

# The Grapevine

## MOUTERE HILLS COMMUNITY NEWS

# IN THE MIX

Inside this issue:

Community	3-7
Recreation	8-11
Arts and Crafts	13
Moutere Youth	15
Food	16-17
Animals	19-21
Gardening	22
Health & Wellbeing	23-24

Special points of interest:

Every Friday Sharing table  
MHCC

7 December—Ladies Night  
Market (page 8)

17 December—carols at  
Neudorf Vineyard (page 8)

28 January—Sarau Festival  
(page 4)

11 February—Dovedale  
Country Affair (page 8)



A true foodie, Jacqui Kennedy has discovered the perfect kitchen appliance for her—and she loves showing others why.

## LOCAL LIVES

Jacqui Kennedy has always loved cooking. Her passion has been passed down from her mother and both grandmothers, one of whom worked as a cook on a grand English estate in the 1930s. "As I young child, I loved watching Fanny Craddock on the TV while pretending to make food," she says.

Since those early years growing up in England, Jacqui has travelled the world with her husband Richard in the course of his work as a Water Desalination Engineer. While living in places as diverse as Israel, the Virgin Islands and the Marshall Islands, she learned to cook using local produce and to savour many different kinds of food.

The couple have lived in the Moutere for the past 13 years, deciding to settle here while their two now grown-up sons went through school. Along the way, Jacqui has done a variety of jobs, from hair and beauty treatment, to fashion retail, and managing a vineyard and accommodation. Now, she has come full circle, returning to her natural love for cooking.

It all started when she attended a demonstration of the Thermomix kitchen appliance, designed in Germany, now produced in France, and distributed in New Zealand since 2009. Jacqui was so taken with its capabilities that, in April 2016, she joined a team of four, showing what the machine could do to interested people across the top of the South

Island, from Westport and Golden Bay to Blenheim. Now team leader, she has seen the group grow to nine.

A simple white appliance that sits on the benchtop, the Thermomix replaces the need for at least 12 other pieces of kitchen equipment, she says. With inbuilt scales, timer and heating element, it can stir, blend, knead, chop, crush, grate, mix, mill, grind, mince, stew and braise. Layered cooking is also an option with the addition of a steaming tray. And because everything is digital, it guides even the most unintuitive cook step by step through the process of making tasty food with touch screen recipes.

At a recent demo, Jacqui used the machine to quickly whip up gluten-free cheese puffs, beetroot, carrot and apple salad, garlic and rosemary flatbread, coconut chicken curry with cauliflower rice, and mango and turmeric sorbet for the assembled group of eight. The only other kitchen appliance used on the night was the oven to bake the puffs and flatbread.

Jacqui says she uses her Thermomix at home every day to make mayonnaises, flours, jams, chutneys and curry pastes, as well as for cooking meals. "I particularly like the fact that you know what goes into your food," she says.

These days, she has grandchildren of her own, and they love to come over and make frozen fruit ice cream and cakes. It looks like the family's cooking gene has passed to another generation...

If you would like to find out more or to arrange your own Cooking Experience at your place, call Jacqui on 027 346 4071. [www.thermomix.co.nz](http://www.thermomix.co.nz)

## 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](mailto:umograpevine@hotmail.com) or provide paper based, print-ready copy to Moutere Motors.

**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](http://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!

## MAKE AN IMPACT LOCALLY

Please remember to support our advertisers. With their support, we deliver the Grapevine to 1300 households in the Moutere Hills area.

Lots of them are locals too and what better way is there to get to know your neighbours?



**Tile It**

Custom Tiling  
Waterproofing  
Wood Flooring

**Tom**  
**021-0485649**  
**03-5432644**

**PGG Wrightson**  
**Real Estate**

**Doug Smith**  
Licence No. 20010862  
Rural/Lifestyle Real Estate Consultant

[douglasjcsmith@pggwrightson.co.nz](mailto:douglasjcsmith@pggwrightson.co.nz)  
**M** 027 543 2280  
**H** 03 543 2280  
**F** 03 541 0903

PGG Wrightson Real Estate Ltd  
Real Estate Agent, REAA 2008  
8A Gladstone Road, Richmond 7040  
PO Box 3008, Richmond, Nelson  
New Zealand  
[www.pggwre.co.nz](http://www.pggwre.co.nz)

*Helping grow the country*

**CWS**  
**Complete Water Solutions**

**COME AND SEE US  
FOR A GREAT DEAL**

Your local suppliers of  
**TANKS, PUMPS &  
UV FILTERING SYSTEMS**

**24 Huffam Street Motueka    Ph: 528 0040    [www.cwsnz.co.nz](http://www.cwsnz.co.nz)**

## Treasures in the Rubble

*Rosenthal at Neudorf*

*by Ruth Russ*

Treasures that have been masked by wintry hibernation are starting to bloom. It was exciting coming up to the old school site in early spring to find plums and apple trees blossoming. Magnolias and clematis tangled up in conifers and cabbage trees have come out of hiding. The strawberry trees are even starting to fruit. (I don't know if that's what they're really called; that's just what Dad always called them when he was at Neudorf School.)

We've also discovered some treasures in the toilet block. After deciding to pull the lining off, we were somewhat nervous about what we might uncover: rats, dead birds, or worse. I have to admit, at times I fought the urge to throw up while sweeping up the mouldy ceramic pieces of the old toilets and the broken glass kindly scattered by past vandals. But aside from that, and finding a few birds' nests inside the framing, it's been a pretty horror-free experience. We've found empty packets of glucose tablets and Weight Watchers jelly. Some old soap and a few pens. A note saying, "Matthew found two grubs in a rotten log. Dean found some sort of grub."

There are also plans to breathe some new life into the school foundations: not on top, with the running feet of children, but underneath, with all kinds of edibles. Although I'm a little bit nervous about implementing our plan, given the army of rabbits that appear to storm the place at nights. Time will tell whether our experiment is a success. And probably a very short amount of time, I imagine.



### To the Sarau Trust Committee.

On behalf of Rangers Football Club, we thank the Trust for kindly donating, to help us purchase new footballs for the 2017 season.

*Owen Stephenson, Co-chair, Rangers Football Club*

## We want your Books!

...for the SARAU FESTIVAL

Please drop your books in to the MHCC  
or call Sharon to arrange an  
alternative, 027 432 8145

**T H A N K S !**

### 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**

### UPPER MOUTERE VOLUNTEER FIRE BRIGADE

Here are callouts from 16th Oct-15Nov

- 19/10 Fire in pine trees, Waiwhereo road.
- 3/11 Motor vehicle accident, Dominion Rd/ George Harvey Rd
- 8/11 Flooded basement, Broadsea Av, Ruby Bay
- 13/11 Fire on stove, Langford Dr, Mapua.

If you do ever have an oil fire on your stove, don't ever use water! It can spread the fire. Use a fire extinguisher and ring 111. If small, find something to smother it with, tea towel, pot lid or even salt can be effective.

**WANTED**

Cheap bike for five year old boy and seven year old girl.

Call Sue 5432350



**We will be showcasing the Moutere again at our 11<sup>th</sup> annual Sarau Festival on 28 January 2018!!**

Put the date in your calendar now, and come along to support your community and your festival!

- Guest chef – Miles Drewery
- Barker's Bake-off – get creative!
- Photographic competition – start snapping
- Moutere Artisans
- Moutere History
- Sarau cream teas
- Huge recycled book stall
- Animals and kids area back again – loads of fun for everyone!
- Masses of stalls, activities, workshops & displays.
- Food, beer, wine & cider
- Music and entertainment
- Blackcurrants & local produce, fresh, frozen and growing
- Wear purple!

**A fun day out for the whole family.**

**Keep up** with all the exciting Festival news and competition details on [www.saraufestival.co.nz](http://www.saraufestival.co.nz) or 'like us' on facebook and keep up with our changes – we can't fit it all in here!



## Packhouse Staff Required

We are looking for reliable and hardworking people to join our team in the following roles for the 2018 apple and pear harvest season.

**Packers/Graders  
Shed Hands  
Packhouse Cleaners  
Forklift Operators  
Documentation Staff**

Job sharing is welcomed and experience is not necessary as full training will be given.

Work will commence mid-February and finish late May/early June.  
Hours of work are 7.30am to 5.00pm

We are in Nile Road, just of the Coastal Highway, approx. 3km from Mapua

For more information or to apply  
see [www.thawley.co.nz](http://www.thawley.co.nz)



**Damien O'Connor**  
MP West Coast/Tasman

Freephone 0800 326 436

234 High Street, Motueka | Phone 03 528 8190

208A Palmerston Street, Westport | Phone 03 789 5481

181 Tainui Street, Greymouth | Phone 03 768 7189



[damienoconnormp](https://www.facebook.com/damienoconnormp)

Authorised by Damien O'Connor, 208A Palmerston Street, Westport



**Call us for a quote or estimate on  
your next building project**

**0274 460 739**



Visit us on  
Facebook

## Mapua Playcentre

Playcentre is different from your standard playgroup. You're there to play **WITH** your children. It's easy at home to find all the chores that need to be done. At Playcentre though, you spend 2.5 hours focussed on whatever your kids are interested in that moment – painting, sandpits, play dough, dress ups, climbing, carpentry – it's all available to them. The children really respond to that focussed attention and the possibility of choosing whatever they want. As a bonus – the mess is contained to Playcentre!



There is a paid 'supervisor' (teacher) on session who always have fantastic activities lined up – 'swing painting' (where the children lie on the swing and paint onto paper underneath them); rockets made from film canisters, vinegar and baking soda; baking scones with each child mixing their own scone.

There's generally half a dozen families at each session. The kids quickly get to know the other children, and the parents likewise. We also have Dad's and Grandparents coming along.



Mapua Playcentre has been a prominent place for families in the Mapua community for over 60 years. We have a qualified supervisor on each session and we love having visitors so please feel welcome to drop in at any time and find out what Kiwi families have been embracing for generations.

We offer a term of free sessions for first time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. There is no need to book – just turn up and join in. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 2534264, email: [mapuaplaycentre@gmail.com](mailto:mapuaplaycentre@gmail.com) or find us on Facebook.

## THE SHARING TABLE

*BRING WHAT YOU HAVE—TAKE WHAT YOU NEED*

Every Friday at the Mouere hills Community Centre 9am-5pm



**Its Free!**

# ENJOYING RURAL LIFE IN THE MOUTERE



Early Childhood Education & Care



HOW LUCKY ARE WE.....Wide open spaces, great big veggie gardens and an amazing team of adults and children working hard to look after it.

We had an awesome morning today, with teachers and children 'planting out' some veggies that we have grown from seed, as well as some other plants that have been donated. Thank you Keith for preparing our veggie bed and helping us to plant potatoes. Our curriculum around **learning about being responsible for the living world and gaining knowledge about how to care for it** has been very broad and rich this week; looking after guinea pigs, goldfish and then planting our vegetable patch and going for a paddock walk. I think we can say that we are able to provide an exciting learning environment where we love to explore the outside world as much as the inside! We are learning to be Kaitiaki.

**Kaitiaki** is a New Zealand term used for the Māori concept of guardianship, for the sky, the sea, and the land; and the process and practices of protecting and looking after the environment are referred to as kaitiakitanga.

Natural resources are gifts from Papa-tū-ā-nuku (Mother Earth) and provide fundamental learning experiences for the tamariki/children. Supporting and facilitating children's learning within this environment allows them to develop working theories for making sense of the natural and physical world (ECE Curriculum).

Tess. November 2017





*I've sent high commissions PACKING  
with our UNBEATABLE FLAT FEE*



# YOUR LOCAL TALL POPPY



**Find out how  
we can put  
money back  
in your  
pocket**

**100%**  
**Independent**  
**Customer**  
**Satisfaction**  
**Rating**

**Kiwi**  
**Real Estate**  
**Home Grown**  
**& Locally**  
**Owned**

**Unbeatable**  
**Flat Fee**  
**More money**  
**in your**  
**pocket**

**CONTACT DEBBIE WATSON YOUR LOCAL REAL ESTATE AGENT  
FOR A NO OBLIGATION APPRAISAL**

**P** 03 543 2629 | **M** 021 462 629

**E** [debbie.watson@tallpoppy.co.nz](mailto:debbie.watson@tallpoppy.co.nz) | **W** [tallpoppy.co.nz](http://tallpoppy.co.nz)



BULSARA T/A TALL POPPY LICENSED UNDER REAA 2008

NELSON TASMAN LICENCE OWNER





# Ladies NIGHT market

Come along, do some Christmas shopping at over 20 stalls, ranging from health and beauty products and services to amazing gift ideas and crafts. While you're there, enjoy a glass of bubbles and maybe even win a raffle or enjoy a facial or a massage!

**\$10  
ENTRY**

*Includes a  
glass of bubbles*

**Thursday 7-9pm  
7th December**

Being held at ...



**moutere hills** community centre  
sport, activities, events, and so much more



Tickets - Upper Moutere School, or Moutere Hills on the night

## Celebrating Christmas



Carols at Neudorf Vineyard

Sunday 17th December 7pm

Bring a rug, a picnic and your singing voices.  
(The cellar door will be open)

Christmas Eve

St Paul's Lutheran Community Church

Saturday 24th 7pm Family Service

11.15pm Reflective Service

Christmas Day

Sunday 25th 9.30am

We hope you can join us as we celebrate this special time of year and we wish you, your family and friends a safe and blessed Christmas.

## DOVEDALE COUNTRY AFFAIR

*February 11th 2018*

Our annual event is on again. If any craft people would like to have a stall, please contact Ann Win on 03 5433832 or email [evanannwin@ruralinzone.net](mailto:evanannwin@ruralinzone.net) for an application form.

Sites are \$30.00.

Our food allocation has been reached so no food stalls please.



# MOUTERE HILLS COMMUNITY CENTRE

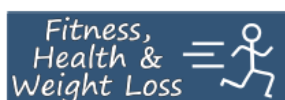


*It is hard to believe we are into December already and Christmas is just around the corner. It has been a great year for the Community Centre. We continue to grow from strength to strength and work hard to meet community needs, providing a space that is safe, and welcoming for all. The success of the Centre is due to the wonderful support we receive from you, the community. We wish to thank all the wonderful club and social sports volunteers for their valuable contribution to activities at the Centre, as without them we would not be able to provide such a wide variety of quality activities at such an affordable rate. We also wish to thank the many local businesses, groups and individuals who donate funds, products, time and expertise to the Centre—we couldn't do it without you!! We have already taken several bookings for next year so if you are looking at having any meetings, conferences, social occasions or events then why not consider hosting them here at Moutere Hills Community Centre. Give us a call to discuss your requirements—we would love to work with you!*

*Wishing you all a very Merry Christmas and Happy New Year.*



*Kind Regards Katrina, Adele, Cindy, Cindus and Joan.*



## Community Fitness Centre

### Student Summer Membership



*Stay active over the summer holidays by taking up our special Summer promotion!*

Join for 3 months from **1st December – 28th February** and pay just **\$100**.

**No joining fee.** Please note that an additional charge of \$30 applies should you require a fitness programme.

To qualify you must be enrolled at a Secondary School or Tertiary Institution.

You must be 15 years of age or older. All other usual terms and conditions apply.

**GET THAT BIKINI BODY, HEALTHY HEART AND FUTURE FITNESS, NOW!**



### Fitness Centre Classes



We have a number of classes available that are free of charge to fitness centre members or only \$5 for non members. All classes finish during the week of the **18th—22nd December** and restart during the week of **15th—19th January**. Classes are as follows:

MONDAY'S	Active Older Adults	10:00am—10:45am
	Pure ZUU	7:15pm—8:00pm
	Box Fit	8:00pm—8:45pm
WEDNESDAY'S	MetaFit	6:00pm—6:30pm
	Core Foundations	6:30pm—7:15pm
THURSDAY'S	Pure ZUU	9:00am—9:45am
	Box Fit	10:00am—10:45am
	Circuit	6:00pm—6:45pm
FRIDAY'S	MetaFit	9:00am—9:30am
	Core Foundations	9:30am—10:00am



**Phone: 543 2516**

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

**Website: [www.mouterehills.org.nz](http://www.mouterehills.org.nz)**



# MOUTERE HILLS COMMUNITY CENTRE



## SUMMER HOLIDAY OPENING HOURS



Holiday Hours and Dates are different for the various operations and activities at the Community Centre.

### MHHC Office

The office will close on Friday 22nd December and re-open on Monday 8th January. For any urgent enquiries during this time you can phone 027 5118825.

### MHCC Fitness Centre

For members the fitness centre remains open over the Christmas period, including all Statutory days.

### MHCC Fitness Centre classes

All classes will conclude on the 22nd December and commence again on the 15th January.



### MHCC Social Sports

All social sports are run by various volunteers. Due to that they have different finishing and starting dates:



Table tennis finishes on the 6th December and starts again on the 7th February

Badminton finishes on the 19th December and starts again on the 9th January

Volleyball will continue right through the Christmas and New Year break.

### Upper Moutere Playgroup

This group will have their last get together for 2017 on Friday 22nd of December and then will begin meeting again on Friday the 19th January.

Many of the activities on offer here at Moutere Hills Community Centre are run by various tutors and stop for several weeks over the Christmas Holidays. A full programme of activities and their start and finish dates will be published on our website, facebook page and in a community newsletter in mid December.



## Development of our Community Recreation Space

Work is continuing on the development of the outdoor community recreation space. We are hoping to create a fun area that family, friends, neighbours and visitors alike can enjoy at all times. We eventually plan to have a lovely outdoor space that has a lot of creative and active play areas for children, relaxing seating and picnic areas, a BBQ area and social areas providing activities that are appealing for all community members. So far we have managed to create a few garden areas with history panels. We are currently working on a pre-school play area which will have shade, physical and imaginative play spaces and areas for parents to sit and supervise their children. Unfortunately we can only complete work as funding becomes available. We would love to hear from any businesses or individuals in the community that may be in a position to donate funds, or time to help us complete this area. We have received a generous grant from pub charity which has allowed us to purchase toddler swings and the Menzshed in Richmond is currently rebuilding our much loved playhouse. We are currently seeking the following:

- Donation of funds to purchase additional play equipment (we have costings for each item)
- Donation of picnic tables and outdoor seats/benches
- Able bodies (and some machinery) to help with installing equipment and landscaping this area.



If you are able to help us we would love to hear from you. Please contact Katrina at the office, by emailing [katrina@mouterehills.org.nz](mailto:katrina@mouterehills.org.nz) or by calling her on 0275118825.



**Phone: 543 2516**

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

**Website: [www.mouterehills.org.nz](http://www.mouterehills.org.nz)**



# MAPUA BOWLING CLUB

## THE WRITE BIAS

On the 2<sup>nd</sup> of November Club President, Dave England, welcomed a keen group of Mapua Bowling Club members to the start of the new season. The season Opening Day had been delayed a month due to green renovations. The members were delighted to have the green back in action.

The season will be busy from the start. Roll-ups are held at the Club every Tuesday, Thursday and Saturday afternoons beginning at 1:15pm.

The Club has entered 2 Mapua teams in the Presidents Cup, a Nelson Centre tournament series held on Saturday mornings. The Club also has a team entered in both the men's and ladies Centre 5 Interclub Nelson-wide competition.

Mapua's first open tournament of the season will be the Kath O'Reilly Memorial 2-4-2 which will be held on Monday, the 11<sup>th</sup> of Dec.

Club championships will also take place in December. It will be a very busy month for Mapua bowlers!

Have you been looking for an evening activity to help unwind after work? Or maybe you are someone who prefers bowling in the cool of the evening. In either case **Leisure Bowls** might just be what you are looking for.

**Leisure Bowls** (previously known as League Bowls) These sessions are open to new and existing bowlers with both friendly and competitive play. There is no need to pre-book; just turn up on a **Monday evening** and give it a go. Play starts at 6:00pm. Flat-soled shoes are essential to protect the green, but there are plenty of sets of bowls to borrow at the club and the bar is always open. Cost for the whole season is only \$42.50 or you can pay a weekly fee of \$5. **Why** not give it a try?

To close for the year, we wish you bowlers out there a wonderful and safe holiday season.

*For information about bowling, coaching or booking the clubhouse and facilities please call President Dave England 03 540 2934.*



# Moutere Spin

Moutere Spin is a small country gym studio specialising in small group spin cycling/ core fitness classes.



CYCLING  
MOTIVATION  
NO FEAR

## Summer Timetable

Monday 6am, 6:30pm; Tuesday 6am;  
Wednesday 6am, 6pm, 7pm; Thursday 6am; Friday 6am  
Facebook @MoutereSpin; Phone 0274229949

Est. 1850

# Moutere Inn

New Zealand's Oldest Pub



## What's Happening In December



### "Livestock 11" 1 – 7 pm Sunday 3<sup>rd</sup>

ALL ORIGINAL ALL DAY ! Rocksalt, Lodestone, Dropzone, Silent by Device, Kath Bee, Riptide, The Fartbombs, Ian Simpson, Eric Keepa, The Ruck, Ryan Johansen, Braeburn Ninja conspiracy.



### New Years Eve 9pm Sunday 31<sup>st</sup> "Andrew White"

Andrew White is one of those rare artists who can skilfully combine brilliant finger-style guitar work with a compelling story in lyric and deliver them both in an engaging live performance. Andrew has toured and collaborated with artists as diverse as, Clannad, The Corrs, Michelle Shocked, Tommy Emmanuel, and John Martyn. One not to be missed.



### Merry Christmas and Happy New Year!

We're closed Christmas Day. Open as usual every other day from midday. Have a fun and safe holiday season!

### Don't Forget

1 <sup>st</sup> Thurs Folk Night	This month the 7 <sup>th</sup>
2 <sup>nd</sup> Thurs Quiz Night	This month the 14 <sup>th</sup>
4 <sup>th</sup> Thurs Cigars and Whisky	This month the 28 <sup>th</sup>

PHONE 5432 759

WWW.MOUTEREINN.CO.NZ

FACEBOOK/MOUTEREINN

1406 MOUTERE HIGHWAY, UPPER MOUTERE 7175

**A great job at a GREAT Price!**

## **SUN ELECTRICAL**

**Phone: 03 540 2367**

[www.sunelectrical.co.nz](http://www.sunelectrical.co.nz)

**Tony: 027 3784 580**

**Troy: 022 080 4751**

124 Aranui Rd  
Mapua, Nelson 7005  
[sunelectrical@xtra.co.nz](mailto:sunelectrical@xtra.co.nz)

Domestic  
Industrial  
Commercial  
Caravan WOFs  
Solar Power Systems

**Our highly skilled and experienced electricians can provide solutions to meet your electrical needs**

- New house/shed wiring
- Rewiring
- Alterations and repairs
- Hot water elements and thermostats
- Energy saving solutions
- Power bill forensics
- Garden and outside lighting
- Solar power systems
- Caravan electrical warrants
- Sewerage and pumping systems
- Test and tag
- Switchboard upgrades and replacements
- Oven and store repairs
- Urgent breakdowns
- Industrial wiring and maintenance

**[www.sunelectrical.co.nz](http://www.sunelectrical.co.nz)**

# **We can help your business grow**



**PITT & MOORE**  
LAWYERS AND NOTARIES PUBLIC

Nelson 03 548 8349  
Richmond 03 543 9090  
[www.pittandmoore.co.nz](http://www.pittandmoore.co.nz)  
Low3KUnit

## **Harcourts**

**MyMove Mapua**  
Property Management



- Protecting your investment
- Maximising your return
- Sensible rates without compromise
- We look after your property as if it were our own!
- Also covering properties in Richmond & Motueka

Call Amanda James on 03 544 2065  
Email [amanda.james@harcourts.co.nz](mailto:amanda.james@harcourts.co.nz)  
[www.mymove.co.nz](http://www.mymove.co.nz) | Licensed Agent REAA 2008

**Mapua HOLIDAY Homes**

Friendly • Professional • Stress-free

Full & Part Time Lets Managed  
Mapua-based Managers  
A friendly & professional service

Call Sian Potts on 027 296 8345  
Email [sian.potts@gmail.com](mailto:sian.potts@gmail.com)  
[www.mapuaholidayhomes.co.nz](http://www.mapuaholidayhomes.co.nz)

# **Heine's**

**Cartage and Contractors**

We have trucks, excavators, a dozer, a grader, and the expertise to do all your cartage, drainage, building site & foundation, roading, and subdivision work.



40 years of local knowledge

and experience in the transport and contracting industry

Phone Wayne on 03 5432 788

027 430 2725

Or call in at our workshop and office at

1455 Moutere Highway

(by the firestation)

UPPER MOUTERE

December 2017

Newsletter



### Pastel Artists of New Zealand, Nelson Region

Well it is officially okay to talk about Christmas now. Our group is now on a bit of a break over the holiday season to take time with family and friends. But wait ... we will be keeping up our creativity by doing our Christmas Challenge. What is that you say? We select two pictures from a whole bunch that we have submitted and we work very hard to find the perfect ones to paint over the next two months. How simple is that? Well not really, the object is to take the picture and transform it into something that doesn't actually look like the picture but includes some element of the picture. This is really taking us out of our comfort zone and making us use our creative minds and you would be amazed at some of the ideas our members come up with. I was really challenged and was particularly impressed with the results the first time I was involved in this fun activity. All will be revealed when we return to our Tuesday morning group at the Mapua Community Hall on February 13, 2018.

We will be holding our annual exhibition in February of next year so please reserve the date on your calendars. Our opening night will be on Friday, 23 February and the exhibition will run until Sunday, 25 February 2018. As always, we will have a wide variety of outstanding pastel paintings on display and all will be available for purchase. The exhibition will be held in the Mapua Community Hall. Watch for details as we get closer to the date.

Until next year, on behalf of all of the members of the Pastel Artists of New Zealand, Nelson Region we would like to wish you all a happy, safe, fun filled and joyous Christmas and New Year as you celebrate the holidays with your family and friends.

For additional information please contact our Area Rep, Glenys Forbes at 03 540 3388 or by email [gmforbes@ts.co.nz](mailto:gmforbes@ts.co.nz). You can visit our **FACEBOOK page:** PANZ Pastel Artists of New Zealand to see what some of our pastel artists are creating.

Gloria Anderson

### Looking for the perfect gift? Gift the Taste of Tasman

We'll help you choose just the right item or basket for your special someone. Select from hundreds of food, skincare and gift items ... all from Nelson Tasman. We'll even wrap and ship for you ... easy!



\* CRAFT CHOCOLATE \* 30+ LOCAL CHEESES \*  
\* SKINCARE \* GIFTS \* ARTISAN FAVOURITES \*  
\* GOURMET GROCERY \* LOCAL SUPERSTARS \*

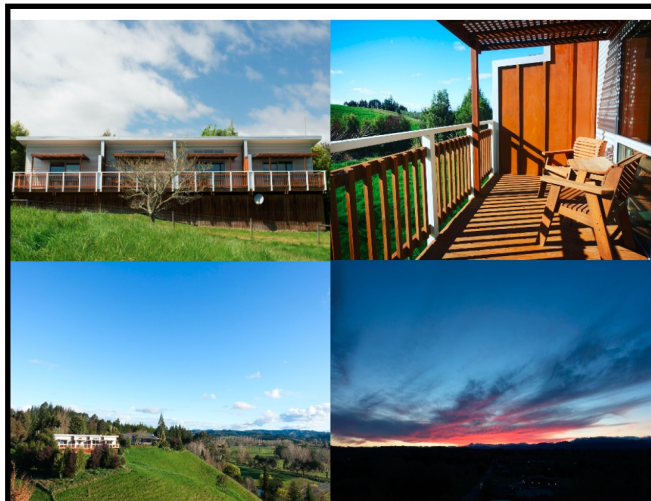
Shed 4 - Mapua Wharf 021 732 752  
Open 7 Days [www.ketetasman.com](http://www.ketetasman.com)

### ART WALK

**2nd December, 10am - 4pm**  
**Trewavas Street, Motueka**

Approximately 24 Artists work on  
display & for sale

RAIN OR SHINE



### Tasman Hill Lodge

*has new owners!*

*We have 3 cosy self contained studio's in Upper Moutere each with their own private viewing decks, 30 acres of land, an olive grove and ponds which you can roam at your leisure.*

*It's peaceful & secluded with breathtaking views! A gorgeous stay away from home.*

Contact Collette or Paul for information  
[www.tasmanhilllodge.co.nz](http://www.tasmanhilllodge.co.nz) or 03 543 2511



 **architecture studio | mapua**

**- Sustainability**  
**- Innovation**  
**- Craftmanship**

**Simone Wenk**

Reg. Architect (Germany), LBP Design 2 (NZ)

03 540 3282 / 021 1049 039  
simonewenk@xtra.co.nz

Shed 4, Mapua Wharf  
www.architecturemapua.co.nz

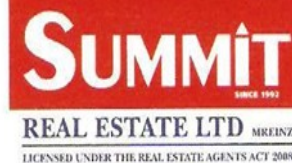


**Sharon De Jong**  
Sales & Marketing Consultant

**Mobile: 0273 202 196**

**Richmond Office**

203 Queen Street, Richmond  
Office: 03 544 2900  
Fax: 03 544 2909  
sharon.dejong@summit.co.nz  
www.summit.co.nz



**Mapua Computer  
Repairs**

- Pc/mac repair
- Upgrades
- Virus removal
- Hardware
- Internet/wireless

TEL - 02102907719

email - mapuacomputers@gmail.com



**Jason Frater**  
BUILDERS LTD

BUILDING OUTSIDE THE BOX



Ph: 021 743 497 Ah: 03 528 0337  
Email: info@jasonfraterbuilders.co.nz  
www.jasonfraterbuilders.co.nz



TIME FOR YOUR **Don't wait till it's too late!**  
**Holiday Service?**

**Book your WOF or Service  
before you head away!**



  
**mouteremotors**

**Ph 543 2707**  
Main Road, Upper Moutere

# Moutere Community Youth

## December

### Junior Youth

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

- 1 Samiclaus Tag (3:30-5:30pm)
- 8 Flip Out (5:15-7:40pm, \$14 + special socks \$2.50)
- 15 The Christmas Journey (4:30-6:30pm, \$2)
- 22 Rabbit Island BBQ, 4.30pm, all families welcome

### Intermediate Youth

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

- 8 Flip Out (5:15-7:40pm, \$14 + socks)
- 15 The Christmas Journey (4:30-6:30pm, \$2)
- 22 Rabbit Island BBQ, 4.30pm, all families welcome.

### Senior Youth

*1st & 3rd Fridays/7-9pm-ish/Year 9 - Year 13/\$2/meet at UMO church hall*

- 1 Sports night at MHCC (meet down there)
- 15 Mini golf
- 22 Rabbit Island BBQ, 4.30pm, all families welcome

Friday 23rd December will be our last event for 2017. Next youth group date is Friday 2nd February.

## Questions?

Tessa: 022 101 2276/Billy: 021 027 28825  
[moutereyouth@gmail.com](mailto:moutereyouth@gmail.com)

Facebook - Moutere Community Youth

And remember our **Adventure Camp** - we are planning another north island adventure camp for senior youth (14-17 year olds). 22nd-28th January. This being a camp in the summer time means it won't be so cold when you fall out of the raft and into the Tongariro River. We have already started fundraising for this trip but if you would like to be involved please contact Billy - 021 027 28825

# Moutere Community Youth

## Moutere Adventure Club

This is a new club run by Billy Werner in Upper Moutere. The point is to have some more options for our youth to get in the great outdoors and have fun. Age range - years 4-13. You will be expected to provide most your own equipment. Costs will cover petrol and hire of specialised gear.

Sunday 3rd December Mountain Biking at Kaiteriteri 1-5pm  
 Saturday 9th Dec Climbing Paynes Ford 8-5pm  
 Saturday 16th Dec Rafting, Motueka River 10:30-4pm  
 Saturday 23rd Dec Mountain Biking somewhere 10:30-4pm

I know these dates are in December which is crazy busy with Christmas madness, but it might be nice to avoid the concrete jungle and get out to quieter areas and choose to experience a new skill. Parents are welcome to come along. Numbers are limited each week so book in early! Billy Werner 021 027 [28825@moutereyouth@gmail.com](mailto:28825@moutereyouth@gmail.com)

## Questions?

Tessa: 022 101 2276/Billy: 021 027 28825  
[moutereyouth@gmail.com](mailto:moutereyouth@gmail.com)

Facebook - Moutere Community Youth

# UPPER MOUTERE play group

WE MEET EVERY FRIDAY 10am-12PM  
 MOUTERE HILLS COMMUNITY CENTRE.

WE PROVIDE AND SHARE MORNING TEA.  
 POP IN FOR A CUPPA WITH LOCAL PARENTS!

ANY QUERIES PLEASE CONTACT  
 ANNA 021 262 6675 OR JOSI 027 374 8223

ALL FAMILIES WELCOME!



**Accountancy A to O Ltd**

*Douglas Strong*  
 Retired Chartered Accountant

*Tamzin E Maritz*  
 Dip Bus. Dip Accounting

*For All your Accounting Requirements*

91 Neudorf Road,  
 Upper Moutere, 7144  
 PO Box 26,  
 Upper Moutere, 7144

Phone: (03) 543 2933  
 E-mail: [jdoug@xnet.co.nz](mailto:jdoug@xnet.co.nz)

# MAPUA COUNTRY STORE

YOUR FRESH LOCAL MARKET

## Opening Hours

Mon – Fri 8am till 6pm  
Weekend 9am till 5.30pm

Open 7 days a week to bring you the very best produce and products  
FRESH FRUIT & VEGGIES ★ DELI PRODUCTS ★ GIFT IDEAS ★ LOCAL CHEESES & MEATS  
FRESH FLOWERS ★ PANTRY STAPLES ★ QUALITY PET FOOD & MORE ...



### IN THE COURTYARD

- VEGGIE SEEDLINGS
- POTTING MIX
- POTTED COLOUR
- SEEDS & MORE

Local beer, cider and wines plus wines from around the world  
Look out for our regular in-store tastings and cooking demonstrations

151 Aranui Rd, Mapua (opposite Mapua School)  
03 540 2581  
info@mapuacountrystore.co.nz

www.mapuacountrystore.co.nz  
f MapuaCountryStore  
i MapuaCountryStore

Stay local  
Support local  
Shop local



Thanks to all our loyal customers  
of our FROZEN BERRIES. We just have a  
small quantity of boysenberries and  
blackcurrants left.

Full range of new seasons freeflow frozen  
berries will be available soon:  
Karaka berries - late Dec; Boysenberries -  
early Jan; Blackcurrants - mid Jan;  
Blackberries - mid Feb

We are looking to add to our team of hand berry  
pickers. Casual work, high school students welcome.  
Early starts, 7am usually, working any day of the  
week/weekend. Mostly half days. Starting around  
18<sup>th</sup> Dec until mid Jan.  
Also casual staff needed to help with blackcurrant  
harvest. Need harvester grading staff and  
experienced tractor driver/forklift operator. Only  
approx 6 days between 8-25 Jan.

Please phone 5432888, Ross (027 230 7488) or Karen  
(027 281 8862), if you're interested

## PLANT AND PRODUCE STALL

8 SUNRISE VALLEY ROAD, Upper Moutere

### Jams- Marmalade-Chutneys

Small jars \$ 3

Medium jars \$ 4

Vegetable seedlings \$ 2

Plants- Herbs-Flowers \$ 2

Plantain Calendula Balm for itchy  
skin

Natural insect repellent



## CARAVAN RENTAL

Local business offering great value, good  
quality, well equipped UK caravans available  
for short and long term rental. Can be  
delivered and set up to a campsite/location of  
your choice. Short term holiday rates from  
\$50 a day. Long term static hire from \$100  
pw.

[www.kinacampers.co.nz](http://www.kinacampers.co.nz)

Email: [info@kinacampers.co.nz](mailto:info@kinacampers.co.nz)



# Riverside Milk

OPEN  
24/7

Milk Vending - 289 Main Road Lower - \$2.50/litre



FARM FRESH  
CREAMY RAW  
**MILK**  
- like in the -  
THE OLDEN DAYS

'Raw milk may contain microorganisms that can cause serious illness. To reduce the risk of illness, raw milk should be heated to at least 70 degree Celsius for one minute. This is critical for infants, young children, the elderly, pregnant women and people with weakened immune systems.' (MPI)

## Christmas Eats

### Merry Christmas from Soo Gee

#### Cherry Truffles

##### Ingredients

200gm wine biscuits (pulse in wizz or crushed)  
1½ cups coconut  
20 glacé cherries – chopped  
100gm melted butter  
1 tsp almond essence  
1/4 cup sherry brandy or orange juice  
½ tin condensed milk (200gm)

Method: Mix biscuits, coconut and cherries together. Add butter to condensed milk, essence and brandy. Mix. Add to biscuit mix. Roll into small balls and coat in extra coconut. Refrigerate.



#### Olive Pate

##### Ingredients

100gm stoned olives  
1-2 tbsp lemon juice  
3-4 tbsp olive oil or 50gm soft butter  
2 tbsp fresh breadcrumbs



Method: chop or pulse olives in wizz until fine. Add remaining ingredients. Serve on crackers or toast. Garnish with lemon and red pepper. Store in refrigerator.

PS: I double this recipe as it is also good on salad sandwiches.

#### Fudge Topping

Melt 3 Moro bars or chopped Mars bars in a bowl over boiling water. Add 3 tbsps peanut butter and remove from heat. Cool and add ½ cup of cream. Spoon over ice cream.

# Harcourts

## Harcourts Mapua

"The Big Little Office"



Wendy Perry  
Salesperson  
027 249 1701



Sian Potts  
Salesperson  
027 296 8345



Lynn Remington  
Administrator  
03 540 3425

Harcourts Mapua - 2A Iwa Street - 03 540 3425

[www.teamtasman.co.nz](http://www.teamtasman.co.nz)

Licensed Agent REAA 2008

## Simplicity Funerals

Simply respectful. Simply affordable.



### Planning for the future...

Simplicity Funerals Nelson have an information pack entitled "My Life, My Funeral" which contains a number of pamphlets with information about pre-planning your own funeral, and an application form for the FDANZ Funeral Trust.

This is a useful tool for all of us as we plan for our future. Much like making a Will, completing the information on the form provides peace of mind to families when faced with bereavement.

**Contact us for more information or to receive this free information pack.**

69 Haven Road, Nelson 7010  
[www.simplicity.co.nz](http://www.simplicity.co.nz)

**03 539 0066**



Giving Funeral Professionals

## LEIGH BRIARS ARCHITECTURE

03 543 2667

021 215 0946

[briars@ts.co.nz](mailto:briars@ts.co.nz)

RD 2 Upper Moutere

Nelson 7175



## MAPUA AUTO CENTRE

'YOUR AUTOMOTIVE SPECIALIST'



Fully Equipped  
Automotive  
Workshop

All Makes  
& Models

6 Courtesy  
Cars

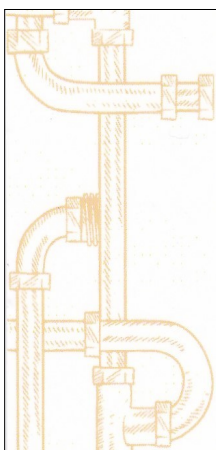
W.O.F.



**20 WARREN PL, MAPUA**  
**PH 03 540 2180**  
[mapuaauto@mapua.biz](mailto:mapuaauto@mapua.biz)  
[www.mapua.biz/mapuaauto](http://www.mapua.biz/mapuaauto)



MAPUA  
AND DISTRICTS  
BUSINESS  
ASSOCIATION



## MyPersonalPlumber

Alex Bint

0800 444 343

027 542 4329

[alex@mypersonalplumber.co.nz](mailto:alex@mypersonalplumber.co.nz)

[www.mypersonalplumber.co.nz](http://www.mypersonalplumber.co.nz)

1366 Moutere Highway,  
RD1, Upper Moutere, 7173

Whole Barley 25 kg bags  
\$19 per bag including GST.



Phone 021 454 731

or

03 526 7004



TASMAN EQUINE THERAPIES

Fiona Ramsay

Advanced Equine Body Worker

Physiotherapeutic Remedies for Horses

Sports Performance Therapy, Injury Repair/Rehab, Equine Bowen

Qualified Professional Services

027 452 3906



**Kenmore Farm**

Old House Rd, Upper Moutere

*Producing quality.....*

**\*WILTSHIRE SHEEP \* SANEEN GOATS \* LAVENDER\***

Consultation in .....\*Lifestyle Block Animal Health Care \*&

**\*Natural Equine Hoof Care Practitioner\***

HOOFNZ Course Trainee Affiliated

Enquires welcome 027 405 4892 [ispenno@hotmail.com](mailto:ispenno@hotmail.com)

or visit us on [www.facebook.com/KenmoreFARM](https://www.facebook.com/KenmoreFARM)



*Caring for all creatures  
Great & Small*

We offer a standard visit of \$97.50 which is  
inclusive of mileage on Thursdays  
for pre-arranged calls.



**CONDITIONS APPLY -Phone (03)5441200** for appointments  
and more information.

35 McGlashen Avenue, Richmond

25 Edward Street, Wakefield



[www.tcvet.co.nz](http://www.tcvet.co.nz)

**Chooks for Sale**

Hylines, regular batches, \$28 at POL.  
Heritage breeds in season.

John McFadgen - 0212344990



**Horse Cover & Gear Repairs**

**Horse Cover Washing**

**Prompt Service**

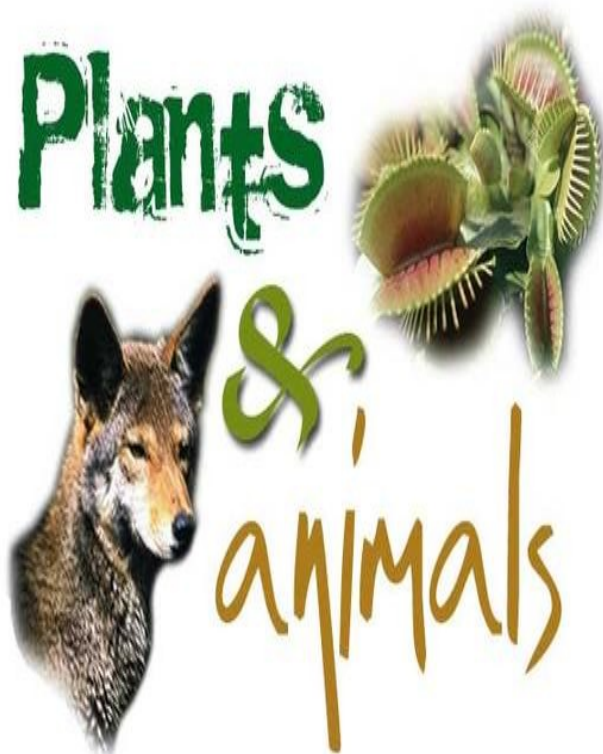
**Good Rates**

**Contact Lawrie**

**1350 Moutere Highway**

**Ph: 03 543 2234**

**021 208 2192**



*Grant Berkett* | SHEARING

- Small block shearing
- Crutching etc
- Own shearing plant and generator

ph: 03 543 2029

mob: 027 918 8210



Shearing, crutching & sheep care  
Specialising in  
**LIFESTYLE BLOCKS**  
Portable machine + Generator

**SUE THE SHEARER**

RING FOR A NO OBLIGATION QUOTE

Ph 021 533 350

## ALPACAS FOR SALE

We would like to down size.

They are all Suris between 8 and 13 yrs old, all registered with the Alpaca Association of New Zealand.

Different colours - 3 wethers, 1 male, 1 female.

Only to a good place.  
Very reasonable price.

Any questions, please  
ring 03 540 3773.



Groovy  
Paws  
Dog Grooming



Caroline Lusty, 115 Tarrant Rd, Mahana  
Ph: 03-543 2277 027 520 1285  
Email: caro.lusty@xtra.co.nz



## **Worms - start treatment soon before the worms take their toll!**

The days are warming up and your young stock will now be eating grass. This means they are being exposed to worms. These little internal parasites can do a lot of damage to your young animals, so this is the season when you should think about worm control and establish a deworming program.

### **Who to Treat**

Following repeated exposure to worms, cattle and sheep generate an acquired immunity. This is why adults are less likely to need deworming, but young stock do in order to grow and thrive. Horses and goats on the other hand may never acquire immunity to worms and therefore must be drenched periodically throughout their lives.

### **Deworming Programme**

Each species and each specific environment needs a deworming program tailored to its specific needs, but there are some basic strategies that can be employed:

1. Prevention of disease caused by worms is better than trying to fight the problem once it has been established. As the temperature increases, the worms can grow faster and start breeding sooner. Therefore worm populations increase both in your animal and on the pasture. In just a short period of time, these populations can reach dangerous levels, causing young stock to show signs of ill thrift, poor growth, sickness and disease. Therefore keeping worm populations low is key. Many worms have a life cycle of about three weeks, therefore drenching every four weeks, especially in lambs, is crucial in keeping worm populations under control.

2. Know your enemy. Do you know what concentration and species of worms are on your land? If you are new, or if it has been a while since you have checked, then sending some faecal samples to the lab for a faecal egg count (FEC) will give us a foundation for devising a drenching program. Do these before you drench your stock and also consider a FEC 10 days after drenching to see the effectiveness of the drench.

3. Find the right weapon. Find the right drench, dose rate and frequency that will best combat the worms on your property. The clinic can help you out with any of these steps, including being able to supply your drenches in 1ltr containers. The key now is to start treatment soon before the worms take their toll.

\*\*\*And while you are drenching it maybe a good time to see if your young stock are up date with their clostridial vaccinations and in need of a B12 supplement., as well as keeping an eye out for any fly strike on your sheep \*\*

Did you know we offer a pre-booked (mileage free) Upper Moutere/Motueka on Thursday. We find they are often booked out!!

For the Thursday to work well and meet demand, we need to arrange the calls in logical geographical order. This takes our team time to arrange and is extremely difficult to change on the day.

To make this work well and keep them mileage free we need you to:

- Book ahead of time - give us a few days notice.
- Please understand we will give you a time slot that fits with the day plan and flow.
- Understand that we will accommodate emergencies but in some instances another of our vets will need to attend. In that case a mileage fee will be charged.

Looking forward to seeing you on Thursdays  
The Team at Town and Country Vet



## **TOWN & COUNTRY VET RICHMOND**



***Dog Wash K9000***

**Coin and note operated**

**Open 24 hours**

**7 days**

## FOR SALE

Kowhai Trees

2-3 yrs old, 1m tall

\$10 each

Ph: 022 4259 355

Cnr Old Coach Road & School Road, Mahana



## Hardy Landscapes

Water Features

Paving

Rock Work

Irrigation

General Landscaping

Michael Hardy

**Ph: 021 443 908**

A/H: 03 543 2555



## Your Local Tree Specialists

- All work fully insured
- We cover all aspects of tree care from planting and reticulation systems, to tree management and hazardous tree removal

**Ph: 0223 276 164**

## PEA STRAW

*"The ideal garden mulch"*

Suppliers of quality Pea Straw for the past 15 years

**\$12 per bale**

1290 Main Road, Upper Moutere

Please phone to arrange collection

**Thank you for your support—  
see you next year!**

## Endurance spraying

**All types of weed spraying  
Gorse and Brushweed  
Control**

**Commercial • Residential  
Forestry Road Spraying  
Moss treatment for lawns,  
concrete areas and decks.**



*Contact Pete Hughes*

**021-194 2654 A/H 03 544 2654**

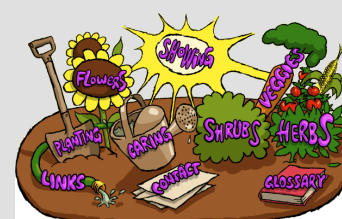
**Growsafe certified •  
Approved Handler**

## COASTAL GARDEN CLUB

Meets first Thursday of the month in  
the Tasman Bible Hall ( opp. Jesters )  
at 1pm

Men and Women most welcome to  
share their love of gardening . Guest  
Speakers, Workshops and Garden  
Visits

Ph.03 528 5405




**THE ART OF TOUCH**  
*"Discover Enhanced Health and Well-Being"*

- BIODYNAMIC CRANIOSACRAL THERAPY • REFLEXOLOGY
- FAR-INFRARED SAUNA • TRIGGER POINT DRY NEEDLING
- THERAPEUTIC MASSAGE • ZYTO BODY SCAN'S • AROMATOUCH
- dōTERRA WELLNESS ADVOCATE/ ESSENTIAL OIL'S & SUPPLEMENT'S

**MELISSA POTTER**  
(I.T.E.C., D.REF R.M., BCST DIP, P.A.C.T, YOGA DIP.)  
**PH/TXT: 021-1368439**  
 **WWW.THEARTOFTOUCH.CO.NZ**  
*Bringing you over 28 years experience!*

CONCESSIONS &  
 GIFT VOUCHERS

**"Joie de Vivre" natural skin products**

**Summer care**

Plantain Calendula Balm for itchy skin, insect bites and rashes. Safe for children and pets.

Great reviews from customers, no chemicals or paraben.

30ml jars \$ 10

Natural lemon balm insect repellent for mosquitoes and sand flies and other creepy crawlers.

20ml spray bottle \$ 8

50ml spray bottle \$ 12

Phone Marijke 03 5432130 or email [frowijnmarijke@yahoo.co.nz](mailto:frowijnmarijke@yahoo.co.nz)



**Hatha Yoga in the Upper Moutere. On Mondays & Wednesdays.**

Please ring Jane for more information. 0272635211

*'When we control the breath, we calm the mind'*

**LOCAL MIDWIFE CLARE SPRATT**

**Ring Clare for friendly professional maternity care and advice.**



*I offer full 24 hr maternity care from conception through to 6 weeks post natal, home/hospital and water births, birthing pool available, natural remedies, free pregnancy testing, breastfeeding support and much more.*

T: 03 526 7764  
 M: 0273324929  
 E: [midwifeclarespratt@me.com](mailto:midwifeclarespratt@me.com)

**MOUTERE MASSAGE**

**FIONA RAMSAY**

**QUALIFIED AND PROFESSIONAL**

\*\*\*\*\*

**\*SPORTS \*DEEP TISSUE \*INJURY REPAIR**  
**\*FOOT REFLEXOLOGY \*BOWEN THERAPY**

\*\*\*\*\*

**20 WILSON ROAD**                      **PH/TXT 027 452 3906**  
**UPPER MOUTERE**                      **MON, TUES, WED & FRI**





**Dorothea Tebbenhoff**  
*Acupuncture*



**Licensed Acupuncturist**  
 MAcNZ, Acc Provider

25 Greenwood St, Motueka  
**03 528 6239**

[www.tasmanacupuncture.co.nz](http://www.tasmanacupuncture.co.nz)



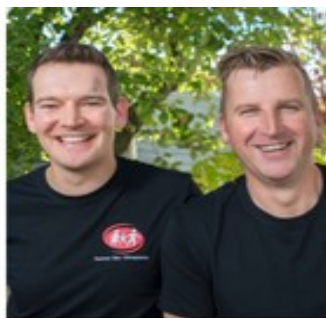
**Karen**  
 For all hairdressing services

14 Kelling Road  
 Upper Moutere 7175  
 (03) 5432297 or 0274 728863

Phone or email for an appointment  
[k.j.rhind@xtra.co.nz](mailto:k.j.rhind@xtra.co.nz)

**Country Cuts Hairdressing**

X-rays onsite  
**ACC registered**  
Experienced with  
work and sport  
injuries, performance  
enhancement and  
whole family care  
(0-100 years)



## REACH YOUR HEALTH GOALS

Help your family move well,  
feel well and live well

[www.tasmanbaychiropractic.co.nz](http://www.tasmanbaychiropractic.co.nz)



Call 03 5444554  
Monday-Saturday

Tasman Bay Chiropractic

64 Oxford Street  
Richmond



**HIGH PLACES**  
[www.highplaces.co.nz](http://www.highplaces.co.nz)  
*trekking worldwide*



### High Andes of Patagonia

*Patagonia trips depart November and March*

**Also Peru, Ecuador, Himalayas,  
Kilimanjaro, Mt Kenya, Iceland**

**Join us!**

**Tel 03 540 3208 [treks@highplaces.co.nz](mailto:treks@highplaces.co.nz)**



## Chandrakirti Meditation Centre

289 Sunrise Valley Road, Upper Moutere, NZ P: +64 (0)3 543 2021

E: [meditate@chandrakirti.co.nz](mailto:meditate@chandrakirti.co.nz) W: [www.chandrakirti.co.nz](http://www.chandrakirti.co.nz)

### Sunday Meditation Class & Lunch



**Every Sunday 10.00-11.30am**  
**With Geshe Jampa Tharchin**  
Chandrakirti Meditation Centre

Everyone welcome to join us,  
by donation

### Weekly Yoga Class



**Wednesdays, 9.30-10.45am**  
**6 Sept-29 Nov**  
**With Sue Ransom**  
Chandrakirti Meditation Centre

Please bring a yoga mat &  
blanket. Cost \$10  
Ph: 027 391 2431  
[sue.ransom@xtra.co.nz](mailto:sue.ransom@xtra.co.nz)

### Mindfulness 1 Day Retreat



**Saturday 18 November**  
**9.30 -5.00pm**  
**With Angela Hartman**  
Chandrakirti Meditation Centre

Perfect for beginners.  
Cost \$40. Register at  
[www.chandrakirti.co.nz](http://www.chandrakirti.co.nz) or

### Permaculture Course



**Sat & Sun 28-29 Oct 8.45—5.00pm**  
**With Fran Mitchell & Geoff Love**  
Chandrakirti Meditation Centre

Learn permaculture basics to  
design your piece of land.  
Cost \$120. Register at  
[www.chandrakirti.co.nz](http://www.chandrakirti.co.nz) or  
[meditate@chandrakirti.co.nz](mailto:meditate@chandrakirti.co.nz)