswimschool.co.nz or call 03 540 3310



Rangers Rugby Football Club

RANGERS JAB REGISTRATIONS

We had our JAB registration day on the 14 March and it was great to see back so many of our JAB families with their kids. All the kids are excited about getting back into rugby for the season, and we are looking forward to starting our training sessions with you all!

NOT TOO LATE TO JOIN!!

We keen to get more JAB players and have spaces available on all our teams. We will be having the following teams this season and would love any new players to join us:

U6 , U7 (ripper Rugby), U8, U9, U10 (tackle). If your child is showing an interest in playing rugby, but is still not sure about it, you are welcome to bring them down to training to meet the coaches for each team and they can join in and see if rugby is the game for them!!

Contact Cindus for more info (027) 358 7233/(03) 543 2033.

You can also still register at www.sportsground.co.nz/rangersrugby/104928

RANGERS SENIOR B NOTICES

Thanks to all our supporters who came down to cheer on our seniors in their first preseason game on the 14 March. We had a good crowd and the Riwaka and Tapawera teams were both tough competition.

NEW AND RETURNING PLAYERS WELCOME TO STILL JOIN US

If you want to return to rugby, or are keen to start playing we are still taking registrations. Our senior team plays in the second division (Rangers Senior B). We have training on Thursday nights at 6pm at the Moutere Hills Community Centre which is our home ground.

If you are not quite up for playing on the team we welcome anyone who might like to come down to training and assist (eg hold up the tackle bags etc).

For more info contact Mark (027)422 9949

UPCOMING SENIOR B HOME GAMES

We encourage everyone to come along and watch some good old grassroots rugby at your local rugby ground at the Moutere Hills Community Centre and support your local rugby team. Our bar is always open for our home games, and we are fortunate to have such a great club rooms which look out over the playing field, as well as a safe environment for the kids to play whilst you watch the game! Here are our home games which are coming up soon:

March 28 –Rangers vs Tapawera (MHCC)

18 April – Rangers vs Takaka

2 May – Rangers vs Riwaka

Don't forget to keep up to date with what is happening with the club our draws and any other news we may have by checking out our facebook page RANGERS RUGBY CLUB.

MOUTERE HILLS COMMUNITY CENTRE



A WORD FROM KATRINA

Thank you for all your continued support of Moutere Hills Community Centre. It is fantastic to have the facility used by the community on such a regular basis. We have had good attendance at all the Community Activities taking place at the Centre. Fitness Centre numbers remain steady and members are taking advantage of the Circuit and Box Fit classes on offer. There have been enquiries from a couple of people wanting to establish a social craft group so if you are keen then please let us know.

Winter sports are about to begin but its not to late if you would like to give one of them a go this season. Rangers Rugby, Football and Soccer are all based at the Centre. To find out more check out our website www.mouterehills.org.nz

It is great to have Moutere Youth group back using our facilities. We are teaming up with them to run a fundraising event which will support both Moutere Community Youth Trust and Moutere Hills Community Centre. So put Friday 17th April in your Diary for a great night out at our Irish Barn Dance with Bob Bickerton and Flying Feet.

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

School Holiday Programme

We are again running a fun, action packed programme during the April School Holidays with a wide variety of activities including art workshops, music, sport, baking, games and much more:



7th—10th April and 12th—16th April.

For Ages: 5—12 years

Time: 8:30am—3:30pm

Cost: \$25 per day



You can register online at www.mouterehills.org.nz or by calling us on 543 2516.

Community Consultation Evening

Wednesday 22 April at 7pm

At Moutere Hills Community Centre



Have your say in our Community Centre!

The MHCC Board invites you to an informal and fun discussion to consider the future activities, events, facilities, etc at our Community Centre.

It would be great if you could join your neighbours and friends for about an hour to put forward your ideas to help determine the future of our Centre over the next several years.

Drinks and nibbles provided

For further information please phone the Centre on 5432-516

See you there!



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE



Dear Community

As Summer moves on and the nights slowly draw in, it's a great time to come and see us here at Moutere Hills. The Fitness Centre continues to go from strength to strength as new members sign up to enjoy the health benefits from both a cardio workout as well as a personalised weights programme.

Once again, we have a great line-up of activities for young and old with the introduction of our new Core/Floor & Strength Class for adults (see ad below). Whatever your interest, we have a class /activity to meet your needs.

If there is something we don't have but you would like to see happening here, please give us a call. This is your Community Centre and here for your use!

Vanessa—Recreation Co-ordinator

New Core/Floor & Strength Class

Join Tracey on Thursdays at 1:15pm for this brand new class which aims to increase flexibility and core strength while improving posture and spinal mobility.

Free for Fitness Centre Members! (\$7 for non-members)

Start Date: Thursday 30th April Come along and benefit from this great class!

Dru Yoga

Join Jill on Thursdays from 9:30-11am to improve flexibility, body/breath awareness, well-being, relaxation and stress release.

Term 2: 30th April—2nd July (Bookings essential by 22nd April) - \$90 for 10 classes

Contact: Jill at ajsmailbox@clear.net.nz or (03) 527 8069

Moutere Hills Community Fitness Centre



Quality equipment out of US, access from 4am—11pm daily, free classes, affordable membership fees with family option available!

With Classes offered free of charge to members:

| | | |
|-----------------------|-----------|-----------------|
| Circuit Class | Wednesday | 6:15pm - 7:00pm |
| Floor/Core & Strength | Thursday | 1:15pm - 2:00pm |
| Box Fit | Thursday | 6:00pm - 7:00pm |



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



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





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ST PAULS NEWS

Did you know that 76% of people eat the ears of chocolate Easter bunnies first? Now that I think about it, I'm one of the 3 out of 4 people who do that. Not that I often do eat Easter bunnies, my preferred treat at Easter is a Cadbury Crème Egg. The use of chocolate at Easter, while being a great marketing tool, is also a great symbol for the meaning of Easter itself.

The intense bitter flavour of the Theobroma Cacao bean, which is eventually turned into chocolate, reminds us of the bitterness of the death of Jesus. It's through his death that we're able to come before God as his people, but it doesn't end here. Like the eager transformation of the bitter bean into sweet chocolate, the death of Christ is transformed into the sweet grace of his resurrection. This, like the sweet taste of chocolate bunny ears, is a taste of the victory won by Jesus as he overcame death, and invites us into the next life with him.

At Easter, St Paul's Lutheran Community Church celebrates at the following times:

- Maundy Thursday 7:30pm
- Traditional Liturgy with Holy Communion
- Good Friday 9:30am
- Service of Reflection on Jesus' Death
- Easter Sunday 9:30am
- Service followed by Easter Egg Hunt and Hot Cross Buns

Everyone is invited and welcome to come.

Pastor Chris
St Paul's Lutheran Community Church



Community Barn Dance

"Get Reel and jig the night away!"



An Irish Barn Dance



featuring Bob Bickerton's 'Flying Feet'

Friday 17th April 2015

7:30pm til late



At Moutere Hills Community Centre

Tickets \$15 pre sales or \$20 at the door

Get your tickets online at www.mouterehills.org.nz,
Moutere Hills Community Centre or Upper Moutere General Store.

Supper provided



Bar open

Child care available

Bookings essential—ring 021 027 28825
\$10 a child, \$20 a family



COMMUNITY

UPPER MOUTERE VOLUNTEER FIRE BRIGADE

Recent call outs:

20/2/15 - Davey Road, grass fire

21/2/15 - Vegetation fire, roadside
Moutere Hill.

2/3/15 - MVA Moutere Highway opposite
Kahurangi winery.

6/3/15 - Tree down Gardeners Valley.

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.**

UPPER MOUTERE PLAYGROUP

The playgroup will be focusing on exploring the world in Term 2.

We do not meet over the school holidays.

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)

UPPER MOUTERE YOUTH GROUP

Term 2, 2015

JUNIOR YOUTH 4 - 6pm, Church hall, Upper Moutere, 13-18yrs

27th March - Surprise Night!! Last event of Term 1, \$5

and during the school holidays...

13th April - Rock Climbing at Paynes Ford, Takaka, \$10
limited numbers, bookings essential

24th April - Kick the Bucket and more...

1st May - Card/Board Games

SENIOR YOUTH 7.30 - 9.30pm-ish, Church hall, Upper Moutere, 13-18yrs

27-28th March - Rock Climbing at Paynes Ford, Takaka, camping at Hangdog, \$20
Please confirm by 25th March, limited numbers.

and during the school holidays...

8-9th April - Rafting & Tramping, Nelson Lakes/Murchison, \$100
Please confirm by 3rd April, limited numbers.

24th April - Team Building

1st May - Meet at Moutere Hills Community Centre, Table Tennis Tournament

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

MOUTERE COMMUNITY YOUTH TRUST

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SITUATION (STILL) VACANT:

In order to keep the Grapevine as a regular community newsletter we are looking for someone to job share doing the layout of the Grapevine. It is an unpaid voluntary position and would ideally suit someone who has some knowledge of cutting and pasting and /or MS publisher and MS Word or similar.

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 anytime of the day or night.

If you're interested and would like to know more please phone Tanya on 021 296 1375, leave a message and I'll get back to you.




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I know there are quite a few Grapevine readers familiar with home education, but for those of you who are new to the concept, or would like more information perhaps I can shed some light on the lifestyle we have chosen since our oldest was born 21 years ago.

WHAT IS HOME EDUCATION/HOME SCHOOLING?

There is an alternative to sending children to a registered school (public or private) – and that alternative is often called home schooling or home education. One parent (usually, but not always, the mother) teaches, or facilitates learning for the children.

IS HOME EDUCATION LEGAL IN NEW ZEALAND?

In New Zealand a child must be registered in a school from age six. If a family wishes to home educate they will contact the Ministry of Education and have some paperwork called “Application for Exemption From Regular Schooling” sent to them. This has to be read through, and quite a bit of work is involved in completing the requirements, but once granted, the exemption gives a parent the legal right to educate their own child. There are many who think the parent should naturally have the right to educate their own child, but the law of this country says differently.

DO YOU HAVE TO USE A CURRICULUM?

One of the major advantages of home education is the family’s freedom in choosing the best way to home educate. There is no need to use a curriculum if it does not suit the teaching style of the parent or the learning style of the children. Four of the many styles of home education to choose from are:

- Using a pre-purchased curriculum
- Working on a Unit Study type approach
- Eclectic learning
- Unschooling, or natural learning

I will elaborate on each of these methods in future articles.

Many families will use various methods over the years, changing to suit whichever season their lives are going through. They often settle into something that feels comfortable and reaps the most benefits as they all gain confidence in themselves, their learning styles and their development of specific goals.

HOW LONG CAN YOU HOME EDUCATE FOR?

Whatever suits your particular family. What we see happening with many home educated people is that a genuine love for learning and desire to seek more knowledge never ends. Learning naturally continues in adulthood. This question usually means “Do children need to attend school closer to the end to gain qualifications?” Once again, it is entirely up to the family to choose the right path for each particular child. If a family holds academic achievement in a high standing, or if a child is passionate about seeking for example a university degree, there are much more effective and pleasant ways to go about it than enrolling in a school for the last sector of their formal education years.

DO YOU HAVE TO BE A TEACHER TO HOME EDUCATE?

No, there is no legal requirement for the parent to have any specific qualifications. The best qualifications are that you love your children, want to spend time with them, and are excited by learning. It can be a real asset for a parent to be learning alongside a child – not just in an academic sense.

WHAT ABOUT SUPPORT/SOCIAL CONTACT IF I DECIDE TO HOME EDUCATE?

There are many internet support groups, and also local groups that families can join according to their preferences. With the decision to home educate comes the freedom to choose the amount and intensity of time spent with others during visits, trips out, group activities, camps etc. Some people thrive on social contact and others happily keep it to a minimum. Neither is right or wrong – everyone has their own gifts and talents, likes and dislikes and with home education a family can find a healthy balance for everyone. There should never be pressure on families to conform to someone else’s standards.

CAN I HOME EDUCATE MY CHILD WHO IS HAVING TROUBLE AT SCHOOL?

Absolutely, and yes! Most positively you can. Despite the school system having many dedicated and gifted teachers, the system does not work for all children. From the time our children are born we’re told “They’re all different” and “one size does not fit all.” In the light of this wisdom it is not surprising that some children have difficulties at school. A child saved from an unhappy school setting may require some “de-schooling” time to unwind, and regain some confidence in themselves, some joy in the world and a deeper, more trusting relationship with you, their parent.

This has been a very brief introduction to Home Education – please feel free to email me with more questions which I will endeavour to answer in the next issue of Grapevine.

Debbie Ball themummalady.db@gmail.com



News from your Preschool in The Moutere

The Easter Bunny will be decorating the last remaining eggs; he might also have already hidden some in his favourite hiding places...

Depending on when you get to read this, the Harakeke children will (just like Easter Bunny himself) be very busy preparing for our annual Easter Egg Hunt in our forest, or they will have searched for and found a nice colourful collection of chocolate treats in egg shape (oval – math is everywhere after all) and marbled ‘real’ eggs.

By the way – we now have 2 young hens, hopefully quickly growing into productive egg layers, residing inside the play-garden thanks to neighbour Richard. Thank you Richard!

For a large number of families this years Easter will be their very first Harakeke Whanau Social, a wonderful opportunity to get to know new people and form new relationships. They will no doubt meet some of our ‘old’ families too because the connections children and parents alike have with us and each other doesn’t necessary end just because the children leave to continue their learning journey elsewhere.

The ability to build and engage in positive relationships with others and to form and maintain friendships is high on the children’s learning agenda at the moment. We aim to support the children in our care to grow into ‘people-literate’ human beings that have the skills for being a friend.

Developing people-literacy (social skills) is not an easy task. Like all learning it needs a lot of practice to learn how to be empathetic to other people’s feelings, how to grow, exercise and manage one’s will, how to ask for your needs to be met and how to say ‘no’ and stand up for your own needs and rights.

It takes time to learn how to negotiate, how to solve conflicts and also how to stay in your power in certain conflict situations without ever resorting to using force, how to learn speech patterns which are non-violent and lead to positive solutions. Last but not least how to manage and express your own feelings safely.

Children gain this practice through play with other children where they will encounter situations that might bring everything from joy to harmony, delight, collaboration, exclusion, despair, failure and unhappiness. Cont..... →

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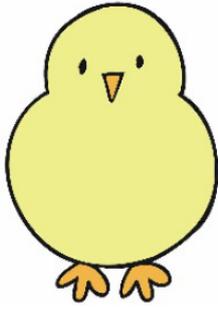
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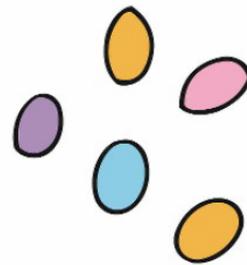
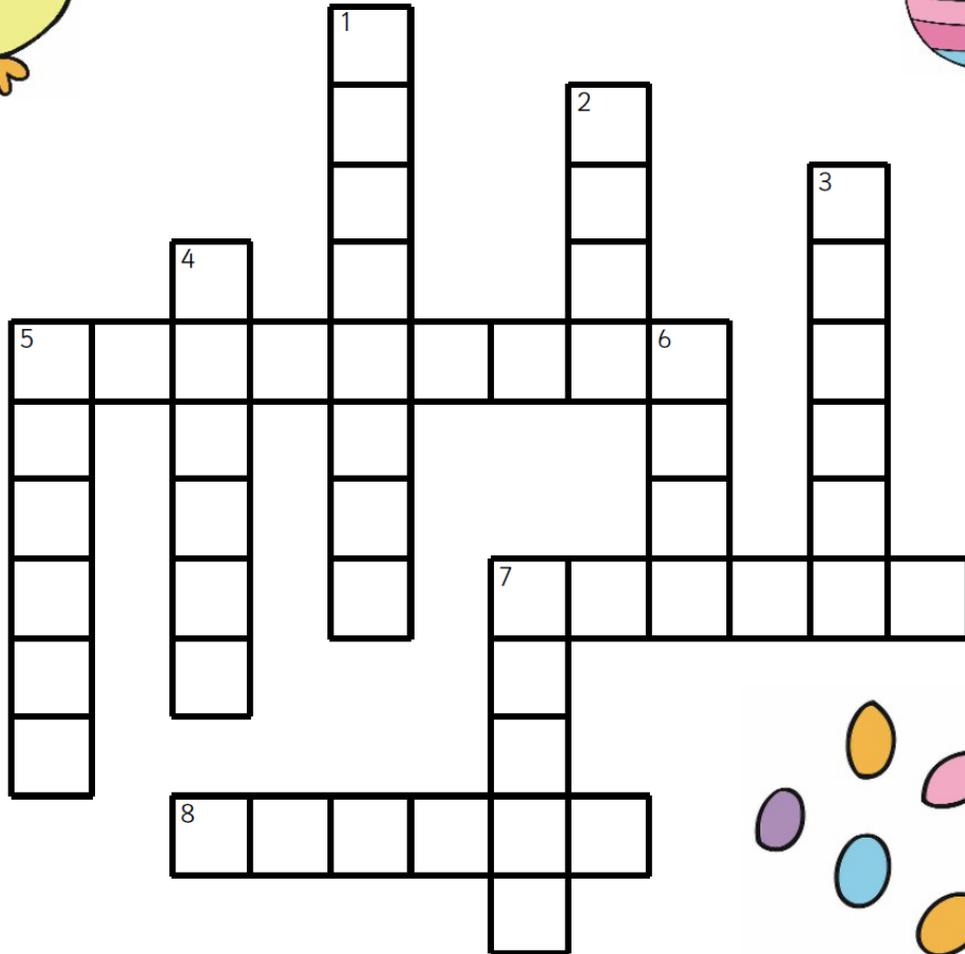


They also need excellent role models, people- literate adults or at least adults who are actively and consciously working on improving their own social skills.

Children are like sponges after all, soaking in the displayed behaviour around them.



Easter Crossword

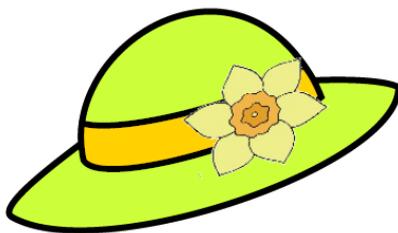


Across

- 5. Easter eggs are often made out of this treat!
- 7. Collect your eggs in this.
- 8. The season in which Easter is celebrated.

Down

- 1. Cheerful, yellow spring flower.
- 2. You may go on an Easter egg ...
- 3. Show off your Easter bonnet at one!
- 4. You may wear one in the Easter parade.
- 5. These hatch out of real eggs.
- 6. We give chocolate ones at Easter.
- 7. Will he visit you this year?



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ANIMALS

Hello Animal Lovers

I was watching a program on TV about a zoo and wondered about their place as entertainment these days. Things and attitudes have changed dramatically over the past 50 years. Back then it was acceptable to watch performing animals such as the chimps tea party or visit them in small cages in zoos. Performing animals in circuses were also very popular. However with ever increasing knowledge, came the open plan concept with animals being housed in bigger enclosures. However there is little doubt that animals behave quite differently in captivity. They no longer have to compete for food or space. Their territory is much reduced and predictable and they are subject to being viewed by many people all the time. It is debatable whether the animals are better off or happier in captivity or whether they should be left in the wild. There are so many nature programs on film that it seems a better opportunity for people to learn about different animal behaviour from them rather than seeing them in a zoo.

There is no doubt that a lot of conservation work is now being carried out by zoos. Many near extinct animals are being bred with the goal of releasing them back into the wild to repopulate the species. This is very valuable work and should continue. However it is the entertainment side that is debatable. Large marine species have also been exploited with dolphins and even whales being trained to entertain people, and many animals have suffered severe stress responses. It is also often very difficult to rehabilitate an animal back into the wild if it has been bred and lived in captivity for a long time.

Perhaps the answer lies in renaming zoos as conservation parks and instead of animals staying all their lives in captivity they are given opportunities to return to their natural habitats in the wild or large game and marine reserves. Encouragement should be give to the general public to support such programs through sponsorship and adoption. It is time that people understood that animals behave differently when they are free to make their own choices.

I am always happy to answer any animal behaviour questions.

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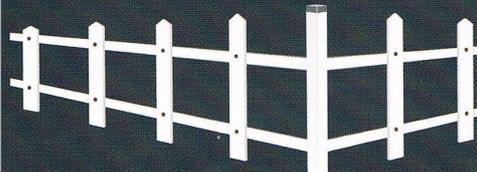
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WHAT WILL HAPPEN AFTER THE DROUGHT...?

During the drought the larval challenge decreased significantly and as such, so did the amount of drench used on many farms. With the recent rain the grass is coming away well but so are the infected larvae and we hope winter starts late this year so pasture covers can improve. Since the rain we've certainly seen the challenge from **Barbers Pole** (*Haemonchus contortus*) rise up quickly, with some properties getting caught out. With the decrease in all larval challenge over the past few months, the level of immunity in capital stock may have dropped, or in the case of ewe lamb replacements, not have developed as well as usual. There are reports of ewe FECs being high currently, which fits with this drop in immunity. Grazing residuals are likely to be low right through the winter and into the spring and also remembering that in autumn, 85 to 95 percent of the worm population is on the pasture. As such, pre-lamb treatment decisions are going to be more important than ever this season. The return on investment may be quite significant when one considers the lowered immunity along with a potentially high spring larval challenge. Decisions made soon are going to have a large impact on how farmers come out of this drought into next season.

Cattle which haven't had an autumn treatment need to have this done, ideally with a Macrocylic Lactone based product (Ivermectin, Abamectin) to prevent **Type II Ostertagiosis** in the spring. A pour on will give persistent activity against **Ostertagia** and make sure it is in combination with levamisole for the R1s. The other parasite which can easily be overlooked is **Liver Fluke** (*Fasciola Hepatica*). This parasite has spread throughout the country over the years to areas that had been considered fluke free. Liver Fluke infection is more likely this year with grazing residuals lower and into more 'fluke friendly' areas. Assessing the potential increase in risk and subsequent treatment is a conversation worth having.

Continue to monitor stock for signs of parasitism, as heavy worm burdens can develop, especially with a predicted mild autumn. Cont...

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FOOD

Soo Gee shares some recipes from friends...

BRENDAS RED PEPPER MARMALADE (SAVOURY)

8 Red peppers, 3/4 cup lemon juice, 1/4 cup orange juice, 1/4 cup red wine vinegar or balsamic vinegar, 4 cloves garlic peeled and chopped, 1 white onion and 1/2 red onion peeled and chopped, 2 cups sugar, 1/2 teaspoon each of cayenne pepper and salt, 1 tablespoon each of chopped rosemary and marjoram.

Cut the peppers in half, take out the core and grill until skin is charred. Cool and peel and chop 3/4 of them finely and the rest into strips.

Put all into a stainless steel saucepan, stir over a low heat until sugar is dissolved. Bring to the boil then reduce heat and leave to simmer gently for 15 minutes. Pour into sterilized jars and seal.

Good on Panini's with cottage cheese and cold meats.

I double this recipe

BARBS BISCUITS

1 cup grated tasty cheese, 50grams softened butter, 1 cup crushed potato chips, 1/2 cup flour, 1/4 teaspoon mustard, pinch of cayenne.

Blend cheese, chips and butter together, then work in dry ingredients. Form balls, place on an oven tray, press with a fork and cook at 180c for 12-15 minutes. Gluten free flour would be fine for this recipe.

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❖ LIVE MUSIC 7 PM SAT 25th APRIL "Del Thomas"

Del Thomas has been playing guitar since the early 70's when he was bitten by the singer songwriter bug. With a record collection filled with Cat Stevens, Sutherland Brothers and Richard Thompson albums, he then heard Fleetwood Mac and Eric Clapton and discovered 'the blues'. That mix of blues and melodic folk has always featured heavily in his music. He released his first solo album 'Driving Home Alone' in 2013, with his second due mid 2015.

Call it what you will, blues, country, folk rock, I think you'll enjoy the ride.....

❖ DON'T FORGET

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Tall Poppy was founded in 2012 by David Graves, one of NZ's leading real estate agents; its fully New Zealand owned and operated and has a presence in Kapiti, Wellington, Auckland, Christchurch, Manawatu and now Nelson. So it's strong, and getting stronger. So really, why wouldn't you use us?

I'm an Upper Moutere resident (with a lifestyle block) and am equally at home in gumboots or heels. I am on the committee of the Mapua Districts Business Association (MDBA) and have helped out with a number of local events (you may have remembered my exceptional service behind the bar of the Upper Moutere Community Hall quiz night raising funds for the fitness centre or organising the art competition at the recent Unicycle event in Mapua). So I'm local. I know this area and I have my finger on the pulse of local real estate. I try to keep the process simple, transparent and stress free. I believe communication is key and I continually strive to provide great service. I'm always working to get the best result.

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Stable Blood Sugar- Stable Life

A stable blood sugar is important for weight management, emotional balance, a good night sleep and much more. Stabilize your blood sugar levels through incorporating some simple diet and exercise changes into your daily life. The level of sugar in your blood depends mainly on how often and what you eat. It usually rises after a meal (especially after a meal rich in refined carbohydrates), and it goes down when you fast. The pancreas and the liver help you regulate these fluctuations by secreting appropriate hormones into the blood stream. Some degree of fluctuation of the blood sugar levels is admissible but in general, the more stable your blood sugar is the better.

Benefits of keeping your blood sugar stable:

Stable mood - the more stable your blood sugar is, the more stable emotionally you will feel.

Less stressed, worried and anxious - fluctuations in blood sugar are associated with hormones that turn on the stress response in the body; therefore, you will feel more stressed and anxious if your blood sugar is unstable.

Control of appetite - the less stable your blood sugar is, the more the appetite goes out of control. People who constantly feel hungry usually experience big fluctuations in their blood sugar levels.

Improved quality of sleep - the more stable your blood sugar is, the better you will sleep and the more refreshed you will feel on waking.

Stable energy - if your blood sugar doesn't fluctuate unhealthily, you will have more stable and even energy throughout the day.

Less fat around the abdomen - the fat burning mechanism is turned on when the blood sugar levels are stable; when big fluctuations in blood sugar levels occur, people tend to put on fat around the abdomen.

What to do to stabilize your blood sugar?

If you answer in the affirmative to some of the questions below, chances are your blood sugar is not as stable as it can be. Test yourself:

| | |
|---|---|
| My waist circumference is larger than my hips. | I crave sweets. |
| It is difficult for me to lose weight. | I feel much better after I eat. |
| I am very irritable if I miss a meal. | I often cry for no reason. |
| Sometimes I feel a bit spacey and disconnected. | I have elevated blood sugar or cholesterol. |
| I get anxious for no apparent reason. | I wake up often during the night. |
| I feel hungry all of the time. | I often get very sleepy in the afternoon. |

What to do to stabilize your blood sugar?

| | |
|---|---|
| Eat smaller meals more often. | Include healthy fats in your diet |
| Include protein with all your meals. | Eat more vegetables and fibre |
| Cut out all refined sugar, processed foods and refined carbohydrates. | Eat fruit in moderation, especially fruits that are very sweet like bananas. |
| Cut out alcohol, coffee and other stimulants like chocolate. | Eat as much grapefruit as you want though - it will help your blood sugar levels. |
| Add chilli if you can tolerate it. | Add cinnamon to your deserts. |
| Add lemon to your meals. | Exercise regularly |

In BodyTalk, we often address blood sugar problems by balancing the pancreatic reflex point. Many clients find this balance particularly effective for mood swings, irritability, sugar cravings, increased appetite, alcohol addictions, weight gain and anxiety

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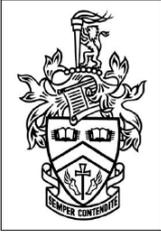
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