

MAKING A MARK

LOCAL LIVES



The Mapua Makers Market diversifies as it attracts record numbers

The Mapua Makers Market held on 10 July was the biggest and most diverse yet with a record number of people attending. With this being a Winter market the focus was on warmth, luxury, and colour – vital ingredients for the colder days.

The Mapua Makers market was started five years ago by Moutere residents Lynn Price and Sally Reynolds. They stepped down from organising it last year but have continued to attend as stallholders. The Mapua Makers Market provides the perfect venue to showcase local arts and craftspeople. It is an indoor market, held in the beautiful Mapua Hall, specialising in quality handmade items. Several of the regular stallholders at the Mapua Makers Market come from the Moutere area – proving that Moutere is indeed a creative hub.

At the recent Winter Mapua Makers Market stallholders from Moutere included Lynn Price, a glass artist of 25 years, who creates unique wall-pieces, small sculptures, mirrors and exquisite jewellery out of fused glass. Neil Herriot with his beautifully crafted wooden boxes, salad servers, along with pate knives, and wooden spoons all lovingly crafted from recycled native timber; Peter Vendelbosch from Burnay Pottery with his extensive array of bird feeders that particularly encourage native birds into your garden, and Jenny Beasley of Cricklewood Craft a maker of colourful bibs and tag blankets for children.

A completely new innovation for the July market was the introduction of an Epicurean corner. This proved to be extremely popular with the public and the epicurean stalls were well supported. There were only six epicurean stalls but half of these came from the Moutere area; Hannes and Therese Krummenacher from Neudorf Mushrooms with their wide variety of dried mushrooms, mushroom and herb salt, mushroom risotto mix and wild mushroom soup mix. Colin Bott from Moutere Fruit with jam and chutneys made from produce grown and harvested in the Moutere and Jenny Beasley from Supplejack Estate with their locally grown and produced Barnea and Frantoio Extra Virgin Olive Oil.

Completing the Market experience was a selection of young local buskers, which included harpists, guitarists and singers, creating a relaxed atmosphere, perfect for browsing and shopping.

The next Mapua Makers Markets is on 25 September from 10am to 3 pm in the Mapua Community Hall. Further Markets are planned for 4 December 2016 and 15 January 2017. Please direct any enquiries to Vikki or Miriam, Market Organisers through the Mapua Makers Market Facebook page www.facebook.com/MapuaMakersMarket or email them at mapuamakersmarket@gmail.com.



ADVERTISING AND PRODUCTION

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 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.

Sending us editorial items

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.

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 1300 copies. This issue has been constructed by volunteers: Miriam Lynch, Tanya Doty, Beverley Sellers, Sharon Beuke, Avril Stephens and Heather Eggers.

Views expressed are not necessarily those of the voluntary editors and no responsibility is taken!

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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Although we are in the midst of Winter, there's still plenty happening here at Moutere Hills. Our social sports remain popular and are a great way to keep fit and meet new people, as is the Fitness Centre! For just \$12.95 a week, you can have access to some of the latest cardio gear and strength equipment in the district!

We are very excited to have Simone on board with her brand new Powerhooping class. This is another great way to slim down, strengthen and tone your entire body (see details below regarding her **FREE** trial classes!). Our ever-popular Quiz Evening is just around the corner and, we will be hosting our first Murder Mystery Dinner in October. Lock these dates in your diary (more details to below).

Regards Katrina & Vanessa



Powerhooping

FREE TASTER CLASSES

Wednesday 27th July - 9:15am & 10:15am (45 minute classes)



This full-body workout involves more than just hip-twirling; the weighted Powerhoop is used in a variety of maneuvers to work all of the body's muscle groups. Due to the hoop's weight and larger diameter, Powerhooping is easy to master. And, more importantly, the classes are FUN!

Powerhoop's patented design slims your waist, strengthens your core & tones your entire body!!

SOCIAL SPORTS - \$3 a session

Adults Social Badminton/ Social Touch
Tuesday's 6:30—8:00pm 6:00—7:30pm

Adults Social Table Tennis
Wednesday's 7:00—9:00pm

Adults Social Volleyball
Thursday's 7:30—9:30pm

Over 60's Social Fitness, Coffee and information group

Monday's 9:15am—10:15am
Thursday's 11:00am—12:00pm
Join us for an hour of social fitness, stay for a coffee and listen to one of our monthly speakers.
Bookings essential. More details phone 5432 516

UP-COMING EVENTS:



QUIZ EVENING

Saturday 6th August from 6:30pm

\$15 per person includes nibbles throughout the evening!

Join your friends and family and enter a table (6-8 people).

To register contact: enquiries@mouterehills.org.nz or phone 5432 516



MURDER MYSTERY DINNER

Saturday 29th October

Come and join us for dinner and a live interactive show where you help solve the mystery - guaranteed to be a great night out in the Moutere. More details to follow soon.



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





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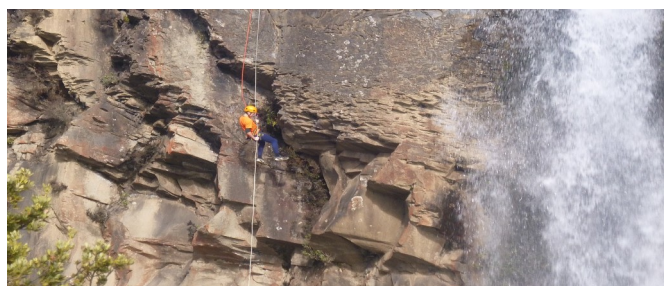
COMMUNITY

Senior Youth Camp, July 2016

We had an awesome trip up to Blue Mountain Adventure Centre, central north island with seven senior youth + leaders. We started off in the great high seas of the Cook Strait which claimed four of our crew, feeding the fish with pre-digested fish n' chips. Thanks to the late departure, and the slow, rough ride we got to our Wellington accommodation three hours later than planned (1.30am), everyone exhausted before camp had even begun. (Great icebreaker to start the trip?!) Once we arrived in Raurimu (Central Plateau) the weather had settled with cold frosty mornings and sunny days, giving us the ability to have some great day trips: climbing Mt Ruapehu with crampons and ice axes (even with the lack of snow the gear was still helpful!), abseiling off the side of Taranaki Falls, caving, mountain biking, rafting (Whakapapa and Tongariro Rivers), having gladiator battles on the high ropes course, and many late night sessions at BMAC's latest, greatest indoor climbing wall. We also saw ten million glow worms and enjoyed inspirational talks from Pastor Chris. The camp ran really well and the youth made new friendships and lifelong memories and had a ball.

We'd like to say a big thank you to all our supporters who helped with fundraising by buying our firewood, and also to those who donated wood to chop, apples and pears to pick and gardens to weed.

The enthusiasm at camp was high and the youth are keen to continue to be adventurous...



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.

From the Moutere Hills Residents Association

YOU MIGHT NEED A NEW WATER TANK

Tasman District Council is proposing some changes to the Public Water Supply Bylaw in an update on the previous bylaw from 2009 which is now expiring.

Two areas where Council intend to apply and enforce bylaw requirements are a "minimum storage for customers connected to a restricted flow supply", and for customers to "comply with any water restrictions imposed because of drought, emergency, or other reason".

This will affect all users on schemes with restrictors such as the **Dovedale Water Scheme**. Be sure to check out the new storage requirements outlined in the proposed bylaw text.

In short, this will be:

- a 25,000 L tank if you receive 1-3 cubic meters per day
- 7,000 L storage for every cubic meter supplied if you receive more than that

Storage requirements must be complied with by 1 November 2018.

Go to our website and follow the water supply news to find a link to the full proposed bylaw text and submission deadline.

Visit our website www.mhra.org.nz
or write to us at feedback@mhra.org.nz



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Moutere Community Youth 2016

AUGUST Junior Youth

Fridays/3:30-5:30pm/Year 5 - Year 7/\$2/meet at UMO church hall

*Come early after school for afternoon tea, gold coin donation

- | | |
|----|----------------------------------|
| 5 | Crafty Afternoon |
| 12 | Choose your own adventure |
| 19 | Torchlight Trail. Meet at 5.30pm |
| 26 | Hang out in Dovedale |

INTERMEDIATE YOUTH

2nd & 4th Fridays/6:30-8:30pm/Year 7 - Year 9/\$2/meet at UMO church hall

- | | |
|----|-------------------------|
| 12 | Night trail extreme |
| 26 | Urban GPS Treasure Hunt |

Senior Youth

1st & 3rd Fridays/6:30-8:30pm-ish/Year 9 - Year 13/\$2/meet at UMO church hall

- | | |
|----|--|
| 5 | Hang out at Moutere Hills Community Centre |
| 20 | Skiing at Rainbow ski field |

QUESTIONS?

Tessa - 022 101 2276/Billy - 021 027 28825
moutereyouth@gmail.com

Upper Moutere

Volunteer Fire Brigade

Call Outs

Callouts from the 16th June to 15th July:

- * 19th June, MVA, Upper Moutere Highway
- * 25th June, MVA, Dovedale Road.
- * 2nd July, fall from motorbike, Supplejack Valley.
- * 13th July, tree over road between Wills and Harley Road.

Skate Ramp

A 'Ramp Jam' was held on the 3rd July to open the Skate Ramp (behind the UMO Lutheran Church). This project has taken about four years to complete, with many of the community involved to make this happen. The Ramp Jam itself was a success with 15 young people showing their skills on scooters, skateboards and roller blades. Thank you to Moutere Motors, Moutere Store, The Old Post Office and Cheapskates Nelson for donating some cool spot prizes that all the riders enjoyed. There will be continual maintenance required so any time or monetary donations are gratefully accepted. Come and use it!





Rural Women New Zealand (RWNZ) is very concerned about the changes to firearms' licensing, training and testing, being proposed by the Mountain Safety Council (MSC). The MSC executive has been announcing these changes in a series of road shows around the country. Volunteer instructors are being told their services are no longer required.

The current MSC Firearms Safety Programme has about 480 volunteers with significant hunting and shooting experience. They are based in 150 locations in New Zealand. MSC propose to significantly reduce the number of trainers and the number of locations.

"The proposed changes will seriously impact rural communities," says Fiona Gower, RWNZ Vice President any rural to happen."

MSC volunteers have been delivering the Firearms Safety Programme for the past 30 years and its success can be measured by the steady decline in the number of unintentional shooting incidents, better practical training and advice, and monitoring of the behaviour and safety standards of fellow shooters.

RWNZ say MSC should consult with representatives from the rural sector to assess the impacts on the rural community before they decide on making any changes.

Step into Spring

Fun Run/Walk

5km Sunday the 18th of September 2016

Medals
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ANIMALS



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Fiona Ramsay of Tasman Equine Therapies is an Internationally Qualified Equine Therapist. With over 300 hours of intensive training through Equinology of California, Fiona has been practicing Equine Body Work for 10 years. Alongside these qualifications, Fiona has also furthered her training in Equine Holistic Osteopathy, Hoof Biomechanics, Equine Nutrition and Equine Red Light Therapy.

Equine Body work is of great importance when dealing with post injury rehabilitation, sport performance and biomechanic asymmetry. Fiona is presently studying in Equine Biomechanics, an international programme which she obtained through a scholarship in 2015.

If you have any concerns regarding the musculoskeletal health of your equine friends, nutrition, rehabilitation or any other queries, Fiona is happy to discuss these with you and assess your horse for a specific modality.

Fiona is located in Upper Moutere and gives Rider Functional assessments on the Tasman Equine Therapy arena. This assessment is with both rider and horse and treats the combination as a team. Fiona is a qualified Sports/Remedial Massage Therapist and is sole owner/operator of Moutere Massage.

Enquiries and bookings ph/txt 027 452 3906

fb Tasman Equine Therapies





Puncture Wounds in Horses Hooves

Punctures to all areas of the sole and frog are relatively common. The wounds can range in significance from none at all to a severe life threatening injury, depending on the site of the puncture and depth of penetration.

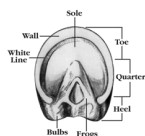


What types of puncture wounds occur?

Common causes are misdirected shoeing nails or penetration by nails, wire, glass etc which get stood on in bedding, out in the paddock or while riding.

Simple puncture wounds result in bruising and often secondary infection and subsequent abscess formation.

The further away from the hoof wall that the puncture occurs, the higher the risk that the injury may have damaged the underlying pedal bone.



Treatment

- If you find a nail or piece of wire or glass in your horses' foot, pull it out so that the horse cannot tread on it again and cause deeper injury.
- If you can't remove the foreign body or if it is obviously a deep puncture, call your vet without delay.
- If you are satisfied that the puncture is simple and uncomplicated, the sole and hoof wall should be cleaned and a poultice applied.
- If your horse becomes lame within the next 24-48 hours, your veterinary surgeon should be called as this indicates infection or damage to deeper structures
- If the horse is lame immediately, or the puncture wound involves the frog or back half of the foot, you should call your vet without delay. Apply a clean dry bandage or a poultice while you are waiting for the vet to arrive.

Will further treatment be necessary?

If infection has developed the pus will need to be drained before it can be resolved. Your vet or farrier will cut a hole into the sole to allow pus to drain out. Another poultice may help to 'draw' out the infection. For simple infections this is usually all that is required.

Important: Puncture wounds to the foot—or anywhere, are particular risks for contracting Tetanus because they get contaminated with soil, which often contains the Tetanus bacteria. Every horse should be regularly vaccinated against Tetanus to reduce the risk and avoid the chance of a minor wound resulting in unnecessary complications.

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ANIMALS

Hello Animal Lovers

I do not usually use my column to talk about or recommend a book but this month I will make an exception.

When Nuala and Jamie Gardner, a Scottish couple, had their son they had no idea of the journey the whole family were to take. Their son Dale started exhibiting extreme behaviours at a young age from silence to screaming in just seconds and when he was diagnosed with severe autism they were at their wits end to know how to break through and help him communicate. Through a chance encounter with a friend's dog and Dale's positive response to it they decided to get a puppy. This was not just any puppy but a beautiful golden retriever who they called Henry after Dale's obsession with Thomas the Tank Engine. With patient work the bond between Dale and his dog helped them produce the breakthrough in their son they had long sought.

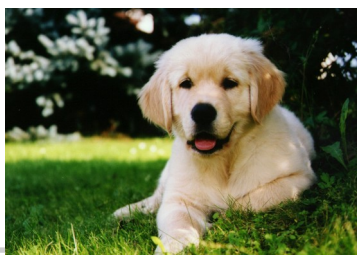
The book is called 'A Friend like Henry' and is a compulsive and moving read. It describes how Henry was able to 'read' Dale and be supportive and consistent helping him eventually to communicate, go to school and eventually get a job helping other children like himself in childcare centres. It is a perfect example of how dogs can be very perceptive and astute when dealing with unpredictable situations. Nuala has also written a sequel called 'All because of Henry' in which she describes her model for support dogs being rolled out in many countries. Autistic and sight impaired children have trained dogs that help them learn the communication skills and recognise how to deal with dangerous situations, such as crossing a road, successfully.

Even if autism or disability is not part of the majority of families, it shows how a dog can be used to help with communication, boundaries and above all how to love and show affection. I recommend this book as a great and inspiring read of anyone who loves an animal.

I am always happy to answer an animal behavioural questions.

Sue Mott

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COMING EVENTS AT THE MOUTERE INN

❖ LIVE MUSIC 7pm Saturday 6th August "Easy Tiger"

Easy Tiger - More Tiger than Easy. This is not your usual cover band. A five piece from the Moutere Hills, playing a mix of Indie rock and classics with a twist. From Elvis Costello and the Black Keys, to the Pixies and PJ Harvey.

❖ FINE DINING EVENING Sat 27th August 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 Wed.

1st Thurs Folk Night.

This month the 4th.

2nd Thurs Quiz Night.

This month the 11th.

3rd Thurs Curry Night.

This month the 18th.

Last Thurs Cigars and Whisky

This month the 25th.

THE MOUTERE INN
THE CENTRE OF THE MOUTERE

Phone 543 2759
www.moutereinn.co.nz

There's Spinach around and it's tasty! Here a great recipe from Soo Gee to use Spinach in.

MUFFINS

3 eggs, 1 ½ cups milk, ½ cup canola oil, 2/3 cup grated cheese, 75 grams feta, crumbled, 4 cups self-raising flour sifted, ½ teaspoon chicken stock powder, 1 red onion diced, 2 tomatoes chopped, 1 cup finely chopped spinach, salt and pepper to taste.

Oven on 180c. Butter or line some muffin tins (which ever you prefer).

Whisk all the wet ingredients together, mix all the dry ingredients together and add to the wet mix, stirring lightly to just combine everything. Spoon into muffin tins and cook for 20-25 minutes.

Baby Spinach is a good price at the moment with many uses; pinwheel scones, add to soups just before serving. Fry with a little garlic and bacon or on its own with ginger. Raw with crumbled feta and a little dressing of your choice, served with a poached egg is a tasty light meal. Just remember it doesn't need much cooking and sometimes none at all!

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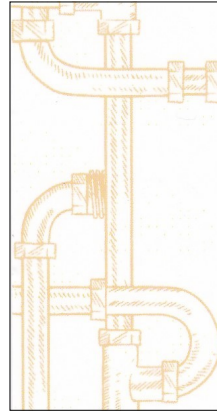
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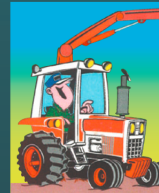
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FIREBUDDY
HELP US KEEP YOU SAFE

Learn How to Use Your Fire Blanket

Fire blankets are essential fire safety tools that can save lives and property in the event of a fire. Fire blankets are nonflammable and work in temperatures up to 900 degrees. They work by smothering small fires and suffocating the oxygen needed by the fire. Due to their simplicity, a fire blanket may be more useful for someone inexperienced with fire extinguishers.

Choose the right type of fire blanket for the situation. Small fire blankets are generally made of fire-treated synthetic materials, are best for home and small office use. Larger fire blankets are mostly made of fire retardant wool and are often in industrial situations.

Review fire blanket instructions before you need to use it for fire safety reasons.

Make sure the fire blanket is stored in an easily accessible place or a quick-release container. Always store a fire blanket in the kitchen, as this is where most home fires start

Protect your hands and body by wrapping them in the top edge of the blanket as you calmly place the blanket over the fire. Another option

**WATCH THE VIDEOS
FIREBUDDY.CO.NZ**

for protecting hands is to wear fire-resistant gloves if available.

Use the nonflammable blanket as a shield as you approach the fire.

Place the fire blanket over the fire. Do not THROW it. The chances are high that you will miss the fire and spread the liquids.

Turn off the power and heat source.

Often you will see smoke seeping through the blanket. This is normal.

Leave the blanket in place. DO NOT remove it for at least two hours. Removing the blanket will allow oxygen to feed the fuel and it can instantly burst back into flame.

If the fire blanket is unsuccessful in putting out the fire, leave the building immediately and call 111

A fire blanket can be used as a fire shield should you have to move through a burning room. Stay low. Stay safe.

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What to bring - a yoga mat, light blanket and water bottle
Drop-in class \$10. All levels welcome

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NECK/SHOULDER/ARMS/UPPER BACK

Pain in the Neck ? This can be caused by injury, either by trauma or by gradual, overuse strains. Pain can be noticed on one side of the neck and gets worse when you turn your head in certain ways, or lift your arm from the shoulder. Neck pain can cause referred symptoms of pain, tingling or numbness down one arm and into the hand. Headaches and dizziness can also be caused by neck problems, either through spasm in the neck muscles or because your injury is interfering with the flow of circulation between your vertebrae.

Correct application of massage to the neck, shoulders and upper back can greatly alleviate neck pain and referred symptoms. If you have been suffering from restricted neck movement and pain, try this months' special with qualified massage therapist, Fiona Ramsay at Moutere Massage.

1 Hour Session \$50

Ph/txt 027 452 3906 to book an appointment.

