

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

'A Night for Folks' - **see pg.7.**

ALSO takeaway Fish & Chips at the MHCC - **see pg.7.**

Thank you for reading the Grapevine and for supporting the advertisers.

Gold coin donation to Moutere Motors, Tasteology or Moutere Store appreciated.

FREE DELIVERY



Giving help in an emergency

We are regularly touched by stories about crises and emergencies, whether they be floods, earthquakes, lost tramps or car accidents. Tania Jones has given countless hours to our local Civil Defence, Search and Rescue, and St John's Ambulance Service - for some years she was simultaneously involved in all three of these services. Tania admits that she likes to be in the front line, giving immediate help where it is needed. I was keen to find out more behind the radio or newspaper headings such as "Search and Rescue have been called in" or "Two ambulances were called to the scene" or "a Civil Defence emergency has been declared". What better person to talk to than Tania?

How did you get involved as a volunteer in both Civil Defence and St John's ambulance service?

Some years ago I saw an advertisement for volunteers in Civil Defence, helping to respond to natural disasters, and decided to give it a go. The training was both regular and intensive and our skills were put to good use in the aftermath of the Christchurch earthquake when we searched throughout the Red Zone, looking for both survivors and, sadly, bodies too. This was a stressful and tiring time and we spent many hours a day for the first week in the rescue effort. I wanted to extend the areas I could work in so I later trained to become an emergency medical technician, which is a level below that of

cont. pg3

PLACING AN ADVERTISEMENT

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 the **15th of the month**. Please email your print-ready advert (JPG PDF, or PNG preferable) to: **umograpevine@protonmail.com**

The following prices apply for advertising:

- ∞ Births, marriages, deaths, group or giveaway notices on the community noticeboard (25 words): FREE
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- ∞ 1/8 pg landscape 90 x 55:
/ portrait 44 x 127: \$14
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/ landscape 185 x 55:
/ landscape 136 x 67: \$28
- ∞ 1/2 pg** landscape 185 x 127:
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Sending us articles of interest

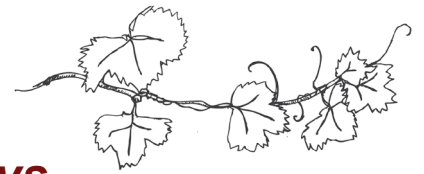
We warmly welcome contributions to The Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read! There is no cost for having your articles published if you are telling the community about a fundraising venture. However we do appreciate a donation from 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 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

Views expressed in articles in The Grapevine are not necessarily those of The Grapevine team or its editor. While every effort has been made to ensure the accuracy of the information included in this publication, The Grapevine takes no responsibility for errors or omissions or for any consequences of reliance on this information. All adverts are required to present a name or contact details so that people can respond directly should they have any queries or concerns. Publication of advertising material implies no endorsement of either a product or a service.



Grapevine Says...

On a very stormy night, as there were evacuations (due to flood risk) going on in both Westland and Marlborough, about 20 local folk arrived at MHCC to consider AF8 Preparedness for this community. At least half of these were from our local Upper Moutere Volunteer Firebrigade. These fantastic volunteers give hours and hours of their lives each week to ensure they are ready to do what they can to protect this community, as does Tania (front page article) in her volunteering at SAR. We at the Grapevine want to help them by getting behind this project, and for the next few months we will publish thoughts about community preparedness - things for you to think about. This month the first of our information and thoughts appear on page 3 'What is AF8'.

Last month Katrina commented on the Historical panel below the map on the wall at MHCC. This really does look great and makes that original old map easier to understand! Again thanks to the Eggers family for their generosity and our local history team!

Thanks as always for all your articles, notices and adverts this month.

Enquiries: **umograpevine@protonmail.com**

THE COASTAL BUS MOUTERE HILLS SERVICE

Bookings essential
Phone Motueka iSite: 03 528 6543

TIMETABLE:	Depart/Return
Departs Motueka iSite:	9.30am/3.00pm
Lower Moutere Store:	9.40am/2.50pm
Riverside:	9.43am/2.49pm
Flaxmore Road:	9.50am/2.42pm
Moutere Hills Recreation Centre:	9.55am/2.40pm
Upper Moutere General Store:	9.57am/2.35pm
TDC - Queen St. Richmond:	10.20am/2.13pm
Sundial Square Richmond:	10.22am/2.10pm
Aquatic Centre:	10.30am/2.00pm

(Please note: times are approximate and may vary, *other stops by arrangement when booking)

a paramedic. I worked for St Johns ambulance service every Tuesday (12 hour shifts) for 14 years. This work was mentally very challenging as you never knew what kind of situation you were going to. Fortunately, we worked in pairs and this was a help when appraising the scene and deciding on the right or best immediate treatment. Often family members needed attending to as well as the injured or unwell person.

And now, I believe, you are the President of the Motueka Search and Rescue?

Yes, I am. Being involved in Search and Rescue is an extension and in some ways a combination of the other two groups above. I chose to put in about 10-15 hours a week, doing tasks such as administrative work, fund-raising, recruiting potential volunteers, meetings and training, and it can be significantly more if we have an operation. Importantly, I also initiate action if our services are required. Searches can range from looking for missing children or dementia patients lost in town, to hikers who are overdue on a tramp or a beacon activation. We could also be asked to help Civil Defence in an

emergency. We liaise closely with the police as Search and rescue operations become police operations.

What changes are you seeing in the conduct of search and rescue operations?

The biggest one is probably the increasing use of technology. Personal locator beacons (PLBs) have been a great boon, and there is likely to be a greater use of cell phones as their call range is extended. Technology is increasingly assisting us in search management too.

What do you personally get from being involved in Search and Rescue? What "rewards" are there?

The rewards are many! There is great camaraderie and mutual support among the volunteers, and a real sense of satisfaction when we locate someone and maybe save a life. Even if the outcome of a search is not a positive one it is still important to bring them home to their family. This work is useful, stimulating and I'm constantly learning. I especially enjoy trying to find the answer to where someone might be (like being a detective in some respects).

Any advice to readers who might be interested in joining Motueka Search and Rescue?

Make enquiries! There are a number of different skills needed such as IT roles as well as out-in the-field roles. I would say that family support (and sometimes employer support too) are important as you never know when you might be called out, although it is accepted that people are not always available.

Yet again, I am humbled by the wonderful people in our community who give so freely of their time and skills to help others, usually with little acknowledgement. A big thank-you to Tania for contributing so much of her time to keeping us safe in times of crisis.

Want to know more about Search and Rescue?

Check out the following resources:

Robert Koester's book "Lost Person Behaviour"

<https://www.amazon.com.au/Lost-Person-Behavior-search-rescue/dp/1879471396>

Motueka Search and Rescue (on Facebook)

NZ Land Search and Rescue website: <https://www.landsar.org.nz/>

What is AF8?

AF8 [Alpine Fault magnitude 8] is an award-winning programme of scientific modelling, coordinated response planning, and community engagement, designed to build resilience to the next Alpine Fault earthquake.

While we can't predict when earthquakes will occur, scientific research indicates there is a 75% probability of an Alpine Fault earthquake occurring in the next 50 years, and that there is a 4 out of 5 chance that it will be a magnitude 8+ event.

Geological evidence also shows that the Alpine Fault has a remarkably regular history of producing large earthquakes. Over the last 8000 years, the Alpine Fault has ruptured 26 times, on average that's every 307 years. The last significant quake on the Alpine Fault was in 1717 – 52 years before Captain Cook spotted Aotearoa New Zealand. The next severe earthquake on the Alpine Fault is likely to occur within the lifetime of most of us, or our children. 2024 is 307 years since that last major quake.



It is likely that the West Coast will suffer most damage, but there will be a long period of sustained shaking in Tasman District with likely a loss of power and water supply for a significant time.

Over the next few months the Grapevine will be looking at how this community can help to develop self-responsibility for what is an inevitable event.

Image above sourced at: <https://www.gns.cri.nz/research-projects/alpine-fault-magnitude-8/>



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Saturdays

Motueka i site-Richmond-via Mapua

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

Pick ups from home address can be arranged.

Bookings essential Ph Motueka i Site • 03 528 6543

For group and charter bookings please email marketing.ntctt@gmail.com



Wakefield Community Bus

Tuesdays :Wakefield-Richmond \$5 return

leaves Wakefield by 10am -returns by 1.30. Pickup from home available. Booking essential by phoning 0226822373

Mapua Willing Wheels

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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

I would like to take the opportunity to thank Keith Best for all the work he has done for the centre. Keith is stepping down from his position of cleaner. He will definitely be missed in the role but you will still see him here at MHCC in his role as accounts administrator. Keith always goes above and beyond for MHCC which is much appreciated and we are thankful that he will remain as a member of the team, just in a reduced capacity. I would also like to thank Josh Creswell for the work he has done as a Fitness Centre Manager. Josh has been a valuable team member over the past 2 years. Josh will be stepping down from his position at the beginning of May to pursue his own business. We wish Josh all the best for the future. If you would like to be part of the Moutere Hills Community Centre team either as cleaner or Fitness Centre manager then check out the details below.

Looking forward to seeing you at Moutere Hills Community Centre.
Kind Regards Katrina

From the MHCC board:

Due to the demand for Fitness Centre membership we have been looking into the possibility of an expansion of the Fitness Centre. The process began with getting a concept plan developed and then surveying current Fitness Centre members with their thoughts on this. The feedback we received was extremely positive so we have moved on to gaining wider feedback. The concept was taken to the User Liaison group for feedback and we are now putting it out to the community. If you would like to provide your thoughts on this proposed development then just copy the link below for the online survey: <https://www.surveymonkey.com/r/FitnessExpansion> We will also be running a face to face, strategic planning meeting later in May, more details coming soon.
Tim Greenhough
MHCC Board Chair

POSITIONS AVAILABLE:

Cleaner wanted - parttime

We are looking for someone to join our friendly team
Base hours of 10 per week spread over 3 days.
Additional hours required from time to time.
Days and times negotiable.
Starting early May.

If interested please email a copy of your CV to katrina@mouterehills.org.nz or phone 0275118825

Fitness Centre Manager - parttime

Between 15—20 hours per week. days and hours negotiable. Will require some evening work. Involves running of classes and personal training. A qualification and experience in personal training or exercise science required.

For more details or to apply please email katrina@mouterehills.org.nz or phone 0275118825

Social Sports



Adults/Youth Netball
Mondays at 7:15pm

Table Tennis
Wednesdays at 7:15pm



Volleyball
Thursdays at 7:00pm

Only \$3 per person / All abilities welcome

Fitness Classes

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

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

Moutere Hills Community Centre
COUNTRY
Christmas Market
7th December 10:30am – 3:00pm

Stall bookings are now open for general stall sites and food vendors.

All sites will fully booked last year so get in early so you don't miss out.

Visit www.mouterehills.org.nz to book



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Community Noticeboard

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

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.

SARAU WINTER SALE As well as books, we're after banana boxes, if you have a few, please contact Sharon 027 432 8145

MOTUEKA COASTAL BUS operates Tuesdays & Thursdays, leaves Motueka i-SITE via Upper Moutere, to Richmond CBD & Pool. Pre-booking essential Motueka i-SITE 03 528 6543.

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

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

A Night For Folks
 Every month,
 2nd Thursday 7:30
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 Music, Stories, Poetry
 anything goes!
 Full details Email: Haddonjw@gmail.com

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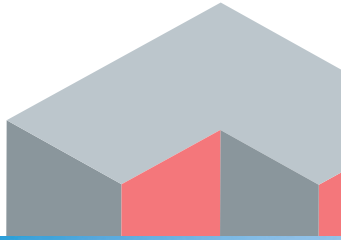
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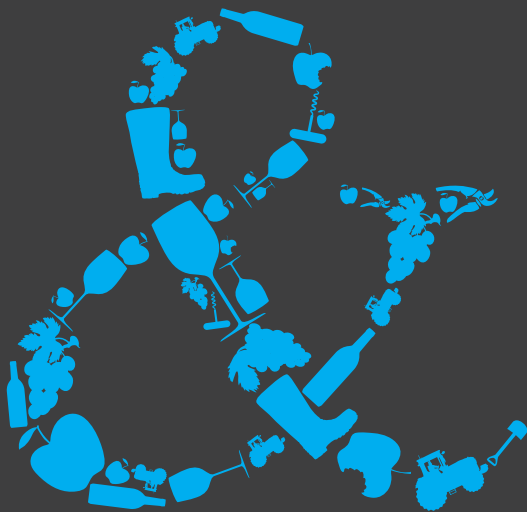
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ANNUAL SARAU WINTER SALE

27 -28 July 2024

We have begun planning for the Annual Sarau Winter Sale. So far we (**The Sarau Community Trust**) have the usual Book Sale, Clothing sale, and the pop-up café sorted, but there is an opportunity for another community group, or school to fundraise alongside us. You could sell: carpets, antiques, toys, fabrics, trees or art works – whatever we agree is suitable. Just get in touch and let's talk about it.

We are also looking for local musicians who may wish to busk through the weekend. Please get in touch if you are interested.

Finally – please do not drop items to MHCC until we ask for them to be delivered. MHCC do not have storage for these, and we do not have enough volunteers to be running to the Centre every few days to make a pick up, and then store items. For now, all we ask is that you begin sorting at home and watch the Grapevine for our information drops.

Enquiries: jennyleith@gmail.com or 021 231 3947

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@fairyalley.net

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Our latest news & adventures



The benefits of phone-free outdoor experiences

Nature is a powerful leveller and in an age of digital distractions we believe it is also an antidote to the addictive behaviour that devices bring out in our youth. Time and time again, our instructors find that this uninterrupted experience deepens the opportunity for social connection, connection to nature and participant wellbeing. Our preliminary research shows that most of our participants value the social and health benefits that being phone free in outdoor environments provide. In a recent survey (2023) of 48 participants from four of our Trades Academy programmes, 70% of participants agreed that being without their phone helped them to better connect with nature and the outdoors while 63% agreed that having a break from their phone was good for their health and wellbeing. One participant recounts, "I genuinely really enjoyed being disconnected, it really helped me take a break from other things happening outside of camp – like a little sanctuary."

Read more of our blogpost at: www.wio.org.nz/news/



EXPED participants without their devices!

Tasman Mission

We recently hosted the Tasman Mission, a day of environmentally focused activities and challenges for tamariki from local primary and intermediate schools. Organised by Tasman District Council, and supported by many community providers, kids had a ball running around site and completing challenges about water quality, pest management, biodiversity, endangered birds, native seeds, the origin of kai and the footprint of food, upcycling, building waka, sustainable fishing and more!

Wrapping up our Jobs For Nature project

We are celebrating the success of our three year Kaimahi For Nature Connection project, made possible with Jobs For Nature funding. It was designed to grow our capacity to deliver nature connection experiences in order to build skills, confidence, connection, passion and care for the natural environment. One highlight was delivering over 11,250+ nature connection experiences to WIO participants!



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Moutere Birdsong

Looking for Volunteers



If you read this column last month you will know that the Moutere Birdsong Group has lots of traps available – just waiting to go out onto properties, into creeks and amongst new plantings. Let’s catch as many mice, rats and stoats as possible before the bird nesting season.

This month we have loaned 34 traps for one month for the Inanga spawning period around Golden Bay and the Waimea Inlet to the Community Based Freshwater Monitoring scheme. These should be back in our library by the end of May so please get in touch if you would like some for your place.

We’re still looking for volunteers – get in touch if you have a couple of hours a month to give to this project.

Email: mouterebirdsong@gmail.com

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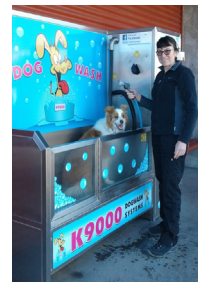
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THE WRITE BIAS

News from Māpua Bowling Club

Some words from Debbie Win, the Club President: -

On a beautiful warm February evening, we welcomed 5 teams of both men and women to the Māpua Bowling Club for the introduction night to the League Competition.

Enthusiasm was high and after a preliminary introduction about our precious green we were out the door and into the business of matching players to the right sized bowls, teaching them about the right place to stand on the mat, the delivery of the jack (kitty), holding the bowl, delivering on the right bias and informing them they need to “take a little of green” or in other words, you can’t bowl a bowl straight as it will end up on in someone else’s game.

Then they were into the playing of their first trial game. There was a little help needed for the scoring, but they all took to the game of bowls like ducks to water.

We needed 6 teams for a 5-week round robin but only had 5 actual teams:-

Bikies, M2W, Rabbit Island Coffee, Rolling Thunder and Baseline Builders.

So Māpua Bowling Club put in a team of 2 junior players and one senior player who didn’t mind giving their time.

To the casual observer the games were friendly, but there was a definite undertone of “come on, we can do this” or “we take no prisoners”.

It was surprising to see how quickly everyone improved and it has been lovely to see some of the Thursday night players turn up to the Club day roll ups.

We were short of a player in a Māpua Bowling Club tournament, “GIGGLE DAY” which is exclusively for women.



Kate, a brand-new Thursday night player agreed to give playing all day a go, which she did brilliantly.

The league was an absolute blast and the prize and trophy presentations on the final night, along with a supper, was a fitting finale.

- 1st Rabbit Island Coffee**
- 2nd Rolling Thunder**
- 3rd Bikies**
- 4th Baseline Builders**
- 5th W2M**

Thank you to all who made the league happen; we will see you again next season.

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

Sue England

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Babesia gibsoni

Recently this parasite has been in the news after it was discovered for the first time ever in NZ in a dog in Canterbury. *Babesia gibsoni* is common in other parts of the world including Australia and is spread by ticks, blood and pups can get it from their mums. The problem is that the dog which was diagnosed with Babesiosis had not been overseas so it is not known how *Babesia* arrived here, yet. MPI is investigating and has tested the other dogs in the family as well as other dogs the affected dog had been in contact with. Vets in Canterbury and nationwide are on the alert and will be checking for *Babesia*.

The NZ cattle tick is capable of spreading *Babesia canis* but it could not have arrived into NZ on these ticks.

Babesia canis is a protozoa (giardia and malaria are examples of protozoan diseases in people). It damages red blood cells causing anaemia in dogs. Some dogs have mild disease, others are obviously unwell. Unfortunately the dog in Canterbury was very unwell and was euthanased.

Hopefully *Babesia* is not here to stay but the best way of preventing your dog being exposed to *Babesia* is regular flea and tick prevention such as Bravecto and Nexgard. And avoiding dog fights so bites don't occur.

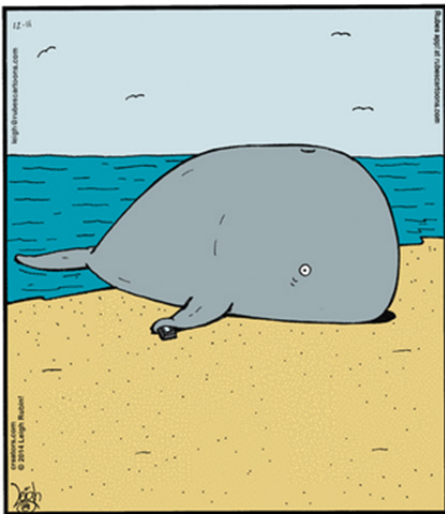


enable our pets to live a good quality life. But left untreated, older cats have a poor quality of life and are likely to be euthanased earlier.

All three diseases can be diagnosed quickly and easily with a blood test. And treatment can be as simple as popping a tablet into your pet's dinner. Some cases are more complicated however and require further tests and checkups along the way to keep your elderly cat well.

Unfortunately there are a lot of other diseases which cause cats to lose weight. Some can be treated with medicines or surgically, and others are untreatable. But it is much better for your pet to have a checkup so we can chat about treatment options and you can give your pet the best quality of life for as long as they have left.

Brenda Halliwell, T & C Vet
03 544 1200



One minute Walter was distractedly texting, and the next...


Do you have a skinny old cat?

If you answered 'yes' then read on.... many of our cats look thinner as they get older. This can be just the normal aging process where muscle mass is lost due to being less active (just like people). But if your cat is looking skinnier and skinnier, that's not normal!

There are several common diseases that occur in older cats resulting in weight loss. These are:

- Hyperthyroidism (=over-active thyroid gland)
- Kidney disease
- Diabetes



These diseases can be managed and



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