

# The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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## Special points of interest:

Community Preparedness AF8 Meeting, 11th April - **see pg. 14.**

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## Warm weather, great food, fun people

*Catherine Caldwell, a relative “newcomer” of 15 months in Upper Moutere, used the above words to describe her impressions of life in Sarau. Catherine hails from the United States and I was keen to find out how and why Catherine and husband Douglas ended up in our small, rural district. Her story is as follows:*

“In the 1970s, I went to University of California at Berkeley where I studied Fine Arts. I lived in the San Francisco Bay area for the next 25 years (except

for a brief stint of 15 months in New York city – my version of an OE). Whilst I was living in a converted warehouse art studio near San Francisco, a friend visited New Zealand and returned saying that we should all move there! He, indeed, would do just that. When I went to visit him, I stepped off the plane in Auckland as a tourist and felt like this was where I was meant to be: it felt clear, the energy was calm, not all frenetic and jangly like the cities I’d been living in. It took several

*cont. pg3*

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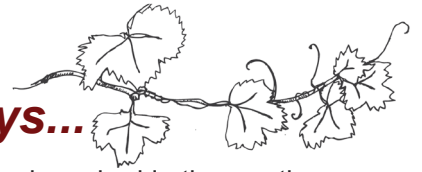
We warmly welcome contributions to The Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read! There is no cost for having your articles published if you are telling the community about a fundraising venture. However we do appreciate a donation from commercial ventures to help us cover our printing costs—see email address above to get bank details.

Archived coloured copies of the Grapevine are available at: [www.mouterehills.org.nz/community/the-grapevine](http://www.mouterehills.org.nz/community/the-grapevine) courtesy of the Moutere Hills Community Centre staff. Grapevine circulation is approximately 1400 copies. This issue has been constructed by volunteers: Jenny Leith, Sharon Beuke, Bessie Adie, Kirsty Vanderwerff and Sue McGregor.

### Disclaimer

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## Grapevine Says...



What a sudden change we have had in the weather as we work on this latest Grapevine. How many of us lit a fire on the cold night of 13 March? As we enjoy the autumn colours up and down the valley we are also seeing children finish summer and begin winter sport. It is a special treat to glimpse so many lives as we put together the Grapevine each month - a thank you to Sharon who tirelessly heads out to ensure we have a great front page, and to Bess who has found time during her family time in Europe to still ensure the Grapevine drops free into your letterboxes - see page: 7

Thanks for all your articles and notices this month. Keep them coming in; poetry, creative writing, the lot.

Enquiries: [umograpevine@protonmail.com](mailto:umograpevine@protonmail.com)

## CRAFT & CONNECT

Would you like to join our group for a social afternoon?

Crafting is not obligatory, you can enjoy a cuppa/glass with lovely ladies at the Moutere Pub where we meet every Thursday from 1.30 – 3.30 pm.

For details email [renate@fairyvalley.net](mailto:renate@fairyvalley.net)



### Upper Moutere

Service - 10.00am at the Memorial

### Tasman

Service - 10.00am at the Memorial

### Motueka

Parade - 6.25am from the Motueka Bowling Club  
Carpark, Pah Street, Motueka  
Service - 6.30am at Motueka War Memorial  
Pah Street

years and two more visits before I was brought here in 1995 to teach computer graphics at the Wellington School of Design. Later, I became a Creative Director on the Te Papa project. That was an absolutely amazing experience but it was also really high pressure. I got sick and decided never to do another high pressure job.

We decided to move away from Wellington, either to Northland or to the Nelson area. Nelson won out and here we are! We used to watch Country calendar and now we are living it. We look out on cows and sheep and I watch my neighbour John shifting his stock around. I love the mix of activity and people in the area: our road has foodies, farmers, Buddhists and nudists. How cool is that?

There are other things I love about the district too: the ease of growing a garden; the low cost of classes at the

MHCC; the night sky; the changing seasons and the amazing fresh fruit. Strawberries, boysenberries! OMG! There are talented chefs using this produce all around me.

I feel my ancestors smiling at me living here. My father's family were early pioneers: they had a cattle ranch in Northern California but we lived in a small town.

The hardest part is not having my old friends here. Because of my age and working from home, I meet people mostly at exercise classes.

Both Douglas and I work remotely with Zoom and other software. I do a form of energy and belief clearing called the Body Code and the Belief Code. I work with clients (mostly women) from both New Zealand and from all around the world, for example Rumania, New York and London.

I've always loved helping people and because I've been through some really dark times myself I know that there is light at the end of the tunnel and that change is possible. What I like is that people with physical and emotional issues don't have to relive or retell what created the problem, we just find and clear the reasons and events. I love people. We are all so different and yet all the same.

My goal now is to do more art, my original passion, and continue to grow with the energy work."

*It was a pleasure and privilege to talk to the talented and vibrant Catherine; also to reflect upon what I -and other people in our community- appreciate about living here. If any of you would like to find out more about Catherine's work, go to:  
www.catherinecaldwell.co.nz  
Appointments can be made online.*

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Both services leave Motueka i site at 9.30am picking up booked passengers along the way. Our driver then waits for you in Richmond and returns to i Site again by 3pm.

**Fare \$6 each way**

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**Mapua Willing Wheels**

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# MOUTERE HILLS COMMUNITY CENTRE



Dear Community

We continue to have a busy centre and wish to take the opportunity to thank all the wonderful volunteers in our community that make it happen. From the volunteers that make up our Board, run our social sports, run the sports club and various groups, thank you so much for all you do, it is appreciated. To check out all the amazing activities we have on offer please visit our website [www.mouterehills.org.nz](http://www.mouterehills.org.nz)

It's hard to believe but the winter sports season is about to begin. We are lucky to have Rangers Rugby Club based at the centre. They do a fantastic job in providing children and youth in our community with the opportunity to play rugby. They have a facebook page that will keep you up to date with what is happening. To contact them email [rangersrugbyjab@gmail.com](mailto:rangersrugbyjab@gmail.com). Valley Stags is our local senior team who train at the centre Tuesday and Thursday evenings. They have some home games in April and May so keep an eye on our facebook page so that you can come and lend them your support. Looking forward to seeing you at Moutere Hills Community Centre soon.

Kind Regards Katrina, Josh, Keith, Cindus, Vicki and Kris.

## THANK YOU



We would like to say a huge thank you to Pub Charity for their support.

They have provided us with funding for electric blinds which will be installed on the high windows in the sports hall so that light can be blocked out for events such as the local school productions. The work should be completed later this month.

## Surveyors Map History Panel

We are excited to inform you that a history panel about the Surveyors map, located in the foyer, has now been completed. The map was donated by the Eggers family.

Thank you to Jenny Leith, Jenny Briars and Eileen Thawley who put together the information and to TDC Grants from Rates who provided us with funding to get it printed.



Friday 12th April

Doors open at 6pm / Bingo starts at 7pm  
Only \$5 per card

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## Fitness Classes

<b>Re-activate</b>	Monday 11:15 am & Thursday 8:30am
<b>Youth Bootcamp</b>	Monday 4:30pm
<b>Box n Burn</b>	Monday 6:15pm
<b>Stretch &amp; Flex</b>	Tuesday 9:30am & Thursday 9:30am
<b>Pilates</b>	Monday 6:00pm, Wednesday 9:00am & Friday 9:00am
<b>Metafit</b>	Wednesday 6:30pm and Friday 8:15am

Included with Fitness Centre membership,  
\$60 for a 10 class concession card or \$10 for casual.



## Social Futsal

Tuesday's

3:15pm - 4:15pm For primary school age children  
4:15pm - 5:15pm For Teenagers

Only \$2 per person per session  
All Abilities welcome



## Social Adults/Youth Netball

Every Monday at 7:15pm

Only \$5 per person



*Come along and bring your friends for a fun game of netball!*

All abilities welcome

# ANZAC DAY SERVICE

## Thursday 25<sup>th</sup> April

### 10am

*You are invited to join us for a free  
community morning tea after the service.*

**All welcome!**



Phone: 543 2516

Email: [enquiries@mouterehills.org.nz](mailto:enquiries@mouterehills.org.nz)

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# Community Noticeboard


**UPPER MOUTERE PLAYGROUP** we meet every Friday 10am - 12pm at the Moutere Hills Community Centre, all families welcome. Contact Karen 021 252 2657

**NEED A LIFT?** Māpua Willing Wheels Volunteer Drivers, transport around Māpua, Motueka, Richmond, Nelson (no airport runs). Tel 022 6822 373 to book/mapuawheels@gmail.com, 24hrs notice.

**JUSTICE OF THE PEACE** Upper Moutere. Contact Cathy Ellis 021 158 2890

**MOUTERE BIRDSONG** have both wooden and corflute traps available for sale and for hire. Also Free bait thanks to Pics Peanut Butter. Phone 021 231 3947

**DOVEDALE COMMUNITY MARKET** Buy, sell, swap, giveaway. 10am-12noon every 2nd Sunday monthly. Enquires: margicreed@gmail.com



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THE MOUTERE  
*Kai*  
Collective



Mā rau ringa e oti ai – Many hands make light work

This whakatauki/proverb rather sums up the work of the Moutere Kai Collective. Without the input of many hands we would not be able to continue providing frozen dinners for our community.

During our last two cook-ups some from Kris' morning yoga class have kindly joined in after their workout – a great way to make full use of their mornings! Thank you to those new volunteers for joining the team.

Would you like to support us, but don't have the time to come and cook? Here are a couple of simple ways you can help without getting elbows deep in white sauce!

- Set up a small regular payment into our Kai Collective account
- Make a one off donation

The Moutere Kai Collective bank account: 03-1354-0423793-00



As we enter another year of providing meals to our community, the Motueka Maternity Hospital and some of the local schools we give a special thankyou to our major sponsors NBS and the Sarau Community Trust.

We try to source our ingredients from local businesses and want to thank – Nelson Food Distributors, the Mad Butcher and Talleys for supplying us with quality produce. A reminder that Kai Collective meals are available free of charge for those in our community going through a difficult time – made with love, as a treat – in the case of a new baby, sick child or parent, accident, ill health, bereavement, etc. Our meals are not intended to be a food bank and we acknowledge the work being done by the Kai Collectors group (very similar name!) in Motueka who are a group of food banks who seek to provide longer term support to those in critical need. See their poster in this edition of the Grapevine. (pg. 7)

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# UMS Creative Writing

*Upper Moutere School students wrote about their TRYathlon experiences earlier this term.*

**On Friday,** I ran fast. I was so fast that I won. I was proud that I bet my buddy up the hill. Everyone lifted me up.

*By Kjell, Ramaroa Iti*

**I ran so fast.** I was on the steps and within seconds behind Mr. Speedy Pants. I could hear people trampling down the steps. This is the 2024 triathlon.

I was shaking in my boots until Toby said “go”. I was running so quickly I got to the steps within seconds, but Speedy Pants was in front of me. I heard others trampling down the stairs behind me. We got down to the bottom field. I was exhausted, but I was determined. Not long after, I got the stitch. Luckily, I got to the bikes and biked two circuits of that field. Next, I ran up the steep hill and tried my hardest to swim the length of the pool. I had to walk, my tummy hurt too bad. I got 17 points for my house group even though I got the stitch and came last. I’m still proud of myself.

The conclusion is even if you fail, you should always be proud of yourself.

*By Ryder, Turama*

**On Friday.** We had the triathlon. First, we lined up and then Heidi said, “on your marks, get set, go”. We all ran as fast as we could. I was nervous. We ran around the court and the top field. We ran down the steps and all the way to the end of the bottom field and back. Next, we hopped on our bikes and biked all the way around the field. Once we got to the other side of the field, we dumped our bikes and ran up the steep hill to the pool. I jumped into the pool. Ohh it was cold.

I swam to the other side and back again. Finally, I hopped out of the pool and ran to the finish. I was exhausted after the triathlon. I came first and I felt proud.

*By Archie, Ramaroa Nui*



*Photo credit to Jack Malcolm*

## Tryathlon

Even before the race started, my legs were tired. The heat - combined with the waiting time - had ultimately drained them.

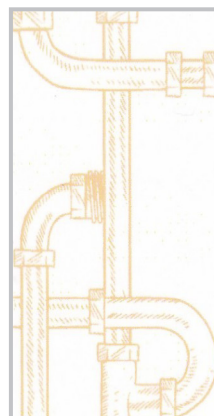
Sluggishly, I walked to the start line and Heidi began the count down. BOOM! The race started. I took the starting lead and, as we headed down the gravel worn steps, I wondered if I could keep the lead. We were on the bottom field – I slowed my pace to a jog – and that is when it happened... Rhydian took the lead just before the bike! I sensed that Zac was right behind me. As we jumped on our bikes, Zac took the lead. I was looking good, peddling as fast as my tired legs would allow.

I was on my second lap and Rhydian wasn’t cutting me any slack - pushing me and trying to find any way to pass me. Finally, on the corner, Rhydian cheated and cut through the cones to get in front of me. Now, furious, I peddled as fast as I could and dropped my bike and ran up the hill, huffing and puffing until I reached the pool.

Everyone ran in the pool. Not a single person swam in the pool but at the end of it, I came third and was happy.

While the teacher was talking, I was dozing off.

*By Thomas, Marama*



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# THE WRITE BIAS

## News from Māpua Bowling Club

Two tournaments are planned for March and the final one of the season in April.

Ladies Friendship Day, or as it has come to be known, Giggle Day is always a sellout and a lot of fun. It is sponsored by Nelson Building Society and scheduled for March 27th. The theme this year is an Italian flavor using the colours of the Italian flag, red, white and green, and will no doubt involve a lot of pasta! Games of bowls are played but there is always a twist to make it extra challenging and quite silly. Prizes, laughter and crazy penalties abound. The Māpua Club lady members really look forward to hosting this day with the help of the men to keep events roughly on track!

Our players are still entering events away from home, at other clubs and also those organised by Nelson Centre. A new competition on the Centre calendar is the 3/Fives - two bowl triples, with each game played over two sets, and

each set consisting of five ends. All the local clubs are invited to enter a team and the winner will go forward to the televised, national final. Māpua members will be there on the 30th and 31st March trying their best to be that winning team.

The Friendship Group recommenced indoor carpet bowls on Monday 4th March and new players are always welcome. This usually takes place at the Club on the first and third Mondays of every month unless there is a prior booking; to check or for further information please contact Val Roche on 03 540 3685.

For any information about bowling, coaching, or booking the Clubhouse and facilities, please contact the secretary, Di Blanchet on 03 540 2627 or check out our website, [sporty.co.nz/māpuabowls](http://sporty.co.nz/māpuabowls)

Sue England

# Volunteering in the Moutere



The Moutere Birdsong Group has lots of new and re-purposed traps and lure available to purchase or to hire. Get in touch if you would like traps for your place: [mouterebirdsong@gmail.com](mailto:mouterebirdsong@gmail.com)

- Would you be interested in attending an event focused on laying and checking trap lines? Send us an email.
- Moutere Birdsong is looking for someone to be part of the team and manage the electronic recording of captures. Check out TrapNZ and / or email us.

- If you would like to join our core group or volunteer to walk and check a trap-line once or twice a month please get in touch.

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

**It's all about the birds!**





# COMMUNITY

## AF8 PREPAREDNESS MEETING

Thursday 11th April  
Moutere Hills Community Centre  
7 - 8pm

**It's well documented that there is the possibility of a major Alpine Fault rupture.**

**We would like to have a community meeting**

**for people in our community that might have resources to help out and come up with a plan to initiate support if this occurs.**

\* Do you have access to helicopters, high quality imaging drones, diggers, excavators or other machinery?

\* Are you a vet, doctor, nurse, medic, builder, plumber, electrician or fencer or have another critical skill?

We are inviting **you** to come along

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# Our latest news & adventures



## The breadth of our work in 2023

Last year was a big year for Whenua Iti Outdoors! We welcomed 5243 participants on our programmes, with a total of approx. 14,072 days of individual student participation. This translated to 195 multi day camps, 95 single day programmes and 23 mentoring sessions. We awarded 3606 NCEA credits in partnership with the Top of the South and West Coast Trades Academies, with our students attempting and achieving a 98% NZQA credit pass rate. In site news we installed a new Nature Trail and composting system eliminating 2190 kgs of food waste.

## Holiday programmes in April

This school holidays we will be running **Go Wild (7-10 year olds)** and **Aotearoa Adventure (15-18 year olds)**. Both take place from Monday 15th - Friday 19th April. Check out the website for more info and to secure your place! [www.whenuaiti.org.nz/programmes-overview/holiday-programmes/](http://www.whenuaiti.org.nz/programmes-overview/holiday-programmes/)



Waimea Intermediate at Kaiteretera Beach

## Ignite graduation

In collaboration with Motueka High School and a generous community donor we are delighted to announce the graduation of another group of young men on our three-year Ignite programme! Congratulations to Alexander Lightfoot, Alexander Lock, Cyris Aldworth, George Emery, Jake Barnett, Jakib Hedges, Ken Takahashi, Lukas McEnroe, Sonny Campbell, Temaru Teaukura, Tommy Pozzetti and Van Kroupa! One participant reflected, "Ignite has greatly helped boost my confidence and leadership skills. It's helped me become the person I want to be."

## Participants planting in local catchment

Last year our participants worked with over 13 conservation groups spanning the Top of the South region. Our onsite nursery grew 7332 trees in total and contributed 6862 trees to local wetland development projects. Participants have been busy planting out and releasing trees onsite and in local riparian catchment projects.



Ignite participants at Winthead Cave near Charleston

We'll see you out there!

[www.wio.org.nz](http://www.wio.org.nz)



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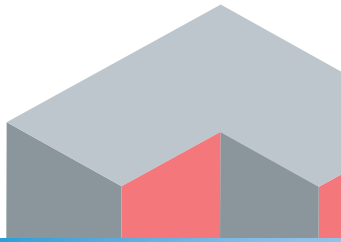
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# Hello from England

This edition of The Grapevine has been compiled in the South West of England. My family and I are lucky to be in Dorset at the moment, with limited internet... which is great, but hasn't helped in putting the Grapevine together!

We're in the UK visiting family and friends and, while you've been having a dry hot summer, we've fallen upon a wetter than usual winter-come-spring. The clay soaking, mud squelching weather is reminiscent of our Top of the South winter of 2022. Our spirits are regularly raised however, by frequent walks through farms, woods, lanes, and moors on the extensive public footpath network where we can amble alongside waterways, leys, inlets and past gorgeous historic buildings. The flora and fauna are now

awakening with spring temperatures, which we gawk at everyday. Sunshine also joins us every now and then -thankfully. Two days ago while we were in Devon, we spotted two adders waking up from a snooze and, one metre away from the adders, a slow worm hiding under a rock.

In saying all this, we're looking forward to coming home to enjoy autumn, delicious rain water from our tank, and to get back into everyday life in Upper Moutere. Fingers crossed our water tank will be full by the time we return... without the mud next to it!

-B.A.



Two dozing adders




Pond dipping - Slapton Ley, Devon





Spring wildflowers



Hound Tor, Dartmoor




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# Vet Helpline

## Poisonings

*Here's a reminder of some common poisonings we see, especially heading into the colder months:*

### Rat bait

Most rat baits act by stopping blood from clotting, so the animal bleeds internally. Symptoms depend on where the bleeding occurs but they will always become lethargic and their gums will be pale or white – this may take several days. If you suspect your pet has eaten bait, it is important to bring them in ASAP to induce vomiting and/or do some blood tests before starting treatment with an antidote.

N.B. often dogs are poisoned when the rat bait box falls off a shelf in the garage or the lid isn't replaced firmly. We urge you to use a proper bait station which is pet-proof and secure the storage area.

### Antifreeze – ethylene glycol

Antifreeze is extremely toxic rapidly causing kidney failure in cats and dogs. It is sweet-tasting and attractive to animals - they usually find it on driveways leaking from a radiator or in a puddle. Symptoms include drinking more, vomiting and being obviously not well. Prompt treatment is the only way for pets to survive poisoning. Once kidney damage occurs, the prognosis is poor.

Store your antifreeze well away from children and animals. Choose de-icers that don't contain ethylene glycol. Wipe up any spills and rinse thoroughly with water.

### Slug and snail bait

Slug bait poisoning is extremely serious and often fatal. Within minutes dogs will be anxious, panting, salivating, wobbly, may vomit, have diarrhea and start seizing. It is imperative that your pet is brought to the clinic ASAP for treatment. There is no specific antidote so we have to get as much bait out of your dog as possible (by vomiting and enemas) and start treatment with IV fluids and medications to manage the symptoms. Even with treatment pets can still die or suffer ongoing liver problems.

Always keep slug bait away from dogs and children. Try to use poison-free methods in your garden or safer products such as Quash.

### Grapes and raisins – and fruitcake and hot cross buns

This is a tricky one! Some dogs can eat grapes all day without any problem. Other dogs could eat one sultana and get irreversible kidney failure. The cause is not yet proven but tartaric acid in grapes plays a role. There may also be a genetic component in dogs. The safest approach is to not let your dog eat grapes or dried grape products as we don't know which dogs will be ok and which ones won't. If your dog has already eaten grapes and been ok, it's probably still safest to prevent further access, after all they don't need them!



### Chocolate

Many of us know dogs that have eaten chocolate and been fine but it is a fact that eating too much of specific compounds found in chocolate is fatal for dogs. The darker the chocolate and the smaller the dog, the higher the risk. If your dog finds some chocolate, it's best to phone us immediately for treatment advice based on their weight and how much of what type of chocolate they have eaten.

Brenda Halliwell, T & C Vet  
03 544 1200

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