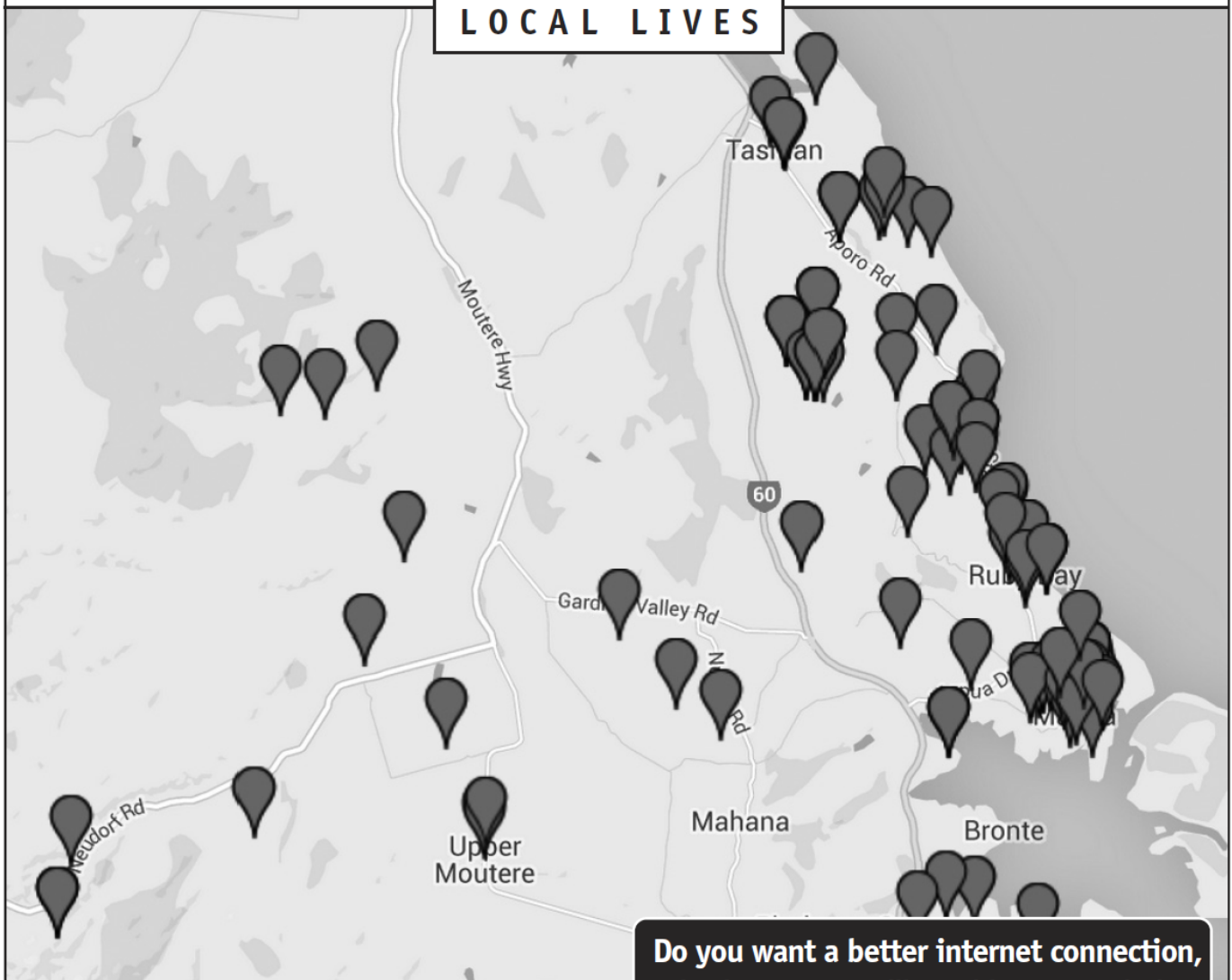


BETTER INTERNET?

LOCAL LIVES



Do you want a better internet connection, asks the Moutere Hills Residents Association.

As we all know, the Information Age is upon us. To access this information, and to contribute to it, we all need reliable internet connections at a reasonable speed. Three local community associations—the Mapua & District Community Association, the Moutere Hills Residents Association, and the Tasman Area Community Association—are working together with the Mapua & District Business Association to gather information and thoughts on internet services in our area.

The aim of this initiative is to collectively make a case for improved internet service to the residents and businesses in our region.

Some metropolitan areas of New Zealand have access to 'Ultra Fast Broadband' fibre, while other areas are on VDSL. In smaller rural areas like ours, which are currently on ADSL, a realistic goal

is to have all of our built up areas—villages and larger settlements—on VDSL, with outlying areas accessing the 4G LTE mobile broadband network.

What can you do? Go online to www.mhra.org.nz/news to read the latest news on the issue. There you will find further links to an online questionnaire, which you can use to register your interest in better broadband access for your property.

You will also find an online map (as per above) showing where people have already signed up, and where clusters of interest are forming which might lead to locations being upgraded.

Or you can email John Fountain, the contact person for this initiative, directly at betterbroadbandforMRM@gmail.com



Hon Damien O'CONNOR
MP for West Coast/Tasman

0800 DAMIEN (0800 326 436)
Facebook: damienoconnormp
damien.o'connor@parliament.govt.nz




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



PLACING AN ADVERTISEMENT

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

The deadline for each issue is 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).

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

Please email your copy to: umograpevine@hotmail.com

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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

It is hard to believe we are into the last quarter of the year already! Here at Moutere Hills Community Centre we have just completed our first full year of operation since the fires and what a productive year it has been. We must acknowledge you, the Community, for your continued support of the Centre as without your support we would not be able to offer such a fantastic venue and wide variety of activities.

Over the next month you should see some more work completed on our outdoor recreation space, but we continue to be open to any new ideas and would love to hear from anyone that maybe able to donate of items just as outdoor furniture or plants. We hope you take advantage of this new ly landscaped area as the weather warms up.

Please consider us for any special events or functions that you may have coming up. We can offer special package deals to suit your needs.

Kind Regards **Katrina**

Term 4 Schedule

We have an action packed schedule of activities for your enjoyment in Term 4. Please check them out below.

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Group 9:00am Depart MHCC Social Fitness for over 60's 9:15 – 10:15am In the Fitness Centre for members. Stay for a coffee! Gymnastics 11:00 – 11:45am (< 2yr) 1:45 – 2:30pm (2-4yrs) 3:15 – 6:30pm (5-14) Cost: \$4 per class - under 2yrs \$70 per term - pre-school \$90 - school age Core Foundations 5:00 – 5:45pm Cost: \$7 per session or Free for Fitness Centre members Mahana Guitar School 5:45 – 8:00pm Karate for Youth/ Adults 7:15 – 8:15pm	Group Fitness 6:00 – 7:00am Cardio Tennis 9:00 – 10:00am No ability necessary Upper Moutere Tennis Club Funk Busta with Hilary 3:30 – 4:30pm Kids group dance – Hip Hop, soca, Bollywood + Zumba Fitness with Hilary 5:45 – 6:45pm Cost: \$7 per session (Classes on through school holidays) Social Touch 6:00 – 7:00pm Gold coin donation Social Badminton 7:00 – 8:30pm Cost: \$3 per session	Midweek Tennis Coaching 9:00 – 10:30am Intermediate+ Upper Moutere Tennis Club Social Fitness for over 60's 10:30 – 11:30am In the Fitness Centre for members. Stay for a coffee! Mahana Guitar School 2:45 – 7:45pm (fortnightly) Karate for Kids 3:30 – 4:30pm (5yrs+) Core Foundations 5:30 – 6:15pm Cost: \$7 per session or Free for Fitness Centre members Adult Social Table Tennis 7:00 – 9:00pm Cost: \$3 per session	Group Fitness 6:00 – 7:00am Midweek Tennis Coaching 9:00 – 10:30am Intermediate+ Upper Moutere Tennis Club Dru Yoga 9:30 – 11:00am (starts 22 nd October) Dru Yoga 11.30 – 1:00pm Tennis Coaching From 3.15pm For ages 5yrs+ Fitness Centre Box Fit Class 6:00 – 7:00pm Cost: \$7 per session or Free for Fitness Centre members Adult Social Volleyball 7:30 – 9:30pm Cost: \$3 per session	Group Fitness 6:00 – 7:00am Playgroup 10:00am–12:00pm All welcome Dance with Jane 2pm – 2:30pm (3-4yrs) 3:30 – 4:15pm (5-6yrs) 4:15 – 5pm (8-10yrs) 5pm – 5:45pm (10-12) Tennis Club Night 5pm onwards Upper Moutere Tennis Club

Office hours:

Monday, Tuesday, Wednesday, Friday
Thursday

9am–3pm
9am–8:30pm

For enquiries outside this time please call Katrina on 027 5118825 or Vanessa on 027 5118826.



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





Rangers Rugby RFC

With local rugby now finished for the season it is now time to sit back and watch the Big Boys play rugby on TV. Hopefully by the time this edition of the Grapevine is out the All Blacks will be the winners of the 2015 World Cup!!!!

Rangers will be competing in the Tasman 7s Tournament so head down to Motueka Sports Park on the 7th November to check out the games. It is a great day out!

Rangers Club have now wound down for the season but there is fitness training continuing throughout the summer so feel free to join us even if you are not a Rangers player. Our fitness sessions are open to everyone!

TUESDAY SOCIAL TOUCH

Keep up your fitness in the off season. Join us for our Tuesday night social touch at 6pm at the Moutere Hills Community Centre. It is a social game with all players on the field for a bit of running around and friendly banter! Gold coin donation in the kettle appreciated.

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*

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MAPUA BOWLING CLUB

THE WRITE BIAS

It was a great opening to our season with lots of sunshine and good spirits on Opening Day. The green was playing well after lots of love and care over the winter months. Hats off to Greenkeeper, Ben Whitten and his band of helpers for a job well done. The day ended with a delicious afternoon tea which was enjoyed by all.

A 'Bowling Babies' fundraising competition is running at the club where members are challenged to identify 20+ club members from their baby photos which are displayed in the club rooms. It is a lot harder than one imagines and certainly has members intrigued by the array of baby faces on display. The 1st place prize is a voucher for a photographic portrait sitting kindly donated by Vickie Turnbull, a Richmond based photographer along with a 8x12 photo from the sitting. Thanks to Barbara Trotter for providing the framing of this photo.

League Bowling starts again on Monday 2 November at **6p.m.** These sessions are open to new and existing bowlers with both friendly and competitive play.

There is no need to pre-book; just turn up on a **Monday evening** and give it a go. Flat-soled shoes are essential to protect the green, but there are plenty of sets of bowls to borrow at the club and the bar is always open. Why not give it a try?

Contact Rex Page 03 543 2924 for details.

For information about bowling, coaching or booking the clubhouse and facilities please call President Michael Busby 03 544 6325.



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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.



MOUTERE INN



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COMING EVENTS AT THE MOUTERE INN

- ❖ **LIVE MUSIC 7 pm SAT November 14th "Brian A Craddock"**
Brian A Craddock is an original New Zealand singer songwriter. He style is Alt Folk/Rock Country. Brian lives on the West Coast and has toured N.Z. extensively over the last two years.
- ❖ **COUNTRY MUSIC NIGHT 7 pm THUR November 19th**
Always innovating, we are proud to confirm the continuation of the country music night here at The Moutere Inn. So, if you ever fancied singing some country, with a full live backing band, now is your chance.
- ❖ **FINE DINING EVENING 7 pm SAT November 28th \$50**
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.
1st Thurs Folk Night. This month 5th
2nd Thurs Quiz Night. This month 12th
3rd Thurs Country Night. This month 19th

THE MOUTERE INN
THE CENTRE OF THE MOUTERE

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Dance sessions for kids

I am Hilary, & I am doing dance sessions for kids aged 7-12 yrs.

The group is called FunkBusta.



My philosophy & aim for these classes is to introduce kids to different dance styles. I choose relatively easy steps that, when executed correctly, highlight the differences & similarities between many dance styles.

Teaching techniques include hand signals, creative dialogue and demonstration.



I mostly teach moves that increase the left brain -right brain cross over. While it often takes longer to learn the steps, this method also benefits other areas of a child's learning.

Soca



Bollywood

DANCEHALL

Flamenco & more...



The music is mostly modern & from bands, DJs, composers & artists that mix traditional with modern beats.

First class always FREE
You can join-up anytime in the term

Currently on in the main hall at Moutere Community Centre.

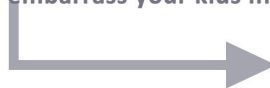
Tues 3.30-4.30pm www.funkbusta.nz



DO YOU...

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But are at least 20 years too old....

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★ **THUR 6.00pm Mapau** -Main Community Hall, Mapau

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COMMUNITY

St Paul's Lutheran Community Church

On November 1st, Upper Moutere will be visited by a special tour group of Germans, led by Barry Brown. This 2015 tour of New Zealand has its roots back to 1844, when the first Mecklenburg emigrants gathered in the Klutz church. They celebrated their departure for Hamburg and Nelson.

The organist in 1844 wrote in pencil underneath the organ, "Today we celebrate the departure of the Mecklenburg emigrants to New Zealand". Over 170 years later, a group from the Klutz area will follow their footsteps, from Mecklenburg to Upper Moutere (Sarau).

You are invited to attend a special combined service at Upper Moutere Church on November 1st, with German visitors from the Mecklenburg province. Pastor Pirina Kittel from the church at the village of Klutz (Mecklenburg, Germany) will give a sermon (in English), and a number of traditional hymns will be sung in English and German. Church starts at 9.30am.

This service will be followed by our annual Longest Lutheran Lunch which is also celebrated by Lutherans all around the world. Everyone is welcome to attend both the service and the lunch. Lunch will be a shared, bring-a-plate, style lunch. We encourage you to bring a plate from the country of your birth.

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Lower Moutere



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- Wanting to find out what Christianity is all about or have some questions?
- Used to be interested in Christianity but lost touch with God somehow?

We strive to make people feel at home regardless of background, age or gender. We're a family of families who seek to encourage and support one another.

We have ministries catering for children (including mainly music) and host an integrated Christian Primary School on-site. In addition, we have a various Small Groups and a great Youth Group.

Check us out @
www.tasmanbiblechurch.org.nz

Friends and Neighbours

Are you retired and looking to meet people in your community?

Our new "Friends & Neighbours" group is set to do all sorts of fun things to help you relax and enjoy yourself:

- Transport available
- Great food
- Organised activities
- Something different each month
- Free (gold coin donation if you want)

Where?
Tasman Bible Church, 6 Williams Rd

When?
3rd Friday each month, 10:30am-12:30pm

Contact?
Lorna Martin, 03-5266868 or
lornamartin43@gmail.com

Rural Women NZ.

The Moure Branch has enjoyed learning about other countries this year. Our country of study was Afghanistan and the Nelson Provincial had a really good speaker from whom we learnt lots about that country. We have also had slides and a talk on Japan and South America which was interesting too. Last month we learnt about Timor which was a country we didn't know much about but now we are better informed.

November is the time for our National Conference which is to be held in Nelson this year. We have remits to discuss, business to see to and fun to be had.

We are pleased to hear that Dot Kettle and Georgia Richards who gained a Merit Award at last year's Enterprising Rural Women Awards have benefited by the publicity and have had a 6 fold increase in their business. Congratulations to them.

Pat Moore



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God's Own

New Zealand *used* to be referred to as "God's Own" country. The phrase has mostly passed from use—God is rarely referred to now in normal conversation. Now to be fair the "God's Own" sentiment had more to do with the beauty of our country than it did with the faith of Kiwi's, but it does remind us that our country is no longer Christian in any meaningful sense.

Most likely the reasons for this shift are complex, but the underlying reality is that faith, in order to survive, must be *active*. As we grow older our love for God and appreciation for all that He has done will not *automatically* grow. Such growth requires an on-going, *active* desire to know God and live for Him in the here and now.

Faith, left unattended, gradually dies. Like a canoe drifting on a river, doing nothing inevitably means heading downstream. Drifting along, ambivalent about our walk with God likewise means we inevitably drift away from him rather than toward him.

If you are reading this and you once held to some sort of faith in God but no longer do, what caused you to drift away? Was it an active or passive move away from him? Whatever the cause, it is never too late to once again consider God. Whether or not you believe in him, Christians believe that he is passionately interested in you.

Geoff Paynter

For more info on Tasman Bible Church head to
www.tasmanbiblechurch.org.nz





Billy Check (Ngatimoti School), Ryan Mairs and Jack MacNeil (Upper Moutere School) recently tasted more football success when they won the 12th grade South Island Rep football tournament held in Blenheim during the holidays. It was the first win for a Nelson 12th Grade team in 15 years.

The boys, who were also part of the Nelson Bays futsal team which won the National title in July were part of a 13 strong lineup beating the best young footballers in the South Island. Fifteen teams from Southland, Canterbury, Otago and Tasman competed over three days which saw Nelson go through pool play unbeaten conceding only one goal on their way to the final. Nelson then faced Otago and although dominated possession throughout, managed to score in the last 10 minutes to take the title. Ryan was named Most Valuable Player of the tournament.

DOVEDALE COUNTRY AFFAIR.

Sunday 14th February 2016.

**All interested stall holders please
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for an application form.**

\$25 site or \$50 for food site.

Tasman School Biennial

Art Auction 2015

Celebrating the Creative Talent of the Tasman District

Saturday 31 October 4pm

Tasman School Hall

417 Aporo Road

Planning is well underway for the Tasman School Biennial Fundraising Art Auction.

We have been thrilled by the response so far from artists from right across the Tasman District. We were overwhelmed by the generosity of donations in 2013 and the turnout for the Art Auction and consequent sales, and we hope that this year will be even bigger than the last! We are a small rural school surrounded on one side by orchards and award-winning vineyards, and the beautiful Kina coastline and Moutere Inlet on the other. We are committed to building an arts rich culture and hope to continue to provide opportunities for students to appreciate, challenge and create. Along with several Artist in Residence programmes, last year Tasman School participated in the 2014 Masked Parade in Nelson which is a highlight of the Festival of the Arts, winning the overall Supreme Award with our Steampunk inspired theme! We invite you to join us again to celebrate the diverse creative talent from the Tasman District.

To register your interest in the auction please email artauction@tasman.school.nz or phone (03) 526 6818 for enquires. An online catalogue will be available soon for you to see what is on offer at www.tasman.school.nz. We also have absentee bidder forms if you cannot make it on the day.

Please support this fantastic event by coming along and purchasing an artwork for your home, office or school!

The Borrowers by Kim Lineham

As many of you know, I have a small Dollhouse shop on our property on Gardner Valley Rd, selling miniatures and featuring many miniature displays. We live just outside Nelson in a beautiful rural setting, on a lovely lifestyle block. Recently, I hosted my daughter Amanda's school class from Upper Moutere School for a visit to our home to see my workshop and displays. The children's absolutely favourite display was a small room box I made a few years ago, based on the book "The Borrowers".

The Borrowers * is a children's fantasy novel by English author Mary Norton published in 1952. It features a family of friendly, tiny people who live secretly in the walls and floors of an English house and "borrow" from the big people in order to survive. The Borrowers was later adapted to a movie and several TV programs.

The small room box I made featuring the Borrowers is one of the most basic projects I have ever completed, no money was spent and all items were things that were lying around, much like the Borrowers most likely would have. I might add, it is one of the most fun projects I have ever completed.

One thing led to another and I have now been visiting the Upper Moutere School every Friday for the past six weeks, guiding the children while they make their very own Borrowers boxes. Their imagination and enthusiasm is not only inspiring but also so very rewarding. Prior to my first visit and right before the school holidays, the teachers rented the movie "The Borrowers" to get the children familiar with the story. Their assignment for the holidays was to collect a box each and "things". We had a spirited and lengthy discussion of things that might be used (and the importance of asking your grownup before "borrowing")

The excitement was spreading! Soon, parents were getting involved, some making fantastic boxes for their children. Our very own Nelson Miniature group has been very helpful, in bringing sundry items for the children to use. I have even had my own family and friends searching their cupboards for bits and pieces that could be used. The quirkier the better, all the better to challenge the kids imagination. I have been truly amazed by the children's willingness to embrace something so wholly, and I am thrilled by their enthusiasm.

I leave after each visit with a new spark and excitement for our wonderful hobby, knowing that the only thing that hold us back is our lack of enthusiasm and imagination. Today's children might spend too much time in front of a computer or TV but scratch the surface and guide them and they can reward you with their brilliant imaginations and willingness to expand their amazingly creative minds.

**The Borrowers* won the 1952 [Carnegie Medal](#) from the [Library Association](#), recognizing the year's outstanding children's book by a British subject. In the 70th anniversary celebration of the medal in 2007 it was named one of the top ten Medal-winning works, selected by a panel to compose the ballot for a public election of the all-time favourite.

To visit Kim's Dollhouses and Miniatures contact us on
03 543-2515 / www.kimsminis.com



UPPER MOUTERE PLAYGROUP

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. There is generally an each term.

We have a lot of toys for babies, toddlers and young children to play with, and provide morning tea for kids and parents. Bring something along for morning tea.

All families welcome.

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

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PROGRAMMES SO CONTACT US FOR DATES**



ANIMALS

Hello Animal Lovers

The fatality of a zoo keeper by a Sumatran tiger was very sad and a shock to everyone. It was particularly difficult as the lady who was killed knew the tiger and had worked with it for some years. It goes to illustrate that no matter how well a person knows an animal like a tiger it is still a wild animal with all the instincts of one that has lived in the wild. The keeper was experienced but unfortunately must have used the wrong body signals or been in a vulnerable position which triggered the attack. It raises again the debate about keeping wild animals in confined spaces such as a zoo. It is very sad that Sumatran tigers are so endangered in the wild that they have to be kept in captivity. So is it better for the animal to take its chances in the wild but be allowed to be free and follow its instincts or spend its life in captivity safe but not able to follow its instincts?

There has certainly been a movement away from exotic performing animals in zoos or circuses. Thanks to excellent wild life programmes on television like David Attenborough, the general public have a lot more understanding and respect for wild animals and their needs. However there are still many in the world raised as pets. People buy them when they are young but by the time they have matured they become a problem and can be very dangerous as they are restricted by their environment and often have not mixed with their own species. It is unusual to rehabilitate a captive bred animal back into the wild successfully but it can be done. For example, the famous Elsa the lioness, the subject of a best selling book and film and more recently Christian the male lion managed it but both were eventually killed by wild lions which possibly would have happened even if they had lived all their lives in the wild. However it certainly drew attention to the issue for many people.

For most people in New Zealand our pets have been domesticated for generations. However all animals have instincts from their wild ancestors and it is very important that pet owners recognise this. The wrong body language or environment can result in aggressive or defensive behaviour in dogs, horses, cows, sheep, cats in fact most animals and pet owners should have an understanding as to what those instincts are before taking on the responsibility. Keeping calm and safe is paramount in all animal handling and will result in happier pets and owners for all.

I am always happy to answer animal behaviour questions you may have.

Susan Mott
Animal Behaviourist
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Small block & Lifestyle farming information and trade site evening.



When:

Friday 4th December 2015

Where:

Richmond

A&P Show Grounds

"Animal Barn"

Time:

6 – 7.30pm

- Roger Bay – Vet
- Danny Hajdu – Vet
- Warren Mitchell – Vet

- Kate Boyd – MSD Animal Health
- Neville Phillips – Merial Ancare

AGENDA

- ❖ Introduction from the team at Town & Country Vet
- ❖ Discuss animals health requirements with our Vets one on one.
- ❖ MSD Animal Health - for your livestock's vaccination recommendations and timing.
- ❖ Merial Ancare - livestock drench requirements and when to drench.
- ❖ BBQ nibbles available on the night

Each RSVP goes into the draw for 3 x free faecal egg counts.

An invitation to Lifestyle and Small Block farmers

For more information or to register, contact the clinic on 544 1200 or mike@tcvet.co.nz

RSVP before 23rd November please—limited places!

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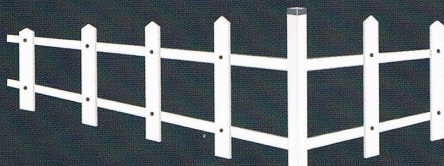
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PANZ – Pastel Artists of New Zealand

It has been a pleasure to welcome two new members, six visitors and the return of two old (not in the aged sense you understand) friends to our group. It makes PANZ Nelson the largest group in the country and does beg the question ... why? Is there an abundance of painterly folk in the Nelson Bays area? Or maybe plenty of would-be painters who need a little help to progress? Or is it just that news of our legendary affability (no excuses required for cake and party-time) has leaked? Whatever the reason, I am pleased to report that our Tuesday group is alive, kicking and extremely healthy.

Progress towards next year's 'Purely Pastel Art Awards' is still on track. The whisper on the street is that the National Executive is very pleased with our imaginative programme ... yippee! One further round of fundraising, assisted by the 'Sprig and Fern', Mapua will take place at the Sprig on Wednesday 18 November. Yes, the pastel artists are hosting a quiz night so please come along around 7p.m. to support us and the 'Sprig and Fern'. Get your team together and join us for a fun evening of easy (maybe) questions, \$50 bar tab up for grabs with some fine raffle prizes along the way.

Marian Painter has led two informative mornings in recent weeks, still life drawing and colour harmony. Some members were sorry to miss Marian's expert tuition at the latter session, folding leaflets and magazines and stuffing envelopes unfortunately took priority!

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.

Sue England (540 2934)



Spectre - James Bond 007

Thursday 12th November 8pm @ Motueka State Cinema

Tickets are \$18, nibbles and juice will be available from 7.15pm in the cafe at the Motueka Rec Centre (BYO to share discreetly with friends if you wish). Movie starts at 8pm. Get dressed up in your posh frock (or black tie) and come and join us for an evening's entertainment.

Tickets must be booked in advance, this is a fundraiser for Relay for Life with all profits going to the Cancer Society in Nelson.

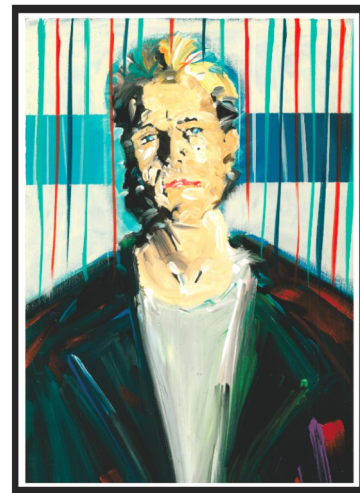
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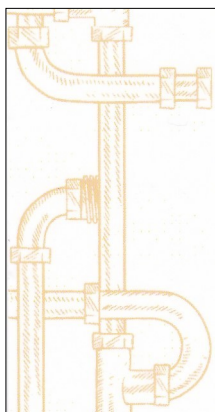
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REQUIRED 2-3 models for life drawing classes in the Upper Moutere. Also expressions of interest from artists to support fortnightly sessions on a Thursday evening over the summer months. These classes aren't tutored. Room for maximum 8 people. Ring Jane 0272635211



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289 Sunrise Valley Rd, Upper Moutere

November:

Friday 27nd – 6.30pm to 9pm,

Saturday 28th – 9.30am to 5.30pm &

Sunday 29th – 1.30pm to 5.30pm



Action methods are employed on this group. In a safe and caring environment they are a powerful tool for personal and relationship development. On this group you can both rehearse and prepare for living the kind of life you want to live. Action methods offer possibilities for change and human evolution, for individuals, groups and society. You don't have to have any experience to benefit from group work. Be prepared for intense feelings to arise as you connect strongly with yourself and others. This weekend is open to anyone wishing to improve their relationships and enhance their enjoyment of life. Participants will be assisted to find new solutions to old problems, and relationships will be enriched and re-invigorated. Past hurts can be resolved allowing you to go forward in your life with fresh vitality. Renee brings warmth, wisdom and compassion to her work.

Feedback from previous group participants:- "I was terrified to go but very quickly started to enjoy myself. I found it inspiring and humbling, wonderful!" "A rich experience, surprisingly effective." "A great learning experience, not just from my own work but from being with others too" "Enlivening, enriching, so great to be doing this work with my partner"

For more information please contact Renee at reneealleyne@clear.net.nz

www.reneealleyne.com

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Soo Gee suggests we take time for a cuppa

Earl Grey Tea and pickled onions and cheese didn't cut it....

Try these:

APRICOT TRUFFLE BALLS

125g cream cheese, 200g white chocolate melted, ½ cup coconut, ½ cup raisins chopped, ¼ cup sunflower seeds or nuts chopped, ¼ cup chopped apricots.

Mix cream cheese and chocolate together, add one teaspoon of honey and one teaspoon of vanilla, add other ingredients, roll into balls and chill.

Great with coffee. I sometimes replace vanilla with lemon juice. I also double this recipe, freezing half of them for later.



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Peckham's Cider and Wangapeka Cheese pairings

Pairing cider and cheese can enhance flavour characteristics the two share or it can amplify flavours through contrast.

Moutere Cider with creamy Wangapeka Brie = bubbly cider cuts through creamy cheese and refreshes the palate

Homeblock Cider with Kinzett Creek = tart cider matches washed rind cheese - strong aroma but sweet taste

. Ice cider with Wangapeka Blue = both are intense and sweet

Perry Cider with Wangapeka Cheddar – medium sweetness comes through in both

Pommeau with ripe Wangapeka Camembert = edgy cheese is complemented by Pommeau's strength

We know you will have some of your own favourites so let us know and we will share on facebook.

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GARDENING

Our guest speaker Peter Glue from READYLAWN gave an extremely informative and lively discussion on lawns, care & maintenance.

Peter explained where to plant your lawn. If the area is shaded or on the south side of your property it may end up being patchy so choose Fescue rather than Rye. Creating a lush lawn shows off your garden to its best advantage, creates a feeling of open space and vista. Preparation for new lawns should have started at least 2 months ago to work up the soil for seeding. Spring & autumn are the best times for sowing the lawn. It is not recommended sowing a lawn in summer as the ground dries out and needs constant watering and in winter it is too cold and wet. Level off the area by raking (handy tip from Peter) get an old piece of fence paling and nail onto rake, work backwards and forwards. Continue raking, breaking up clods of earth, removing stones that have come to the surface and filling in dips and hollows with soil. thus levelling off the whole area. Finish with a layer of topsoil usually 100 – 150mls leaving the soil a little bit soft to allow water to soak in. For a super fine lawn just use Fescue it will take longer to germinate or you can use Rye mixed with Fescue but that can produce Red Thread if there is high humidity. To remedy fertilise and cut shorter. For Sports Turf use 65% Rye, 35% Fescue. Sowing rate is 25-30 grams per sq mtr and the same for fertiliser. Apply the lawn seed with a spreader. Measure up the area, divide the seed in half and put on one half evenly then the balance on the remaining half. (Another of Peter's handy tips is to sow the seed when it is raining heavily.) Once you have applied the seed put on the fertiliser and lightly rake giving a good watering or use a small sprinkler to water the area check the water has gone down to a depth of 5-6 cm. Peter prefers not to roll the area at this stage but waits until germination has taken place which should be 7-10 days – leave until 40 – 50mls high then give a light roll. The first cut should be when the grass is 60 – 70 mls high – adjust your mower to take off top third. Make sure your blades are sharp – then take off second third. The ideal height of the lawn should be 25-35ml. Fertilise your lawn 4 times a year. January, April, July, October.

PROBLEMS:

Prickles – (Onehunga Weed) Use Turfix for this problem.

Moss – Sulphate of Iron

Broadleaf – Use Round Up

Paspallum – has wide grass seed with solid root system. Paint leaves with Round-Up. Urea also works well.

PESTS:

NZ native grass grub – the grass grub adult is the brown beetle which also attacks roses and plant foliage on summer nights. They nip off the grass and take back to their hole leaving small piles of turds (which looks like pepper). Their life cycle is similar to porina and the best time to control them is when they are young – Feb/ March. Apply Diazinon and water well in after two nights.

Porina – the porina adult is the fat brown moth that flaps around your lights in the summer. When you see them they have probably just laid a few hundred eggs on your lawn. The best time to control the resultant caterpillars is 6 – 8 weeks are you see the moths. Late Feb/Mar. porina graze nocturnally on the grass foliage and you probably do not realise you have them until winter when the grass growth slows down. Their grazing becomes apparent then and their vertical tunnels become obvious. Apply Diazinon (aka Lawnguard) in late Feb/Mar. Water lightly to release chemical on to the grass; after two nights water thoroughly to wash chemical down to the root zone to get any grass grub feeding there.

The information that Peter imparted was fantastic and I am sure that our members gleaned some great knowledge on how to produce that perfect lawn. Brian King thanked Peter on behalf of the club and gave him a token of our appreciation.

Many thanks

Judy Sisam
Secretary
Coastal Garden Group



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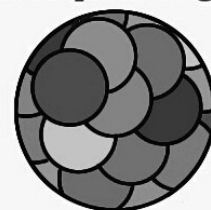
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- Add to your teenager's facial routine to improve the appearance of blemishes (avoid sun exposure).
- Diffuse while dieting or trying to lose weight to increase motivation.
- Add one to two drops to your water to support a healthy metabolism.



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In the Kitchen

Sweet Treat

After dinner I go on a hunt for something sweet.



Bliss Balls

- ★ 4 Tbs Coconut Butter or Coconut Oil
- ★ 10 Medjool Dates
- ★ 1 cup Macadamia Nuts (I use mixture of nuts and seeds)
- ★ 2-3 Tbs Cacao Powder
- ★ 1 tsp pure Vanilla Essence
- ★ 1 ½ tbs Raw Honey or Maple Syrup
- ★ Pinch of Salt
- ★ ¼ cup Shredded Coconut (optional)

Place all the ingredients (excluding the coconut) in a kitchen wizz and blend until you have a sticky dough. You can then roll the mixture into small balls and cover with coconut. I prefer to press the mix into a shallow baking dish lined with baking paper and cut it into small squares. Store it in the fridge. Yum Yum.

Jude Twin

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