

Tauhara News



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



Newsletter Contents

- Welcome
- News and Views
- Treats from Tauhara's Kitchen
- Reflections from the Garden
- Calendar of Events including:
 - ChrissieFest 08
 - Heart Politics Gathering
 - Paul Barton Iyengar Yoga Retreat
 - Youth Group Retreat

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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. The Centre is a blaze of spring colours, with our beautiful azaleas in tones of red, yellow, white, purple and orange releasing beautiful fragrances on the air, especially in the evenings, complemented by Spanish blossom and jasmine. The many different trees that adorn Tauhara are in their young, bright green adornment, and all is vitality. When one walks the beautiful park-like grounds of Tauhara, it is easy to forget the turmoil of elections and global financial crises, and to let go into that inward spaciousness that outer calm induces.

You will notice that we are now sending out our Newsletter as an email, thereby side-stepping the difficulties some people experience in opening attachments. Our intention is to send out a smaller issue every 6-8 weeks, keeping things briefer, and storing more information on the web.



Spring smiles on some of the team at the Centre as we go to press. From left: Stan, Vernon, Catherine Wilson (CW), Olivia, Catherine Grace and Nasir.

News and Views

So, what *has* been happening since our last Newsletter in July?

The Centre has been extraordinarily busy not only with weekend gatherings, but also back-to-back mid-week groups of a great variety, the latest just finished being a 10-day retreat for the training of Dances of Universal Peace teachers, led by Shafia Stevens. The Centre has been alive with the sound of chanting, glorious singing, musical instruments and constant practice. While this "embarrassment of riches" over the past few months has stretched our small staff at times, it has provided revenue proving to be a great help for a wide range of improvements either just nearing completion, or planned for the Centre.

TAUHARA *retreat & conference centre*
LAKE TAUPO, NEW ZEALAND

News and Views (continued)

Library:

First up was the Library, which will be dedicated this coming Tauhara Centre 70th Anniversary Thanksgiving Weekend (November 21-23) as the Gardiner Library, in memory of Reginald Gardiner, one of the original founders of our Trust, and one of those who helped to bring out to Havelock North the Felkin family in 1916. Once all the old shelving, furniture and bookstock had been removed, Vernon and Amii Smith completely repainted the room, then re-assembled the shelving on the Hall side of the room before new carpet and underlay was fitted. New metal library shelving, of the sort you see in public libraries, has been fitted to the right of the entrance, giving the room a spacious, uncluttered look. All the old banana-shape chairs have had the cold vinyl replaced with fabric, and a very comfortable settee with mood lighting adorns the back wall, making this a very inviting space for quiet reading. The Trustees have decided that this will be a digital media-free room, so that visitors may experience a peaceful environment free of keyboard chatter or cellphone usage.



The newly refurbished library complete with comfy sofa!

Water in all the Wrong Places:

For years, the Centre has suffered from leaks in the Library roof, down the back walls of the foyer rest-rooms, and the passageway through to the kitchen. The Trustees made a commitment earlier this year to fund a long-term solution, and it has been an interesting process watching this unfold. A completely new roof has been built over the old one, and the adjacent external walls of the Common Room and the Hall have been re-clad. New extraction fans will be fitted in the foyer toilets next week, and these rooms will be repainted in early December during a break in group activities. This will bring "relief" to many people! The next bit of infrastructure to have the spotlight turned on it was drainage from the new roof, and it was here that it all got really interesting. This is the bit that will have former Centre managers who struggled with this problem, nodding their heads in disbelief. Not only was the existing drain filled with fern roots: it actually went nowhere! The original intention must have been to connect it to the nearby soak pit, or the field drain going out across the lawn near the sitting stones outside the dining room, but someone trying to be helpful must have filled in the hole before the connection was effected! No wonder water has been backing up and leaking into the passageway. An extra down pipe from the new roof has been added, so everything should be hunky-dory in the next downpour.

Kereru Lodge:

The third project to come under the spotlight for action was the old Wwoofers' Lodge. Formerly designed as a residential staff dwelling, and used from the later nineties to accommodate our exchange workers or Wwoofers, it had become very down-at-mouth. The Trustees saw this project as the opportunity to re-establish this building as a flexible, multi-use facility employed in the main for Wwoofers accommodation, but also capable of supporting small, self-contained retreats, or working in tandem with Tui Lodge (the old "White House") as spill-over accommodation for larger groups wanting more comfortable accommodation. It has now been completely renovated, with 4 bedrooms created, smarter bathrooms and a very comfortable lounge and kitchen. The old Marshall water heater has been re-vamped, with modern radiators



Kereru lodge basking in the spring sunlight :)

installed, enabling sufficient hot water for heating and shower requirements coming from only 2-3 hours of wood-burning per day during the colder months, and electric water-heating over the warmer months supplemented in the future, we hope, with solar water heating capability. Wheelchair ramps have been fitted front and rear, and a covered porchway providing access at the rear through two new doorways. The resulting space is light and welcoming. The building, newly-named Kereru Lodge to mark a development in the way it is used, will be officially re-dedicated and opened at the Tauhara Thanksgiving Weekend November 21-23.

Letting in the Light:

Back in the 70s before the Centre was opened, David and Ineke Morris, the first managers of the land which was quite bare in those times compared with today, saw the need for shelter from the prevailing westerly winds, and planted a wind-break line of Lawsonia-type cypress. Over the years, this had grown to an enormous height and size, creating such a light barrier that last year, Stan our kitchen chef/gardener, had to remove his seedlings from the greenhouse to the outside gardens, because they had started to rot! Moreover, for much of the year the organic vegetable gardens were in shadow, and had become quite unproductive. The Trustees decided earlier this year that a longer-term solution was re-



The new fence and new sunshine for the gardens!

quired, and over the past few months, through a joint project with our neighbours, the Marshalls, the trees have been felled, and a new deer fence erected with wind-break cloth fitted. This has created a surprisingly broad space along that boundary for a new garden, beginning with lupin sowing to restore nitrogen to the soil, and a large-scale planting next winter. Fruit trees will be espaliered along the fence itself, and there will be plantings of feijoas, hazelnuts, kiwifruit, etc. Investigation is continuing into other fruit and nut-bearing trees suitable for Taupo, possibly including almonds and figs. The front hedge, also (which had been growing into adjacent powerlines and had been compulsorily slashed a couple of years ago to meet the requirements of the local lines management company, resulting in a very ugly appearance), has been considerably lowered in recent weeks. Suffice to add, this has had a big effect on the over-all appearance of the Centre, letting in huge amounts of light, and enabling us to "borrow" the surrounding landscapes and vistas.



The front hedge "before" ...and... "after!"

Forthcoming Projects:

Completion of the above projects has created a very busy workload at the Centre, so after the 70th Anniversary Weekend we will be pausing for a wee while in our developmental work, especially given our very busy 25th Christmas and New Year Gathering, followed by the Heart Politics Summer Gathering, a biggie this year given that it marks 20 years since the first Heart Politics in 1989. Hot on their heels will be an International Co-counselling Conference, and a Lesbian Elders retreat towards the end of the month. Other projects that we will be undertaking in our current financial year will be re-painting and re-carpeting of the Sanctuary, thanks to a generous donation from one of our friends. And in March, the Hall will be undergoing a major interior upgrade and re-paint.

Does this appeal to you?

In 2009, a major focus at the Centre will be extensive development of our productive gardens, enabling us to offer guests greater quantities and a broader range of fresh, organic produce. As part of our efforts to recycle as much organic matter as possible, we wish to purchase a rugged New Zealand made petrol-driven Hansa model C6 chipper mulcher, which will cost us \$2,900. If you would like to support us financially in this purchase, please contact Nasir on (07) 377-0905 or 021-026-48263.



Closing of the Centre for a "Breathing Month":

The Trustees have decided that each year from now on, the Centre will be closed for a month in autumn, to allow staff to take their well-earned annual leave, and for important maintenance work to be carried out without disturbing residential retreats. So March 2009 will be a quiet month for the Centre, apart from a pre-booked large retreat (Kriya Yoga) March 19-22. The Trustees envisage that this will be a full month's break in 2010 and in subsequent years.

Tauhara Thanksgiving Weekend: 70 Years of the Tauhara Trust:

Planning for this important weekend (the numerologically aware folks will have noticed that the Saturday is 22/11!) is now well-advanced, and we are fast approaching a full-house status. We still do have some accommodation options available, so if you would like to participate, please contact us as soon as possible. Local people are very welcome to come on a non-residential basis. This will be a wonderful opportunity for those who have enjoyed a long connection with the Centre to take a walk down memory lane, and for newer folk, the opportunity to see the very diverse Tauhara family in its fullness. There will be an announcement over the weekend of an important development in the history of the Centre pertaining to land.

Improved IT Facilities:

One of the paradoxes the Centre faces is that it aims to offer people a spacious, reflective environment for their soul work, free of many of the distractions of everyday life, such as television, cell phones, newspapers, computers, constant bombardment with advertising and all the other pressing trappings of modern life. Our recommendation is that if you are coming to Tauhara for a break, it would be better to leave your communication devices switched off, and check them periodically if you need to. There is no easy resolution to this paradox, as every group and retreatant is different in their expectations and needs and there are times, of course, when being able to Google up that choice quote or piece of information vital to the work of the group is so useful and, indeed, email can enable us to be present from afar to significant events our loved ones are experiencing. For those who need access to the internet, we are able to report that the Centre now owns a laptop that can be borrowed for a gold coin donation. We have an unsecured wireless link operating around the main buildings of the Centre, so if you have your own laptop, you will have ready access to the facilities you need. We will have available for sale 1 GB flash drives for purchase, plus CDs, for saving your work. Our request is that if you use IT facilities around the Centre, it is done discreetly in a way that does not lessen the quality of experience for those who have come for a break from the clamorous, digital universe.



Thanks to Maria and the ten day DUP group for this wonderful gift!

Wild about GREEN!

We are passionate about creating an environment at the Centre, which is healthy, sustainable and also does a good job! Below are some of the steps we have taken lately, and with time we will continue to look for more sustainable ways to continue being of service, both to the Planet and the folks who visit Tauhara. We are very open to suggestions and green ideas that we can implement in an affordable way - so give us any tips that work for you!

- All our cleaning chemicals have now been replaced with simple vinegar spray. This takes care of our bathrooms, surfaces and windows beautifully.
- All of our dishwashing liquid is environmentally friendly.
- We are now using recycled paper napkins. They are then cycled through our composting system when used.
- All our old carpets are ending up in the garden and bush paths.
- Paper towels in bathrooms have been replaced with cloth towels.
- We have removed the caustic rinser from our sterilizer.
- Floors are now mopped with Eucalyptus oil and hot water.
- And on a planetary scale - we are buying Trade Aid teas and coffees for our guests to enjoy.

Staff farewells and welcomings

We extend a warm welcome to Catherine Wilson (right), who worked at Tauhara in the maintenance area back in the mid nineties, and who has returned to work full-time as our Facilities Co-ordinator. Catherine brings with her a galaxy of skills and experience in so many different areas, being a qualified joiner, experienced carpenter and now a fully qualified chef! She will be supervising the housekeeping, maintenance and grounds areas, and has already made a significant contribution to the complete refurbishment of the old Wwoofer, now re-named Kereru Lodge. She will also be back-up chef when Stan needs a break. We consider ourselves very fortunate to have her back on the staff, at a time when the Centre is undertaking a lot of infrastructure renewal and development.



We welcome also Aylex James, who is co-ordinating our organic gardens development and maintenance. Aylex has an excellent Tauhara pedigree, being the daughter of Richard James whom many of you will remember as the tireless creator of tracks on the Tauhara bank, planter of many native trees, colour therapist and a soul deeply attuned to the natural world around him. Aylex is a highly organised person, and does a wonderful job co-ordinating all the Wwoofer energy for the care of our food-producing gardens both at Tauhara and across the road in Rainbow Gardens at Shakti Nilaya, the property owned by Tanya/Shakti Hillerby.. Aylex is also a qualified and experienced nurse, so she brings all of that analytical and organising skill to the many different tasks at hand. She has just started an organic and Biodynamic gardening course at Taruna in Hawkes Bay, combining correspondence and block course study. The knowledge she acquires through Taruna will be invaluable in her daily work at Tauhara. The first of her gardening reports appears elsewhere in this issue.

Our happiness at the return of Catherine Wilson and Aylex James is somewhat matched by our sadness in farewelling three members of our team!

Olivia Sumich, who has brought a delightful lightness of spirit, fun and wonderful IT experience to her position as Marketing and Communications Assistant. Olivia was married at Tauhara earlier this year to Fernando, a rather bright boffin (and amazing Argentinian salsa dancer!) working for Geonuclear Sciences out at Wairakei. Fernando has been promoted to a great new job in Brisbane, and the commute was going to be a killer for Olivia! We just want to say that we have so appreciated having you on the staff, Olivia. May your new life in Brisbane be wonderful.

More heartfelt thanks and farewells are due also to two people who have had a long association with Tauhara. Lorna Walpole has been our Housekeeper over the past few years, but a degenerative back condition has meant that she is unable to continue in her position. Lorna has also been a great enthusiast for gardening, and spent many a long hour trimming, weeding and beautifying our grounds on a voluntary basis. We are sorry that illness has forced you to take enforced rest, Lorna, and we wish you a return to health as soon as possible.

We have also farewelled our long-term volunteer, Angelo Semeraro, who worked so diligently in our kitchen alongside Stan over the past two years or so. Angelo has not moved far away, living now just down the road sharing a property with Carola, a German Wwoofer who spent many months at Tauhara in 2007, and now recently married to Zane, a local Kiwi who did some wonderful work in recent years re-painting many different areas of the Centre. Our very best wishes go with you, Angelo, as the next step in your life unfolds, and your contribution to Tauhara will always be remembered with appreciation.



Farewell fair travellers May the road rise with you... :)

Treats From Tauhara's Kitchen

Welcome to a new section of the Newsletter! In this area we intend to tickle your tastebuds with inspired dishes from Tauhara's Kitchen :) To celebrate the warm season approaching we thought we would start this new tradition off with some light, summery fare... enjoy!

Barley and Sesame Salad

3 cups cooked barley 1 cup toasted sesame seeds
1 orange 2 T parsley

Peel and dice orange. Finely chop parsley. Add to cooked grain with sesame seeds.

Toss in Orange Sesame Dressing:

1 orange, 1/4 cup toasted sesame seeds, 1/2 cup oil, 1/4 cup cider vinegar, 2 T honey.

Apple Snow

3 T honey 6 cups Granny Smith apples, sliced and cored
2 large egg whites 4 large sprigs mint

Juice and finely grated rind of one orange

Cook apples, mint, orange juice, rind and honey gently for 15 minutes until apples are soft and pulpy. Discard the mint and blend cooked mixture in blender or rub through a sieve. Cool thoroughly.

Beat egg whites until stiff, then fold into the apple purée. Spoon into a serving bowl or individual dishes.

Decorate with mint leaves and serve chilled. Serves 4. Mmmm!



The yummiest book in town!

Reflections from the Garden



Contributed by Aylex, on behalf of the vege garden team.

Arriving back from 2 years in UK and the last 7 months in inner London, to the peace, quiet and space of New Zealand and Tauhara, the tuis in the kowhai, a semi-tame black-bird in the garden sharing the worms of the compost, has been a breath of fresh air and a delight.

My roots with Tauhara run through all of my life. My Dad, Richard James, knew one of the founders, and was involved with Whare Ra which preceded Tauhara. He spent many a long and joyful hour "down the bank" forming tracks and identifying energy centres. I was married on the Tauhara Centre lawn, and held my 50th birthday here. So it is not a surprise to be doing a stint of Wwoofing in the garden.....

Like all of Tauhara, the garden is in a state of evolution, and a team expression. Stan over the last 2 years has recled the outer green house, rebuilt many of the raised garden beds, has produced a slew of seedlings for this spring sowing, and works as able in the garden when not cooking. The cutting down of the Southern tree belt has meant the garden has benefitted enormously with an increase of sunlight. The gardens are grateful for this and currently winter garlic is growing steadily, silver beet, lettuce, beetroot, brassicas and parsley seedlings are looking perky in the ground. Carrots, parsnip and radish have been seeded. Also we are set to grow pumpkin in Harriot's Dream - the newly established orchard, while the trees are small.



The gardens outside Tui Lodge (The White House to us oldies) are weeded and spuds, silver beet, spinach, brassicas and parsley are in the ground. Tomatoes await warmer weather. A new venture with Kahurangi, Tauhara's Financial administrator, is underway. We are set to plant large veges (pumpkins, etc) in a joint venture utilising Tauhara Wwoofer input and her land, very exciting.....Across the road, established this time last year is Rainbow Gardens, another joint venture with a Tauhara supporter and neighbour, Tanya. This garden is set out as a wheel, a heart energy centre at the hub, and surrounded by mature fruit trees. In its 2nd year as a vege garden, it continues to develop. Caulis and cabbage from winter, silver beet, lettuce, brassicas and root seeds are planted, also awaiting warmer weather for tomatoes and zucchini. A 3 bin compost system has been built.

Along with many Wwoofers, outdoors Andrew (now moved on to his next Wwoof host) has made a huge contribution of energy and skills. He has re-established the irrigation system in the greenhouse - roll on capsicum and other warmth-loving produce. A neighbour has contributed soil and Andrew re-grassed a camping area, hopefully ready for ChrissieFest... and so it grows on.



Thank you to the past for - the land, the raised garden beds, the compost bins and the compost in them, the garden shed and implements. The foresight. The commitment of many. And to anyone who wants to come and be a part of this, please join us, your input will be valued. Just contact Catherine Grace or talk to someone from the Centre.

I'm as happy as a pig in mud.

Aylex and Hadia (Jane) Penton stirring the bio-dynamic preparation for Rainbow Gardens.

Calendar of Events *Tauhara Centre 2008/09*

Name of Event or Gathering

Contact Details

Please note: Wherever contact details are not provided, indicates a private retreat not open to general registration.

- Nov 21-23 Tauhara Thanksgiving: The 70th Anniversary**
Celebration of the Founding of the Tauhara Centre Trust
Celebrate what Tauhara has meant for you and connect with other members of the Tauhara community. This weekend will include watching historic footage of the Centre since it's opening; sharing circles, universal worship; silent group meditation; and the refurbished library will be re-dedicated. No doubt there will be nostalgic visits to the Hot River, or to DeBretts (now rejoicing in the name Taupo Hot Springs). Please register your interest early, as accommodation will fill fast!
- Nov 24 Dances of Universal Peace** with Catherine, Nasir and Hadia, 7.30pm, gold coin donation (Last session for 2008)
- Nov 25-27 Creativity**
with Pennie Brownlie (Babyspace Facilitator).
- Nov 28-30 Yoga and Zen**
A live-in silent retreat, led by Paul Barton and Phil Shinko Squire
- Dec 22- Jan 2 Tauhara Christmas and New Year Gathering**
(ChrissieFest!)
A warm welcome to old friends and new to join us at this holiday time at the beautiful Tauhara Centre in Taupo. Our festival is a unique 10 day community experience blending the traditional Christmas and New Year festivities with a Universal spiritual approach. Families and single people, young and old, living in heart-centred community will provide a rich environment to enable us to nurture and support ourselves and care for one other.
- Jan 7-11 Heart Politics Summer Gathering**
- Jan 12-18 International Co-counselling Conference**
- Jan 23-26 Lesbian Elders Retreat**
- Feb 5-15 Iyengar Yoga Retreat**
with Paul Barton and Phil Squire
- Feb 16-22 Youth Group** with Billy Matheson
- Feb 27-28 White Light Focus Wairua Hikoi**
with Wai Turoa-Morgan

March 18-22 Kriya Yoga retreat

The Centre will be closed for the majority of March for refurbishments while staff are on annual leave.

Thanks for reading 

Your awareness of Tauhara and recommendations to others helps to preserve the Centre for future generations.

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