



AM HERE!

WIN

Our summer treats by sending your details to P O Box 133, Mangonui Far North 0442 by 15 February, 2008. Be sure to note which giveaway you are entering (Weleda Giveaway, for example). Good luck!



TREATS!

Win

a great
summer
giveaway!

'Tis the season ... barbecues, sandy feet, sunblock, crickets. Summer, with its balmy mornings and seasonal fruit.

Time with family, time out ... time with yourself. Are you present in your own life, or a distracted bystander? Experience your life in the stillness of summer ... the stillness of now.

A reminder to
yourself that
you count too!

Do you care for
yourself as well
as you do for
others?



I Am Here! is a special section of *Family Care* that focuses on wellness.

Often family carers put their own needs last.

This trait is partly what makes carers special ... but all of us need to nurture ourselves too.

How do you relax and re-

energise? How long has it been since you took time for you?

Share your self-care tips with other readers. We will pay \$50 for each idea we publish. Send your suggestions to info@carers.net.nz, or post to P O Box 133, Mangonui, Far North 0442.

Contributions can be anonymous, or you can use a pen name.

What makes the desert beautiful is that somewhere it hides a well.
Antoine de Saint-Exupery



"I never drink water. I'm afraid it will become habit-forming."
W.C. Fields (1880-1946)

Nutritionists encourage us to drink about eight glasses of liquid per day for good health and to stay hydrated. This is especially important during hot summer weather. For good health, drink fewer fizzy drinks and caffeine. Here are ideas to make water your tippie of choice this summer!

Freeze blueberries ... or cranberries ... or grapes ... or strawberries ... and add to a jug of water instead of ice cubes. Cut honeydew melon into cubes or slices and add to glasses or a pitcher of chilled water (add ice, or not).

Slice or make long parings of cucumber. Up the ante by adding thin slices of citrus fruit (tangerine, orange, lemon, lime), and/or mint. Only make what you will drink that day or water may become murky.

Cut sprigs or tender branches of rosemary and add to glasses or a jug, along with strawberries and ice (crushed or cubes).

A quick toss of red wine vinegar in a pitcher of iced water makes a refreshing savoury water. Try also a teaspoon of apple cider vinegar and honey per glass (hot or cold). It's good for you!

Add one part fruit juice to eight parts water to create delicate, nutritious fruit waters. Decorate with herbs and fruit. Dilute tamarind or other exotic fruit pastes in plain or sparkling water.

Experiment with herbal and flavoured teas (Celestial Seasonings Zinger teas are great chilled). In Korea, iced barley tea is often served instead of water. Buy it in tea bag form. Barley water is the English variation.

Water is the natural accompaniment to a splash of good whiskey, with or without ice!

Add a few pieces of star anise to water several hours before serving for liquorice flavoured water that is also good for digestion.

Sliced orange and a vanilla bean! Or neat, straight from the tap.

Use straws to drink water ... eight glasses of water a day goes down effortlessly through a straw!

Poetry Drop

This high summer we love
will pour its light
the fields grown rich and
ragged in one strong moment
then before we're ready will
crash into autumn
with a violence we can't
accept

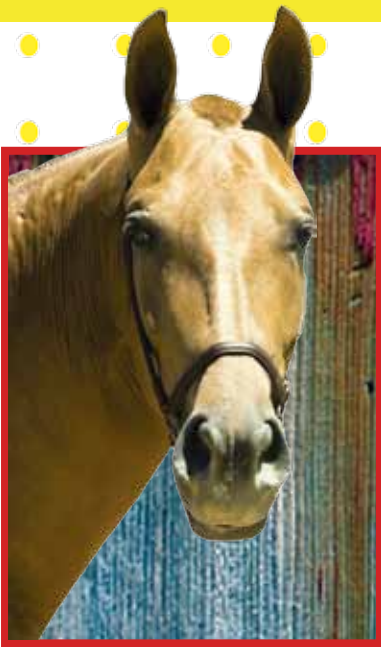
a bounty we can't forgive
Night frost will strike when
the noons are warm
the pumpkins wildly growing
the green tomatoes
straining huge on the vines
queen anne and blackeyed
susan will straggle rusty
as the milkweed stakes her
claim

she who will stand at last
dark sticks barely rising
up through the snow her
testament of continuation
we'll dream of a longer
summer

but this is the one we have
I lay my sunburnt hand
on your table: this is the time
we have

*By the US poet Adrienne Rich
for Les, who is cold*





Learn how to ride, or rediscover the childhood joy of exploring beaches and bush on horseback. You don't have to own a horse to ride ... there are lots of stables, schools, treks and workshops in New Zealand. Here are some options. Find others by visiting your local visitor information centre, or Googling with the key words 'horse riding New Zealand'. For an hour, a week, or any time in your imagination, saddle up this summer!

EQUINE ESCAPES

www.farmstay.co.nz

Places to stay all over New Zealand

www.tourism.net.nz

Other activities, accommodation, and more

www.truenz.co.nz/horsetrekking

Trekking, here there and everywhere

Ahipara Horse Treks, Far North (09) 409 3551 or (027) 333 8645 Email ahiparahorsetreks@xtra.co.nz
Relaxing trekking on Ninety Mile Beach and over gentle grasslands. Rides to challenge the more experienced can be arranged. Two hour treks leave daily in peak season (times depend on tides) and by booking during off peak times. Longer or shorter rides available. No experience necessary.

Pakiri Beach Horse Rides, Wellsford, North Auckland (09) 422 6275 www.horseride-nz.co.nz or pakirihorse@xtra.co.nz Imagine the wind in your face, the sun on your skin, and only the sound of hoofbeats and surf on the sand. Superb riding on beach, farm and native bush and forest. Horses to suit all rider abilities from first time novice to experienced rider. One and two hour rides, half and full day treks, two to seven day treks. Seven day coast to coast ride. Rides available every day, year round.

Rangihau Ranch, Whitianga, Coromandel (07) 866 3875 rangihau@xtra.co.nz One of 40 well conditioned and trained trekking horses will carry you up the original packhorse trails to the spectacular panorama of the Coromandel Ranges. Rugged hills, native bush and rolling farmland unfold before you, while Mercury Bay harbour sparkles in the distance. Your trek can last one to two hours. Quiet horses for beginners, and horses to suit the more advanced rider.



Magic Mountain Horse Trekking, Waikato

(07) 825 6892 www.magicmountain.co.nz
bookings@magicmountain.co.nz See three harbours and four volcanoes on horseback! At 328m above sea level, the views are magical. Amble across farmland for one hour if you're a beginner rider, or for two hours if you're adventurous at heart or a skilled horse rider. Trek to the beautiful Bridal Veil Falls (55m high), or picnic overlooking panoramic views of the Raglan harbour and beyond. Horses of all colours, breeds, and sizes ... all friendly and responsive. Magic Mountain is a tranquil, relaxing, romantic place to visit, a 20 minute drive from Raglan, 50 minutes from Hamilton, or two hours from Auckland.

Ngahere Adventure Horse Treks, Ruatoki

(07) 304 9133 www.ngahereadventures.co.nz or treks@ngahereadventures.co.nz Ride through the mystical, tranquil beauty of Te Urewera National Park, the homeland of Tuhoe - children of the mist. Journey along and through the Whakatane River, flanked on both sides by native bush, the natural habitat of native birds such as kiwi, tui, koko (bellbird), kereru (wood pigeon) and kokako. Stop for lunch and swim in the refreshing clear waters. Light refreshments of tea, coffee and biscuits are provided (you supply your own lunch and water bottle). Location: Ruatoki, 27kms inland from Whakatane.

Okau Horse Treks, Taranaki (06) 752 5990
www.okauhorsetrektaranaki.com or okauhorsetreks.taranaki@xtra.co.nz Explore Okau's hidden plateau country and river valleys. Feel like you have escaped civilisation with wonderful views and a ride tailored to suit your needs. Open paddocks, bush clad tracks, river crossings. One hour to a full day, and sunset/moonlight options. One hour north of New Plymouth.

Coastal Views Horse Rides, Wainuiomata

(04) 586 5733 horse.man@xtra.co.nz. Spectacular views of the South Island and Wellington harbour and city. See the Cook Strait in its natural moods: big rolling sea swells crashing onto rocks or dispersing on the beach. On calm days, watch shoals of fish or the odd seal frolicking in the bay, or dolphins cruising across the harbour. Learn the history of the surrounding area (the lighthouses where the Wahine disaster occurred) or just enjoy a ride through native bush.

Cape Farewell Horse Treks, Collingwood,

Tasman (03) 524 8031 horsetrekking@xtra.co.nz
Fantastic riding in a beautiful, untouched corner of the New Zealand. Ride along the famous Wharariki Beach, or check out the view over Farewell Spit! Two and a half hours from Nelson.

Punakaiki Horse Treks, West Coast

(03) 731 1839 www.pancake-rocks.co.nz
punakaiki-guides@xtra.co.nz
Ride to the foot of the Pancake Rocks, Punakaiki, or within the spectacular Paparoa National Park's birdlife and river crossings. Modern stables with fit, willing horses suitable for all abilities. Novice riders welcome. Some tuition given. Two rides per day, morning and afternoon, both several hours long, with shorter and longer rides by arrangement.

High Country Horse Adventures, Ryton Station, Lake Coleridge, Canterbury

(0800) 386 336
www.horserek.co.nz or noel@horserek.co.nz Ryton Station, on the shores of Lake Coleridge, offers treks through scenery that will take your breath away. Experience an exhilarating ride in the fresh mountain air on a horse chosen with your needs in mind. Rides from several hours to five days, designed for experienced riders as well as first time trekkers.

Glenmac Farmstay Horse Trekking, Kurow, Otago

(03) 436 0200 glenmac@farmstaynewzealand.co.nz Personalised rides over farmland and tussock country, with views ranging from the mountain to the sea. Beginner and novice riders are given a quiet, reliable horse within a small, personalised tour group, led by a trekking guide. Experienced riders are welcome to bring their own horses, and since the farm is spread over an impressive 1583 hectares, there is room for everyone to enjoy a wonderful day of horse riding. Glenmac also provides a 'horse experience' for those who have not ridden before.

Catlins Horse Riding, Te Taunga Adventures, Southland

Phone Cara McGill at (03) 415 8368 or email classiccharm@hotmail.com Ride within a 660ha organic sheep and beef farm located in the coastal Catlins. Receive lessons, or learn as you go from one hour to overnight. Beach riding at low tide, or mosey through the property's native forests and farmland.
www.catlinshorseriding.co.nz

CREATE INVENT EXPERIMENT LEARN SHARE BE



Lily P Mathews

Art School NZ \$200 (10 week term), \$180 (9 week term)
 Kerikeri, Auckland, Whangarei. Drawing and painting classes for adults and children. For information phone Diana (09) 431 8383
www.artschoolnz.com artschoolnz@xtra.co.nz

Raglan Old School Arts Centre (07) 825 0023 Regular workshops and classes for the Raglan//Whaingaroa community.
www.raglanartscentre.org.nz info@raglanartscentre.org.nz

Inverlochy Art School Te Aro, Wellington Painting, drawing, photography, sculpture, jewellery, fabric and paper arts, print making. Term courses, weekend workshops, young artists, and school holiday programmes. (04) 939 2177 www.inverlochy.org.nz
manager@inverlochy.org.nz

Minerals to Art Festival Weekend 1-2 March 2008, Ashburton Art workshops, seminars and tours for adults and children. Mosaics, sculpting, mesh birds, Dan Rutherford garden art and nature into art are just a sample of classes on offer. Landscape painting, Tricks that Rock, painted mixed media collage to junior beading, mineral fun and The Shifting Sands of Time (a family ramble into the history and mines of the area) all for the children. Half day, one day and two day courses for all tastes and interests. Registration forms online at www.mineralstoart.co.nz

Art-By-the-Sea Workshops Broad Bay, Otago Peninsula One day workshops in a beautiful setting with artist Lesley Hirst. Oamaru stone sculpting, and painting, with delectable food! From a few hours to a full day. Visit www.artworkshops.co.nz or phone (03) 478 0073 boatshedart@xtra.co.nz

READER TIP

Try sitting on a silk scarf at home or in the car. When you want to get up, swivelling into position to stand up or transfer to a wheelchair is easy! This is a very inexpensive aid, looks more attractive than a 'device' for transfers, and is more comfortable to sit on. If you use a lot of soap powder, shampoo or detergent, try putting a garden tie around dispenser pumps to reduce waste. Family carers, list plans or activities for the day and give them to the person you support, along with phone numbers they plan to ring during the day, so they can tick things off and be independent; this will also save you time and energy!

Teimara Paewai, Blenheim

SUMMER TREATS!



Win an Eco Store bucket of cleaning goodies worth \$50!

All products available at retail outlets nationwide. To enter giveaways see our form on page 49.



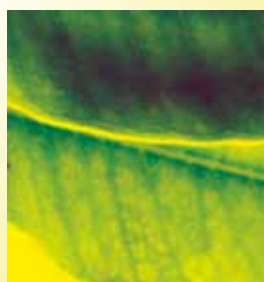
Supple skin with Bio Oil! We have 12 60ml bottles to give away worth \$19.90 each!



The full range of Skin Food products, RRP\$77!



Win Weleda's Summer Pack! Includes Sea Buckthorn Strengthening Elixir, Rosemary Invigorating Bath Milk, and Birch Cellulite Oil, worth \$80!



Scents of Life Summer Pamper Packs! Lip balm, cracked heel balm, and Vitamin A & C cream. Treat yourself ... we have two packs to give away, RRP \$55 each!