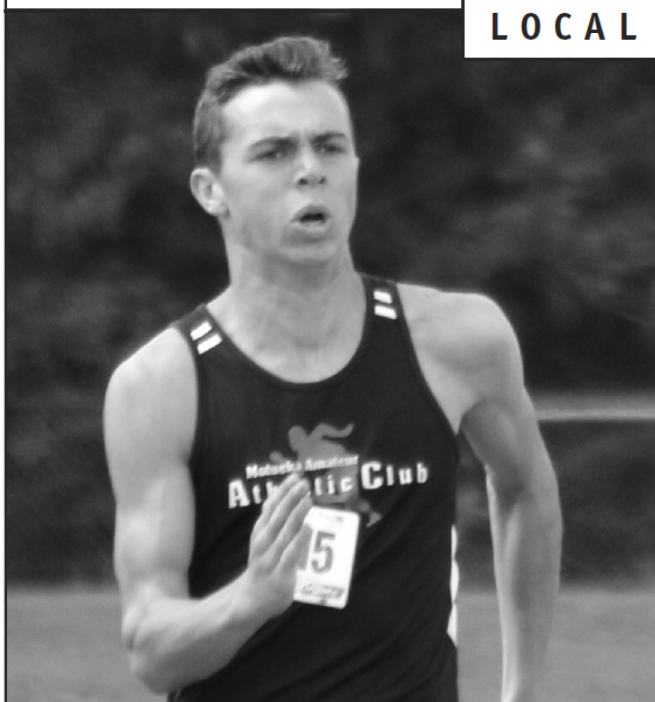


SPORTING SUCCESS

LOCAL LIVES



Siblings Jacob and Emily Bryan are making their name in the youth sports scene.

Chances are, if you've been driving around the back roads of Upper Moutere, you've come across 15-year-old Jacob Bryan putting in some road miles in his Nike Free 5.0s (that's shoes for the uninitiated). You may also have seen younger sister Emily down at the Moutere Hills Community Centre, throwing a javelin or doing sprint training with Jacob.

But what you may not know is that they are achieving outside of the Moutere. They've just concluded their Motueka Club season, with Jacob being a back-to-back Tasman Champs winner for his age group, winning seven out of his eight events, breaking two Tasman Centre records and five Club records in the process. He now holds 10 out of 11 records for his age group at the Motueka Club, with only the discus eluding him.

Emily came second in her age group at Tasman Champs and holds the Club record for hurdles, but her real passion is in the javelin (which is not done at children's level).

Both are part of the Motueka High School Athletics Academy and both have just come back from Timaru, where the Academy was competing at the South Island Secondary Schools Athletics Champs.

Jacob, after suffering injuries in both last year's South Islands and Nationals events, was determined to do well and has been training up to six days a week for his specialist event, the tortuous 800m race (or as some call it, "a flat out sprint for two laps").

This was also his last year running in an age race (the U16 event). Next year he has to run as an under 19 so this was double motivation to do well. The pace was hot from the outset, but Jacob

managed to move into 3rd spot by the 300m mark. The leader and eventual winner, Sam Gouverner from Kings College in Otago, kept extending the lead and with 200m to go was over three seconds in front of Jacob, still in third.

With 130m to go, Jacob started to make his move and closed the lead on the second placed runner, swept past him with 80m to run and with the finish line clock in sight, emptied the tank to run in second just over one second behind the winner.

Jacob's time of 2.01.98 was a personal best of over three seconds, and his placing of second in the South Island was a fantastic achievement.

Emily lined up on the Sunday for her specialist javelin event after finishing 7th in the 80m hurdles final on the previous day. At the halfway point she was leading the competition with a throw of 26.97metres but with one round to go she had slipped to second place when another thrower reached 29.24m. Emily had the very last throw of the competition and unleashed a throw almost 3 metres longer than her previous best to win her first South Island title with a throw of 29.80m.

Both athletes are now focusing on some winter sports and training before preparing for Nationals in Auckland later in the year. Like all sports, it's a costly exercise, so they are also looking for sponsors. If you want to help, they'd love to hear from you.

You can contact Jacob and Emily on 03 543 2349.



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



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

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

Please email your print-ready ad to umograpevine@hotmail.com or provide paper-based, print-ready copy to the Upper Moutere Store.

The following prices apply for advertising:

- Ⓞ Births, marriages, deaths and giveaway notices: Free
- Ⓞ Business card size advertisement: \$12
- Ⓞ 1/4 page advertisement: \$25
- Ⓞ 1/2 page advertisement: \$50
- Ⓞ Full page advertisement: \$95 (if space available)

Please deposit payment (and identify it with your name) to our account: NBS 03 1354 0229034 16

We warmly welcome editorial contributions to the Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read!

There is no cost to having your articles published, but if you are telling the community about a commercial or fundraising venture, we do appreciate a small donation to help us cover our costs (see above for bank details).

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

There is a lot happening at Moutere Hills Community Centre during Term Two. Check out all the new activities listed below but for further details please visit our website www.mouterehills.org.nz or call us on 5432516.

Kind Regards Katrina and Vanessa

Housie Evening

Come and join us for a fun night out with your family, friends and neighbours.

Friday 27th May at 7pm

Cost \$15 per person (includes nibbles and supper)

To book a table phone us on 543 2516, email on enquiries@mouterehills.org.nz



Adult Art Workshop

A fun day where local Artist Helena Morris helps you to create a Harvest / Autumn inspired painting in a relaxed, fun way using acrylic paints, inks and other mixed media.

Sunday 1st May from 10am—4pm

Cost: \$25 (materials included)



Encaustic Workshop with Helena Morris

Encaustic is an ancient medium where beeswax and damar resin are melted together to create a hot fluid medium to paint with, either on its own or coloured with pigment..

Saturday 28th & Sunday 29th May 10am—4pm

Cost: \$275 for 2 days or \$160 for 1 day

Metafit HIIT Training with Carol Cooper

Wednesday's 6:00pm – 6:30pm (\$5)

Friday's 9:00am – 9:45am (\$7)

Metafit is a 30minute bodyweight only HIIT workout which burns fat, boosts metabolism and improves strength, speed and cardiovascular fitness. It's designed to work the whole body and last for over 24 hours!

FREE FOR FITNESS CENTRE MEMBERS!

Taoist Tai Chi with Julie Booth

Beginners Class

Tuesday's 7:00pm – 8:30pm

(starting 3rd May)

Tai Chi can benefit people of all ages as it can help improve circulation, balance and posture, increase strength and flexibility and reduce stress.



Dance Fitness with Naz

Thursday's 6:15pm – 7:15pm (starts 3rd May)

A workout with a difference! Get fit while learning different dance styles from around the world!

From beginner to expert, there's something for everyone!

Cost: \$5 per class or buy 10 sessions for \$45!



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





RECREATION



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

THE LODESTONE CLASSIC 2016

Invitation Only
Sunday 15th May at 9am

It's that time again for some autumn tennis in the Mouere sunshine!

The Upper Mouere Tennis Club will be holding its annual interclub mixed doubles tournament, which is sponsored by Lodestone Wines.

It is also generously sponsored by local businesses: Brambleby Orchards; Lodestone Wines & Seeds; Mouere Gold; Mouere Inn; Mouere Motors; Neudorf Olives; Owen Barlett Pottery; Patisserie Royale; Peckham's Cider; Pomeroy's; Proper Crisps; Upper Mouere General Store; and the Upper Mouere Takeaways.

The tournament will take place on Sunday, the 15th of May, starting at 9am and finishing at about 4pm. So please be advised that the public tennis court will not be available for casual use during this time. However, it will be a great opportunity to watch some top doubles teams from the Nelson region in action. Come down to the courts at 2pm if you want to catch the grand finals. The postponement date for this tournament is Sunday, the 22nd of May 2016.

UMOTennis@gmail.com



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

Enjoy some tennis in the autumn sunshine!
New club members (all levels) are always welcome.

Our Ferrick Cup tournament was played on Sunday 10th of April on a brilliant autumn day. A good morning of tennis was enjoyed by all. Bree Arnott and Barbara Brown were presented with the Ferrick Cup for 2016 after winning a very closely fought final played against Ian Newton and Jeanette Bent.

Even though the days are getting cooler, the conditions are perfect for tennis. Activities at the club continue over the cooler months. Whether you are keen to start or currently play there is an activity to suit. Check out the sessions below:

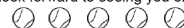
- **Social Tennis:** Sunday Mornings: Begins at 9:00am
- **Cardio-Tennis:** Tuesday Mornings: 9:00-10:00am
The latest craze to get fit while playing tennis!
- **Coaching:** Wednesday Mornings: 9:00 – 10:00am
Thursday Mornings: 9:00 - 10.30am
Please contact Vanessa 543 2332
for all Coaching, Group & Individual (adults and children)
- **Winter Senior Inter-Club:** Several UMOTennis teams are playing in the local competitions. Contact the club, if you are keen to take part.

To join Upper Mouere Tennis go to:

<http://www.mouterehills.org.nz/clubs/upper-mouere-tennis-club/>

for our 2015/16 Membership Form or email UMOTennis@gmail.com

We look forward to seeing you on court



The Social Group meets at the Sunday School Hall (Upper Mouere 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.



Barbara Brown and Bree Arnott celebrating their Ferrick Cup win.



Taoist Tai Chi Internal Arts of Health

No bookings required / bring a friend

visit www.taoist.org.nz

BEGINNER CLASSES

Tuesday, 03 May 2016, 7.00pm – 8.30pm
Mouere Hills Community Centre
1539 Mouere Hwy, Upper Mouere
Phone 03 545 8375 (please leave a message)

Tasman Dance Club

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MAPUA BOWLING CLUB

THE WRITE BIAS

The early morning dew on the bowling green was a sure sign of autumn but warm sunshine still greeted the bowlers as they came to play bowls on Tuesday, Thursday and Saturday during April.

A team of six ladies from the club played in the Vera Plum tournament in Ngatimoti on the 11th of April. It is an annual event that is rotated between Murchison, Ngatimoti and Mapua clubs. Birdsong, sunshine and morning tea welcomed the teams as they arrived at the Ngatimoti club which is known for its warm hospitality. After a day of bowls that was both competitive and fun, the Ngatimoti team was declared the winner of the Vera Plum trophy for 2016. The Mapua team came second after some very close matches against Murchison.

The Club's AGM will be held on Saturday, 7th May at 10am. All members are encouraged to attend.

For information about booking the clubhouse and facilities please call Michael or Margaret Busby (544 6325)



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▶ Tue -9.30am

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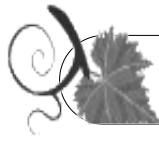
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COMMUNITY

Upper Moutere Volunteer Fire Brigade

Call Outs

16th March - 15th April

17th March Alarm activation Mapua Wharf

20th March MVA Moutere Hill

25th March Rubbish fire Davey Road

6th April Motorbike accident Neudorf Road



Car boot sale

\$5 per site – collected on the day

Sunday 22nd May 11am-1pm (set up from 10.45)

In the church paddock

All welcome

Proceeds to the church



Rural Women NZ

Every year at the end of April “Women walk the World” is an event where women’s groups in many countries organise walks to raise money for ACWW. It can be a stroll, a longer walk or a hike through the bush.

Last year members of the Moutere Branch of Rural Women walked through Faulkner Bush in Wakefield.

This year’s walk on the 27th April will be along the Railway Reserve and Orchard Creek in Stoke.

Rural Women NZ is associated with ACWW (Associated Country Women of the World).

ACWW is an organisation that connects and supports women worldwide by:

- working in partnership with member societies for mutual support
- fundraising for community development projects
- supporting agricultural initiatives
- connecting internationally through UN representation.

Gabriele Abeltshauser



THANK YOU UPPER MOUTERE

Please take this as a personal thank you to all the people that generously donated towards our local parent/s who completed the St Arnaud Loop the Lake Run on April 16th for Brooke Perry’s Journey.

The run was great success (with not too many sore muscles afterwards) and made that much more meaningful when you know you are running for a wonderful cause. We would also like to thank the Partington, Edward and Moore families for allowing us to leave numerous training footprints on their land.

With sincere gratitude

Upper Moutere Community Cares.



FIREBUDDY

HELP US KEEP YOU SAFE

Beware of The Rats and Mice!

As winter approaches rodents begin to take up residence in your home.

A fire that ripped through a home in Canterbury recently was likely caused by exposed electrical wires arcing.

Fire crews were called to the blaze in Christchurch. Firefighters entered the property because they thought somebody was inside, it turned out nobody was home. The fire took about three hours to put out.

Investigations found it was likely caused by a cable that had been chewed by rats under the house.

Unfortunately, this is not an isolated case and is yet another cause of fire in the home we need to be wary of.

Trapping is one of the best ways to get rid of rats fast. You can take a humane trap and put bait in it to attract the rat. Peanut butter and cheese are the rat's favorite. As the rat tries to eat this, it will be caught in the trap. After this, you can leave it in the woods or far away from your home so that it never comes back.

Note: You can add boric acid in the peanut butter to make it more effective.

Note: Wear latex gloves while using this remedy.

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DO'S

- Always keep the home and attic clean.
- Seal all the possible entries of the rats using caulk.
- Keep your garbage cans neat and cover them with a lid.
- Remove all the food leftovers and grease from BBQ Grills.
- When you experience the presence of these rodents, do clean the floor with a solution of bleach and water (equal proportion) to safeguard your family from any disease.

DON'TS

- Do not spill food here and there.
- Do not leave the food uncovered.

Help!

Are You Retired?

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CHILDREN



With the end of daylight savings, came our school's much anticipated annual fundraiser – Muddy Buddy. And it was a great day!

Sunday, April 3rd, our school grounds were swarming with 1050 participants – eager to run, walk, crawl or however, through the muddy course of 2016. There was an assortment of attire, from Huia rugby to brides and bridesmaids.

There were several categories for each one, two and three laps, with the Intermediate boy's 2 laps being won by a group of four students from Tasman School.

With a great team of organisers and parental help from right across the school, this year's event raised \$15,000. We really appreciate those who come along every year, to support Muddy Buddy and our school. We also extend our thanks to all of the local businesses who donated prizes, services or time to support our event.

A grand effort by all!





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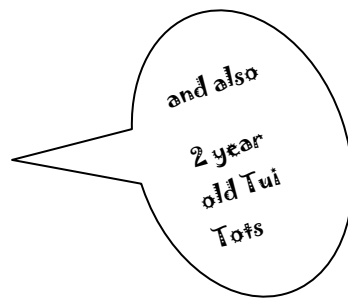


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News from your Preschool in The Moutere

The first term is already finished and at Harakeke we also finally regained our usual happy positive energy and synergy after all the bugs and illnesses which had been afflicting us.

The warm long summer with plenty of family time spent in and around water triggered an interest in sea creatures, beach and ocean. Our creative children made colourful tropical rainbow fish, humungous paper bag whales, pink crabs and even tried their busy hands at sculpting salt(water) dough fish.

Mystical creatures like mermaids and taniwhas led us to explore the story of Tangaroa, the kaitiaki (guardian) of the sea - beginning with the Māori legend of Papatūanuku (Mother Earth) and Ranginui (Father Sky).

The Thinking Club children (our 4 and a half+ year old children) are presently delving more in depth into the realm of each of the kaitiaki of Te Ao Mārama (the world of light). They all have their favourites too and it will be interesting to see where this topic will lead us.

It was only logical that it re-ignited an interest in Māori pedagogy and motivated us teachers to increase our use of te reo Māori (Aotearoa's other official language). We introduced the mihimihi (personal introduction) to the morning group time and it must be said that we are oh so proud about the growing eagerness and confidence with which our tamariki stand strong and tall to say who they are and where they come from.

Ka kite your Harakeke team



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Hello Animal Lovers,

Following an attack on a seven year old, there is again some debate as to whether to ban certain breeds of dogs. It was certainly gratifying to see that the media did mention that children should learn how to behave around dogs as all dogs can bite given the right stimulus. I have written on this subject before but it is probably worth repeating as to what can trigger a dog to attack. It is a fact that the majority of dog attacks happen to children in a home where the dog is known.

It is true that all dogs can bite and attack but there are certain breeds that are not easily deterred. They are specifically bred not only to bite but to do the maximum amount of damage and The dog recently mentioned in the press was a pitbull terrier which must be muzzled in public and not allowed to roam free. This of course is no use if the attack takes place within the home as is generally the case. There are many other breeds that can do a great deal of similar damage to small children and even adults. The answer must be that the owners should have the dogs under their control, give them adequate stimulation and exercise and at no time allow them to be with a child unsupervised. Young children have a lower centre of gravity and do not generally understand the sort of body language which can stimulate a dog such as waving their arms, jumping up and down, dashing around and making a lot of noise,. All of these things can trigger a dog to chase and bite. However most of all it is the proximity of food and territory that is the strongest trigger. Children often don't understand that teasing a dog with food or consuming it close to the dog can be very dangerous and that applies to all breeds. Dogs are bred to be part of a pack and the dominant dog is the first to eat. If the family dog has not learned to respect all other members of the household and that they expect to eat first places it at the top of the dominant line, it will simply attack to get the food. All dogs should have their designated area to be fed and taught to wait for their food, in that way they will respect the other members of the family as being dominant and will wait.. Under no circumstances should dogs be given treats or titbits from the family dinner table and certainly not by small children. Nor should they be allowed to jump up or have their head higher than the family such as on beds, couches, etc.This elevates the dogs status more than

anything else.

So should certain breeds be banned? That is a matter for debate but many countries do ban the importation and breeding of pit bulls but that will not eradicate all dog attacks. Children should be supervised and educated when they are old enough and more owners should take the responsibility of training their dogs and understanding their needs. By following a few basic rules there will be fewer attacks in the future.

I am always happy to answer any animal behaviour questions.

Sue Mott

Animal Behaviourist

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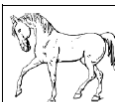


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RAT BAIT POISONING

It's that time of year when rats and mice start migrating into buildings to seek warmth and store winter food. Many people will lay poisonous baits, and unfortunately these are often eaten by dogs.

We urge you to **use a proper bait station which is pet-proof**, and secure the storage place. Most baits act by stopping the blood from clotting, leading the animal to bleed to death. Secondary poisoning from eating dead rats and mice is unusual as the number required to cause illness is large compared with direct ingestion of the poison.

The symptoms vary depending on where the bleeding is occurring:

- There may be blood in the urine or faeces
- Blood in the saliva or small hemorrhages in the gums
- Rapid breathing or a cough due to haemorrhage in the lungs
- Lethargy or poor exercise tolerance



If you suspect your pet has eaten bait, it is important to see a vet as soon as possible to induce vomiting with medication, and then further treatment is usually needed. Don't delay, call the clinic ASAP!

Slug and Snail Bait Poisoning In Dogs

Slug and snail bait are commonly used in home gardens and are often formed into pellets which are flavoured to attract slugs and snails. Unfortunately they also attract dogs, and occasionally cats. Some products have bittering agents added to try and make them less palatable to dogs, however many dogs still eat them. Poisonings will occur when dogs eat the bait that has been sprinkled on the garden or when the box has been left in reach.

Slug bait poisoning is extremely serious and can be fatal!

Signs of poisoning include:

- * Racing heart
- * Anxiety (restlessness, twitching)
- * Panting
- * Salivation
- * Incoordination
- * Vomiting and/or diarrhoea
- * Seizures



Treatment:

Call us immediately if you suspect slug bait poisoning. There is no direct antidote to the bait. If your dog has just eaten the bait we can induce vomiting which may lessen the effect of the poison. If it has been more than four hours since the bait was eaten inducing vomiting will not help as the poison will have passed through the stomach. Your dog will be put on to intravenous fluids and given medication to decrease anxiety and/or seizures. Even with treatment patients can still die or suffer on going liver problems.

Prevention:

Try to use less toxic methods to control slugs and snails in your garden. If you must use poisons then use ones that are less dangerous to dogs such as Quash. Always keep packets (full or empty) away from dogs (and children). Even if you don't have pets yourself your neighbours might!



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PANZ – Pastel Artists of New Zealand

The grand event in our pastel year will be over by the time this article is read. But as I write we are in a frenzy of final preparations, double checking lists, trial runs of all and sundry, press releases and a flurry of emails. But this is what I think, we are in control and “Purely Pastel”, the National Convention and Art Awards here in Mapua will be a great success. Hopefully not a case of “famous last words” but with the team that has been working for the past many months, we can't fail! But I have to say a team is only as good as its leader so full credit to Glenys Forbes who has worked tirelessly to bring 17 days of amazing art to fruition.

During the event which starts on Friday 15th April and closes on Sunday 1st May, I have been nominated as the roving reporter so a full feedback in the next issue of the “Grapevine”. Right now we are delighted to have around 60 PANZ members registered for the event, over 100 new artworks on display and for sale and both masterclass workshops sold out.

A word about pastel; it isn't chalk! It is a pure pigment, very tactile and vibrant and is actually the oldest painting medium in the world. No brushes, hands-on for an immediate effect. If you have enjoyed our exhibition and the use of pastel appeals, please join us one Tuesday to have a go and meet the gang.

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)



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MAPUA CRAFT GROUP

This Friday sees the end of the first term of 2016. We've certainly had a fun-filled and varied few weeks.

We started the term with a card making session from scrap paper. Not as easy as it sounds but very interesting to see how we all made something very different from the same idea. This was followed by a couple of weeks making lovely fabric & felt padded hearts as guided by Rowena, many of which were intended as gifts.

At our craft group we like to have an ongoing community project. For this year we agreed that making Twiddle Muffs for those suffering dementia & Alzheimers was the way to go. These can be made from fabric but most choose to knit them. These are multi-sensorial muffs with differing textures inside & out and with bits and bobs attached for added interest and the all important twiddling. Many sufferers find them soothing & in turn this help carers. My late mother-in-law became quite attached to hers and this is where the idea for this ongoing project came from. It was the last present we were able to give to her in the latter part of last year. Some have already been placed out in the community which is very pleasing to all of us. Anyone interested in the pattern or further details or who knows someone that could benefit from a Twiddle Muff, please do contact us.

Our small group meets Fridays during term time from 10 till noon at the Hills Community Church supper room. We try all manner of simple craft work including paper craft and card making ; sewing projects ; knitting & crochet ; cooking & small fun up-cycling ideas

Occasionally we have guest speakers, demonstrations and group outings. It's a social get together for some fun and a chat and trying one's hand at some easy craft along the way.

For more info contact Julie Cox on 5403602 or email juliecox@xtra.co.nz or simply just pop on in. No special ability or reason needed. Just bring yourself. Morning tea provided.



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This month Soo Gee brings us two nice easy ways with figs.

FIG PRESERVES

1kg figs, 1kg sugar, or setting sugar, ½ cup lemon juice.

Trim the stalks off the figs and rinse. Place figs, lemon juice and ½ cup of water in a pot. Simmer, covered, for 20 minutes or so. Add sugar and stir gently until sugar has dissolved. Boil for a further 20 minutes, stirring often.

Remove scum and test for setting. Pour into clean hot jars. Seal, label and date. This makes one litre.

BAKED FIGS WITH BLUE CHEESE AND PROSCIUTTO — serves 4

8 fresh figs, 50 grams cream cheese, 50 grams blue cheese, ½ teaspoon fennel seeds, toasted and roughly ground, 1 clove garlic, crushed, finely grated zest of half a lemon, 1 tablespoon fresh lemon juice, sea salt and ground black pepper, balsamic vinegar, liquid honey. To finish: 8 slices prosciutto, a handful rocket leaves or salad greens.

Preheat the grill to the highest setting. Cut a cross in each fig, slicing half way down so that the sides open out like petals. Place them in a lightly greased baking dish just large enough to hold them comfortably.

Put the cheeses, fennel, garlic, lemon zest and juice in a food processor and mix well. Season

Stuff each fig with a spoonful of cheese mixture.

Drizzle the figs with balsamic vinegar and honey. Add two tablespoons of water to the baking dish. Grill the figs until the cheese has melted and is bubbling a little. *Don't have the figs too close to the grill or the cheese will burn before the figs have a chance to heat through.*

To serve: Leave the figs to cool for a few minutes before serving. Put two figs on each plate, drape with prosciutto and garnish with salad leaves. Drizzle with pan juices and give each one a grind of black pepper. Delicious!



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*light breeze
colorful leaves
bare trees
it must be Autumn*

Resources -

www.draxe.com

Recipe adapted from the Revive Cafe Cookbook (2)

Jude Twin 021 2020339

www.mapuanaturalhealth.co.nz

Chickpea Lentil Satay Curry

Ingredients

- 2 carrots
- 1 capsicum
- 2 courgettes
- 1 large chopped onion
- 2 Tbs oil
- 2 cloves garlic chopped
- 3 Tbs ginger puree
- 1 pinch cayenne pepper
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 x 400ml can tomatoes
- 1 x 400ml can indian tomatoes
- ½ cup crunchy peanut butter
- 200ml can coconut cream
- 1 x 400gm can chickpeas
- 1 x 400gm can lentils
- 1 tsp salt
- 3 Tbsp honey or date puree (optional)

Method:

1. Slice and boil the carrots until almost cooked.
2. In a large pan cook onion, garlic and ginger in the oil until clear
3. Stir in spices
4. Add the capsicum, courgettes and tomatoes and heat until boiling
5. Add salt, peanut butter, coconut cream and honey/date puree
6. Add chickpeas and lentils (drained) and carrots.
7. Eat as it or serve with rice.



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Massage is helpful on areas of scar tissue that have formed through tears, sprains and strains and thus shortened the muscles fibres. This causes a compensatory mechanism in surrounding muscles that take up the load that the injured muscles cannot function to their optimum. By breaking down scar tissue and allowing for greater blood flow to the area, the injured muscle is then allowed to heal and then function in the intended way. This allows for the surrounding muscles to release and allow for greater range of motion throughout the musculoskeletal system.

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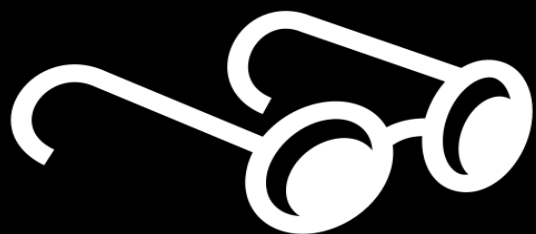
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www.mouterehills.org.nz/community/the-grapevine courtesy of the
Moutere Hills Community Centre Staff.

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

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

Mid-Winter Book Festival



Watch this space!

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