



## Southland Herb Society's *Herbal Harvest*

### This Month

**A newsletter to  
read!!**



*A view of Clyde's autumn colours the lookout on the hill.*

### This Month's Highlights

- **President's report**
- **Lock down reports from members**
- **Herb profile Salad burnet**
- **Member profile Lynley Tuckey**
- **Book review**



### *A message from your editor*

What a strange three weeks it has been. Suddenly our lives have been put on hold. For some of us it's been a major challenge with plans cancelled and contact with our family and friends restricted. But it is also time for a reset - with a forced slowing down and part of me is enjoying that. Everyone we meet here in Clyde, when we are out walking seem to be keeping to the rules and we are lucky as we have so much space, good weather and plenty to do. We have been doing lots of foraging during our walks and some days come back with large bounties from walnuts, almonds, pears, pine nuts, stinging nettles and figs to quince. I have just found a patch of flowering gorse so I'll now be able to try Jackie's gorse flower fritters as on page 7. And the stinging nettle pasta was delicious.

Thank you to all our members who have sent in ramblings, reflections and articles about their time in lockdown. Apologies if I haven't used your contributions but I will next month. We may not have had a meeting last month but the newsletter is no less interesting. The herb of the night for April was to be Salad burnet but I have included it in this month's issue. This is partly because Jill Wadworth has written about it in her article where it is called Sheep burnet. My research tells me it is the same plant. On Jill's family farm they are growing it as part of a herbal forage for their animals and her son has taken inspiration for this from Peter Barrett. Peter is featuring on Country Calendar TV1 this Sunday if you are interested in watching.

As there is no meeting again this month I am requesting now for more articles that include reflections, recipes, photos etc. of about what you have been up to during these extraordinary times,  
Kia kaha

*Maggie Elford*

### President's Report

Happy Easter Everyone!

It is certainly a different Easter with only technical access to family and friends. At least we can use FaceTime and other means to share with people we care about. I still did my Easter tree and basket because it is important to carry on rituals that bring us together. As Professor Michael Puett and Christine Gross-Loh say in the book 'The Path' rituals give life continuity and meaning and bind us together. Like in hide and seek you become a different person for the moment and change roles. At these times it is important like Confucius says to concentrate on small repeated moments to make a better world. The time spent in the garden in the lovely weather has been good for the soul as well as the garden! I have included two poems that were sent to me for reflection. *(see pages 14 and 16)*.

We should be proud of ourselves and our country and leadership in trying to deal with the Covid-19 crisis. It has been hard for many and it will be for some time but the progress to date has been very heartening.

As you know we are not meeting until we are able to go to the Blind Centre but will continue with the newsletter thanks to Maggie and you all. Contributions have been gratefully received. Please keep up sharing some of the things you have been doing, books read, recipes etc. There will still be a committee meeting in June (at this stage) to discuss what we are doing for the rest of the year.

I hope you are enjoying the slower pace of life and doing some things you have held off doing like I am: scrapbooking, jigsaws, pressing flowers and herbs, reading and the many house and garden jobs on the list!

Enjoy going into your garden and the smells of herbs and Autumn.

Julianne



'My Easter tree and  
the Easter hunts of  
the family'  
Julianne



**Members' lockdown reports****Betty Snell.....**

We have been so blessed to have lovely weather lately which is so enjoyable when I go out for my daily walk. I walk different streets each day and have been counting the bears in windows. There are collections and some bears are very large sitting on the fence and there are small bears tied to the letterboxes. This makes my walks very interesting and so far I've counted 168 bears.

The house was being painted before lockdown which is on hold now, so Bill and I have painted the backdoor area, letterbox, front door porch. Bill has also painted the roughcast north wall which had been water blasted and looked dreadful. We managed to get it painted before the rain came.

I have also been gardening each day and have noticed more fantails around the garden which are a delight.

Our daughter Sandra celebrated her 60th birthday and had a very nice afternoon tea with friends and family. Her sister Debbie flew down and managed to get home to Christchurch before the lockdown. It was so good to have her here for her sister's birthday.



I picked the last of my Queen Anne's Lace, Sweet peas, roses, and a fine blue forget me not for a posy. Bill took the photo for me.

## Jill Wadworth

Greetings to all you Herbies.

I thought I would share my experience of enjoying the picking and walking through two paddocks of sunflowers and herbs at Bare Hill Farm. I've found the sunflowers are very uplifting, vibrant and therapeutic for the soul at this very moment in our bubble with Covid-19 playing havoc with the world. My husband Bill has a dry sense of humour and calls it morbidly exciting. I noted there were a lot of bumble bees enjoying the sunflowers too.



Nick (my oldest son) and his wife Alexis who now farm "Bare Hill Farm", were in the same farm discussion group as Peter Barrett who had an article in the Otago Daily Times on Easter Monday the 13th of April 2020. (Very interesting). Peter is the inspiration for Nick and Alexis growing all these interesting herbs and sunflowers for their sheep and cattle.

Peter Barrett will be on the Country Calendar programme Sunday the 19th of April 2020 at 7 pm and if you miss it you can go to TVNZ On Demand.



Growing in the two paddocks (they didn't have the same mix) are Hairy Vetch, Sunflowers, Mustard, Kale, Fava Beans, Crimson Clover, Hunter Brassica, Chicory, Turnip Hybrid, Kingsford Rape, Sheep's Burnet and Buckwheat (gluten free a good source of fibre as it isn't from the wheat family. Alexis told me that as she is gluten free).

Peter Barrett is one of a growing number of NZ farmers reaching out for an alternative way to farm that regenerate rather than deplete their soils and farm environment.

I feel as if I know sunflowers quite well now taking photos from most angles. I did witness a lamb on its back legs reaching for the last few petals on a sunflower (but missed that photo shot). It was very good at balancing and in fact better than me at yoga.



Bill and I had a tradesman come out to the farm at the beginning of March to service our diesel boiler for our underfloor heating. The first thing the man said to me when he got out of his truck was, he thought he was in France. I replied to him if that's what you think that's fine by me!!

I hope you all enjoy Country Calendar to learn about what Peter is doing.

Also some photos I've enjoyed taking on my adventures. *(There are more on the back page. Ed).*

### Christine's Ramblings

Well here we are “week 3” of lockdown 9.35 am Wednesday 15<sup>th</sup> April, sitting in my dressing gown having spent several hours reading through Southland Herb Society Newsletters from October 1996 and consuming two coffees. The day is overcast, raining and I had planned great things once again but with plenty of time on my hands these things have often not eventuated over the past three weeks.

I have managed to achieve plenty of stitching, so far finishing three unfinished items, reading books, knitting, gardening and watching my share of TV. Unfortunately getting into cupboards and drawers has not taken my fancy to date.

My good friend Andrea was Editor of the Southland Herb Society newsletter back in 1990, this is where I first heard about the group. My first memory of attending Southland Herb Society was at the Wool Exchange building in Leet Street. Our group held meetings there between 1992 to 1994 and I attended my first workshop and decorated a cane basket with floral material, with a frill round the edge, I recall this was filled with pot pourri or the like. (*My memory tells me Olive Dunn tutored us*). I also went to several workshops held in member's homes eg making bread in small terracotta pots at Margaret Noble's house and making soap at a home out at Otatara. I am unsure if I was a member at this stage. These occasions were learning opportunities, lots of good fun, great friendships were connected and have continued.

Back in 1996 we had a bus trip to Alexandra where we visited Lammerview Nursery at Ettrick, had morning tea in their garden by the pool provided by the hostess and purchased plants from the nursery. Then onto Crafts Cottage at Alexandra and a look through Valence Cottage. Lunch was in the park and then on to Earnscleugh to the Redbank Research Station, then to Omea Peonies and home – I can still recall what a great day this was.

Looking back through my records I was on the committee in 1999 and have continued to be involved in some format since then assisting with Herb Festivals, Anniversaries and Herb Federation of NZ conferences. I also joined in with the Herb Embroidery girls but at a much later date. It is interesting to see that Marilyn, Betty, Lorraine and Annette have been part of this group prior to 1996. We continue to meet in each other's homes during the week on a monthly basis, but not on a Saturday as we use to when we all were working. This is a great joy to attend. We do lots of talking (often very little stitching) and just about consuming a Christmas Dinner” like lunch each time with all contributing.

For me I feel very fortunate to have been a member of our Herb Society where members and speakers have shared their knowledge, skills and experiences with me and the friendships I have made.

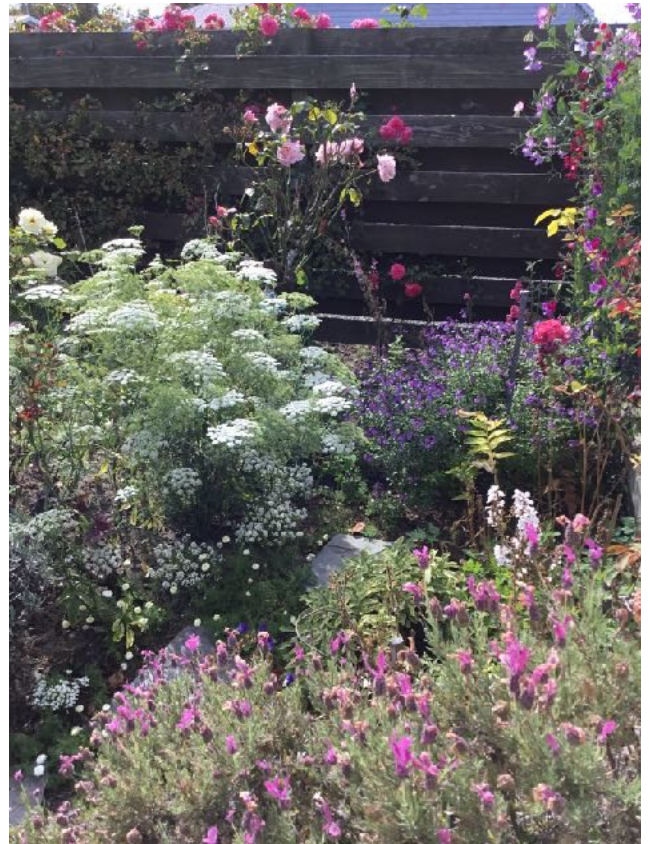


## Ainslee ....

I grew Queen Anne's Lace for the first time this summer and I have fallen for it in a big way. It has grown about 1 metre high, bushy with small green leaves and beautiful white umbel flower heads.

One herb meeting these little homemade packs of seeds were on our sales table. I chose a pack each of Hollyhocks and Queen Anne's Lace. Then late last year at seed growing time I planted them indoors and had a very pleasing result.

The position I chose to put the hollyhock plants in was a sunny north facing garden, but I've read since then that they prefer a more sheltered sunny spot under the eaves as they winter over. I have found a suitable situation and shifted them. I've been trying for several years but they have never grown to lush healthy looking plants and never flowered well. So here's hoping next season is a better one for them.



The Queen Anne's Lace plants grew beautifully in their all day sunny spot among the roses and lavender. I'm gathering seeds now from them, along with Hyssop and sweat peas. I'm hoping for an even better flowering garden plot next year. I enjoy the joys of gardening.

This hot toddy recipe is soothing on the throat and will help mucus membranes recover from a virus. It should help to restore you to good health with these natural ingredients.

- 1 fresh turmeric root, 1cm piece diced
- 1 fresh ginger root, 2cm piece diced
- 1 cinnamon stick and 4 cloves
- Juice of 1 lemon
- 1 teaspoon raw Manuka honey

In a small pot put turmeric, ginger, cinnamon stick, cloves and 500 mls water. Bring to the boil and then put the lid on and simmer for 10mins on a low heat. Take off the heat and strain into a cup (there will be enough for another cup later). Add the lemon juice and raw Manuka honey, stir and enjoy.

I use this in the winter but thought it might come in handy now with Covid 19 around.

**Jackie's Reflections .....**

When I was living on the West Coast at Westport I use to regularly attend the Wild Food Festival. Not once did it rained and was always a great day out! There was always the extreme stalls but also lots of others with interesting food variations. One tent that was always on my "hit list" was the gorse flower scones and black billy tea tent. They literally had a coal range installed in the tent fired up and pumping away! Black billy boiling away on top! The assistants were dressed in colonial clothing to add to the ambience! The scones were absolutely delicious and served with homemade blackberry jam. It was with some disappointment the last time I attended such a tent was no longer there! But the memories remained!

During current Lockdown I've discovered a little Herb Book that I bought in Queenstown in the 1980s called Henrietta's Book of Recipes. She at the time had a little shop in Queenstown and was always on my to do list when up there!

This Gorse Flower Fritter recipe features not scones but could easily be adapted to a basic scone recipe.

*Gorse Flower Fritters*

1 cup freshly picked gorse flowers

4 eggs

1/2 cup shredded water cress

Salt and pepper to season.

2 Tbsp self raising flour.

Beat eggs, flour and seasonings then add flours and water cress. Fry in hot butter and served immediately with sliced lemon and fresh watercress to garnish.



*Filling in time sorting/ reflecting on the enclosed photos on a nice sunny morning! Some grew, some didn't but all would've been bought with great anticipation!*

**Sylvia's Autumn in Our Locked Down World .....**

Now that we are all confined to our own precious four walls, there are many ways to keep happy. Take a look around your garden and read up on what you can do with the plants that are there.

Sometimes it's just finding a pretty little flower to smell or, if you look closely at this time of year, and you just may find an unusual fungus has popped up overnight.

What about all those lovely hips and berries that are turning brilliant reds and golds. Pick a handful of ripe hips and put them in a jar with rice bran oil to cover them. Leave for a couple of weeks and you will have a jar of vitamin rich oil with a lovely flavour. Use it to make mayonnaise, as a dip for your home made focaccia bread or use it as a very good moisturiser .

This morning I used rosemary oil on my face and hands. So refreshing and easy to make. Pick long sprigs of rosemary (*officinalis* is best). Wash and dry it and push into a tall bottle. Pour over rice bran oil to cover. Seal and leave a couple of weeks. Delicious to cook with and on your skin.

Don't forget the 'weeds'. The chickweed is looking quite succulent just now so so add a bit of it, along with the very young dandelion leaves to your lock down salads.

I've got a grand crop of nasturtiums this year and apart from enjoying the gorgeous colour, the leaves and flowers add such a great peppery flavour to salads.

The dill and fennel seed heads are ready for picking and drying but the sunflower seed heads need a few more weeks to mature. Hopefully I beat the birds.

Keeping ahead of the prolific runner bean crop is a daily reason for going out doors. I hope you are finding projects to keep you from worrying too much about the things that we can't control.

Thinking of you all with love, Sylvia.



This is the new " Pansy garden " Chris Lindsay has created.



### Pauline's lockdown activities

I had so much lavender so decided to make lots of lavender bags. I really enjoyed making them using up bits and pieces of fabric.



The Rhubarb and Date chutney has got a kick to it - nice with cheese and biscuits. Like most chutneys it will keep in sealed jars kept in a cool place for at least a year. Once opened keep in the fridge and use within 4 weeks if you can keep it that long!!

#### *Rhubarb and Date Chutney*

450g rhubarb, washed and cut into small pieces

225 g dates, chopped

1 onion, finely chopped

1 tsp cayenne pepper

1 tsp ground ginger

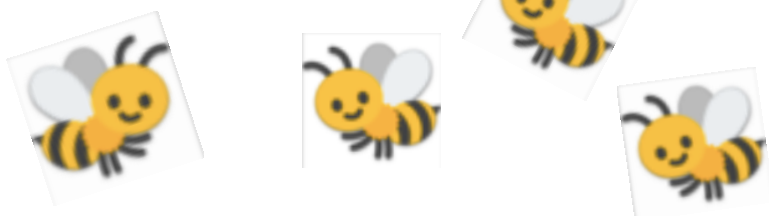
475ml malt vinegar

Add all the ingredients to a large pot and pour over the vinegar. Simmer for two hours, stirring occasionally until tender. Pour into heated sterilised jars and seal.



### Chris shares ....

I would like to introduce you to SID and SJ relaxing under the Kowhai tree today. Their last outing was in the centre of a "Bee friendly plants" display at the Garden Centre where I work.



**Judith shares....**

Since isolation my husband Peter has asked me to teach him how to make scones. All kinds - sultana, wholemeal and date, cream and lemonade, and girdle. He can now make a batch without me hovering over his shoulder. I like the date and wholemeal ones the best.

1 cup wholemeal flour  
2 tsp Baking Powder  
1 tsp sugar  
1 cup milk

1 cup self rising flour  
2 Tbsp butter  
1 cup chopped dates

Melt butter, add to milk then mix into the above.  
Pat out flatter than normal  
bake at scone temp

Peters mum gave me this recipe. She made them, almost, up until she died at 92.  
Best eaten warm with butter!!!!!!  
Go well everyone.....

*'Date scones. My dad always told a joke about them. His favourite he would say as he always knew how old they were!! Even today, at 97 years young, if you gave him a date scone he would tell you the same'. Maggie*

**Rosemary shares...**

I was just reading the email requesting articles for the newsletter and then while I was out in the garden I thought that these photos may be an idea for members. I keep every chipped or cracked cup I find in my travels or sometimes in the op shops good cups are free if they have no saucers. Succulents do well in cups as they don't mind the dry - I do drill a hole in the bottom of them though to save them drowning in the winter. I thought these would be good to sell for our festival and if members don't want to do them I would happily do them if they have cups going to the rubbish. :-)





**Herb profile: Salad Burnet***Researched by Judith Thomas and Maggie Elford***Botanical name :****Family:** Rosaceae

Sanguisorba minor or Poterium sanguisorba

**Names that it is known by** (*hence the need to use botanical names*): salad burnet, garden burnet, sheep's burnet, small burnet or burnet.**Description**

- **Salad burnet** plant is a Mediterranean native with hardy tolerance. It is a **perennial** herb, which is naturalised in Europe and North America
- The leaves that are very fine, delicate, loose, and fern-like. The flowers are small and pink, purple-pink to reddish, with a roundish appearance.
- The plant grows to about 25 to 32.5cm tall. Salad burnet has very deep roots and withstands cold winters and performs in dry, low fertility areas.
- Although the herb is perennial, it will benefit from being divided every three to four years, to encourage new growth and maintain its vigour. It also grows from seed and is wind pollinated. It self seeds readily.
- Salad burnet's flowers are female at the top, male at the bottom and hermaphrodite in-between. They grow in thimble shaped heads on taller stems and are greenish red.
- It is one of the few plants not overwhelmed by mint.
- It is high in vitamin C when used fresh.
- An infusion of salad burnet was believed to cure gout and rheumatism.

**History**

- The Greek word sanguis meaning blood, and sobere to staunch as its traditional use was to stop bleeding both externally and internally. The 16th century English botanist John Gerard described it a 'capital wound herb.'
- Salad burnet's most famous use was probably being added to claret or ale or refreshing summer drinks. According to Gerard it would "make the hart merry and glad, as also put into wine, to which it yeldeth a certain grace in the drinking."
- Herbalist Nicholas Culpeper, author of Culpeper's Complete Herbal (1653) called salad burnet 'a most precious herb' and said the continual use of it 'preserves the body in health and vigour.'
- The Romans took salad burnet into battle, believing its blood-clotting properties would save them if they were wounded.
- The Italian word for burnet is pimpernel.
- The roots are used in traditional Chinese medicine.

**References:**

Gilian Painter: A herb cook book 1983

<https://thisnzlife.co.nz/12-interesting-facts-about-salad-burnet/><https://knoji.com/article/herbs-salad-burnet-medicinal-culinary-uses-and-nutrition/>



### Uses

- The leaves of the salad burnet were important as a salad herb in the past as they were available all year round. They taste faintly of cucumber and are cooling and pleasant in any mixed salad.
- The whole leaves are picked from around the outside of the plant, and the smaller leaves picked off the stems.
- Gilian Painter's 'A Herb Cook Book' has several recipes for salads, herb butters and soups, all using salad burnet.
- It makes a good drink, and can be drunk as a tea. It is mildly diuretic.
- It is astringent and was valued as a tonic for aiding digestion and relieving diarrhoea. As a cooling herb it was used to promote perspiration.
- A facial wash can be used for sunburn or troubled skin.
- Salad burnet can be used to stabilise banks, in rock gardens and it does well in a mixed meadow.
- As it is a fast establishing perennial for a good sheep forage, having high levels of protein and carotene.



*This backyard herb has a colourful history, it was prized by Roman soldiers for its medicinal qualities and used in the 16th Century as a wine additive.*

### Maggie shares .....

Last year when I had a chronic cough for several months (thank goodness it isn't this year!!) a German doctor here in Alexandra gave me some alternative advice that he uses at the first sign of a cold or cough: steam inhalations, moisturise the air in the bedroom (he suggested using a slow cooker with the lid off), salt water gargles, ice and thyme and plantain tea.

I have since made lots of the thyme and plantain tea. I use wild thyme (or used dried in preference to hydroponically grown supermarket thyme as it has no strength to it) and some plantain (health food shops have this dried too). I put them in an infusion teapot and pour over boiling water. Leave to steep for 5-10 minutes and drink up to 2-3 cups a day. Even now when I don't have a cough I will often make a pot of this tea.

**Thyme** contains antiseptic, **antiviral**, antibacterial, carminative, diaphoretic, and expectorant properties which supports healing throughout the entire body. One report I have seen says that recent clinical studies have shown that Aucubin, one of the active ingredients in **plantain** (*Plantago* spp) removes the ability of bacteria and viruses to replicate their DNA. The following link gives more ideas for colds and coughs:

<https://www.theguardian.com/lifeandstyle/2018/dec/15/how-to-ease-a-cold-with-herbs>

**Member Profile - Lynley Tuckey***(and all written before any sign of the lockdown - some great tips. Ed)*

Retired as teacher when I was 64 1/2 not because of the kids but I couldn't stand the system anymore.

Husband who is not adverse to trying herbal concoctions and enjoys gardening but needs time to process my ideas .

Two children .....son's Auckland garden a nightmare to weed but does have hibiscus as big as saucers and limes for a gin.....daughter's Invercargill garden an established garden needing lots of TLC but beautiful area to sit and sip wine.

Four grandchildren....the eldest loves picking flowers from the garden.

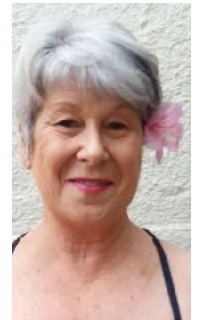
Grey cat who often follows me around the garden.

PASTIMES....Looking after grandchildren and visiting Auckland grandchildren.Gardening.....I'm often in my nightie or dressing gown and gum boots wandering in the garden(not a pretty sight.) Painting .....more often than not my art work has flowers and foliage in it.

FIVE SENSES.....I have come to realise how important these are. When I think of a place I may have been to I can smell something I remember about the place very vividly.

As a teacher I remember a class of Year 8 boys and girls lying on yoga mats with their eyes closed smelling and picking lavender before they did their art work.

IN TIMES OF STRESS...take your shoes off and stand on the grass for a few minutes and use your five senses.....it really helps.



This painting I did of my mother when she had dementia but she still used her taste and smell and it would have brought back memories for her.

**Book Review Shakespeare's Flowers***Reviewed by Lynley Tuckey***SHAKESPEARE'S FLOWERS**

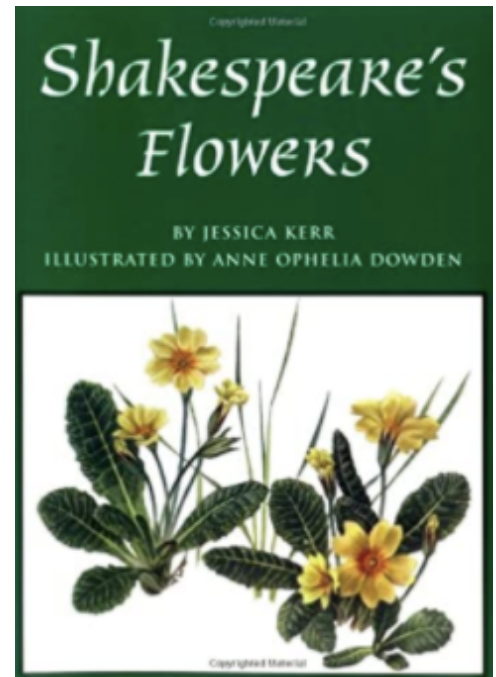
By Jessica Kerr. Illustrated by Anne Ophelia Dowden.

I chose this book to review because I had Shakespeare on my mind, firstly having read Elizabeth the First Wife by Liam Dolan which was a very light weight but humorous modern day book with references to the Bard. Secondly, I have just been to Macbeth which was appropriately in the Scottish Hall, being too cold to perform in the park.

Shakespeare's flowers was first published in 1969 but I don't think that alters my attraction to the book. The illustrations are so beautiful and my mind immediately goes to plants that I might have in my garden and of course hemlock and the witch's foul brew brings me to Macbeth.

When browsing through the book I realise how many quotes are familiar to me, eg "I know a bank where the wild thyme grows" and "a rose by any other name would smell as sweet" are quotes that we know even if we are not a Shakespeare fan. His plays certainly conjure up the five senses and the author references cowslips, fairies and hearts ease (Cupid's flower) and compares roses to human lips and cheeks etc.

This book would appeal to any lover of plants.



**MAY WE NEVER AGAIN TAKE  
FOR GRANTED  
FRIDAY NIGHTS WITH FRIENDS  
BIRTHDAY CELEBRATIONS  
THE ROAR OF A STADIUM  
MORNINGS AT THE GYM  
PACKED DANCE FLOORS  
COFFEE WITH A FRIEND  
CROWDED CONCERTS  
HAPPY HOUR  
LIFE ITSELF**

**AMEN**



# Message Board



Julianne spotted these two 'fruits' on a recent trip to the North Island.

**Can anyone help her identify them please?**

## Looking ahead

**28 May 2020** 🙌

**Antique Road show**

**Herb of the night Witch Hazel**

**Team:** Rosemary, Annette, Amanda and Maryann

## *Next committee meeting*

*Monday 15th June 2020  
at Julianne's Watson's place  
2132 North Road Lorneville*

## **Subscriptions**

*\$35 single or \$50 family.*

Pay directly to Gillian Knarston or by sending a cheque to: c/- 1 Flora Road West, Makarewa, RD6, Invercargill 9876  
OR by direct banking 03 1746 0002322 00 and include your name as the reference.

## **Handy hints for cleaning the shower and washing machine**

For some time I had been told soap in the shower was what caused much of the soap build up on the walls and glass, it being due to the animal fats used as an ingredient. Liquid soap or Dove soap don't use this. So recently switched to Dove soap and what a difference it has made. There is still some build up but not nearly as much.

When you do need to clean your shower use a dish washer tablet. Dampen it and rub it all over the glass and walls, then wash down. Sparkling glass with very little effort. Just be careful though if you are standing in the shower when washing it down as the run off can cause the shower base to be slippery.

Now on a search for a pic of a dish washer tablet I see you can use them to clean your washing machine as well. Who knew??

<https://www.nzherald.co.nz/lifestyle/news/>

## **Herb Embroidery Group**

Unfortunately this group activity is on hold but I am sure if you are wanting help with a project Christine could organise someone to help with either a video link or phone call.



Contact Christine for further details.  
Phone 03 21 74563

**The Southland Herb Society** *accepts no liability for any ill effects resulting in the use of information printed in this newsletter. Every effort has been made to ensure that all details are accurate. If in doubt consult a qualified herbal practitioner. Opinions and views expressed in any article are not necessarily those of the editor or the committee.*

## ***And people stayed home***



And people stayed home  
and read books and listened  
and rested and exercised  
and made art and played  
and learned new ways of being  
and stopped  
and listened deeper  
someone meditated  
someone prayed  
someone danced  
someone met their shadow  
and people began to think differently  
and people healed  
and in the absence of people who lived in  
ignorant ways,  
dangerous, meaningless and heartless,  
even the earth began to heal  
and when the danger ended  
and people found each other  
grieved for the dead people  
and they made new choices  
and dreamed of new visions  
and created new ways of life  
and healed the earth completely  
just as they were healed themselves.

Kathleen O'Meara (1839–1888)

**President:** Julianne Watson Ph 03 2358020

Email: [julianne.watson50@gmail.com](mailto:julianne.watson50@gmail.com)

**Secretary:** Jane Jones

Email: [hobbiton@kinect.co.nz](mailto:hobbiton@kinect.co.nz)

**Treasurer:** Gillian Knarston

Email: [gillianknarston@hotmail.com](mailto:gillianknarston@hotmail.com)

**Editor:** Maggie Elford ph 021 2126285

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

**Postal Address:** c/-1 Flora Road West, Makarewa, RD6,  
Invercargill 9876

