

FOR THE FAMILIES

LOCAL LIVES



We talk to Nickie Hodgkinson, Manager at Country Kids in Upper Moutere.

Q: What do you love about your job?

A: There are so many things! I've been here 14 years and I love the fact that I go to work to play with the children every day. I love the rural environment and that Country Kids is run by a Board made up of parents from the local community who are really passionate about being part of their children's learning and development.

Q: How many are there on the team?

A: We have 14 in total, including three support staff. Our teachers are all fully registered and qualified, and some have been here for over 15 years as it's such an awesome place to be. The knowledge and expertise of our teachers blows me away.

Q: What do the kids get up to each day?

A: We have three programmes: 0-2s, 2-4s and 4-5s. Some of the day is structured and some free play. We follow the Te Whariki early-childhood curriculum – belonging, wellbeing, contribution exploration and communication – which covers everything from arts, dance, music and drama to maths, science and literacy. Early childhood centres are about developing a love for lifelong learning. By the time the children get to school, they're ready to fly.

Q: What do you do on rainy days? And sunny days?

A: It's a very outdoor centre, with big verandas over the deck for rainy days. The sand pit is really popular and the kids also love painting, biking, playdough, collage and construction with boxes. It all helps them learn how to play with others, share and be a good friend. We're lucky to have use of our caretaker's paddock on the doorstep for walks, climbing trees and getting muddy. We also offer a Perceptual Programme, 'Sports Initiative Nelson' to promote physical development. The children get to jump, run and play on movable equipment in the centre, the paddock or the courts.

Q: What ages are the youngest and the oldest children?

A: The youngest is six months and the oldest nearly five. It's a very family oriented centre, which is really special. Many families have no relations nearby for support, so we are like their extended whanau. The different age groups mix during free play, so siblings get time to hang out together. In the holidays we have theme days when the older children can come back and play with us. The community owns this centre and we love people to drop in, whether it's grandparents coming for a visit or new parents wanting to take a look round.

Q: What is your favourite kind of day?

A: They all are! I enjoy the fun and spontaneity. Every day is different, and the children can move us to tears and to hilarity. If a child is upset or having development challenges, we find tools to help move them forward, which is amazing to be part of. It's an absolute privilege to work with children and their families in such a sunny, laughter-filled environment and to be part of those moments when a child discovers something new.

Q: What is your aim for the children?

A: To grow and support children who are happy, confident and love learning. We want get to know each child and offer individual learning. They all have a profile book to record their learning journey, and we also use the Story Park online profile, which means even grandma in the UK or auntie in Auckland can take a look and contribute. We are satisfied of a job well done if each child gains self-esteem, a sense of curiosity and good friendships.

Country Kids is open 8am-5pm, Mon-Fri. Check out their Facebook page (CountryKidsUpperMoutere) or visit www.countrykids.org.nz (ERO report now out!).



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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)

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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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Rangers Rugby RFC

Well the season for all local rugby has come to a close with our last senior game in July and our last JAB games played end of August. We have had a great season with lots of good rugby being played by our club. For those of you that caught us on Grassroots Rugby for our 60th season celebration and, wasn't it great to see some of our life members talking about their years in the club, our senior boys playing on TV, and then all the kids and locals cheering them on!!!

We have had great sponsorship support this year and without them we would not be able to survive. All our funds come from the player registrations, fundraising, and our sponsors, and being a small club our sponsorship definitely is essential to us being able to purchase new equipment and gear. Last season our seniors got new playing jerseys and this year it was our JAB's turn to get new playing jerseys, and now they are proudly wear the rangers stag on their backs too. They definitely stand out on the field, and we still remain the Orange and Black club. We also purchased some new training equipment for our JAB's which has helped our young players with their skills on the field. It is important to note that all funds raised through our fundraising efforts and sponsorship goes directly back into the club, and that none of our coaches, team managers or committee get paid – they all put in the hard work as volunteers!!

We would like to especially thank the following sponsors who have donated us goods, or cash which have helped us to maintain our funds this season, so we can continue to invest in our players and club.

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TUESDAY SOCIAL TOUCH

Now that the rugby season is over Tuesday night social touch has started again. If you want to have a runaround to keep, or build up your fitness level come down and join in with our friendly social touch. There is no maximum numbers per team and it is a lot of fun. We ask for a gold coin donation to go towards the club fundraising. So Tuesday nights at 6pm at the Moutere Hills Community Centre – SEE YOU THERE!!

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

*For more info about our club you can contact Cindus 03 543 2033/ (027) 358 7233
email rangersrugbyjab@gmail.com*

MOUTERE HILLS COMMUNITY CENTRE



Community Fitness Centre

Turns one!

It's hard to believe it is a year since we opened the Community Fitness Centre AND, what a successful year it has been. This was all made possible due to fantastic community support which has continued with a steady membership base.

Have you thought about joining but haven't had time yet?



One year anniversary membership special!

NO JOINING FEE for all new members during the month of September.

For all current members, simply use the Fitness Centre 8 times during September and go into the draw to win 3 months FREE membership plus a dinner voucher for two AND, a voucher for a FREE massage!



Fitness Centre Classes

The below fun and motivating classes are available FREE OF CHARGE to all Fitness Centre Members or \$7 for non-members

CORE FOUNDATIONS

Instructor: Carol Cooper

Tuesday's & Thursday's 5:00pm—5:45pm

Core foundation exercises train the muscles in your pelvis; lower back, hips and abdomen to work in harmony. This leads to better balance and function whether on the playing field or in daily activities. This workout will incorporate, core stabilisation, muscular endurance, strength, balance, co-ordination and general well being.



CIRCUIT

Instructor: Tracey and Mark Forward

Wednesday's 6:00pm—6:45pm

Circuit is a station based class which will increase your strength and aerobic fitness while burning lots of calories. Enjoy this heart pumping class to the sounds of some great music!



BOX FIT

Instructor: Bryony Klink

Thursday's 6:00pm—7:00pm

Box fit is a circuit based class which combines basic boxing training with interval training to make a high energy class in a fun and safe environment. If you want to lose weight and get fit for summer, this is the class for you!



SOCIAL FITNESS

Instructor: Vanessa Mairs

Monday's 9:15am / Wednesday's 10.30am

Want to come and work-out in the company of other Fitness Centre members? Vanessa will be on hand to inspire and enthuse you while being able to answer any questions you may have or discuss changes to your programme. Stay afterwards for a coffee and a chat.



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



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE



QUIZ EVENING

Saturday 19 September

6.30 – 10.30 pm

Moutere Hills Community Centre



A fun night out with raffles, auction, bar and good company!

Teams of 6 adults

Cost: \$90 per team with Nibbles and Supper provided

Community Working Bee

Sunday 13th September between 10am—3pm

We are beginning stage one of the development of our Community Outdoor Recreation space. The plan is to create a more visually appealing and usable picnic / recreation area for use by all. This initial development involves the replanting of gardens, development of new gardens, installation of setting and garden boxes and the erection of history panels around the present paved area beside the tennis courts.



We would love your help to create this. Please bring along any gardening tools you may have and a lot of energy or if gardening isn't your thing then we would be grateful for any refreshments for our workers!

If you can assist us with this then we would love to hear from you—just email katrina@mouterehills.org.nz or give her a call on 543 2516

School Holiday Programme

Monday to Friday for the two weeks of the School Holidays. Hours are from 8:30am - 3:30pm.

Cost is \$28 per day with morning tea and lunch provided.

There will be a wide variety of activities on offer including art, craft, sports, games, and baking.



Activity Sessions



We will be providing a variety of activity workshops through out the school holidays. Cost will vary depending on the type of activity offered.

To register your child/ren on the holiday programme or for activity sessions please visit www.mouterehills.org.nz, email us enquiries@mouterehills.org.nz or just pop in and see us. WINZ subsidies available.

Office hours:

**Monday, Wednesday, Friday
Tuesday, Thursday**

**9am—3pm
9am—8pm**



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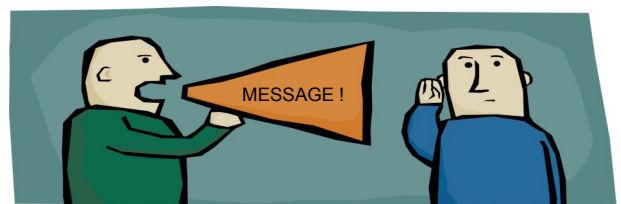
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The Social Group meets at the Sunday School Hall (Upper Moutere Lutheran Church) on **Thursday afternoons at 1.30pm each fortnight.**

Join in games and cards. Enjoy our afternoon of fun and fellowship. All welcome.

Contact Brian or Lois Eggers ph 5432 871.





COMMUNITY



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**Good luck to all the
Moutere High School
students who have their
mock exams coming up!**

Youth News

Hey everyone, It's starting to warm up out there which means we're able to get out and do more activities in the warmth of Spring. So we've got some great activities organised and would love to see all our youth come along

Remember, Jnr Youth is for anyone age 10 to year 8 from 3:30pm-5:30pm. Snr Youth is Year 8+ from 7:30pm - 9:30pm. Don't forget to like us 'Moutere Community Youth' on facebook for all the latest news.

We're also planning on going as a group to the Markos last home game for the year, against Canterbury. More details will come soon.

The program for Jnr Youth is:

Sept 4th Photo Chase @ Church Hall
Sept 11th Balloon Games @ Church Hall
Sept 18th Movie Night @ Church Hall
Oct 3rd Marko Vs Canterbury Meeting at 1:30 @ Church Hall

The program for Snr Youth is:

Sept 4th Balloon Games @ Moutere Hills Community Centre
Sept 11th HangOut Night @ Church Hall
Sept 18th Movie Night @ Church Hall
Oct 3rd Marko Vs Canterbury Meeting at 1:30 @ Church Hall

Hope to see you all there!

MOUTERE COMMUNITY YOUTH TRUST

Te Puawai Tanga O Rangatahi



Rural Women

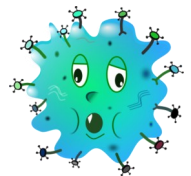
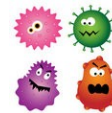
E.coli O157:H7.



Rural Women are seeking to raise awareness of E.coli. Kids on farms are particularly at risk. The most common risk factors are contact with pets, farm animals and animal manure. Parents need to be aware of how to try to prevent their children picking up these bugs. At this time of the year it is important to encourage hand washing, with children spending time in calf sheds and with animals on pet day and plenty of mud and water around. There are lots of opportunities to pick up bugs by ingestion or through the eyes and nose or cuts and grazes.

If a child has diarrhoea and has been in contact with animals, ask a doctor to test for E.coli. It is better to push for the test and be negative, than miss it and your child end up in hospital with complications from the disease.

Pat Moore



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PANZ - Pastel Artists of New Zealand


Ideas and action abound as we continue to prepare for the National Art Awards being held in Mapua next year. Gloria is chasing sponsors, Judy is organising accommodation, Michael is the menu maestro, Liz is getting crafty, Glenys has a T-shirt plan and we have all been selling tickets for a fundraising movie night. I had some anxiety as I printed out 80 tickets for 'A Walk in the Woods', being shown at the State Cinema, Motueka. I needn't have worried. They sold like hot cakes and now we are eagerly looking forward to the show.

Our regular Tuesday sessions have also been busy. Marian took us back to basics with some detailed and challenging sketching. This led on to a morning of drawing still life, with the emphasis on light and shade, organised by Anne. And then Judy took us all the way to Albuquerque with a talk about her recent visit to the International Pastel Convention.

A surprise and very welcome visit came with the children of 'Bounce' on Tuesday 11 August. The children met the artists and chatted to them about their paintings and materials. But the highlight came when the children all 'had a go'. There might just have been as much pastel on hands and faces as on paper but some jolly fine pictures were still produced. It was a lovely morning and a great pleasure to have the children share it with us.

If you want to find out more about pastels and the PANZ art group in Mapua visitors are always welcome. Just call into the Community Hall on a Tuesday morning between 9 a.m. and 12 noon when you see the PANZ board outside. Or contact Glenys Forbes on 540 3388 for more information.

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Dear Members and Community,

TDC is running an online survey on how you would make use of a better internet connection - if only you had one.

This is part of council's application to central government for extended broadband internet access and mobile coverage support:

<http://www.tasman.govt.nz/council/media-centre/public-notice/what-would-you-do-with-better-internet/>

If a decent internet connection matters to you - be it for family or business use - then please participate in the survey.

<https://www.surveymonkey.com/r/betterinternet>

It really only takes two minutes.

Best regards,
Matthes Bender

Secretary

Moutere Hills Residents Association

<http://www.mhra.org.nz>



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Annual General Meeting

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**Speed
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Walkway?

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All welcome. Don't miss it!

**This year's meeting will be held at the pub, so it's easy to
drop in and just have a chat.**

**For further details visit our website www.mhra.org.nz
or write to us at secretary@mhra.org.nz**

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A big **thanks** once again to all the people who supported the book fair and auction at the Moutere Hills Community Centre on the weekend of 18-19 July.

We were thrilled to raise \$2,400 towards the new garden and play areas at the MHCC.


Around six boxes of surplus books, mostly children and teen fiction, were donated to Kiribati which desperately needs books for its library.

If you have any books you wish to donate to the next Sarau festival, ring Sharon 5432 814. Leave message on answer phone if no one at home.

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Local boys Ryan Mairs, Jack MacNeil, Riley Grover (all Upper Moutere school) and Billy Check (Ngatimoti school) recently returned from Wellington unbeaten at the youth National Futsal (indoor football) championships.

The boys were part of the Nelson 12th grade team coming up against tough competition from all around the country. They were simply a class above all of their opposition winning each of their eight games including their final match against Auckland 5-1. Five of the team including Ryan were returning to defend their unbeaten record from last year.

Ryan, Riley, Billy and Jack (pictured, left to right), who are all Nelson Bays football representatives, decided to play futsal to sharpen their skills, improve their footwork and control. As a team, this is the only fixture they play in and trained for a matter of weeks prior to the Wellington championships.

All four boys started their football careers playing locally for Rangers Club and, as a team, proved very dominant. Although now playing elsewhere, they are busy on a weekly basis attending their club practices as well as various academy trainings. Football rep training will start in a few weeks which will see Ryan, Jack and Billy head to Blenheim in October to defend their 12th grade title, and Riley will compete here in Nelson in the 11th grade.



It is week four of the third term already, and it is shaping up to be a busy one.

Room 4 is busy practicing for MASSIVE (Motueka Arts Show from Schools Incorporating a Variety of Entertainment). This non-competitive show is staged every two years, with many of the local schools performing. It is being held in the first week of September, at the Motueka High School hall.

Students from Rooms 3 and 4 will be participating in the winter sports tournament mid-August, and are being prepared for this, with a lot of practice going on across the three sports they are competing in – netball, football and hockey.

Late last term was our biennial Matariki celebration. This evening event is a real community occasion, with parents, grandparents and other members of the Tasman community invited to come along – and they did; it was a grand turnout. A potluck dinner of curries was shared, before the Matariki play was performed. This play is written by our very own Room 3 teacher, Fred Robertson. After this, the floor was cleared to make way for a good ole' hoe-down, with music by Jiggery Folkery. This great celebration is made all the more special, being held in the pack-house of the local Rush family.

Finally, the school is losing its principal of the past eight years, Pip Wells. Pip is off to Nelson Central School in the fourth term, to take up the reins of principal. The appointment of Pip's replacement is well underway, and in the next publication, we will introduce our new principal.



Country Kids Winter Ball

On Saturday 8th August, Country Kids held their first Winter Ball. The idea surrounding this event was to celebrate Country Kids and the community it is based in. This is going to be an annual event and be a major contributor to our yearly fundraising efforts.

Country Kids would like to thank everyone involved in helping this event be the success it was through fantastic community support with spot prizes, raffles and people's time. A special mention to Antony Neale from 'Dog on a Bonnet' for the music and Anne Grange for her generosity with catering.

It was a fantastic evening, everyone got into the spirit of the theme of 'ROCK STARS.' Be sure to come and join us for a great night of dancing next year.



Daniel Tate, Kieron Lattimer, Andy Marr and Megan Grove-Roberts.



Alesha Shaw, Doug Shaw, Megan Grove-Roberts, Nigel Roberts, Alice Hyatt, Mel Marr, Lenore Manley, Phil Marr and Wayne Manley (in front).

Walnuts: Sprayfree Motueka Valley.

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28 SEPT – 9 OCT**



Hello Animal Lovers

Due to the recent publicity about the increase in dog attacks I thought I would address this issue again in my blog. According to the figures, 100,000 dog attacks resulting in treatment have occurred over the past decade. What is most disturbing is that of the 10,000 dog attacks each year one third of the victims are children. Most at risk are children under nine. Most families have a dog. Children by their very nature are attracted to small fluffy things and are often too rough in their handling of dogs. What is worse is that many children are not supervised around dogs. Most people would not dream that their dog could attack a child and yet 70% of the attacks occur in the home or with friends. It is so important that parents and adults understand the true nature of dogs, certain actions and body language can trigger aggression in most dogs. Children eating food or waving it about can also trigger an attack. Even the most domesticated dog can react to high energy or a child rolling around (for fun). So what can be done to minimise this? It starts, I believe with getting a family pet from a reputable breeder who has allowed the puppy to socialise before being rehomed, this is crucial to a dog understanding its place in the pack. There is some debate as to avoiding certain breeds but any dog can be a risk if it is a neglected or dog treated badly. However some people do not believe that by allowing the dog to sit next to them on the sofa or on the bed is treating it badly. All dogs understand hierarchy and they need to know their place. By elevating their position they assume they are the boss and start to show aggressive tendencies to anyone challenging their position. Owners of small dogs often pick their dog up to cuddle it and allow others to do so, again it elevates the dogs position and is not a good thing to do. From the time the new dog joins a family it should be given boundaries. Somewhere to sleep (not on the bed), to eat (fed after the family) and to play. Simple obedience should be introduced with 'sit', 'come' and 'no' being the basics. All members of the family should understand how to handle a dog particularly children, and it is vital that everyone is consistent. It is no use one person using one method and another something else, the dog will undoubtedly get confused.

So why are dog attacks on the increase? It may be that there are simply more dogs. In a small country like New Zealand there are currently 530,000 registered dogs. It could be that housing is more dense in our biggest cities. It could also be that dogs do not get exercised or worked as they should. Getting a working breed like a sheepdog for instance, then leaving it in a small yard or apartment is certainly going to add to a dogs stress.

I believe that the vast majority of dog owners are responsible but too many children are innocent victims. So greater awareness and responsibility are needed by all dog owners and breeders.

I am always happy to answer animal behaviour questions.

Sue Mott
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ANIMALS

SHEEP MEASLES

At present we are fielding a lot of call at the clinic based around the control of sheep measles in dogs, so we thought it was time to put an article together for the newsletter.

Sheep measles are the common name given to the hard white nodules found in the muscle tissue of sheep and goats. They are caused by Cysticercus oris, the intermediate stage of tapeworm parasite Taenia ovia which is the primary stage found in dogs.

The cysts are commonly seen during post mortem inspections by meat inspectors and while they pose no risk to human health, they cause blemishes that consumers find unappealing and hence the downgrading, or in severe cases, condemnation of carcasses. Farmers that have issues with sheep measles can lose a significant amount of money from downgraded or condemned carcasses, especially in lambs.

The sheep measles life cycle is exactly that, a cycle. Without sheep and dogs in combination, the cycle breaks down. The key been that dogs become infected by eating raw sheep/goats meat, including the heart that is infected with live Cysticercus oris cysts. Cysts can remain alive for three months or longer until the sheep/goats immune system kills the cyst leaving fibroids, calcified lesions in their place, seen as defects (sheep measles) in the carcass.

Infected dogs can pass many thousands of eggs in there faeces, there by contaminating pasture, and can survive for four months depending on environmental conditions. Eggs can be spread by wind for up to 10 km, so just one infected dog can contaminate not only your farm, but your neighbour's farms as well.

To stop the spread of sheep measles freeze any sheep/goat (10 degrees Celsius for ten days) or cook meat thoroughly to destroy any cysts before feeding to dogs. All sheep/goats offal should also be cooked. Please note cattle meat should undergo the same treatment to reduce the spread of Neospora, but raw meat from horses, rabbits and possums can be feed to dogs.

Farm(or in fact any) dogs going onto a sheep farm should be treated, ideally before tailing, with drugs containing the ingredient Preziquantel such as DRONTAL ALLWORMER OR WORMACIDE TAPE. The surest step to break the life cycle of tapeworm infections between dogs and sheep, and to control gastrointestinal worms in dogs, is to employ a monthly cycle worming plan of

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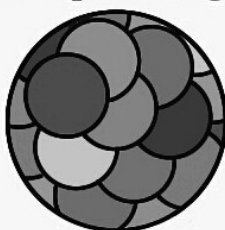
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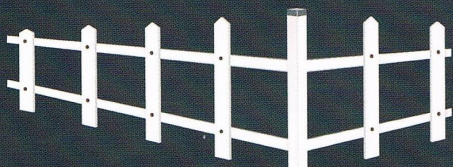
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200gm of butter, 3/4 cup brown sugar, 3/4 cup smooth peanut butter, 1 1/2 cups plain flour, 1 cup of self raising flour, 200gm skinless peanuts roughly chopped, vanilla.

Oven on to 160 C. Fan bake at 140 C. Line or grease two baking trays. Beat sugar, butter, and peanut butter until smooth. Mix in the flours then add the nuts and vanilla. Roll tablespoonfuls into balls. Place on trays and flatten. Bake 15mins. Leave on tray to cool for 5 mins then onto wire racks. YUM!



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PECKHAM'S TRADITIONAL CIDER

A heartwarming winter recipe from local folksinger and polymath Kevin Mayes, using locally made Peckham's Moutere Cider.

Kev's slow-cooked Pork & Cider Winter Stew

Ingredients: 1-1.5kg meaty porkbones, 2 large onions, 500ml Peckham's Moutere Cider, water to cover, 1 medium celeriac, 2 large carrots, 2-3 bay leaves, large tsp mustard, large tsp mixed herbs, salt and pepper.

Method: Chop onions into pot or slow cooker, add porkbones, pour on cider and water to cover. Bring to simmer and slow cook for several hours.
Allow to cool, then remove bones, returning meat to the pot.
Add diced celeriac, carrots and all other ingredients, salt and pepper to taste.
Return to simmer until veges are cooked through.

Serve: Serve with kumara mash, kale and Peckham's Cider!

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GARDENING

The Coastal Garden Group had a Garden Forum at our last meeting with two of our members showing how to prune roses.

GARDEN FORUM:

Gino & Pauline demonstrated pruning roses. Gino's tip - secateurs need to be sharp otherwise they don't make a clean cut. It is important to sterilize your secateurs to avoid spreading disease. Keep a small plastic container with Methylated Spirits and dip each time you use your secateurs.

Pruning your roses:

The basic rules are remove any diseased, dead or spindly growth. Remove any branches that crossover other branches. Prune to buds from behind and slightly above the bud at approximately 45 degree angle.

Aim for a well shaped bush and open bush or shrub.

Usually remove one quarter to one third of last season's growth.

Spray with copper only this will harden the leaves and help force them to drop. Make sure the spray gets into all the crevices of the rose and half a metre around the rose bush. It is important to pick these leaves up and dispose of them. Wait for 2 weeks after your copper spray then spray with oil. Thanks to Gino and Pauline for an informative demonstration.

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Salmon

Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function. Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation.

Essential Oil

Lavender

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of therapeutic benefits. In ancient times, the Egyptians and Romans used Lavender for mummification, bathing, relaxation, cooking, and as a perfume; its ability to calm and soothe the mind and body continue to be Lavender's most notable qualities. Applying Lavender to the back of the neck and temples helps reduce muscle tension. Inhaling Lavender promotes relaxation and a restful night's sleep, making it an ideal oil to diffuse at bedtime and when stress levels are high.

- Add a few drops of Lavender to pillows, bedding, or bottoms of feet for a restful night's sleep.
- Freshen your linen closet, mattress, car, or the air by combining Lavender with water in a spray bottle.
- Add to bath water to soak away stress or apply to the temples and the back of the neck to ease muscle tension.



Lavender Essential Oil

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In the Kitchen

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Lemon, honey and spice drink

Take 300 to 400mls of warm water and add to it -

- ★ The juice of 1 lemon
- ★ ¼ tsp fenugreek powder
- ★ ½ tsp freshly grated ginger
- ★ ½ tsp fennel seed powder
- ★ 1 tsp raw honey

Stir and drink, while it is still warm.

This lemon, honey and spice drink aids in cleansing toxins from the gut and is best drunk first thing in the morning prior to eating breakfast.

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Jane has been in the Upper Moutere 18 months (previously Kohatu) & has been practising yoga for 20 years. She recently completed the yoga teacher training through the IYTA. Jane is now offering yoga to the local community in her custom built studio in the old woolshed.

New to yoga? Don't let this put you off. We start where we are! Yoga is for everyone. The class starts with simple breath awareness, slowly warming up & easing into the physical postures (asana), working with the breath throughout. Finishing with a relaxation known as savasana.

Class times; Hatha Yoga; Monday 9-30 -11am & Wednesday 6-30-8pm

Also Monday evening 6-30-8pm for Restorative yoga followed by Yoga Nidra.

Restorative Yoga is basically a series of gentle yoga postures held for a longer period of time using bolsters & cushions for comfort & support. This releases tension in the physical & emotional bodies, calming the nervous system. Stress switches on the fight or flight response & we were never designed to be in this mode all the time. This type of yoga nourishes us physically, mentally & emotionally.

Yoga Nidra is a verbally guided, systematic method of bringing about complete physical & mental relaxation & is done lying down. Yoga means union & Nidra means sleep. Although in this practise one stays awake. It is a deep relaxation with inner awareness. Yoga Nidra is a method of withdrawal & induces a state between sleep & wakefulness. This allows a deep state of relaxation & is very healing on an inner level. It balances & harmonises the whole nervous system.

Classes are \$10. Please come ten minutes early to register.

Please bring a yoga mat, (These are available cheaply at the warehouse or K-Mart) a water bottle & a light blanket for relaxation.

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