

Tauhara News



Kotahi tonu te Wairua o nga mea katoa ~ There is one Spirit that flows through all



What's on at Tauhara?

www.tauharacentre.org.nz

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The Tauhara Centre

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Welcome!

Hearty greetings from the Trustees and staff to all friends of the Centre both within Aotearoa New Zealand and abroad. We have made it through a very cold winter, with heavy snow first appearing on the volcanoes and Kaimanawa mountain range back in May, unheard of for many years, and continuing to fall even now at this advanced stage of spring. It is only a few weeks ago that 668 people were trapped in their cars on the Napier-Taupo road, and had to be rescued from a blizzard. Only a fortnight ago, as some of us returned from Hamilton, we were greeted by blizzard conditions just north of Taupo, with the road barely discernible and the countryside resembling an English Christmas card scene. Yet, our faithful kowhai, azaleas and rhododendrons are treating us to a blaze of colour; yellows, oranges, purples, magenta and blues, with irises peeping from their slender necks, and the cherry trees raining their pink blossoms everywhere. The air is alive with the calls and aerial antics of flocks of Tui, who are spoilt for choice in the nectar on tap. The gardens are being replanted, and we feel very blessed to be heirs to all the hard work and dedication given in previous years by the Founders and staff, who planted for a future that few of them lived to see.

Lament to the Post Box:

Many of you having a long association with the Centre will have been used to sending letters and registrations to us at our old Post Office box number (P O Box 125, Taupo). From the end of March, 2010, this will change, with all mail to be addressed as follows:

Tauhara Centre, 60 Acacia Heights Drive, Acacia Bay, Taupo 3377. Taking this step will eliminate unnecessary, fuel-consuming trips to town to clear our mail, as we have a mail box at our gate where we can both receive and despatch mail (being on a rural delivery route), and save the Centre about \$130 per year. Most of our business contacts have already comfortably made the transition.



Spring comes to Tauhara

"Most of us share a yearning for *something more* - for a peace that transcends the stuff of ordinary life. This is the promise of spiritual practice." Dan Millman - *Wisdom of the peaceful warrior*

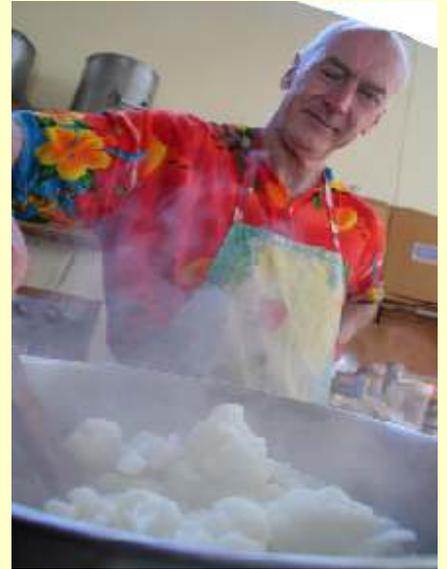
Who's Who at Tauhara # 1 : Super Chef Stan

Many of you who have visited or stayed at the Centre will have met our friendly, rainbow-garbed chef, Stan Vick, and enjoyed his delicious meals. Working only with volunteers from around the world, he transforms basic ingredients and the organic veges of Tauhara's own gardens into wonderful nosh, week in and week out. Culinary alchemy, no less!

What most people will not know is that Stan brings to Tauhara such a wonderful mix of skills and experience. A child of the fifties and hailing from Liverpool, Stan left school as soon as he was able to begin his working life as a tyre fitter and general hand in the local council bus depot, followed by a spell with the local water authority acquiring all sorts of maintenance skills, including welding. In a very real sense, Stan's working life has enabled him to indulge his passion for sport and fitness, especially rock-climbing and competitive road-bike racing. It was his hope that he could climb in other than England's rather damp climate that attracted him to New Zealand where he arrived on Valentine's Day, 1986.

Since then he has taken on a dazzling array of jobs, including aluminium welding on a luxury yacht; gas cylinder testing; screen printing; working for Te Wananga O Aotearoa teaching engineering and welding, then for three years running a Te Puna O Te Oranga ("the spring of life") programme to get students fit mentally and physically through outdoor education, including jogging, fishing, climbing and kayaking. Experience in constructing abseil platforms took Stan into the Waitomo caves, where he became an accredited guide, and he still takes people through when he can. In early 2006, having attended ChrisieFest at Tauhara, Stan heard that there was a vacancy here for a cook/kitchen manager and, in his inimitable fashion, with no previous formal hospitality training, he took up the huge challenge of learning to run a kitchen producing cuisine of a high standard, including a range of special diets, on time and using only willing work exchange helpers (Wwoofers), many of whom arrive with no kitchen experience, very little life experience, and only a smattering of English. To most people, this would have been an impossible challenge, but to Stan, who had taken on the east face of Mt. Cook, this was business as usual! Add to this his acquired interest in gardening, his re-building of the Centre hothouse (where stunningly healthy vegetables are leaping from the soil like triffids) and his involvement in tree-felling and outdoor work around the Centre, Stan is Tauhara's "Renaissance man", willing to turn his hand to anything.

Stan still pursues all his interests, disappearing over to Waitomo regularly to go caving. He has run the Rotorua marathon several times, last year did The Lake Taupo Cycle Challenge and is preparing to do it all again next month. Along the way he has studied classical guitar, and he is frequently heard serenading all those within earshot as he waits for the next delicious dish to emerge from the oven. He writes some beautiful reflective poetry, which was given an airing at Tauhara's Matariki fireside poetry and music evening back in July, and his dulcet tones can be heard at the monthly Dances of Universal Peace evenings at the Centre. Stan says: "I am blissfully happy and feel blessed to have had the chance to live and work at Tauhara". The Centre, too, has been very blessed to have Stan's unflappable presence in the kitchen. For those of you who watch "The F Word" on TV and know Gordon Ramsey's cheffing style, think of the opposite, that's our Stan, and we are very grateful.



Stan working his magic in the Tauhara Kitchen to create a work of art.



Stan (on far left) with 2 of his many new friends he has made at Tauhara - Dusty (middle) and Nathaniel (far right).

Green Report

"From our hands - with our heart - for the earth, all the world together"

I learned these beautiful words from Richard St. Barbe Baker – The Man of the Trees who created them for the 'Children of the Green Earth', one of his many environmental initiatives.

At Tauhara we are endeavoring to look at all aspects of our impact on the planet. We are happy to report that we have found a local source of recycled toilet paper which breaks down more easily in our septic tank system, and it is much nicer than the regular commercial bleached type that we had been buying.

We have installed a water save system in all the toilets to conserve water. All of our cleaning is undertaken with vinegar spray.

Laundry powder, washing up liquid and hand wash soap are all Eco products. Tea light candles, we are now re-filling the metal cases of standard tea lights with soy melts and wicks.

At time of writing we have ordered for our rubbish bins Bio Bags, which break down in the dump and do no harm.

All light bulbs where possible have been replaced with eco bulbs.



Heaters in the units now all have thermostats on them, and set at a certain temperature – to save power.

Wwoof lodge is 90% heated from our Marshal water heater which has been upgraded – this is a saving on hot water and electric heating.

Tree Planting: we invite anyone out there who would like us to plant a tree on our bush bank for the Earth on their behalf – please let us know. Any tree donations to our Kiwibank a/c 38-9009-0271000-00 - thank you.



Tauhara's Family has Eggspanned!

Welcome to our new feathered friends

If you care to wander past Harriot's Orchard, weave down in front of the gardens towards the compost heap – you may hear a-cackling and a-scratchin as our beautiful chickens settle into their new home at Tauhara.

For the first week – the staff and some of the volunteer team could be seen lining up to have 'visiting rites'. Stan serenading the 9 gals with his classical guitar and a quick cuddle – Catherine overfeeding them (killing them with kindness!) Overseas volunteers learning heaps, heard to say things like – "oh is this a real cheeken! I 'ave never seen one of these before!! " Great fun all round.

Tentatively at first we lifted the new laying box lids – alas nothing to be seen except the straw.....but after a few days and a time of wonder.. HALLELUJAH! - the First Egg – paraded around for all of us to admire and gaze at. After a few more days...MIRACLES!4 eggs! We could hardly fit all the eggs in one basket!

Nowadays.....our gorgeous girls are giving us lots of eggs every day. We love our chickens – not primarily for their eggs, but for their presence and the fun we are having as we watch them work their magic turning acidic soil into good growing soil which will be home for the first planting of kiwifruit vines and espaliered pear trees come the winter.

The chickens all have names – Miss Lamar the cheeky one with the tuft on top has been hugged and snuggled within an inch of her life – and grandma who is very gentle and wise. Bossy Aunt Nora – the leader of the flock is constantly dishing out direction and commands to the unruly mob! OM CHICKENS!



Grandma and Aunt Nora having a scratch around!

From the Kitchen

From Tauhara's Kitchen

So many fine dishes, including fresh vegetables grown in the Tauhara garden, have been created in the Tauhara kitchen. Tauhara is known for its amazing garden and fresh vegetables. The Tauhara kitchen had also produced some mouth watering cakes that are out of this world. One of the most famous dessert cakes would have to be the delicious Turkish Orange Cake which is so easy to make and is also gluten and dairy free. This is a yummy cake for the Christmas table!

Turkish Orange Cake

(Gluten and Dairy Free!)

Ingredients:

2 large oranges (unpeeled)
6 eggs
1 cup castor sugar
1 tsp baking powder
250g ground almonds

Syrup:

1/2 cup orange juice
1/2 castor sugar



Put unpeeled oranges in a saucepan. Cover with water and simmer for two hours. Drain and leave until thoroughly cold.

Remove pips and process until finely chopped but not completely smooth.

Beat eggs until thick, add almonds, sugar and baking powder. Beat until all ingredients are well combined. Fold in orange pulp.

Pour into well greased, floured and lined 28cm cake tin or gugelhupf tin.

Bake at 180°C for 1 1/2 hours or until golden in colour and a cake skewer inserted comes out clean. Stand in the tin for 10 minutes before turning out onto a cake rack to cool.

Syrup: in a medium-size saucepan combine the orange juice and castor sugar. Simmer until syrup has reduced and thickened. Pour over cake. Serve dusted with icing sugar and accompanied with whipped cream (or fresh strawberries pulsed in a blender with a tub of quark, which is a low fat and extra nice alternative).



ChrissieFest '09

23rd December '09 to 2nd January '10

This exciting time of year is nearly upon us! Early bird bookings close on the 11th of November so book now to catch the discount! A warm welcome awaits old friends and new joining us at this holiday time at our beautiful Centre in Taupo. Our gathering is a

unique 10-day community experience (come for a minimum of 2 nights or more, special discount if you come for the whole time) blending the traditional Christmas and New Year festivities with a universal spiritual approach. Families and single people, young and old, living as extended family, will provide a rich environment to enable us to nurture and support ourselves, and have heaps of fun while caring for one another. Dances of Universal Peace, workshops, concerts, song and many heart-centered activities. Hope to see you there!



For more information www.tauharacentre.org.nz/ then find ChrissieFest and click to view our flyer.

Supporting the Centre

If you are inspired by the vision laid down by the Founders of the Tauhara Centre, wish to see the work of the Centre flourish, and would like to see it handed over to the next generations in excellent shape physically, financially and spiritually, the following are some of the practical ways in which you can make a difference:

- Book a personal retreat for yourself at the Centre.
- Participate in a working bee weekend.
- Leave a bequest in your will to Tauhara Centre Trust.
- Come and enjoy being at the Centre for one of the Trust-sponsored annual gatherings (e.g. ChrissieFest December 23 – January 2nd each year).
- Become a sponsor to the Centre by making one-off or regular donations to the Centre’s bank account (Kiwibank: 38-9009-0271000-04).
- Join one of the many group retreats held at the Centre throughout the year.
- Get in behind one or more of the Trust’s fundraising initiatives, if you prefer donating to a specific purpose. Current projects are a replacement food mixer for our kitchen (total cost \$1,500), a petrol-driven chipper for the gardens (\$3,000), staged installation of solar water heating units (around \$5,000 each, starting with our kitchen). Other projects just starting are water storage tanks, and staged conversion to a permaculture environment.
- Each day at 8.00 am and 5.30 pm, tune in to the Centre when group meditation is being offered.
- Join our Greening of the Earth initiative by donating \$30 - \$60 per native tree planted on Tauhara’s regenerating native tree bank.

Over the past two years, we have received substantial donations to enable us to replace our aging PABX/telephone system, and to refurbish our Sanctuary. If you would like to join the growing number of people wishing to get in behind Tauhara and its vision, we would love to hear from you.

"The subject tonight is love and for tomorrow night as well, as a matter of fact I know of no better topic for us to discuss until we die" Hafiz c. 1320—1389

The Founders of Tauhara



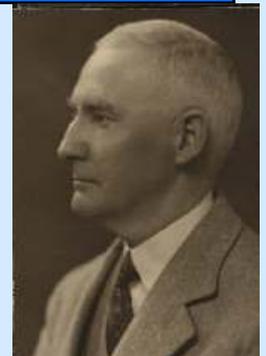
Robert Felkin

Harriot Felkin



Ethylwyn Felkin

Reginald Gardiner



Charles McDowell

John von Dadelszen

