

THE RURAL MIDWIFE

LOCAL LIVES



**On call round the clock, midwife
Clare Spratt says she loves her lifestyle.**

As a midwife in the UK, Clare Spratt was frustrated by the maternity system. In England, says Clare, women meet several different midwives during the antenatal period and don't know the midwife who will support them in labour.

Working in this system also meant she was unable to offer women choices like home birth or water birth, with many having unnecessary interventions. "I felt like I was working in an environment that wouldn't allow me to be a 'midwife'," she recalls.

While studying for her midwifery degree, Clare discovered that a lot of the research referred to the New Zealand system as being one of the best in the world, as it allows women to choose their own maternity provider and for midwives to be self-employed, as they are fully-funded by the government.

In search of happiness she, husband Craig and their two children Ashleigh and Kyle visited New Zealand in 2004 and returned to England to tell the family they were moving and to sell their house. "For seven years we lived in Riwaka and loved the outdoors," says Clare. "We instantly settled into Kiwi life and knew we would be staying!"

Despite Clare's frustrations at working in a large obstetric-led hospital, where 4,500 babies were born every year, the training, skills and experience were invaluable for setting up as a rural midwife within days of arriving in New Zealand. "When I started, I used to lie awake at night thinking, 'What on earth am I doing so far from a hospital delivering babies in the middle of nowhere!' But the last eight years have been truly amazing and I have been honoured to work with some wonderful midwives and families."

Being a rural midwife is definitely a lifestyle and not a job, says Clare, who recently moved with her family to a farm in Lower Moutere. "The whole family has to be on board, as anything can happen at anytime. I care for families that live anywhere from Marahau and Tapawera to Redwood Hills and Mapua, so living in Lower Moutere is the perfect location.

"I care for approximately 50 women every year, and provide full antenatal care, labour and birth care and then continue to visit the women and their families/whanau until the baby is six weeks old."

This means that every day is different, which is what Clare loves about the job. "If they are planning a home birth, I loan them my birthing pool and have all the necessary equipment in my car. Since our move to New Zealand, I have found that women are much more inclined to birth naturally, so I have completed courses in homeopathy, shiatsu and hypnobirthing that can be used in any setting."

Over the years, Clare has seen home birth numbers grow, and now around 23 percent of her caseload birth at home. She says she feels passionate about home births but knows that it isn't for everybody, and also supports women to birth at the Motueka Maternity Unit or Nelson hospital.

Life as a rural midwife means being prepared for a call-up 24/7. "To be able to provide this service and enjoy family life, I have worked closely with my two colleagues, midwives Janice Hayes and Helen Waugh for several years now. We are the 'Motueka Midwives' and (births allowing) meet up weekly to offer each other support and knowledge."

After watching and supporting many families in the region, Clare saw what a wonderful environment it was to raise a family, so decided to extend her own. So, with a 19-year age gap between her eldest and youngest, Clare and Craig now have two more little Spratts, Tilly (four) and Tyne (20 months).

"We moved to New Zealand for a slower pace of life, yet soon realised that life would only get busier – but we love it," says Clare. "I tell my women I have been having babies for 20 years and catching them for 13, so can offer a lot of good advice!"

Article by Clare Spratt: 027 332 4929

Well, 6 months into the year already!

Here at the Grapevine, we feel that we are lucky to have the support of so many people. Soo Gee with her inspiring and delicious recipes, Sue Mott's commonsense approach to caring for our "other" family members, Sams Spam, keeping us in the know with technology and it's ins and outs. Hardy landscapes are helping to keep us all growing. The Mapua Bowling club always has something happening and you'll hear about it here. Preschools and schools who keep us up to date with what's happening with our youngsters lives. If you don't have little people in your life there's no other way to keep up with what's happening on that side of the fence. The adventurers who amaze us with their stories — thanks to you all for your regular contributions they are testament to the diversity within our community.

Thanks also to Shane and Leanne Kemp of First Security—no matter how busy, after a call from Avril, they pick up the Grapevine and drop it off to her so she can do the big job of counting, sorting and delivering to the posties.

Our regular advertisers are old friends now and we hope you think of them first—they're local, so why wouldn't you. If you need an electrician or some painting done, an architect or builder you'll find it in the Grapevine.

If you miss your copy or need to get hold of a past issue, just go to www.mouterehills.org.nz and look in the "community" section, you can see the past copies **and** they're in colour.

Take a look at the list of groups the Sarau Festival will be distributing funds to on page 4 and keep up to date with progress on the rebuild of the Moutere Hills Community centre on page 3.

You'll find allsorts of results and news in here but remember, if you don't tell us we don't know, so keep us in mind when something happens in your area and drop us a line at:

umograpevine@hotmail.com



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
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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 15th of the month.

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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!

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 HILLS COMMUNITY CENTRE



A word from Philip Leith, Board Chairman

First of all I would like to thank the Community for your continued support of Moutere Hills Community Centre. We are extremely grateful for all the help we have received with cleaning, painting, gardening and the donations of goods and labour. This, with the very generous donation from the Sarau Trust, and the very successful fundraising at the Festival for the "Fire Fund", has enabled us to renovate the "old Kitchen" so that we are able to cater for the winter sports codes and provide a space for other community groups and activities. So we have power, water and a brand new kitchen facility operational now in the western end of the Centre. By June we hope to have power restored to the rest of the Centre through a new mains cable and switch board which is to be temporarily located outside the gymnasium, but the gym and function room will be out of action for some time yet, because the gym roof and floor have to be renewed after the extra damage caused by the second fire. The scope of work is also nearing completion which will allow for the rebuild to go out to tender and a timeline to be established.

While the rebuild is completely covered by insurance there are several changes, thanks to feedback from the community and clubs, which we hope to undertake to the facility. These will lead to the enhancement of the centre which will allow us to better cater for user groups and community needs. We are looking at these improvements as a positive outcome to a devastating event as they have given us the opportunity to plan for the future of the facility. They are only possible due to the rebuild but unfortunately do fall outside the scope of the insurance claim. We will therefore be seeking funding, sponsorship and undertaking various fundraising initiatives to generate the money required to complete these projects. If you have any fundraising ideas or maybe able to assist us with sponsorship then we would love to hear from you.

Katrina and I made a submission to the TDC Annual Plan last week asking for funding for specific improvements we think can be efficiently done as part of the rebuild, and we also have a priority list of additional features which we will work towards achieving, but maybe not immediately. Of course our earning capacity is almost nil at present and we have on-going overhead costs so we are watching our Cashflow closely, made more difficult by the uncertainty over the rebuild timeline. We are very optimistic that TDC will grant funds for our highest priority enhancements to the building, and hope to be able to detail them to you in the next month or two, when the building tenders go out.

If you have suggestions for fundraising or think you can assist in any way, please contact Katrina or any of the Board members: Phil Grover, Kylie Taikato, Jenny Dicks, Tom Ryan and myself. Thank you all for your continued support.

Regards

Philip Leith

Monday	Tuesday	Wednesday	Thursday	Friday
Club Tennis 9:00 – 10:00am Intermediate+	Group Fitness 6:00 – 7:00am 7:05 – 8:05am Upper Moutere School	Club Tennis 9:00 – 10:00am Intermediate+	Club Tennis 9:00 – 10:00am Intermediate+	Group Fitness 6:00 – 7:00am Upper Moutere School
Music & Movement Under 5's 9:30am \$2 per session Lutheran Church	MHCC Walking Group 9:15am Depart MHCC	Aerobics with Lynda 9:15 – 10:00am Lutheran Church	Dru Yoga 9:30 – 11:00am Lutheran Church	Cardio/Strength with Lynda 9:15 – 10:00am Lutheran Church
Gymnastics 1:45 – 2:30pm (2 - 4yrs) 3:15 – 7:30pm (5-14yrs) Dovedale – Mondays Motueka – Wednesdays	Pre-school/ Parent Art 9:30 – 11:30am Moutere Hills CC	Pilates with Lynda 10:05 – 10:55am Lutheran Church	Junior Tennis Coaching 3:30pm onwards	Pilates with Lynda 10:05 – 10:55am Lutheran Church
Creative Art for Adults 7:30 – 9:30pm Art for all abilities Bookings essential Moutere Hills CC	Craft Workshops (9 – 12yrs) 4:00 – 5:30pm Moutere Hills CC	Dance with Jane Pascoe 2:00 – 2:30pm Preschool 3:30 – 6:30pm (5 – 10yrs) Lutheran Church	Mahana Guitar School 2:45 – 7:15pm Upper Moutere School	Junior Tennis Coaching 4:15pm onwards
Mahana Guitar School 6:30 – 8:00pm Upper Moutere School	Strength Class 6:00 – 6:45pm Lutheran Church	Pilates with Lynda 6:50 – 7:40pm Lutheran Church	Circuit Class with Lynda 6:00 – 7:00pm Plus optional abs 7:00 – 7:30pm Lutheran Church	
	Social Touch 6:00 – 7:00pm Moutere Hills CC	Mahana Guitar School 2:45 – 7:15pm Upper Moutere School	Social Table Tennis 7:30 – 9:00pm Upper Moutere School Hall	
			Social Mixed Volleyball 7:30 – 9:30pm Motueka Recreation Centre	



Phone: 5432 516

Email: enquiries@mouterehills.org.nz

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Sarau Trust Distributions 2013:

The Fire Fund Volunteers raised the sum of \$8,244.12 to go directly to Moutere Hills Community Centre.

In addition, The Sarau Trust has now made the following distributions to community groups:

Upper Moutere Volunteer Firebrigade	\$1,400
Kidpower/Teenpower Trust	\$500
Country Kids	\$300
Moutere Youth Group	\$500
Rangers Rugby Club	\$500
Upper Moutere Tennis Club	\$750
Rangers Football Club	\$500
Rangers Netball Team	\$500
Tae Kwon Do Club	\$200
The Moutere Community Youth Trust	\$2,500
Moutere Hills Community Centre	\$12,000

The following sums are to be held in Trust for future donations if needed during 2013

Grapevine	\$1,200
Cycleway from Village to MHCC	\$3,000
History Panel replacement	\$2,000 (if no insurance cover)
World War 1 Historical project	\$1,200
Moutere Hills Community Centre	\$8,000

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- ❖ **SATURDAY 22nd JUNE 7pm – MID WINTER CHRISTMAS**
It's Mid Winter and time to get together with family and friends and enjoy a delicious Mid Winter Christmas dinner. There will be a set menu of either roast Turkey or Lamb with roast potatoes, sprouts, swede mash, roast carrots, pigs in blankets, bread sauce, and cranberry sauce. For dessert either Christmas pudding or Boysenberry pavlova.
Two sittings, one at 5:30, and another at 7:30. \$30 bookings essential.
- ❖ **FRIDAY 28th JUNE – THE DARKSIDE SHOWCASE**
From Friday the 28th, till it runs out, 8 Stouts and dark beers from around the country. Includes Golden Ticket Emperor Strikes Black, Cassels Milk Stout and others from 8 Wired, Townshend, Twisted Hop and more.
- ❖ **DON'T FORGET**
Raffle every Wed 6pm with Chase the Ace, and Steak Wednesday
1st Thurs Folk Night. This month on the 6th
2nd Thurs Quiz Night. This month on the 13th
3rd Thurs Open Mic Night. This month on the 20th
Last Thurs Ribs Night \$20. This month on the 27th

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NEWS FROM MAPUA BOWLING CLUB



You will remember Sunday 21 April as the day the "weather bomb" hit the Nelson Bays area. We jolly bowlers remember it as our seasonal Closing Day with the fortuitous decision to hold the event indoors. The green resembled a swimming pool. The car park was knee-deep in water and members were seen clutching shoes and socks as bare-legged they paddled a precarious way back to their cars in the dark. I feel a short story coming on! The drawn pairs tournament became a drawn pairs quiz and we had a grand afternoon playing carpet bowls, table tennis, pool, cards and generally eating and drinking way too much. Who said bowls was stuffy?!

Championship matches were fiercely contested and concluded in April. Very well done to all the winners but also to every competitor; there were some serious challenges and nail-biting finals. John Trotter, Jean Daubney and Sue England all went forward to represent Mapua at Nelson Centre Champion of Champions events. None of them were winners but the Mapua flag was proudly flown and we will be there again next year to remind the town clubs that our country club is still a force to be reckoned with.

We are indebted to all our sponsors this season: - Holistic Health & Training, Harcourts Real Estate, Nelson Building Society, Super Liquor, Golden Bear, the Smokehouse, Golden Bay Motueka Funeral Services, Karpaintz, Mapua Auto Centre and Baku. Without them we have no tournaments. Thank you all.

Club members and guests meet at the Club on the first and third Fridays of each month from 5 p.m. These evenings very much resemble Closing Day with all the indoor games, supper and an open bar. Please do join us if you have an interest in our Club and are thinking of trying lawn bowls next season.

For information about bowling, our winter social events or booking the clubhouse and facilities please call Secretary Jean Daubney (543 2765) or President Dave England (540 2934) or email s1ad2as3@xtra.co.nz
Sue England

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Mahana School News

You know that it is autumn at Mahana when virtually all the students are under the oak tree buried in leaves. Our oak tree during autumn is certainly our biggest piece of playground equipment and at this time of the year it is definitely that most fun. Planted in 1936, it has grown into a massive tree and each year it drops millions of leaves that the kids use to create homes, towns, communities and empires. At the moment they have even developed a type of currency using acorns that are hoarded and traded by kids operating from leafy 'banks'.

This type of play is crucial to children's intellectual and social development. Kids love to construct games from their environment. They need to interact with things they can touch and feel and smell, and they need opportunities to imagine and create and make-believe. Sandpits, trees, muddy banks and leafy trees are all places where kids learn engineering, social etiquette, politics, science and creativity.

Keeping with the activity theme, recently we held the Mahana School Cross Country at Woollaston Estates Winery. It is a great place to hold a cross country as it has hills to run up, lakes to run around, and lots of vantage points for parents to get a good view from. We have been encouraging the kids to really get out there and try to keep on improving their performances. The results so far have been great, and we look forward to the next event.

We finished term one with an ERO review. A team from the Education Review Office undertook this review with the purpose of measuring how effective the school is in delivering education to its students. Although we are waiting on the official outcomes we have a very positive opinion of how the review went. This is largely because we are a very honest and open school anyway and we believe that self-review and self-improvement is vital, whether there is an ERO team visiting or not.

Both the BOT and staff were involved in the review and were able to point out to the review team what they thought were our areas of strength as well as our areas where some further consideration is needed. The BOT deserves a special mention here for the way they were able to accurately inform the review team of exactly what their vision for the school was and how they are working towards it. The staff also deserves a special mention for their obvious unity and cohesion, knowledge of our student's needs, and plans to bring about continual improvement in learning. We are looking forward to reading the report when it is finally published.

Please remember that families are welcome to visit us anytime, or check out our website at 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 Neale



Kylie Taikato

Sales & Marketing Consultant

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News from your Preschool in The Moutere

Tena koutou, today I want to talk a little about tuakana-teina.

Tuakana - teina refers to the relationship of an older (tuakana) and a younger (teina) person and has originally been specific to the teaching and learning in the Māori context. Nowerdays, this term as well as the term 'ako', which means both learning and teaching are widely used by a lot of early childhood educationists in Aotearoa. At Harakeke we see examples of these concepts on a daily basis and as educators are actively supporting children's development in these competencies, that are strongly related to the concept of responsibilities as well.

It is fantastic to see our 5 year olds taking on the responsibility to familiarise and guide our new children, the young 3 year olds who are just beginning their learning journey with us, before they themselves are moving on to 'big school' where hopefully they also find great buddies to support their transition.

Lots of learning, teaching and sharing of knowledge happens around activities our children are involved in at present ie. the exploration with magnets, the dismantling of old electronic equipment and machines, with the screenprinting set up, at the carpentry table and pirate ship building site where the appropriate and safe use of tools and equipment, the development of theories of the how's and why's are formulated, shared and discussed. It is a delight to listen to children's theories about the world around them and while they most likely are far from scientifically correct, they still mirror children's increasing engagement in higher level thinking.

Within this emphasis on responsibilities lies also the 'taking responsibility', this is about risk taking, courage, having a go, trying new things, setting goals.

As kind of a first step towards selfdirected learning we have begun to ask our older 4 and 5 year old children what they are really good at, what they really love doing and what they would like to learn, do or be better at. So far this has been a really successful new step and already took us to an unforeseen place, a session at Damara Sylvester's circus classes at the Riverside Community. The trip to support one child's desire to learn aerial acrobatics ended up igniting other children's interest as well, encouraged participation and giving new things a go.

Ka kite ano

The Harakeke team



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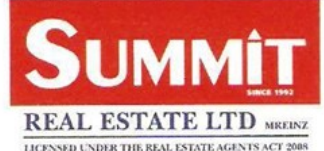
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June 2013



Hello readers,

Well, after years of being a fan of the iPhone, this week I took the plunge and finally defected to Samsung! I must confess I was lured by the much larger screen of the Samsung Galaxy Note 2 which makes it much easier to read and also to make notes. Do I have any regrets about moving to Android? Not really, although there are not quite as good a selection of apps at the moment. However, the biggest 'problem' has been the transferring of my data from one system to another. When buying new gadgets, even if the same brand, this does pose a problem so I thought a few tips might help with the process:

iOS

If changing from one iOS device to another the process is fairly simple via iTunes. Connect your old iPhone or iPad to your computer and let iTunes perform a complete backup. Alternatively, you can use the slower method of backing up your device online into Apple's iCloud using the storage and backup settings.

Photos: As an extra precaution, use the camera import settings in Windows, or image capture application on a Mac, to copy the photos to a folder on your computer.

Android

Google's Android devices offer users the option to back up their device data online to Google's servers. When you set up a new Android device, it offers to restore your apps and many of your settings from your Google account. An Android restore will cover your email, contacts and calendars, but possibly not your photos and music or your old text messages so be aware of this if you want to save them elsewhere.

In some cases swapping your micro-SD card across makes it possible to transfer important files to a new Android device but again, make a back-up.

Free software: MyBackup Free

Rerware's MyBackup Pro is the easiest backup solution for your Android phone, supporting the most content and the most Android devices. MyBackup will work on all Android mobile devices, regardless if they have root access or not, and is used by over 2.5 million people!

MyBackup can make a complete backup of your Applications, Photos, Music, Videos, Contacts, Call log, Browser Bookmarks, SMS (text messages), MMS, Calendar, System Settings, Home Screens, Alarms, Dictionary, Music Playlists, APNs and more...

You can find it on the Google Play Store on your Android device or at the link below: <https://play.google.com/store/apps/details?id=com.rerware.android.MyBackup>

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 \$30.



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Hello Pet Lovers

Moving house is not only stressful for people but also for our pets. Animals can be adaptable but prefer routine and predictability. They need to know their boundaries and limitations.

For dogs they should easily adapt to new surroundings although they are territorial and if other dogs and people are perceived as encroaching on their territory they will bark and defend it. This can be an issue if the dog is kept in the back yard. It does not go down too well with new neighbours if your dog is barking most of the day. It is important that dogs, on a lead and under control, are introduced with their owners to their new neighbours and their dogs. If you are calm with your neighbours, it is likely that your dog will be too. However remember to introduce dogs on neutral territory or you could get territorial issues. Dogs consider their owners as their territory too and will defend them against strangers. Dogs pick up on heightened energy and fear so it is important to be as calm as possible in new situations.

Generally dogs will adapt and settle with their new surroundings quickly. Cats however are quite different. Cats are also territorial. If confined to inside the house, they will again adapt quite quickly once they know their way around and have established their boundaries and have a warm, dry and safe place to sleep with familiar scents. However the majority of cats go outside and their territory is a lot bigger as they can scale fences and trees to get out. This can lead to some potential hazards such as unknown roads, aggressive dogs, etc. Therefore when people relocate they should make sure that your cat can familiarize itself with the outside safely. The best way is in a large cage within which they can move around. Preferably the owners should be in proximity to the cat or they will get distressed if left alone in a cage. Cats like their owners company and should not be left locked up for long periods. It is best to give them a warm safe place and have a radio playing softly for company if owners cannot be with them. They will take longer to settle in their new surroundings than dogs and must be kept safe until they are really familiar with them.

All pets feel the anxiety and stress if they are moved so it is important that owners stay calm and relaxed around them.

As always I am happy to answer any questions on animal behaviour.

Susan Mott Animal Behaviourist 0212664211

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Vet Talk with Tasman Bay Vets

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Routine horse care

What can I vaccinate against?

There are several different vaccinations available for horses. The most commonly given is a tetanus vaccination and this is a basic recommendation for all horses as they are so susceptible to tetanus.

Tetanus is caused by bacteria entering the system through often unnoticed deep cuts and puncture wounds. The first signs of the disease include stiffness and reluctance to move. Tetanus can prove fatal especially once clinical signs of the disease are shown, therefore vaccination is essential. After a yearly booster it is recommended to boost every 5 years.

If a horse is not vaccinated and is wounded immediate protection can be given via an antitoxin at the same time as commencing the vaccine course for tetanus.

Do I need to give Selenium?

The soils around the Motueka and Mapua areas are unfortunately quite deficient in the important trace element, Selenium. Selenium deficiency can lead to White Muscle Disease, which causes damage to the skeletal muscles, and is more common in foals. Selenium deficient horses are prone to tying up and can also have fertility problems. However giving selenium has to be done carefully as too much selenium can also cause problems.

It is recommended that horses are blood tested initially and then yearly so Selenium supplementation is optimised.

How often do I need to have my horses teeth checked?

Unlike humans, horse teeth continuously erupt throughout the horse's lifetime so that the teeth are maintained as the chewing surfaces are worn away. This means that any abnormalities of wear are exaggerated with time.

It is recommended to have your horses teeth checked every 6-12 months. As with most problems prevention is better than cure! If you wait until you actually see the consequence of a painful mouth & dental problems; e.g. weight loss, poor hair coat, or 'quidding' (dropping wads of incompletely chewed food) you have waited too long.



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Creating a Bird Haven in your Garden

During the winter months it's a good time to plant new trees and shrubs, so why not choose plants that will attract and feed our native birds.

Planting Kowhai, Kaka Beak & Flax will attract nectar eaters, while Puriri, Titoki and Coprosma will supply fruit for berry eaters. Mulch and leaf litter will keep the insect

eaters such as Fantails and Silvereyes very happy too.

To start feeding the birds while your new plants get established here are a couple of great ideas that Kids will love helping you make and will keep your birds well fed over the cooler months.

Bird Pudding: You will need 1-2 cups of fat, stale bread or bird seeds, honey & bacon rinds. Place the fat, honey & bacon scraps in a bowl, stand the bowl in hot water when the fat begins to melt add bread or seeds. Stir the mixture and form a ball. Press into a small container and leave to set. Once set tip into a net bag like ones you get onions or mandarins in then hang your pudding in a tree close to a window so you can enjoy watching the birds feed.

Nectar feeder: Simply sit a 1lt plastic milk bottle in a shallow dish or saucer. Make 2-3 small holes ½ a centimetre from the bottom of the bottle; this will allow the sugar solution to come out of the bottle up to the height of the holes. To make the sugar solution mix ½ a cup of sugar with 1lt warm water, fill your bottle and place your feeder somewhere safe for your birds to enjoy.

We started feeding our local birds a couple of seasons ago and now we have a large variety of birds that visit our feeders daily.

Birds may take a while to realise you have made them a bird buffet but once they realise, more and more birds will arrive in your garden.

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Lemon Coconut Torta Crema Cake

250 g Butter
 2 c Sugar
 4 Eggs
 3 c Self Raising Flour
 ½ c Milk
 ½ c Neudorf Torta Crema
 ½ c Desiccated Coconut
 Zest of 1 Lemon

Cream butter and sugar and add eggs. Stir in flour alternating with Neudorf Torta Crema and milk. Fold in coconut and lemon rind. Divide the batter between two 20cm round cake tins and bake at 170°C for 40 minutes or until cooked.

Lemon Curd

¾ c Sugar
 50g Butter
 ½ c Lemon Juice
 Zest of 2 lemons
 2 Eggs beaten

Put the sugar, butter, lemon juice and lemon zest in a double boiler and stir until the sugar has dissolved. Stir the eggs in gently and turn up the heat until the mixture thickens. Allow to cool. Layer Neudorf Torta Crema and Lemon Curd between the two cakes.

Lemon Frosting

200g Butter
 4 c Icing Sugar
 Juice of 1 Lemon

Beat together the butter and icing sugar. Add the lemon juice as required to lighten the texture. Spread generously over the top and sides of the cake.

www.neudorfdairy.co.nz

Riverside Cafe



**We are staying open
 this Winter!**

**Every Day 9:30am to 5:00pm
 Friday & Saturday Nights from
 6:00pm**

Riverside Cafe is located in Lower Moutere, on the
 Inland Moutere Highway.

E-mail riversidecafenews@gmail.com

Phone 03 526 7447

Comfort Food

Soo Gee knows how to keep everyone happy this month—

Soos No Fuss Beer Bread

3 cups self-raising flour, wholemeal or plain, 1 tablespoon sugar, pinch salt, 1 can lager (335ml), 1 tablespoon milk, 1 tablespoon coarse cornmeal.

Preheat your oven to 180C. Sift the flour into a medium sized bowl. Mix in the sugar and salt.

Make a well in the centre of the flour and slowly pour in the lager, stirring as you go. When the mixture is smooth, transfer to a greased loaf tin. Brush the pot of the loaf with milk then sprinkle with the cornmeal. Bake in the middle of the oven for 45-50 minutes until the loaf is golden and has come away slightly from the sides of the loaf tin.

A good pumpkin soup

1/2 medium pumpkin, remove seeds and fibre then peel and dice .

1 tablespoon oil or butter, 1 large onion, peeled and sliced, 2 chillies deseeded and chopped or 1 teaspoon minced chilli from a jar in your pantry, 1 thumbnail of fresh ginger or again, from jar, 2 cloves of garlic, 1 1/2 litres chicken stock, 1 1/2 cups coconut cream salt and pepper to taste.

Warm oil or butter in large pot, add onion, chillies and ginger. Cook gently until onion is translucent. Add the diced pumpkin and chicken stock. Simmer until pumpkin is very soft, approximately 1/2 an hour. Blend until smooth and return to pot, season then add coconut cream. Serve garnished with chopped parley or coriander.



Lumber Jack Cake

2 apples, peeled and chopped, 185gm dates, chopped, 1 teaspoon soda, 1 cup boiling water.

Pour boiling water over dates and soda and set aside. Beat 125grams butter with 1 cup sugar, add 1 egg and 1 1/2 cups self raising flour, 1 teaspoon vanilla. Mix in chopped apple and pour into greased or lined tin. Bake 180C for 40-60 minutes.

Prepare topping while cake is cooking: heat to melt 100grams butter with 3/4 cup brown sugar and 1/2 cup milk, add 150 grams coconut, simmer 2 minutes until thick stirring all the time. When cake is cooked spread topping on and return to oven for 15 minutes. Cool in tin. YUM.

GO YOU GOOD THINGS!

Some of our local youth are really making a name for themselves in their chosen fields lately. One who has been achieving a lot is **Andrew Read**. Some of his achievements include: First place in the male 14-19 years Shoe Clinic Mountain-bike Duathlon Series at Rabbit Island mid May. 1st Place - Tasman Secondary Schools U17 Mountain Biking Championships; Rainbow Rage 4.15hrs - 10th overall; 1st Place - Run Mahana—U18 grade; Ranked 5th in NZ in hill climbing. That's probably not the full list but what a great way to spend your spare time—keeping fit and excelling at it - well done Andrew! Your team mate in the Rollos 24 hour adventure race Jake Stow deserves a mention too after getting a top placing in that race.

Shawn Pomeroy should be proud of himself— Shawn pulled off two first places and one second place in the mini-stocks at Westport recently.

Riley Mairs has been named in the under 10 Nelson rep tennis—not bad Riley!

The Nelson College for Girls Equestrian team has several local girls who all competed in the Tasman Secondary Schools Equestrian Championships recently. **Grace Needham** helped bring home the Tasman Secondary School Equestrian Shield. **Amanda McBride** was place first in Dressage level 1.3 and another first in the show hunter/show jumper combined 70cm. Great results too for **Kate Newton**—all those hours of practise are certainly paying off.

The local teens (**Lydia Peckham** and **Annalise Nordover**) involved in the Nelson College and Nelson College for Girls Romeo and Juliet are sure to wow the crowds...Break a leg guys!

Great results for all of the above and there are probably more, these are just a few things we heard on the grapevine, if you want to celebrate the successes of one of your people, just drop us a short line to umograpevine@hotmail.com and we'll spread the word.

After ten years it is time for Robbie & Sheryl to move in a different direction. We now welcome Tim and Lisa Rutledge to Moutere Motors.



Moutere Motors Under New Ownership!

All the best Robbie!

Tim has been working in the business for the last year and a half, so knows the business and many of you already. Tim and Lisa live in Redwood Valley and have three small children.



UPPER MOUTERE TENNIS CLUB

Mission: To be a friendly community tennis club that promotes and encourages participation for fun, fitness and achievement for all ages and levels

Upper Moutere Tennis Club offers an extensive programme for both junior and senior players over the Winter months. Whether you are keen to start playing or currently play, choose from the many sessions on offer:

- **Adult group coaching** - Monday mornings, Wednesday mornings, Thursday mornings (Beginner and Intermediate Men and Women)
- **Cardio Tennis** - to be confirmed
- **Social Club Day** - Sunday morning from 9:00am
- **Social Family Day** - Sunday afternoon from 3:00pm
- **Senior Inter-club competition** - Thursday nights from 7:00pm
- **Junior Coaching** - Thursday and Friday after school

We hope you can join us!

THE LODESTONE CLASSIC TENNIS TOURNAMENT

Regrettably, the Upper Moutere Tennis Club is unable to run its' annual tennis tournament this year due to the recent fires that have now made facilities at the Moutere Hills Community Centre unavailable.

However, the LODESTONE CLASSIC 2014 will be back on the tennis calendar next year; with the most appreciated support of our local sponsors: A&A Snacks; Abel Tasman Outdoors; Brambleby Orchards; Lodestone Wines & Seeds; Moutere Gold; Moutere Inn; Moutere Motors; Neudorf Dairy; Neudorf Olives; Owen Bartlett Pottery; Pomeroy's; Proper Crisps; and the Upper Moutere General Store.



If you have any suggestions for our Upper Moutere Tennis Club, please email UMOTennis@gmail.com we encourage and welcome new ideas

For details on how to become a member of Upper Moutere Tennis Club or if you need any further information please contact Vanessa Mairs 543 2332 or Jeannette Bent 543 2324 or email: UMOTennis@gmail.com



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26/4/2013—9/5/2013

26/4 Neudorf Dairy— switchboard fire

27/4 Old coach road—car fire

9/5 Moutere Hill—MVA



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Mouere Hills Youth



Friday Night Youth

(year 7 up)

6:30pm – 8:30pm

\$2

Friday 7 June

Friday 14 June

Friday 21 June

Friday 28 June

Pancake Party

Spotlight

The Big Screen

Giant Games

Senior Youth

(Year 9+)

7:30-9pm

\$2

Saturday 8 June

Monday 17 June

Monday 24 June

Paintball (\$27)

Night Soccer

X-box, Pool, Table Tennis, &

Spotlight

Y

Time to explore those big and little questions about God, life, and everything else.

(Year 9+)

(Now every second Monday 6:45-7:30 before Senior Youth. Have dinner before you turn up)

Monday 17 June

Y

BUBBLES & CUPCAKES

GIRLS ONLY: Froth and bubbles, sweet things and colour.... Look out for the flier!! Year 5-8 girls!!

Skate Ramp

Check out the latest work on the halfpipe – thanks so much to **John Erni Builders, Townsend Brewery, & Upper Mouere School** for helping to make this happen!! Big ups to you guys!!!!

Community Youth Workers Andy & Abbey Bensemann

Andy
Abbey
Home

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Authorised by Damien O'Connor, 234 High Street, Motueka, Tasman

Labour



CONGRATULATIONS Jo and Gary Dunbar on the birth of Rileys little sister Ellie, born April 24th.

Only one month to go...



Waimea College students Matt Dicks and Hal Sellers (pictured left) are heading off to Thailand and Laos in early July.

Matt and Hal are going with World Challenge, which takes teams from schools nationwide on challenging expeditions in Asia, Africa, South and Central America. The aim is for these young people to develop life skills, such as teamwork, leadership and problem-solving.

The boys, who both live in Upper Moutere, will be part of a 10-strong team from Waimea College travelling to Bangkok next month. Their journey will include a project phase, helping improve conditions at a Laos orphanage.

Hal and Matt and the rest of the team have all had to raise their own funds to make the trip. Over the past year, the two boys have done everything from berry and hop picking, car boot sales, cake stalls, refereeing and sponsored bike rides to raise money.

They've also helped organise two 'Big Barn Boogie' discos with the help of their parents – and we'd like to thank everyone who has supported them in their efforts to date.

Their final fundraiser is a movie night at the Motueka State Cinema on **Thursday 6 June**. If you and your friends would like to come along and watch the new **The Great Gatsby** movie, starring Leonardo DiCaprio, Carey Mulligan and Tobey Maguire, you can reserve your tickets by emailing beverlysellers@xtra.co.nz or nandjdicks@gmail.com. Tickets cost \$15, which includes a raffle ticket and spot prizes.

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I am married to John and together we have 3 lovely children. Originally from Wellington, I have had the pleasure of calling the Nelson/Tasman Region home for the past 10 years, the last 6 of these residing in Richmond.



This advertisement sponsored by High Places

YOGA in Upper Moutere? Would you be interested in committing to a weekly class? If so please let me know, and mention preference - evening vs. Saturday morning. I teach Ashtanga yoga which is flowing and dynamic. Ange Palmer: 0211450334.

Calling all Gardeners

Moutere Plant Swap Sunday 16th June at MHCC car park 11 am bring potted seedlings, cuttings, split perennial's- seeds-bulbs-tubers.

A great **Free** way to add to your garden and to share the love of plants



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Motueka Arts Council Winter Workshop Programme June, July, August

1. "The Cave Above the Pa" & "Waihi Oratorio"
Live theatre at Imagine Theatre June 1/2 \$20
2. The Great Frock Chop June 8/9 \$60
3. Felting June 29/30 \$50
4. Blackball Bling June 11/12 \$48
5. Knitting with Faith June 17/21 \$40
6. Mixed Media Masterpieces July 10/11 \$60
7. Non-trad Weaving with Flax July 13/14 \$60
8. Terracotta Garden Art July 2/9/16 \$50
9. Cheese Making June 23 \$40
10. Steve Braunias's Writing Workshop July 27 \$75
11. Singing for Pleasure July 3 - Aug 7 \$40
12. From Print to Book 29/30/31 July \$100
13. Picture Framing 15/16 June \$70
14. Stone Carving June 22, July 4 \$55
15. Life Drawing July 1/8/15 \$115
16. Classic French Cuisine June 26 \$80
17. Advanced Photography W'end July 5 - 7 \$170
18. De-Practically June 20/July 18 \$40
19. Roman Blinds August 10/11 \$60
20. Painting with Pastels June 29/30 \$60
21. Masks August 7/8 \$60

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Enquiries to Jane 03 5432 996