

## GOODNESS IN A BOTTLE

### LOCAL LIVES



**Keeping a small herd of cows has led this Lower Moutere couple to share the joys of real, fresh milk.**

**O**ver the years, Julia and Andrew Young's dairy farming career has taken them all the way from Canterbury to Northland. A 50:50 sharemilking arrangement saw them owning and looking after around 500 cattle in return for a share of the farm's income from selling the milk.

That all changed in 2009 when Andrew took up a new role as technical field officer at the CRT rural supplies store in Motueka – a job that regularly takes him out on the road, meeting with local farmers.

Despite enjoying his work, Andrew missed being around stock and messing about on the farm. So, he and Julia bought a herd of 15 Friesian and Jersey cows for their 10 hectare block in Lower Moutere. Every morning, at 5.30am, the couple take it in turns to milk the herd before heading off to their respective jobs – Julia to the teacher aide role she's held at Upper Moutere School for the past couple of years.

"My work fits in perfectly with the family," says Julia, who drives their two daughters – April, 11, and Holly, 10 – with her to school and back again each day. "I love being part of the school my children are at, and being a helping hand in the classroom."

Having a small-scale herd suits the Youngs down to the ground. "Some big farms are quite automated, but we know all our cows' personalities, which is really nice," she says. Milking is carried out by machine in their six-bale cowshed "to a level of cleanliness that can be hard to achieve on a larger farm".

A desire to sell natural milk, unpasteurised, unaltered and

fresh from the cow, got Andrew talking with Village Milk in Takaka – a successful venture set up by fourth generation New Zealand dairy farmers. In early March, Andrew and Julia opened their own Village Milk franchise, operating from two dispensing machines right at their farm gate in Holdaway Road.

Customers can bring their own bottles or buy glass bottles from the dispenser any time, day or night, and fill them with fresh milk. "It is chilled as soon as it leaves the cow, and will last up to two weeks in the fridge," says Julia. "Each day, the dispensers are replenished with new milk."

She admits that it took their children a while to get used to the idea of drinking 'real' milk, but says they now love the taste. It's also full of nutritional goodness. "Pasteurisation kills bacteria, good and bad, as well as enzymes and some vitamins, and isn't necessary with our animals," says Julia, explaining that a thorough testing and hygiene regime ensures their milk is always safe to drink.

"I've heard so many people say that drinking fresh milk rather than shop-bought milk has improved their physical wellbeing – particularly those with allergies and intolerances." Potential health benefits aside, it's the creamy flavour that's the real drawcard, according to Julia. "Once you've tasted it, you never want to go back."

*Article and photo by Beverly & Viv Sellers 03 543 2008.*

## Editorial

Congratulations to all at Neudorf Dairy for the great results at the New Zealand Champion of Cheese Awards, (I won't spill the beans here), you can read all about it in the food section of this month's issue. Nice to see persistence and vision rewarded.

April is a bit of a mixed bag this year. Easter is usually a big weekend for gardeners, tidying up after the long hot summer and setting up for the winter months. Or maybe you'll take the chance to visit with friends and enjoy any extra time off that you have. There's a lot to fit in as a week later daylight saving ends, bringing a very welcome extra hour of sleep for one night at least.

Another week on and the school term finishes and oh to be young again — the Moutere Hills Community Centre holiday programme looks like so much fun!

ANZAC day falls on a Thursday this year.

The harvesting of some crops will still be happening, the recent heavy rain has meant a bit more work for some and there's always plenty of work to do afterwards as well.

Maybe it'll stay warm enough to fit in one last swim at the beach or the river...

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## 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 15<sup>th</sup> of the month.**

Please email your print-ready ad to [umograpevine@hotmail.com](mailto:umograpevine@hotmail.com) or provide paper-based, print-ready copy to the Upper Moutere Store.

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## Sending us editorial items

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 15<sup>th</sup> of the month.**

Please email your copy to: [umograpevine@hotmail.com](mailto:umograpevine@hotmail.com)

**Grapevine circulation is 1300 copies.** This issue has been constructed by: Tanya Doty, Beverley Sellers, Sharon Beuke, Avril Stephens, Viv Sellers and Heather Eggers.

Views expressed are not necessarily those of the voluntary editors and no responsibility is taken!

# MOUTERE HILLS COMMUNITY CENTRE



## Centre Update

A lot of work is being done to get the centre operational as soon as possible. The main Function Room, Hyatt Room, Kitchen, Bar and Foyer have all been stripped out and now we are awaiting the scope of work to be completed before the job will be put out for tender. Centre staff and management are planning to have a working bee in the next few weeks to up-grade the "old kitchen" area to cater for the winter sports season. We will put up information on our website and via email for anyone that is interested in helping or we would be happy to hear from you so please phone us on 543 2516. Also if you have a business that maybe able to provide sponsorship to enable the up-grade of this area for the winter sports season then we would love to hear from you. You maybe able to donate items, labour or a cash donation, anything would be greatly appreciated. Sponsors will be listed on the wall and advertised on our website in acknowledgement of our appreciation. If you are able to help out in this way then please call Katrina on 5432516 or 0275118825.



## WINTER SPORTS SEASON



The winter sports season is nearly upon us. We have good team registrations for Rangers Rugby, Football and Netball Clubs but if you have a child that is still interested in playing Rugby or Football or are interested in playing Rugby or Netball yourself then you can contact us at Moutere Hills Community Centre and we will provide you with the information and put you in contact with the appropriate person. Alternatively you can register online at [www.mouterehills.org.nz](http://www.mouterehills.org.nz)

## APRIL / MAY SCHOOL HOLIDAY PROGRAMME

Venue Upper Moutere School Hall

Cost \$25 per day

Age 5 – 14 yrs

Time 8:30 am – 3:30 pm

### Monday 22nd April "Pirate Day"

We launched the holiday programme with Pirate Day "Arrrr! Matey!". Watch out as treasure abounds with some great art, craft and baking activities! We will have a pirate ship bouncy castle and treasure hunt

### Tuesday 23rd April "Bejewelled"

Everyone loves a bit of bling. What could be more fun than making your own. We will be getting creative today!

### Wednesday 24th April "Game On"

Love games? We do too! Come and join Vanessa in some fun challenges, then relax in the afternoon by making your own board game to take home!

### Thursday 25th April ANZAC Day (Public Holiday)

### Friday 26th April "Model Mania"

Who doesn't love plaster of paris, Fimo and chocolate? Today we will be designing and making our own special

### Monday 29th April "Stitch it Up"

We are going to stitch it up. Today is all about making tote bags - tie dying, decorating and plenty of bling!

### Tuesday 30th April "On the Board!"

Need somewhere to stick your pictures and notes? Today you will be making your own pin boards. The perfect addition for your room or as a gift for someone special.

### Wednesday 01st May "The Mechanics of Motion"

We will be pulling to pieces old mechanical objects and creating our own creations. Learn about the "mechanics" of your body with a fun seido karate workshop with Stuart.

### Thursday 02nd May "Animal Day"

It's all about animals today - art, craft, baking, games and even some special quests (of the four legged kind!)

### Friday 03rd May "Mystery Bus Trip"

Hop on board and join us on a mystery bus tour to some fun and exciting destinations.

To book your place on this holiday programme then please phone us on 5432516, email [enquiries@mouterehills.org.nz](mailto:enquiries@mouterehills.org.nz) or register on line at [www.mouterehills.org.nz](http://www.mouterehills.org.nz).

*Thank you for your continued support of Moutere Hills Community Centre.*



Phone: 5432 516 (please leave a message)

Email: [enquiries@mouterehills.org.nz](mailto:enquiries@mouterehills.org.nz)

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# MOUTERE INN



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## COMING EVENTS AT THE MOUTERE INN

### ❖ THEMED FOOD EVENING 7PM THURS 25<sup>TH</sup> APRIL \$25 "RIBS NIGHT – THE RETURN"

Ribs night - the return. Not everyone's cup of tea but then, I don't really like tea. What I do like, is pint of IPA and a stack of ribs.

### ❖ LIVE MUSIC - 7PM SAT 27<sup>TH</sup> APRIL "TOM'S FIELD"

Tom's Field are a tasty fusion of traditional folk/old time with contemporary original flavours.

### ❖ DON'T FORGET

Raffle every Wed 6pm with Chase the Ace.

1<sup>st</sup> Thurs Folk Night.

2<sup>nd</sup> Thurs Quiz Night.

3<sup>rd</sup> Thurs Open Mic Night.

Last Thurs Ribs Night.

*Sorry, Closed Good Friday. Limited Menu Easter Monday.*

THE MOUTERE INN  
THE CENTRE OF THE MOUTERE

Phone 543 2759  
[www.moutereinn.co.nz](http://www.moutereinn.co.nz)

## UPPER MOUTERE TENNIS CLUB

Winter is a great time to play tennis and we are a friendly, social club who welcome new members all year round. We offer many opportunities to play at both a social and competitive level as well as numerous coaching options. Whether you are new to the game or simply want to brush up on your skills, send us an email. You can become part of a group or benefit from individual lessons with Vanessa a Tennis NZ Registered Coach.

Email [umotennis@gmail.com](mailto:umotennis@gmail.com)



## Sam's Spam April 2013

We are lucky to have so much going on in our region, e.g. Sarau Festival, Purple Cake Day, Mapua Easter Fair, etc. So, what's the best way to share digital photos from an event? I have been asked this question several times recently as I have been involved with the Redwood Valley Hall's 125<sup>th</sup> Anniversary celebrations.

Many people took photos of the Victorian market and the evening speeches with musical entertainment (which included me singing music hall songs!). One way to make the photos easily accessible is to create a free Flickr account, which you can then upload your pictures to and share with anybody. The 'tour' gives advice on how to: Tell a story with your photos and allow whoever you want to **comment**, add notes to explain or comment right on the photo, add tags to categorize your photos and to help others find them in searches.

<http://www.flickr.com>

You can upload photos from your desktop or mobile and then decide who to allow access to them, making them public or private. Event photos would be public and people viewing them can then decide if they want to buy any prints.

Flickr has teamed up with Snapfish so you can cheaply order any number of copies. When you first set up a Snapfish account they give you 50 photos (10 x 15cm) free and after that they are 19c each.

### How do I transfer my photos from Flickr to Snapfish?

To get started, click on the "Organise" tab at the top of the page to open the Organize, and then select the photos you want to transfer. Next, select the photo product you want to create. You will be taken over to Snapfish, where you will need to either log in or register. Once you log in, your transfer will start automatically. For more information, go to: <http://www.snapfish.co.nz/flickrnz/>

That's all for this month! Remember, for anyone out there needing help with computers and other technology etc. my phone number is 03 544 0737. Average job price \$35.



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## **THE WRITE BIAS** **NEWS FROM MAPUA BOWLING CLUB**



Championship matches are drawing to a close with some finals already played and the remainder to be completed in the next few weeks. Winners of singles, pairs, triples and fours at club level are entitled to enter the Nelson Centre Champion of Champion events to compete against the winners from the other thirteen clubs in our area. To be part of the event is achievement in itself; to have any measure of success is an accolade indeed particularly for a small club such as ourselves.

Six new people have taken up our invitation to join us free of charge to "have a go" during these last few weeks of the season and we hope that they might join as full members next year. Any more prospective members are welcome to come along and give us a try. Roll-up days are Tuesdays, Thursdays and Saturdays all commencing at 1.15 p.m. Come on any of the days, or all three and we would be delighted to see you and provide equipment and tuition.

Bowling Clubs will be just one of the organisations represented at the Positive Aging Expo to be held on Friday 5 April in the Headingly Centre, Richmond. This Expo is aimed at the 55+ age group and promises to be informative and fun.

Our clubhouse and facilities are available for hire throughout the year. For information and bookings please contact Dave England (as below) or Nancy Coeland (544 2847).

For any other information about bowling please call Secretary Jean Daubney (543 2765) or President Dave England (540 2934) or email [s1ad2as3@xtra.co.nz](mailto:s1ad2as3@xtra.co.nz)

Sue England



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## Mahana School

Term One has been both a busy and sad one. The busy part has seen us involved in swimming, greeting new families and new students, getting classes underway, planning for our Fiesta, and, of course, learning. The sad part has been the passing of our teacher and friend Kath O'Reilly.

While it has not been an easy summer for our farming community, it has been an almost perfect season for swimming. We are fortunate to have an excellent pool at Mahana and our students and our key holders have made maximum use of it. One day during the last holidays we had 60 people use our pool! The results are really good swimmers. We have already achieved our goal of making sure all our 12 year olds can swim at least 200 metres, in fact many of our students much younger than this can do 200m already. We believe that swimming is an important area of the curriculum, and we place a lot of importance in retaining and improving our swimming programme and pool.

This term we will welcome ten new students and eight new families to Mahana School! This is fantastic and it's really nice to be able to share our school with such nice people! We also welcome back Carolyn Scorrar to the Kereru Room. Carolyn is teaching our Year 3 to 5 students this year after being on maternity leave last year. Our remaining staff remain the same; myself and Jane Bosecke in Kotuku Class (Year 5 to 8), and Kerin Dodunski in Piwakawaka (Year 1 and 2).

We have a new classroom! Piwakawaka class, the Year 1 / 2 class, has had a complete makeover! We've turned the whole class around and it now has more space, new tables and chairs, new wifi, and better storage. More importantly it is now a wonderful environment to start school in. Kerin Dodunski, the class teacher, is full of energy and is busy providing her youngsters with fun experiences. She is happy to talk to any prospective families, and can be contacted through the address on our website.

Speaking of contacting us, don't forget to follow us on FaceBook or on Twitter.

At the moment we are busy getting our Family Fiesta ready. Many parents have worked very hard on making this event happen. It is an important fund- raiser but perhaps more importantly it is a community event. It is a good thing to be working together with a shared goal. Mahana School is the focus for our community and in today's busy, often fragmented world we believe that it provides an avenue for people to express their unity and shared purpose.

As mentioned, the sad part of our term has been the passing of our Deputy Principal Kath O'Reilly. Kath was a committed educator, mother, partner and friend. She was a patient and nurturing teacher who provided our students with skills that they will keep for life. She taught them to read, to add and subtract, to sing, to draw, to play games, and perhaps most importantly she taught them to have a positive outlook on life as she did herself. Kath loved teaching at Mahana School and we loved her.

Please remember that families are welcome to visit us anytime, or check out our website at [www.mahana.school.nz](http://www.mahana.school.nz), check out our class blogs, or follow us on Facebook and Twitter.

We have an excellent school that is not far away. We have a student – teacher ratio that allows us to put kids learning first. We have a special place and we are proud of it. Come and take a look!



Justin Neal  
Principal

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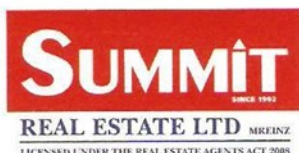


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Last month I mentioned the Wear Red for Healthy Heart day and the fun we had with the activities surrounding it. Equally busy and colourful was the Purple Cake day on the 7<sup>th</sup> of March. The energy we put into these special days certainly earned us a wonderful result via the National Heart Foundation's Healthy Heart competition. I have just been notified that we are the Special Category winners for **BEST HEALTHY FOOD ACTIVITY** "The children enjoyed making tomato flavoured pasta dough that was then passed through the pasta making machine to create spaghetti. This was cooked and served with a harvest tomato sauce using home-grown tomatoes, onions, garlic and peppers. Yum!"

and will soon receive our win (????) in the mail.

Both RED and PURPLE day had a strong emphasis on healthy food prepared by the children with seasonal, freshly harvested produce from our garden and/or families' home gardens. This time of the year families often bring fruit and veges they have plenty of to share with us and at times we end up with an abundance of yummys that others might not have enough of. Give-aways were often put on the sign in desk to share with others...an busy and cluttered space in the best of times as you can imagine.

Where else? we asked. How about 'The Truck! The truck?

Do you know about the super cool classic Austin (this is a wild guess, might have heard it mentioned...it's raining outside, YEAH!, so I'm not going to check) truck 'parked' in the Harakeke carpark?

Well, Johannes spotted it, family Best donated it and so, with a bit of TLC it became Harakeke's car seat shed....

It's a big truck, so there is room for more and the idea of the

## The Harakeke Trading Truck

was born, a space where garden produce in the wider sense can be shared with others.



Johnna is one of the first people to help herself to some pears (excess produce from one family's garden) and -no doubt- she will stock up the not-shop with her own excess garden produce when she has any—there is no need for money exchange, just bring, take and share to help build an even stronger community.

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[Kidzklubafter3@gmail.com](mailto:Kidzklubafter3@gmail.com)

or feel free to call in to our programmes at the Mapua Tamaha Scout Den or the Upper Moutere School Hall

The children have fully embraced the idea and are regularly checking up on the trucks content and are involving their families already "let's take some plums from the truck, Dad." — the 'Jack in the box' money box can be used if anyone wants to make a donation to assist the further development of the children's orchard and garden. Please help to manage 'The Truck' by adding your donated product to the small blackboard display. Any suggestions and feedback are greatly appreciated ; we believe it's a fantastic concept, let's all help to make it work.

Ka kite ano and please visit our TRUCK

*The Harakeke team*

## Neudorf Dairy brings home Cheese Awards

Last month almost half of the Neudorf Dairy team (if you don't count the sheep) attended the 10th Anniversary of the NZ Champions of Cheese Awards at The Langham Hotel in Auckland, followed by CheeseFest which allows the public and trade customers a chance to sample award winning cheeses.

The NZ Champion of Cheese Awards are held annually and are growing significantly every year. This year the awards attracted 414 entries from 59 cheese makers ranging from small home craft cheese makers to large international companies such as Fonterra. The awards are held to champion excellence in this exciting, evolving industry and to showcase the extraordinary diversity and superb quality of New Zealand cheese.

This year the continuing hard work of the cheesemaker Fiona Gyan and staff, plus the generosity of the gorgeous East Friesian woolly girls, which are happily milked twice daily at Brian and Sharon Beukes' farm in the Moutere Valley, was fittingly rewarded with Neudorf Dairy achieving 3 Gold Medals and 3 Bronze medals for their efforts.

The Neudorf Dairy Gold Medal winning cheeses were.....

Champion New Cheese: Richmond Rougette - meaning 'Little Red' Rougette is a young washed rind cheese with delicate caramel flavours.

Champion Dutch Style Cheese: Mt Cobb Gouda - a mild gouda which is light on the palette and the ideal introductory sheep milk cheese.

Champion Sheep Cheese: Mt Arthur - a traditional waxed farmhouse alpine style cheese, Mt Arthur has a mild caramel flavour with a hint of pineapple.

The Neudorf Dairy Bronze Medal winning cheeses were....

Champion Sheep Cheese: Sarau - a fresh firm Turkish style white breakfast cheese which has a mild flavour and is enjoyed by young and old.

Champion Sheep Cheese: Richmond Red - a golden orange washed rind cheese with a smooth ivory interior and a balanced caramel flavour.

Champion Fresh Unripened Cheese: Torte Crema - sheep milk labneh or strained yoghurt, this product is tangy and decadent but naturally low in fat.

Whilst some of the Neudorf Dairy team were rubbing shoulders with food industry royalty the remainder of the staff kept the wheels turning by milking sheep, making and packaging cheese and sending out orders. The increasing popularity of Neudorf sheep milk cheese meant this was no mean feat and a new apprentice cheese maker has recently started to help keep up with demand. Much of this increase in demand is due to the greater incidence of food allergies and in particular sensitivity to cows milk products in New Zealanders. Sheep milk products are the perfect alternative for many people; they taste great, are easily digestible and possess high levels of vitamins and minerals vital to a nutritionally balanced diet.

Next time you are looking for a local product to serve guests or just something different for the lunchboxes try award winning Neudorf Dairy products. You can pick up delicious Neudorf Dairy products at any Fresh Choice or New World Supermarket, Moutere Gold, Four Square Mapua, The Tasman Store, Toad Hall, Prego Mediterranean Foods, The Farmers Market, The Motueka Market and The Nelson Saturday Market.



## Celebrate Harvest!

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harvest food stalls:**

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Caramel apples & more yummy treats

### Get creative:

Make dragons & dragon masks • Corn husk  
crafts • Autumn leaf creations

### Try all new games:

Sword fighting • Conquer the dragon • Listen  
to a story with 'Mother Earth' • Bite the apple

### Watch local craftspeople doing:

Flax and wool weaving • Rock creations  
*Craft sales including the Midnight Elves'  
felted creations*

**Saturday April 6th, 12pm -  
6pm**

*Stay on for the bonfire at the end and  
burn a dragon...*

Motueka Rudolf Steiner School, 480 High St,  
Motueka

Entry - gold coin donation (optional)

For more information contact: Fabienne: m.  
021 179 2103



## Vet Talk with Tasman Bay Vets

400D High Street, Motueka  
69 Aranui Road, Mapua  
www.tasmanbayvets.co.nz

### Putting the cat amongst the (wood) pigeons

As you can imagine we vets have been closely following Gareth Morgan's recent comments on cats as predators of New Zealand's native wildlife. In many ways it is good that his outspokenness has led to such a great debate over the impact that cats may be having. Of course, most of our cities do not offer cats a smorgasbord of native birds, being pretty much an urban desert as far as native birds go. But some cities and towns are the exception to this rule and are being repopulated with natives.

One of the things that vets are very pleased he has brought up is the problem we have with feral cats. This is a particular problem in our region and one that we deal with in our clinic very frequently, whether it is euthanasing a feral cat, dealing with injuries caused by fights between domestic and feral cats or diagnosing Feline AIDs which is very prevalent in our feral cat population and spreads to domestic cats through fighting. New Zealand does need to do something about these feral cats, not only from a wildlife point of view but also to protect our much loved domestic moggies.

Many of you reading this will be farmers or orchardists and will have had your own experience of dealing with feral cats. When I moved to my rural property a few years ago the neighbours told me there were a few feral cats around and they had even seen people stop and dump cats out the side of the car. Unfortunately the proximity of the Moutere to the urban areas of Richmond and Motueka mean that it is all too easy for a cat to take a one way trip out to the country.

Even just one un-neutered feral cat can quickly become a problem. Several years ago our clinic assisted an orcharding client with their feral cat problem. A huge number of feral cats were euthanised from this property. Many of these cats were disease ridden and very unhealthy. It is easy to romanticise that a feral cat has a wonderful life in our great outdoors, but in fact the opposite is true, they are often stressed, skinny and sick. If you have feral cats on your property please let us know and we can assist you with humane euthanasia.

## Animal Habitats

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The advantage of owning a budgie is that they are relatively easy and economical to keep and don't take up much room. They are suitable for people of all ages and a great first pet for children. Older people get a lot of pleasure from the companionship a budgie can bring particularly if it has been hand reared and will tamely sit on and interact with their owners. It is well worth paying a few extra dollars to buy a hand reared bird. This is one that has imprinted to socialise humans from a very young age and will fly to them and want to be with them. Budgies are naturally gregarious, they love stimulation in their environment and being able to interact, either with each other or with their owners. Budgies should therefore not be kept alone unless they have opportunities for interaction. They should have an opportunity to fly and stretch their wings, so an aviary is preferable to a small cage.

However if a budgie is let out of its cage each day to fly around the house, close attention should be paid to keeping all windows and doors closed or they will escape. Although it is very difficult to catch a budgie that has flown outside, they can sometimes come back. A friend of mine lost her budgie when its cage was blown down in a storm and was amazed when the budgie returned some days later, it had walked home!

A huge advantage a budgie has as a pet is that they are great mimics and will 'talk' and even sing to their owners—an endearing quality.

Keep enjoying your pets and remember to give them special attention during this long hot dry summer.

I am always happy to answer any questions about animal behaviour and can be contacted on 0212664211

Susan Mott  
Animal Behaviourist

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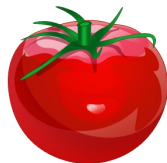
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## Last of the Summer Fruit and Veg (those buckets of tomatoes!!)



### Tomato and Citrus Marmalade

1kg ripe tomatoes—skin them by dropping into hot water with a small cut, cool, peel and chop roughly.

1 orange, 2 lemons—cut top and base off, quarter and slice finely, removing pips.

750gm sugar, 1/4 teaspoon ground cloves, 1 teaspoon salt, 1/2 cup cider vinegar, 1 cinnamon stick (remove after cooking).

Put all ingredients in a heavy saucepan, heat slowly until sugar has dissolved, then boil for a further hour or until mixture has thickened. Stir in 2 tablespoons of lemon juice, pour into hot sterilised jars and seal.

*Great with cheese, meat and nice base on homemade pizza, or pop a few spoonfuls into pasta sauce.*

### Pickled Red Onion

**Cheap at the moment or you may have grown them—simple to make.**

3 large red onions peeled, halved and sliced. Put into a large pot and add 2 cups cider vinegar, 1/2 cup sugar, 1/2 cup water, 1 teaspoon salt, 10 whole allspice berries, 1 teaspoon celery and cumin seeds (you can toast these if you wish).

Bring to the boil, stir until sugar is dissolved, simmer a further 15 minutes then bottle. I remove the allspice berries, but it's up to you.

*Great with burgers, added to salads, open sandwiches or as a pizza topping.*

### Savoury Harvest Loaf

In a bowl mix 1 cup of breadcrumbs with 1/4 cup milk, 250gm each of mince and sausage meat, 1/4 cup tomato sauce, 2 tablespoons chopped mint and 1 medium grated potato mix.

Place in a greased loaf tin, cover with foil and cook at 180C for 30 minutes. Remove from the oven and drain off excess liquid. Top with a mixture of 1/2 cup grated cheese, 3/4 cup of breadcrumbs, 60gm butter and 1 1/2 tablespoons chopped mint. Cook approximately 20 minutes until golden.

Feed those hungry workers!

**Soo Gee**

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### To the Garden.

I'm mainly planting winter greens now including leeks and celery. I've got sheep manure to prepare a spot for my new rhubarb bed. I'm looking into buying pea straw as mulch. I'll do a bit of a tidy up and get beds ready for planting bulbs. They all seem to like good drainage and plenty of rotted compost so no need to go to the gym, just get digging!

### Autumn - nature's planting time

Rooted Strawberry runners can be cut away from the main plant and potted ready for planting in winter.

**Sow** Broad Beans on Anzac Day.

**Mulching** – Spread mulch over the garden after weeding and planting to maintain warmth and moisture in the soil for longer.

**Weeding** – The recent rain helps loosen the soil around weeds, so now's a good time for the autumn tidy-up. Pull out spent tomatoes, bean vines and corn etc. And remember to stretch that back and admire the view often, it'll be changing soon enough!





#### Apple Cinnamon Yoghurt Muffins

##### Ingredients:

75 g Butter  
 2 c Flour  
 2 t Baking Powder  
 ½ t Baking Soda  
 ¾ c Brown Sugar  
 1 t Cinnamon  
 ¼ t Freshly Grated Nutmeg  
 2 Eggs  
 1 t Vanilla Extract  
 1 c Neudorf Dairy Sheep Milk Yoghurt  
 ¼ c Milk  
 1 Large Apple  
 Cinnamon Sugar:  
 2 T Brown Sugar  
 1 t Cinnamon

##### Method:

- Preheat oven to 200°C. Grease a medium sized muffin tray.
- Melt the butter.
- Into a large bowl sift flour, baking powder, baking soda, brown sugar, cinnamon and nutmeg.
- In another large bowl whisk together eggs, vanilla extract, Neudorf Dairy Sheep Milk Yoghurt and milk.
- Core, peel and chop the apple into small chunks.
- Pour the wet ingredients plus the apple into the dry ingredients.
- Stir until just combined.
- Divide the batter evenly into the muffin tray. Mix together the 2T of brown sugar and 1t cinnamon, sprinkle a little on top of each muffin.
- Bake in the centre of the oven for 20 minutes or until lightly brown.

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Nelson Saturday Market – Montgomery Square  
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Motueka Sunday Market – Decks Reserve  
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## Nelson Wineries Get Top Marks for Cellar Door Experience

Three Nelson wineries with perfect scores have been announced as joint winners of the Nelson Wineart Cellar Door Customer Experience Competition 2013.

Brightwater Vineyards, Fossil Ridge Wines and Rimu Grove Winery all scored 100% in a mystery shopper survey conducted by an independent research company. The survey looked at cellar door and staff presentation, the service experience, the information given and whether the visit was a positive experience that would induce loyalty to the wine or the cellar door. Brightwater Vineyards were runner up to the winner - Woolston Estates - in last year's competition.



Visitors enjoy a tasting at Rimu Grove Winery Cellar Door – joint winners with Fossil Ridge and Brightwater Vineyards of the Nelson Wineart Cellar Door Customer Experience Competition 2013.

Nelson Wineart General Manager Gisela Purcell says it's the second year they've run the competition, which is open to all Nelson wineries with a cellar door, and they're extremely pleased with the results.

"The results show that we not only have great cellar doors in Nelson but that the best offer a fantastic experience to visitors.

"We're also really heartened that there's been an overall improvement in the ratings from last year's competition. This shows that small changes at the cellar door can have a big impact on the visitor experience," she says.

Nelson Wineart introduced the competition to ensure they keep improving the cellar door experience for visitors and also to help the wineries know how their cellar door experiences rate against an independently judged standard.

"The Nelson wine experience is about excellence in many ways and we're confident this competition helps ensure we're not only providing cellar door visitors with great wines but also with a total package of information, guidance and warm welcomes", says Gisela Purcell.



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## Moutere Community Youth Happenings

Bubbles & Cupcakes coming up next term.....

### Friday Night Youth (Year7+) \$2

Friday April 5 'Bob's Your Apple!'  
Friday April 12 Blackbird Valley Wide Game

### Senior Youth (Year10+) \$2

Saturday April 6 Pizza Making Party with Fire Soccer  
Saturday April 13 Over Nighter, Golden Bay

### Y (Year9+)

Every second Tuesday, 6:30-8pm  
Meet at Church Hall for a lift to Andy & Abbeys. Dinner and study.... \$2

*Community Youth Workers Andy & Abbey Bensemann*

Andy 021 2245178  
Abbey 027 2434364  
Home 543 2949



**Daylight Savings Ends Sunday April 7,  
2013 2.00am—3.00am**



At 3:00am your clocks need to go **BACK** ("fall back") 1 hour, to make it 2:00am.

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## MOTUEKA QUILTING CONNECTION QUILT SHOW

2013 is this year being held at a replacement venue, the Motueka Recreation Centre, Old Wharf Road. The show runs over three days as usual - **Saturday, Sunday and Monday, 18-20 May** and this fabulous annual event again showcases our members' work (**Venue request – No stiletto heels please**).

The change of venue was brought about by the unfortunate fire at our usual venue, the Moutere Hills Community Centre. A sad blow to the community and we hope to see a speedy reinstatement of this valuable community facility. We thank the Motueka Recreation Centre for stepping in in our hour of need.

Mary Transom, well known Quilt Artist and Tutor from Ohope, will be our Guest Exhibitor. This years show will also have on display the Bernina 'Seven Deadly Sins' Challenge Quilts from quilters around New Zealand, and the MQC Members Challenge.

As well as enjoying the stimulating exhibits, the public will have a chance to Vote for their favourite quilt, along with the club challenge quilts.

Anyone interested in seeing just what can be achieved with needle and thread will not be disappointed. Admission is \$3 – complimentary tea and coffee. Raffle \$2 (5 prize draws with the 1<sup>st</sup> prize being a Bernette sewing machine donated by Bernina Sewing Centre). Dave and Margaret Prebble from Bernina Sewing Centre, Nelson will have a stand at the show and will be available to help with any machine issues. We will also have a small Merchants Mall.

This year part proceeds of the Raffle will be supporting the Fifeshire Foundation and Westpac Rescue Helicopter.

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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. Start date for 2013 is 17th January.

Join in games and cards. Enjoy our afternoon of fun and fellowship. All welcome. Contact Brian or Lois Eggers ph 5432 871.

### Private Sale

City fringe—fully furnished—"1910 Villa on Victory Sq" used as holiday house, backpackers and family accommodation while at Nelson. College and NMIT. Excellent returns. Gracious 4 bedroom home/business. TMe #DAT445

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**Female Housemate wanted to share rural, rustic home on 10 acres in the Upper Moutere with one other female. 20 minutes to Richmond, 7 minutes to Motueka. This property is equine related and there is room for one other horse. Must be working and like cats. Internet/broadband, log burner with wetback. Mountain vistas from deck. \$180 pwk (includes grazing if required) Ph 03 526 7107 after 8pm.**

Nelson Cancer Society has benefited by \$942.30 as a result of the donations from the Blackcurrant Picking following our harvest. Thank you everyone for your generosity.  
*Philip & Jenny*

**Housebus/truck park up available on rural property, Upper Moutere. Conditions apply. Ph 03 526 7107 after 8pm.**