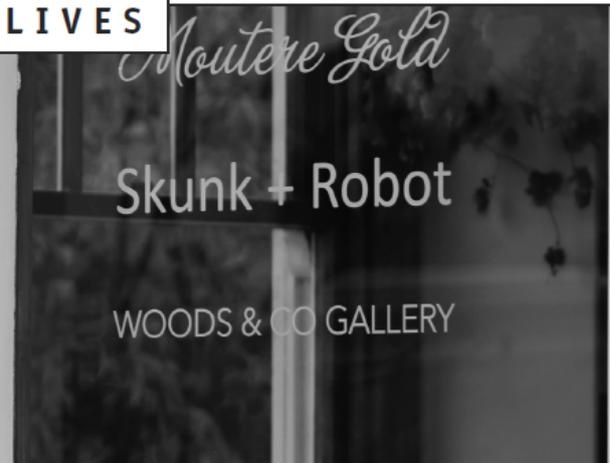


KEEPING IT LOCAL

LOCAL LIVES



We talk to Jo Costar about Upper Moutere's Old Post Office and her latest venture.

What were your plans when you first bought The Old Post Office?
When I bought in 2002, the front of the building was still being used as an NZ Post sorting office. The rest was divided into two flats, with the postmaster's house at the back. I was by myself at the time and knew I would be able to do something with it as a future investment.

With my sister-in-law, I had previously run a homewares shop in Appleby, which sold Moutere Gold gourmet products by Maggie Johns. When she stopped making them, I asked her if I could buy her recipes—and she kindly agreed.

I shifted into the postmaster's house fairly quickly and, for the first six months, I used to make the preserves in the kitchen of Maggie's old house, thanks to the new owners. After the first year, we put a commercial kitchen in the Old Post Office. By that time I was with my partner Andrew Sutherland, who was one of the tenants at the time! We now live at Harakeke Farm on Wills Road.

How did the gallery come about?

As a working mother (our three children are now nine, seven and five), I was very conscious of other mothers trying to earn some money by making beautiful things while staying home with their pre-schoolers. I talked to local people and spent hours at night trawling the internet for cool products, mostly NZ made—and the gallery space gradually gathered momentum.

The store has since become a destination, with Christchurch families returning each year on holiday and people from Nelson coming out here to buy their preserves. It's wonderful how people in this region support local producers.

How did you manage juggling family and work?

It was a struggle balancing a young family with the wholesale side of Moutere Gold, the retail, the exhibition space and sourcing new artists and makers. I couldn't have done it without Mary Rae and

Sue Gardiner, who are just as much part of Moutere Gold and like family to me. I was only able to work because they supported me and cared about the business.

Now you've added coffee to the offering. How's that going?

It's changed things completely. Locals now call in every day, and parents come in after dropping their kids to school. While here, they browse and buy other things—free range eggs, a jar of jam, a lemon slice. I love to think this building can be used to connect people. Since starting the coffee, we've cut right back on the wholesale, becoming more of a community-oriented business.

Can you tell us about the new retail space?

Now that my youngest has started school, I can spend more time thinking about how to develop the business. I was ready to open the whole building to the public and wanted to work in a cooperative with a couple of other like-minded people. Together with screenprinter Katie Tyrrell of Skunk + Robot and Fleur Woods of Woods & Co, we launched two new spaces in September. Katie's is a retail space selling fabrics and soft furnishings, and Fleur's is an art gallery with shop.

The pretty back garden is now open for people to wander through and there's also a room that people can book for business meetings. Like everything else, it will grow organically. Next winter, we want to start developing the space further as the local creative retail hub, with workshops and sessions on varied subjects, from business development to art/craft and food classes.

When I saw the new spaces, I just about cried. All these years I've thought of the possibilities, and we're still here because so many people have cared.

Follow The Old Post Office Country Store on Facebook. Harakeke wine tastings are now available by appointment at Harakeke Farm, 240 Wills Road.

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Further details contact Chris

Tel: 03 526 7008

Mob: 021 022 909 20

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.

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MOUTERE HILLS COMMUNITY CENTRE



Well September was definitely a busy month at Moutere Hills Community Centre. It was great to celebrate the first anniversary of the Community Fitness Centre. This initiative came about from a suggestion made at a Community Consultation and was made possible due to fantastic support from the Community. This support has continued and the Fitness Centre now boasts over 100 members. September also saw the start of the development of an Outdoor Recreation space. Again this initiative was mooted at a Community Consultation evening and the work carried out so far has been made possible due to generous funding from the Sarau Trust and Grants from Rates as well as support from local businesses and the Community at large. A huge thank you to everyone who turned up to help at the recent working bee with special mention to Mark Simpson who co-ordinated it. Work will continue on this area so we would love to hear from anyone that has knowledge or skills in landscaping that would be happy to help us progress this project.

Thanks for your continued support of Moutere Hills Community Centre.

Kind Regards *Katrina*

Thank you for your support of our Quiz Evening

Thanks to everyone who attended the recent Quiz Evening. It was a great night out and all funds raised will go towards supporting the community programmes on offer at Moutere Hills Community Centre.

Congratulations to "17 seconds" for placing first!



Thanks to all the wonderful businesses who provided sponsorship and prizes to make the Quiz Evening such a success.

John Erni Building, Crowe Horwath, Slightly Different Limited, Mapua Plumbing, Nelson Alarms, Jill - Dru Yoga, Allergy Solutions, Carol Cooper - Focus Fitness and Wellness Coaching, Xlam, Barkers, Trail Journeys / Mapua Ferry, The Smoke House, Neudorf Vineyard, Tasman Rugby Union, Town and Country Vet, Proper Crisps, Neudorf Olives, Tasman Golf Club, Moutere Inn, New World Motueka, Whitwells Menswear, Kahurangi Estate, Petite Fleur,



Seifreid Vineyard, NBS, Debbie Watson - Tall Poppy Real Estate, Thirkettle Nursery.

Please support these businesses who support us.

Office hours:

Monday, Wednesday, Friday
Tuesday, Thursday

9am—3pm
9am—8pm



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





Rangers Rugby RFC

We have had a GREAT season and our players have all gained lots of new skills and played some awesome games of rugby. A big thanks goes out to all our team coaches, and managers who volunteer their time to the club and their teams. We appreciate it guys and gals!!

It is now time to sit back and watch the big boys play against the big boys on TV and hopefully some of you will be going down to Trafalgar Park to support the 'MIGHTY MAKOS'.

PRIZE GIVING RESULTS

We had our club prizegiving on the 12 September and congratulations to the below players:

UNDER 6

Coach Kristy Bishop
Assistant Coach – Clare Jones
Player of the Year – Morgan Jelfs Berry
Most Improved Players – Harley Bishop, Jess Perry, Jake Roberts
Rippa of the Year – Beau Davis

UNDER 8

Coach – Adam Berry
Manager – Leah Bailey
Player of the Year – Brecon Jelfs Berry
Most Improved – Tilio Barbier
Tackler of the Year – Riley England

UNDER 7 ORANGE

Coach – Manoli Aerakis
Assistant Coach – Greg Stewart
Manager – Nikki Aerakis
Player of the Year – George Aerakis
Most Improved – Caleb Cook
Rippa of the Year – Peter Gould

UNDER 10

Coach – Isaac Day
Assistant Coaches – Karl Griffith, Steve Thomas
Manager – Sarah Thomas
Player of the Year – Liam Thomas
Most Improved – Henry Stephenson
Tackler of the Year – John Brown

UNDER 7 BLACK

Coach – Andy Marr
Assistant Coach – Joey Manihera
Manager – Jeanine Marr
Player of the Year - Isaiah Marr
Most Improved – Tyla Gower
Rippa of the Year – Jake Gardiner

SENIOR B

Coach – Mark Forward
Manager – Cameron Strange
Most Improved – Greg Young
Best Sportsman – Shaun Berkett
Fairest Player – Cody Golding
Best Tackler, Best Back, (Players Choice) – Cameron Nott
Best Forward (Players Choice) – Nathan Teece

TUESDAY SOCIAL TOUCH

Don't forget if you keen to keep you your fitness in the off season or just want to have a run around and some fun join us for our Tuesday night social touch at 6pm at the Moutere Hills Community Centre – SEE YOU THERE!!

Don't forget to keep up to date with what is happening with the club, and any other news we may have by checking out our facebook page RANGERS RUGBY CLUB.

For more info about our club you can contact Cindus 03 543 2033/ (027) 358 7233

email ranqersrugbyjab@gmail.com



Tasman Gymnastics Club



Term 4 starts on Monday 19th October

Term 4 is 8 weeks long.

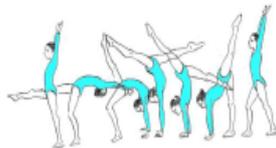
Monday @ Upper Moutere Community Centre	•Tumble tots	10 months - 2 ½ yrs	11 - 11.45am	\$20 a term or \$4 a session
	•Pre school	2 ½ - 5yrs	1.45 - 2.30pm	\$70
	•Gym Fun	5 - 7 yrs	3.15 - 4.10pm	\$90
	•Gym minis	7 - 9 yrs	4.15 - 5.10pm	\$90
	•Gym Stars	9+ yrs**	5.15 - 6.30pm	\$95

Wednesday @Motueka Recreation Centre	•Tumble tots	10 months - 2 ½ yrs	11 - 11.45am	\$20 a term or \$4 a session
	•Pre school	2 ½ - 4 yrs	12.15 - 1pm	\$70
	•Pre school	3 ½ - 5 yrs	1.15 - 2pm	\$70
	•Home school	5 - 10 yrs	2.15 - 3pm	\$65
	•Gym fun	5 - 7 yrs	3.15 - 4.10pm	\$90
	•Gym minis	7 - 9 yrs	4.15 - 5.10pm	\$90
•Gym Stars	9+ yrs**	5.15 - 6.30pm	\$95	

Thursday @Motueka Recreation Centre	•Pre school	3 ½ - 5 yrs	1.15 - 2pm	\$70
	•Assisted learning	5 - 10 yrs	2.15 - 3pm	\$65
	•Gym fun	5 - 7 yrs	3.15 - 4.10pm	\$90
	•Boys only	6 - 9 yrs	4.15 - 5.10pm	\$90
	•Gym Minis	7 - 9 yrs**	5.15 - 6.15pm	\$90

**= parents are asked to stay for 10 minutes to help pack away equipment.

For more information or to make a booking contact Sam on: (03) 5432512 or samantha_slade@hotmail.com
www.tasmangymnasticsclub.com



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COMING EVENTS AT THE MOUTERE INN

- ❖ **ARTISANS WEEKEND Sunday 25th October**
Once a year the Moutere Artisans open the doors to their workshops and studios. As part of the celebration we will be hosting four taps of Peckhams Cider, and a display of vintage cars courtesy of Nelson Vintage Car Club.
- ❖ **LIVE MUSIC 3 PM Monday 26th October "ULC Trio"**
The ULC Trio are a spectacular acoustic trio from Denmark playing a mixture of Folk, Celtic Irish & Jazz. In their only Nelson performance, they will be visiting us as part of a 22 date tour including, the 50th Anniversary Wellington Folk Festival, the Inaugural Hawkes Bay Arts Festival, and the Dunedin Celtic Arts Festival. One not to be missed.
- ❖ **FINE DINING EVENING Saturday 31st October 7pm \$50**
We will be offering a relaxing evening, of fine dining over five courses. Bookings essential, check our website for menu details.
- ❖ **DON'T FORGET**
Raffle every Wed 6pm with Chase the Ace, and Steak Wednesday
1st Thurs Folk Night. This month on the 1st
2nd Thurs Quiz Night. This month on the 8th
3rd Thur Country Night This month on the 15th

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



MAPUA BOWLING CLUB

THE WRITE BIAS

The lawn bowling season has begun and Mapua Bowling Club warmly welcomes new members to join. Why not come along and give lawn bowling a try? Equipment, support and enthusiasm is readily available for you to have a go.

You don't need to have a set of bowls. The club has sets of bowls of various sizes and weights for anyone wanting to give bowls a go. No need to worry about wearing 'whites' on roll-up days but please wear flat, smooth soled shoes so that our new green is protected from damage. Mapua is one of the smaller clubs allied to the Nelson Centre and is fortunate to have two accredited coaches. This is a real plus and means that free coaching is available for beginners and improvers.

Lawn bowls is an activity that can be enjoyed by a wide range of ages. Come and meet your neighbours and make new friends.

Club roll-up days are Tuesday, Thursday and Saturday afternoons from 1:15pm. Feel free to turn up at 1:00pm to join in.

We are located just behind the tennis courts at Mapua.

For information, telephone Michael Busby 03 544 6325.

Barbara Brown



Rex Page of Neudorf Road in good form at Mapua Bowls.

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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.

Welcome to the 2015/16 Season!

To join Upper Moutere Tennis Club or have regular access to the Tennis Courts, please complete a registration from.

Registration forms are available on the Moutere Hills Community Centre website
<http://www.mouterehills.org.nz/>
or by email UMOTennis@gmail.com.

Upper Moutere Tennis Club offers:

- Club Social Tennis
- Senior Coaching – Individual & Group, Beginners or Experienced email Vanessa claybrookestate@xtra.co.nz.
- Cardio Tennis – the latest craze to get fit while playing tennis!
- Social Inter-Club – Wednesday Evening Summer Social Competition
- Competitive Senior Inter-Club – Ladies 'A', Ladies 'B', Men's 'A', Men's 'B' & Winter Competitions
- A comprehensive Junior Coaching Programme, 5yrs to teens, for Term IV, 2015 & Term I, 2016. Starts week beginning 19th October. Email Vanessa claybrookestate@xtra.co.nz.
- Junior Inter-Club opportunities

We welcome new club members!

Club Contacts:	Jeannette Bent	5432 324	Deborah Alderson (Vice P)	5402 499
	Barbara Brown (Secretary)	5432 628	Susan Pine	5432 434
	Joan Panzer (Treasurer)	5433 825	Chris Lusty (President)	5432 277
	Tricia Moore (Club Captain)	5432 628	Vanessa Mairs (Club Coach)	5432 332

If you want a say in the way the club is run, contact any committee member, we are a very social bunch and are always looking for new ideas and energy!

Have a great season!

Thank you to Moutere Hills Community Centre for their support.



UPPER MOUTERE VOLUNTEER FIRE BRIGADE

Callouts from the 15th August
to the 15th September

- * 23rd August Bonfire Gardners Valley
- * 10th September Mapua School, alarm activation.

Welcome to the new recruit fire fighters and their families: Johannes Ruebsam, Malcolm Park, Roger Dunham and Andrew Beasley, who have recently joined our brigade.




Hon Damien O'CONNOR
MP for West Coast/Tasman

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Facebook: damienoconnormp
damien.o'connor@parliament.govt.nz




Authorised by Damien O'Connor MP, Parliament Buildings, Wellington

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To Grapevine Editor,

A special general meeting was held on Monday 10th August to discuss the future of the Moutere Hills R.S.A. As no President, Secretary, or Treasurer were elected at the A.G.M. in June, the meeting convened to establish just where we go from here. Norm Thawley who had been President for nearly 25 years, felt that it was time for new faces to co—ordinate our A.N.Z,A.C. services and continue the proud tradition of our local R.S.A. which was established in 1947.

Several of our members were present along with representatives from Nelson and Mapua Community Association. Because of the large numbers that are attending our ANZAC Services, it was decided to try and continue, but we would welcome any member of the public, who is sympathetic to the needs of the RSA. to join us and assist with the co-ordination of this special day of remembrance.

Members of RSA. Families and the general public are invited to become friends of the R.S.A. as associate members-----subscription fee \$10.00

Any enquiries to Barry Pont---Nelson R.S.A. nelrsa@ts.co.nz or phone 548 6815
Or Norm Thawley phone 923 2269

Signed Norm Thawley 169, 16 Sargeson St, Stoke.

Sarau Festival 2016 is coming up!!

To make this another fantastic Moutere event we need your help and support
Please let us know if:

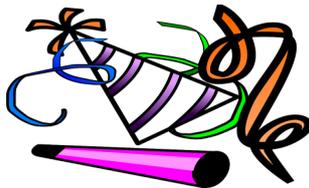
- you have an idea to include in the Sarau Festival
- you think we do something well, and could expand it
- you have a little time to help with organisation before the Sarau Festival

To make this another truly amazing Moutere event, and help raise funds for the Sarau Community Trust - join the crew and have good fun!

Please contact Jenny at jenny@saraufestival.co.nz or phone: 9700 715

Come along to our first meeting on **Monday 19 October at 7.15pm** at the wonderful Moutere Inn - our first generous sponsors every year!

SARAU FESTIVAL: Sunday 31 January 2016



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Mountain Biker Kim Newton Takes on The World

After last season racing in the New Zealand national downhill series over summer my placings improved to a fourth at national champs in Rotorua, enough to put my name in for consideration for the New Zealand team for the world champs and world cup races.

In June the team was announced and I was in it so the planning started in earnest. My sponsor 3sixty sports sorted out a new bike for me so I had to start selling my current gear. I was also working nearly full time pruning at Sunset Valley Vineyard for my parents as well.

The savings for the trip were achieved through selling a few years' accumulation of bike bits, working, and a grant from the Sarau committee.

The world cup is a series of seven races in Europe, America and Canada, finishing with the world Champs which is a stand-alone event and this year was in Vallnord, Andorra. Many of the larger northern hemisphere ski resorts now utilize their lifts over the summer months for mountain biking – and this is now starting to take place in New Zealand as well.

Because I didn't really have time to become race fit before the first of the world cup races I put my name down for the final world cup in Italy and the world champs in Andorra. Quite a few riders and friends from Nelson were already training in Whistler, Canada, so I decided to go there for a bit first. So in the middle of July with a tiny bit of apprehension I was off.

The riding in Whistler was nothing like home, a lot of the tracks there are machine built so are wide and fast, and have plenty of big jumps! They were so much fun that we found ourselves just lapping them, but it isn't really the best preparation for the rough, steep world cup tracks and the tracks in Europe. There was plenty of this in Whistler though too, so got a few runs on some of the harder tracks, and they were just as much fun to lap.

A very short 10 days later I packed my bike and everything up again and flew to Geneva, and made my way to Morzine in the French Alps. I stayed with two other members of the NZ team in a big (old) van. With a riding pass for the lifts there you also get in to the local swimming pool for showers, and all of our drinking water came from daily trips to fill the bottles up from fountains around town. We mostly parked in a carpark by a supermarket, with cafes close for free Wi-Fi. And with the gondola and chairlifts starting a couple of hundred meters away it was a perfect spot! The riding wasn't quite as good as Whistler but there were so many bikers that lived there for the season it was a great place to be! The amount of lifts was crazy too, one day we started early and took a series of chairlifts and ended up at Champéry in Switzerland on a track that hosted world champs in 2011.

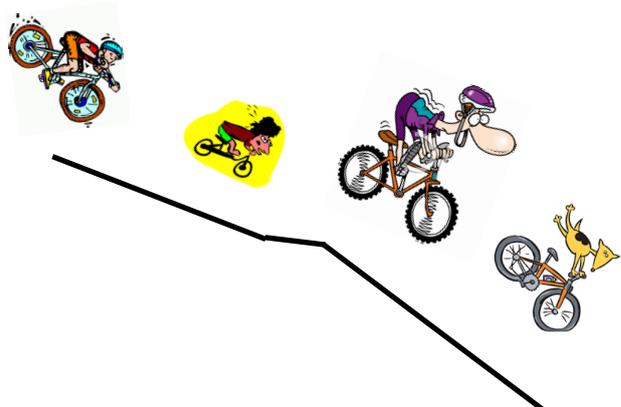
After 3 weeks in the carpark there we drove through to Spicak in the Czech Republic for an IXS European cup race, a 12 hour drive turned out to be a real mission and took 2 days and most of a night, and our GPS took us to another Spicak 4 hours from where we wanted to be. I had a great race and came away with second, a few seconds behind an Italian who went on to win the next world cup! We then drove



through Schladming in Austria and spent a day riding the track there on the way to my first world cup in Val Di Sole, Italy. Unfortunately during the seeding runs my friend in the van with me crashed and I got a flat tyre so we were out of that race as you need to qualify in the top 30 to get into the final, and were up the track cheering for the other kiwis' race runs! We then drove back to Morzine for another week and the end of season race where I placed 8th in the men's category.

The trusty van was then headed south to Andorra for world champs, and we found ourselves in a bit of trouble a few times when we didn't have the cash to pay for the many road tolls! So it ended up taking longer than expected again and arrived at Andorra late in the evening to find the rest of the NZ team waiting for us. The whole NZ team stayed together and this was another awesome week; we got to watch all the cross country racing in between our short downhill training sessions and seeing Kiwi Anton Cooper win the under 23 world champs was one of the highlights. Most of the Kiwi downhill juniors had a good race, apart from one who tore a tendon in his ankle so didn't make it to finals and another had a crash. I ended up third Kiwi and 27th, so I was very happy. The NZ junior national champ Connor Sandri finished 7th, that's a great result for a Kiwi junior so that ended the week in a good way for everyone. The next day early in the morning we piled into a couple of hire vans and headed for Barcelona airport. Home time!

I couldn't have achieved this without help from my family, sponsors and a grant from the Sarau Committee. Thanks to everyone.





Tasman School Appoints New Principal

Tasman School have appointed Rob Boomer as their new Principal following the vacancy left by Pip Wells who has moved to Nelson Central School.

Rob spent 6 years teaching in the UK and Germany, before arriving at Tasman School as our Deputy Principal two years ago. While he has travelled in over 60 countries in the last 15 years he now has a young family and is looking forward to settling in at Tasman for the next phase of his career.

The Chair of the Tasman Board, Joe Scragg said, "over the last 2 years as Deputy Principal, Rob has built a strong support base amongst the staff, students and parents. With such a supportive network the Board has backed Rob to pick up where Pip left off and continue implementing our current strategies. He has shown his worth in implementing eLearning and his high expectations have lifted student engagement and achievement".

Mr Boomer commences his new role at the start of Term 4.

Tasman School Biennial Art Auction 2015

Celebrating the Creative Talent of the Tasman District

Saturday 31 October 4pm

Tasman School Hall

417 Aporo Road

Planning is well underway for the Tasman School Biennial Fundraising Art Auction.

We have been thrilled by the response so far from artists from right across the Tasman District. We were overwhelmed by the generosity of donations in 2013 and the turnout for the Art Auction and consequent sales, and we hope that this year will be even bigger than the last! We are a small rural school surrounded on one side by orchards and award-winning vineyards, and the beautiful Kina coastline and Moutere Inlet on the other. We are committed to building an arts rich culture and hope to continue to provide opportunities for students to appreciate, challenge and create. Along with several Artist in Residence programmes, last year Tasman School participated in the 2014 Masked Parade in Nelson which is a highlight of the Festival of the Arts, winning the overall Supreme Award with our Steampunk inspired theme! We invite you to join us again to celebrate the diverse creative talent from the Tasman District.

To register your interest in the auction please email artauction@tasman.school.nz or phone (03) 526 6818 for enquires. An online catalogue will be available soon for you to see what is on offer at www.tasman.school.nz. We also have absentee bidder forms if you cannot make it on the day.

Please support this fantastic event by coming along and purchasing an artwork for your home, office or school!

Kids group dance sessions

Intro to Hip-hop, soca, jive, bollywood & more..
Boys & girls - Ages 7-12 years
Held at Moutere Hills Community Centre

Term 4
Tue 3.30pm

1st class FREE
All info funkbusta.nz



News from your Preschool in The Moutere

The holidays are here already and all the nasty winter ills and chills are hopefully gone for good. There are plenty of jobs in the garden to do, sowing and planting is in full swing. Our new berry cage is ready to protect this year's hopefully bountiful berry harvest from hungry birds (we did leave a row of raspberries to share with them though). Bring on spring and summer! The month of September was filled with excitement; the children had a very busy diary with a number of scheduled outings and visitors with a special mission.

But let's start from the beginning:

A visit to Upper Moutere School was initiated by one of our five year old boys before he and his family will decide where and when his next learning journey will begin. His request really shows how important children's early learning place and the relationships they form there are for them. They want to share important moments and want their friends to be part of their transition.

At the school we experienced for the first time their new, open plan, learning environment and were shown around their area of wilderness with pride by one of our 'old' girls at morning tea time. Thanks for having us, Marama children and teachers! Just a couple of days later we welcomed some VIPs from the TDC who presented us officially with the Enviroschool's Silver Award....some of you might have seen us in the local newspaper. Next time you come to visit a newly erected beautiful sign amongst gardens demonstrating our commitment to care for Papatūānuku (Mother Earth) will greet you at the beginning of the path.

The next highlight was watching "The Oak Tree" at the Moutere Hills Community Centre. Mahana School children, including quite a number of 'our' previous children, put on an amazing performance that at times even put tears to our proud eyes. The show was part of the school's centennial celebration and we are thrilled that we were invited to watch. Thank you Mahana School!!

We also had a visit from the vision and hearing technician to make sure that all is as it should be for our 4 year old children who played the listening and the pirate game with confidence and enthusiasm.

Teachers also had their very own excursion, wet feet and all, when they held one of their staff meetings within the setting of a 'big wilderness', where they are planning to take the children for trips in the future. But more about that another time!

If you want to keep track on what is happening at Harakeke in between Grapevines, check out our new facebook page, just type in Harakeke Preschool.

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MAHANA SCHOOL TURNS 100!

Mahana School celebrated its Centenary in style over the 11th, 12th and 13th of September.

At least 300 past and present pupils, friends and family attended the well supported event. Memories were shared, and wonderful new ones were created. Ali Davis wrote and produced "The Oak Tree", an action packed musical that kicked off the celebration on the Friday night. This production starred all of the children at Mahana school (and the occasional principal). This was a humorous and some times poignant journey through the decades of the last century.

The following speech was given by Justin Neal, Principal at Mahana School at the celebrations on the Saturday. (Edited)

"I have been principal at Mahana since 2008. At first I was presented with two challenges. The first was probably how to find the place. Although I grew up not far away, I needed a map to get here. Today, hardly a week goes by without somebody requiring instructions on how to get here and I was the same. The second challenge was what to do. In reality I had no idea of what being the principal of a small, community orientated country school entailed. In fact, I remember asking Rodger Smith, 'so what do you actually do once you are in your office?'

For me, working here is an honour and a privilege. Sure, it is not always easy, and it is not without its challenges, but every day I remind myself of the responsibility we have not only to the students and the families who are here now, but also to the families and students who were here before us.

Mahana School opened with 12 pupils: Alice, Ruth and Albert Thawley, Huia and Hans Bensemman, Arthur Davey, Edwin Eggers, May, William and Raymond Barnes, Jack and Lillian Henderson. It had one teacher, Miss Huffam, who was in charge temporarily until Miss Dolamore took over not quite a month later. The school was Kemp's packing shed. We still owe a lot to this family for their support for the school in its early days. We are here today to celebrate the successes of all those early people whose vision established something very special here.

In reading the histories of this place one learns of the many significant events that have occurred throughout its 100 years. The planting of the Kitchener Tree in October 1916, the move, on the 24 January, 1920, at 3pm, to its current site, Armistice Day 1918, the first Armistice Day Sports Day in 1919, the planting of the Oak Tree in 1937 to celebrate the coronation of King George VI, the construction of the Teacher's residence in 1944, and the new classroom in 1953. Of course there are many more, and all these significant events contribute to the tapestry that continues today.

But for me it is not necessarily these big events that interest me the most. After spending some time here it is the everyday happenings that I can perhaps relate to best. I'm fascinated by the commitment to swimming. The Archibald pool is legendary, as was the building of the current school pool in 1975. Today, the level of support for our pool and our swimming programme continues as we are committed to keeping it as an asset for the whole community to use. I'm fascinated by the references to

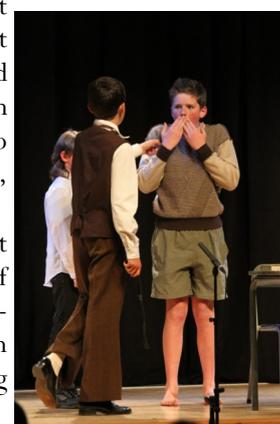


water supply, to bus routes, to grounds and garden developments, and even to tree plantings and tree cuttings down. All these things are what weave the fabric of the everyday comings and goings of our school and community.

I cannot speak of what it was like here for you when the apples surrounded the school. I imagine that in many ways it was quite a different community than today. I understand that there was perhaps less travel in and out of the area by people going to work, as the work was, by and large, within the community.

But some things have not changed at all. I have witnessed the rallying of support amongst the current community when someone is suffering or is in need of a hand up. It is heartwarming to see the lengths people will go to to help. I have been part of enormous outpourings of grief at losses amongst our friends, and I have seen fantastic celebrations as well. But foremost of these things is the commitment to this school. Yes, the land use has, by and large, changed, but the spirit of wanting to make a contribution to the lives of the children in this community has not. The same spirit that was evident in 1915, when it was said, 'not only are we here to educate children, but that there are children to educate.

We are still here to educate, and the children are still here too, so we have a bright future and can look forward to the next 100 years."



From left to right; Jed Taikato, Tristan Bulmer, Chris Davis



From left to right - Meg Coakley, Eve Roche, Ella Stephens, Meila Picard, Lucy Chung, Saskia Gray



Hello Animal Lovers

Someone I have most admiration for is animal behaviourist, Temple Grandin. She has been an advisor to the majority of cattle handling facilities in the United States for a number of years and her plans and advice have made life more comfortable for countless animals. She is also a university professor and her achievements are particularly impressive as Temple has had to overcome her autism to do so but has actually used it in order to perceive how animals think and feel. Her book, "Animals in Translation. Using the mysteries of autism to decode animal behaviour" addresses many issues regarding animals behaviour and I would recommend this wonderful book to anyone who cares about animals but one key finding is crucial to all horse owners and handlers. Ms Grandin makes the statement that "the single worst thing you can do to an animal emotionally is to make it feel afraid. Fear is so bad for animals I think it is worse than pain". Let us consider this statement and consider it carefully. If this is true then thousands of animals are suffering needlessly. There is not a horse event I have ever attended where I have not seen examples of people using fear to control a horse. As horses are prey animals they spend their time being scared a lot of the time. Their natural instinct is to flee and run from danger and due to domesticity many are not able to do that. You have to be gentle when you're working with prey animals and horses can so easily become traumatized through rough and ignorant handling and yet so many of them are 'trained' with fear. The result of this is absolutely integral to horses and handlers. A traumatized horse who is nervous is a dangerous and unpredictable animal. Rather than telling people to "be the boss" or make the horse obey you with whips, plastic bags on sticks, and harsh bits, so much more emphasis should be on being calm, consistent and above all not scary. This is not suggesting that the horse handler allows the horse to take over, but there should be mutual respect. It is a fact that adrenalin up learning down, adrenalin down learning up. A horse cannot be scared into respecting its handler, ever.

All horses are different, some react dramatically and instantly to being scared, others take more time and bottle it up but all horses are affected by fear. Not enough literature and training emphasises this crucial point. So it is time to consider this fundamental truth and encourage gentler non fearful methods for training our wonderful horses and ponies. The results will be safer and happier for horses and humans.

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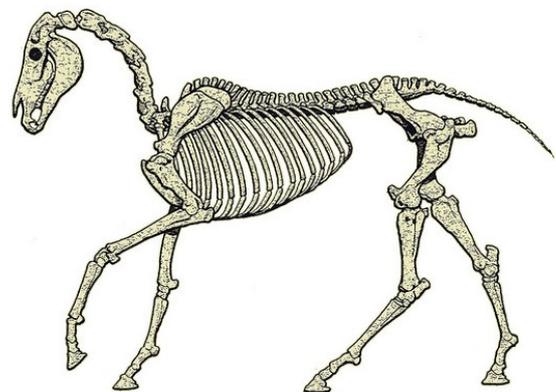


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WEIGHT GAIN – POST LAMBING

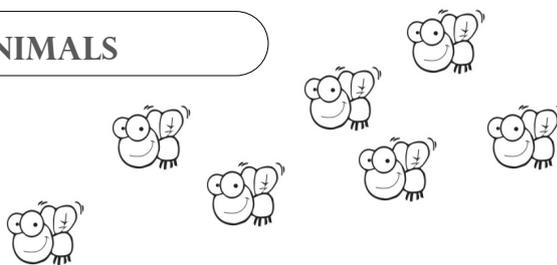
Lambing time is here for many people and, although we strive for easy care; systems, consistent surveillance of lambing paddocks is essential for animal welfare. Picking up dead lambs and ewes controls disease and predators, this also gives good information on the prevalence of problems, such as mastitis. Keeping a record of losses and the reason for these losses (when known) provides invaluable information for flock productivity in the future. Ewes that have to be culled for welfare reasons are a useful source of liver samples for mineral investigations. (Take a fresh sample (about a teaspoon) and refrigerate until you can get it to the clinic.)

Try to assess the live weight of single and twin lambs to see if they are adequate, in relation to ewe weight and the climatic conditions and nutrition over pregnancy. Lamb live weight is strongly associated with lamb survival rates. Lambs of good birth weight have more energy stored as fat reserves, and are better equipped to survive starvation, wet and windy conditions, and will maintain their suckling drive longer than low birth-weight lambs. Aim for birth weights of 4-5kg. Low birth weight lambs are usually born to ewes in poor condition and these ewes will require preferential feeding if they are to feed their lambs adequately.

Remember, the best live weight gain per day will be achieved between birth and weaning. The onset of lactation and colostrum production are affected by ewe nutrition in late pregnancy, whilst feeding during lactation influences total milk production. Daily milk production peaks at 2-3 weeks after lambing and then gradually declines. The ewe uses dietary ME and her own body reserves for milk production in early lactation, regardless of the level of feeding, particularly ewes rearing twins. The ewe normally replaces some of these losses (mainly fat and muscle) during the second half of lactation. However, due to the high cost of replacing body tissue, weight loss during pregnancy and lactation should be minimised.

Ewes with twins produce 30-50% more milk than with a single lamb, but as this is shared between 2 lambs; each lamb only receives two thirds as much milk as a single fed lamb. To make up for this lower milk consumption, twin lambs are forced to start eating pasture at an earlier age than single lambs. Peak production has been measured at around 2-3 litres/day for a single lamb and 3.5 litres/day for twins, and 40%-50% of total milk is produced in the first 4 weeks of lactation.

During lactation, to ensure milk supply and avoid excessive weight loss, it is recommended that ewes get 3-4 kg DM/day. This requires grass covers of 1600-2000kg DM/Ha.



**BLOWFLY MANAGEMENT STARTS
OCTOBER / NOVEMBER**

Blowflies are responsible for flystrike. They start breeding in spring and reach epidemic proportions during warm humid weather.

This is generally between October and March, though fly season can extend through to June.

The blowflies lay their eggs in damp wool, the maggots can hatch within a day and will then start to eat the sheep alive. Flystrike can occur rapidly and sheep should be checked at least once a day in hot weather.

Best practice management is to have all sheep shorn and with clean bottoms in the warmer months. This reduces the attraction for flies which seek damp smelly wool in which to lay their eggs. Dirty bottoms are sometimes due to high worm burdens and/or changes in feed quality. Foot rot will also attract flies.

HOW DO I KNOW MY SHEEP ARE FLYBLOWN?

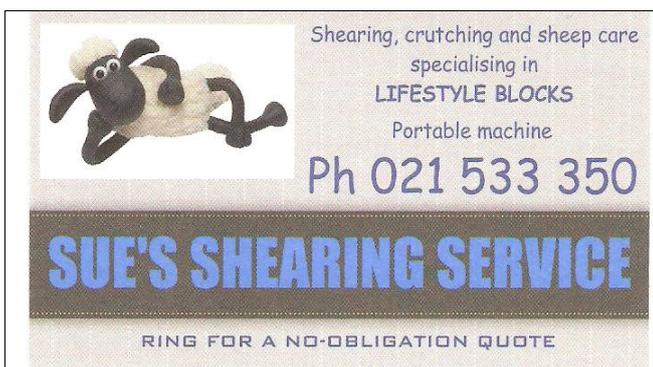
Affected animals can be seen nibbling their wool, stamping their feet and twitching their tails before becoming depressed. Dark patches may be seen on white fleece. Colonies of maggots may be difficult to find so the wool should be systematically parted and checked.

Areas most commonly affected by flystrike:

- Around the tail
- On the backline
- On the belly where the feet touch when the sheep lies down
- Around the pizzle
- Between the ears of rams after fighting and head bashing.
- Shearing cuts and other wounds will attract flies.



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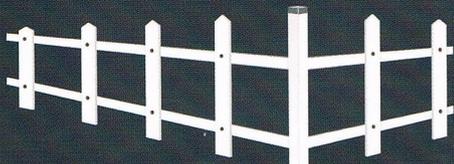
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PANZ - Pastel Artists of New Zealand

The eight members of the 'Purely Pastel' Art Awards committee are all beavering away with their allocated tasks and all looks to be on schedule for the influx of visitors next April. Fundraising commenced with a highly successful movie night at Motueka State Cinema. Eighty five people laughed their way through 'A Walk in the Woods' and a substantial sum was raised to help offset the costs of staging a national event. It was such a popular evening that we will probably 'go again' in the New Year. Watch out for posters around the village if you would like to join us for a fun social night that also helps to support the PANZ Art Awards and Convention.

You would be forgiven for thinking that Picasso had joined us in the Community Hall on Tuesday 25 August. Marian Painter gave a short talk on the origins of Cubism and then led a painting workshop where we all tried to emulate the master. The outcome was inspired! We have many interesting sessions on Tuesday mornings but for me, Cubism was a particular favourite. I have been inspired to paint a self-portrait Picasso-style; see if you recognise me if it ever sees the light of day in one of our exhibitions!

For three weeks during September, an exhibition by three local artists took place in the Icon Gallery in Upper Moutere. Works in oil were shown by Fran Gould, jewellery by Janis Holland and collage by our own Anne Bannock. Very well done to all three ladies for sharing their beautiful work.

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.

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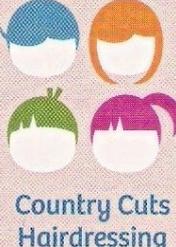


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Roger Griffiths

Artist

Kiwiana Fashion & Passion Exhibition

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Date:
Labour Weekend,
Saturday 24th October till
Monday 26th October 2015

Where:
Mapua Boat Club & Maritime
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Open daily from:
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"These works express my love & intrigue with all things Kiwiana. I'm excited & proud to showcase my latest works to you & know these are my best works yet & hopefully you will feel the same" Roger Griffiths.

ROGER GRIFFITHS – ARTIST

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LABOUR WEEKEND 2015

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Born and educated in Christchurch, Roger Griffiths graduated in the 70's with a fine arts degree with a major in photography. From Ilam to the emerging world of television, it wasn't long before the advertising industry claimed his attention and emerging talent.

For 20 years Roger was one of the creative forces of advertising. From NZ to New York and on to London he took the dull, lifeless and repetitive messages of advertising and transformed them.

But his first and major love remained painting. Two decades ago he turned his back on the world of advertising to follow this love.

A child of the 50's Roger grew up with all that was Kiwiana – from Brasso to the Morris Minor, buzzy bee to buzz bars. Simplifying his life, he took to the roads to rediscover these images of New Zealand. From Bluff to his home in Mapua Roger shared the stories and captured the Kiwi life. Those images are now the continued theme of Roger's second exhibition in his Kiwiana series called Kiwiana Fashion and Passion. Capturing the essences of the simple things, and what brings back memories of all that the word 'kiwi' imbues.

In Roger's words...**"Life can pass you by so quickly so it seems to be a shame to waste time on your own. Artists are creative creatures, which means in my case can be destructive, loving, caring and hopefully a good person all rolled into one. On the negative side is the loneliness! When I paint I go into a strange space or zone, I am not sure exactly what hap-**

pens but at the end of it a painting emerges and then another, and another...

These works express my love and intrigue with Kiwiana Fashion and Passion with a slightly different painting style from my last exhibition, I feel excited and proud to showcase my latest works to you and know these are my best works yet and hopefully you will feel the same."

Currently he produces single originals but enjoys experimenting with using a mixed medium approach to meld his love of photography with his art. **"I see my use of technology as an extension of the art of photography. I'm looking at producing a Giclee from an original that will always remain with me in the studio – so that in effect the Giclee will become the original. It is another way for me to manipulate and capture, multiply and strengthen the image."**

That said, Roger's main interest still lies with painting an original; the one painting that captures the essence of the moment, the image that is and will remain, like Roger Griffiths himself, totally unique.

WHAT: Kiwiana Fashion & Passion Exhibition

WHEN: Saturday 24th October till Monday 26th October 2015

WHERE: Mapua Boat Club & Maritime Museum on Mapua Wharf

TIME: Daily 10am till 5pm

Roger Griffiths
Artist



Roger Griffiths
Artist

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- Portraits

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Aubergine and Tomato Curry

A favourite from *The Wholemeal Café Cookbook II*.

1 medium-sized aubergine – about 500g

½ cup vegetable oil

1 small onion, diced

1 can (400g) peeled, crushed tomatoes

1 can (400g) coconut cream

1 tsp cumin seeds

1 tsp black mustard seeds

1 tbsp garlic, crushed

1 tbsp ginger, crushed

½ tsp chilli paste

1 tbsp salt

2 tbsp curry powder

2 tbsp fresh coriander leaves, chopped or 1 tbsp coriander paste



Dice aubergine into small cubes and keep in salted water so it doesn't go brown.

Heat oil in a medium-sized pan on low to medium heat.

When the oil is hot, add cumin and black mustard seeds. When the seeds start popping, add the diced onion and sauté until slightly brown – around 4 minutes. Then add garlic, chilli and ginger, stirring frequently. After 2 minutes, add the curry powder and salt.

Drain aubergine pieces and add to spicy onion mixture. Stir thoroughly, cover and cook for 10-12 minutes on low heat. It is important to keep stirring from time to time to prevent it from sticking to the bottom of the pan.

When the aubergine is soft and a bit mushy, add the can of tomatoes and cook until it boils. Then add the coconut cream and chopped coriander and simmer uncovered for 5-10 minutes. Adjust the salt to your taste.

Serve with rice and your favourite raita. Serves 4.

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Coastal Garden Group Guest Speakers

Our speakers for September's meeting were Don Grant, Aurora & Danielle from Tasman Bay Herbs.

Aurora is a registered medical herbalist and investigates all the health benefits of herbs. Danielle has had a lot of experience in England growing organic vegetables, horticultural experience at Government House in Auckland and has been at Tasman Bay Herbs for 4 years.

The discussion started with **Integrated Pest Management**. Taking a holistic approach to pests and diseases, moisture levels, dry places – they start from the ground up (spraying is a last resort). Targetted spraying only when the need arises. American Upland Cress is planted as a sacrificial plant to attract the Diamond Back Moth - the Upland Cress is sown every 2 weeks which controls the environment.

Encarsia Formosa is a species of wasp and well known natural parasitoid of greenhouse whitefly. The tiny females are black with yellow abdomen and opalescent wings. There are considerably fewer males than females. Population of these wasps must be kept up by releasing successively every 3 weeks into the greenhouse.

Yellow Sticky Traps – (Tasman Crop Protection/Bunnings) – can be used to attract white fly, wasps and other bug outbreaks.

Medicinal Herbs.

Mint family, Chamomile (easy to grow – crush leaves/steep to make tea.)

Calendula (vibrant orange) – potent antioxidant – dry the flower and soak in oil which can be used for skin conditions.

Dandelion the root of the dandelion is good for the liver.

Chickweed joint pain, inflammation, rashes, itches & stings.

Tips for growing herbs

For the first month the parsley plant does not like being disturbed, sow in pots until 4 cms high then transplant into well rotted compost & fine soil. For the first 6 weeks feed a small amount of Nitrosol.

Thank you to Don, Aurora & Danielle for an extremely informative question and answer panel discussion. Gino on behalf of the club gave a token of our appreciation to them.

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These savoury biscuits are great for impressing the guests!

Fennel and Parmesan Biscuits

1 cup flour, 1 tablespoon corn flour, 1 1/2 cups grated parmesan cheese (I use pre-grated), 1 teaspoon sea salt flakes or every day salt, 150gm cold butter, 2 teaspoons of fennel seeds plus extra for sprinkling, 1 tablespoon milk plus extra for brushing.

Oven 180 C. Place flour, corn flour, parmesan and salt in a bowl or a food processor. Pulse to combine. Slowly add cubes of butter, process until fine. Add milk and fennel seeds. This will form a dough. Turn out onto a floured surface and roll into a 15 cm log, wrap in glad wrap and refrigerate approximately 30mins until firm.

Slice into 5mm rounds. This makes about 20 biscuits. Place on baking paper on an oven tray. Brush with milk and sprinkle on extra seeds. Bake for 12-15mins until a light golden colour. Serve with soft cheeses, a sharp fruit paste and a good drink!

Take time to teach a small family member to cook in the holidays!

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Hatha yoga starts with breath awareness, & warms into the physical postures known as asana. It is a gentle yet dynamic practise with breath awareness & finishes with Savasana (relaxation). Restorative Yoga is a series of gentle yoga postures held for a longer period of time using bolsters & cushions for comfort & support. This releases tension in the physical & emotional bodies, calming the nervous system. Yoga Nidra is a verbally guided, systematic method of bringing about complete physical & mental relaxation. It is a method of withdrawal & induces a state between sleep & wakefulness. This allows a deep state of relaxation & inner awareness. It balances & harmonises the whole nervous system.

Feel free to ring me with any questions & to book your space, as this is limited.

Classes are \$10. Please bring a yoga mat & come 10 minutes early to register.

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Living in the Moutere area for the last 4 years, Fiona made the decision to close her busy clinic in Richmond and offer her services to the expanding community in the Moutere.

'This is an exciting new venture for me with the opportunity to operate from the new Moutere Hills Community centre. It will be a pleasure to work in such a lovely complex that supports a myriad of sporting activities and also provide a professional service to the local community.

Fiona provides an extensive range of massage therapies all tailored to suit your specific needs whether it is sport related, injury repair, musculoskeletal stress and strain, deep tissue work, pregnancy massage or Foot Reflexology.

Days of work are Tuesday and Wednesday, 10 am – 4pm and late night Thursday 6 pm – 9 pm. For Appointments please phone/txt Fiona on 027 452 3906 or the Moutere Hills Community Centre office on 543 2516.

Appointments are for 1 hour, 45 minute or ½ hour ..
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Eating for Health

Magnesium

Magnesium is an essential mineral required by the body for maintaining normal muscle and nerve function, keeping a healthy immune system, maintaining heart rhythm, and building strong bones. Magnesium is also involved in at least 300 biochemical reactions in the body. A deficiency in magnesium could lead to muscle spasms, cardiovascular disease, diabetes, high blood pressure, anxiety disorders, and headaches. High magnesium foods include dark leafy greens, nuts, seeds, fish, beans, whole grains, avocados, yogurt, bananas, dried fruit, dark chocolate, and more.



Or choose a good quality Magnesium supplement and take as directed. (Some styles of magnesium ie magnesium oxide can cause a loose bowel. Seek advice about which magnesium is best for you).

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Essential Oil

Cardamom

A close relative to Ginger, Cardamom is known for being beneficial to the digestive system in a variety of ways. Cardamom is commonly used to help reduce indigestion and nausea, and to soothe stomach discomfort and promote digestion. Its distinct scent can lessen motion sickness while promoting a positive mood. Cardamom has profound effects on the respiratory system, it promotes clear breathing and respiratory health. Cardamom is added to traditional Indian sweets and teas for its cool, yet minty aroma and flavor.

- Use internally as part of a daily health regimen to support healthy gastrointestinal function.
- Diffuse or apply topically to promote clear breathing.
- Add to bread, smoothies, meats, and salads to enhance food flavor and aid digestion.
- Diffuse or inhale to alleviate feelings of nausea or motion sickness.



Cardamom Essential Oil

The mental / emotional balancing aspects of Cardamom Oil. It assists people in taking personal ownership and responsibility for their feelings.

In the Kitchen

Breakfast, a Snack or Dessert

In the past, I have struggled to know what to eat for breakfast. I am not one of those people who wake up hungry and ready to eat. I wanted something light and nutritious but most of all I wanted something delicious.



Chia Seed Pudding with Mango

Take 250 mls of milk.

- Cow, Goat, Almond, Coconut, or rice.
(I use an Almond / Coconut blend)

- ★ ¼ cup Chia Seeds
- ★ ⅛ cup of Maple Syrup or other sweetener
- ★ ¼ tsp pure Vanilla Essence

Flavour options - Mango, Banana, Chocolate, lemon, cardamom and many more.

Place all the ingredients in a container with a screw top, stir and leave for 10-15 minutes then stir again. Leave in the fridge overnight. It is ready to eat when the seeds have gelled. It will keep in the fridge for days.

Serve with fresh or stewed fruit.

(It can be served warm which is great when the weather is still a little chilly).

I always have a container of this delicious pudding in the fridge. I eat it at least once a day for either breakfast, lunch or dessert.

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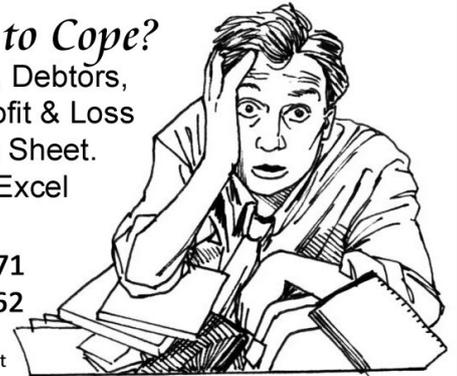
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