

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

GIFTS OF AUTISM

LOCAL LIVES

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MHCC

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Photograph by Nicholson Photography

In her new book, former Moutere resident Ali Beasley shares her experiences of life with her autistic daughter Emilia.

Ali and Keith Beasley have two teenagers—George, 18, and Emilia, who has just turned 14. The family moved from the UK to Lower Moutere in 2009, settling there for four years before shifting to Richmond to be closer to the children's schools.

A diagnosis of autism for Emilia when she was seven had a profound impact on the whole family. "As parents, it felt like we had been given a destination with no map," says Ali in her new book *Emilia's Colours: The Gift of Autism*.

Ali has wanted to write the book about her experiences for many years, but the demands of special-needs parenting left her with very little time or energy. This year, she has achieved her goal, sharing the highs and lows of living with a child with a major disability in words that are honest, personal and ultimately hopeful.

From her initial feelings of shock and grief at the diagnosis, Ali says she gradually learned to develop resilience as she came to accept and even embrace Emilia's condition. And through caring for her daughter, she has discovered the importance of looking after herself as a parent, with restorative yoga becoming her 'go-to' place for inner healing.

The book begins by outlining the many and varied challenges that Emilia faces, including stress, anxiety, anger and communication difficulties. Ali describes the tough reality for parents trying to cope with these challenges, which have an enormous effect on family relationships and activities, and childhood friendships. "It hurts so much for Emilia and for us as parents, knowing that

these kids get excluded or do not feel popular," she says.

Ali goes on to look at the ways she and Keith have learned to seek and find support—and to describe the gifts that autism has brought them, by teaching values like patience, gratitude, courage, compassion and humour.

Emilia's Colours ends with personal impressions by close family and friends of what Emilia means to them, and the impact she has had on their own lives. Throughout the book, family photographs capture Emilia in all her colours, together with the people who love and care for her most.

Ali's good friend, professional photographer and horse lover Trudy Nicholson, has also contributed some beautiful images to the book, showing the special bond between Emilia and Trudy's beloved horse Gus.

Life with an autistic child is volatile and unpredictable, says Ali. In writing her personal story, she hopes to help other parents who may be struggling to cope. She also aims to raise awareness and a better understanding of this 'invisible' disability among those who may not have encountered autism first-hand.

"Whenever another person deals with Emilia with respect and dignity, it fills my heart," she says. "We all have a choice as to how we treat others, with or without disabilities, and everyone deserves to be treated this way."

To purchase *'Emilia's Colours'*, go to amazon.com. Ali continues to write about Emilia through her blog at www.alibeasley.com

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 Moutere Motors.

The following prices apply for advertising:

- ∞ Births, marriages, deaths and giveaway notices: free
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- ∞ 1/4 page advertisement: \$25
- ∞ 1/2 page advertisement: \$50
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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!

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?



Have You Seen Us In Colour?

Previous issues of the Grapevine
can be viewed in glorious colour on the
Moutere Hills Community Centre website
<http://www.mouterehills.org.nz/community/the-grapevine/>



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Lower Moutere



UPPER MOUTERE VOLUNTEER FIRE BRIGADE



Here are callouts from 17 Nov-10 Jan:

23/11 MVA car vs bank, Moutere Highway
2/12 Lights through trees, thought to be fire, false alarm good intent, Dominion Rd
3/12 Forestry fire, Stonefly Lodge, Motueka Valley
4/12 Caravan fire, Mapua Leisure Park
13/12 Grass fire, Neudorf Rd
14/12 Rubbish fire, Moutere Highway
20/12 Alarm activation, Jack Inglis Hospital
21/12 Grass fire, Lettuce factory, Kelling Rd
25/12 Bon fire/hangi, Les Wakefield Rd, Mapua
26/12 Tree on fire, lightening strike, Strachan Rd, Ngatimoti.
27/12 Alarm activation, Mapua School
27/12 Tree on fire, lightening strike, re-ignition, Strachan Rd, Ngatimoti.
5/1 Rubbish fire, Central Rd, Lower Moutere.

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 !



Our annual Sarau Festival, 28 January 2017!! From 3pm

Free on-site parking and still just \$5 a head. Children are free.

- Guest blackcurrant chef – much loved Miles Drewery
- Blackcurrant cooking competition – get creative!
- Photographic competition – start snapping but watch that deadline for entries.
- Made in the Moutere Artisans
- Moutere History
- Sarau Cream Teas
- Huge recycled book stall
- Animals
- Kids zone
- Masses of stalls & displays.
- Food, beer, wine & cider
- Music and entertainment
- Blackcurrants & local produce, fresh, frozen and growing
- Wear purple!

A fun afternoon out for the whole family.

Keep up with all the exciting Festival news and competition details on www.saraufestival.co.nz or 'like us' on Facebook and keep up with our changes – we can't fit it all in here!

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ST PAUL'S LUTHERAN COMMUNITY CHURCH

St Paul's Lutheran **Community Church** welcomes a familiar face as their new Pastor.

On Sunday January 28th St Paul's will be holding a service to commission Andy Marr as their new pastor. Andy is a local and has a long history with the church and local community. He was the Youth Worker and School Chaplain from 2000-2006 and has been a primary school teacher working at Motueka South School since 2008. He is looking forward to reconnecting with the community and generally just being a part of things again. If you'd like to support Andy as he starts on his new venture the service starts at the usual time of 9.30am.



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.

Got spare? Then share

The sharing table is back!

Every Friday 9am – 4pm Moutere Hills
Community Centre from Friday 2nd February

Bring what you have – take what you need.

FREE doTERRA Essential Oil Talk & Sharing

at Mapua Community Hall.

An open and fun forum for learning effective health tips, with potent remedies for an array of ailments!

FREE Giveaways.

Thursday, 1st March 6pm-8pm.

Enquiries: Ph Vanessa on: 027-6244756.

DOVEDALE COUNTRY AFFAIR

February 11th 2018
11am 'til 4pm

\$2 entry adults. Children free.

Free parking.

No dogs please.

Lots of family fun to be had.

Kidszone, waterslide and vintage games.

Craft stalls, army display, pony rides etc

Tobacco and history displays.



Tugging on the Past *Rosenthal at Neudorf*

by Ruth Russ

On a spur of the moment this month I bought the *Home NZ* magazine, not realising that it showcases mainly architectural builds and houses that have won awards for their innovative interiors and exteriors. When I got home and opened it I doubted I would gain any inspiration for the toilet block as we are taking such a DIY approach with limited expenses, but I was surprised to find that one of the summer getaway stories featured a hand-built Kiwi bach built in the Orongorongo Valley bush over fifty years ago. The photographs showcased the getaway's raw, unchanged features, including a concrete floor, narrow bunks, an open fireplace, makeshift kitchen, and the spectacular feeling of remoteness. This little bush hut named 'Taihoa' showcased basic holidaying at its best. It reminds me of a bach we took a group of youth group kids to a few years ago, only fifteen minutes from Lake Rotoiti, but surrounded by bush and farmland, and similarly primitive. The experience was like time-travelling, and I came home wishing I could bring some of that old-world charm and simplicity with me.

Interestingly, the theme throughout current issues of the other home-style magazines that frequently end up in my shopping trolley is also centred around the perfect summer getaway. Many of the houses in these magazines have integrated reminders of the classic Kiwi bach. Most do not strive for such a basic experience as no insulation or electricity, but the nostalgia around those little cabins in the bush or by the beach many of us frequented as kids appears to be on a lot of people's minds at the moment.

In part due to my father's prompting, a couple of months ago I started developing a vision for the old toilet block at Neudorf. Despite its leaks, holes, kicked-in weatherboards and broken glass, I can see it as somewhere we might one day be able to get away for the summer. Fix up its weatherboards, add some French doors, and it would have a lovely country cottage vibe. Somewhere quiet to relax and enjoy watching the kids run around in so much space.

It's certainly not looking anything like the dream in my head yet. But after several hours of work, a perilous trek across the region with a set of second-hand French doors, and some patches of new paintwork, my husband is starting to see the future of this little cabin, too. He views the project as an old-style bach similar to 'Taihoa' in *Home NZ* with the bare necessities: basic plumbing, little or no electricity, and no insulation. On a strict budget we will furnish it with bargain finds from the transfer station or Trademe, further hitting home the feeling of the classic Kiwi bach. It probably won't be warm enough for a year-round holiday house, especially with young children in tow. But it will be very satisfying, when we are there, waking up with the dawn, enjoying a simpler lifestyle looking at the world instead of a screen, and leaning out of the French doors to pick veggies from our garden on the old foundations.

Oh, and just for anyone keeping score: Russes – 0; rabbits – 1.

Thank you to local heroes Gloria and Wayne le Frantz who kept their roadside stall chocka block with boysenberries over the season – even on Christmas day! Thanks guys for making summer so delicious!

Important Information for Dovedale Water Scheme Users

Many of you will have received an email from Moutere Hills Residents Association. Just in case you haven't here it is again. The link will take you a very interesting read regarding our local water supply.

Dear Members and Community.

Read the following article on Stuff.co.nz to learn about

- a recent upgrade to one of the scheme reservoirs (Silcocks reservoir replacement)
- notes on potential future upgrades to improve the quality of the water supplied by the scheme, which may impose significant cost on the scheme's users

Read the article on Stuff.co.nz:

<https://www.stuff.co.nz/business/100329241/dovedale-rural-water-scheme-upgrade-in-pipeline>

We will continue to forward all information on the matter that we receive through any official channels.

MHRA



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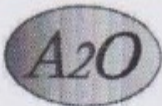
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Our Five Rows wine club is designed specifically for locals. Our wine is only available at the cellar door and club members will receive a 10% discount on all our prices including the multibuy discounts. Membership is free and easy by simply emailing us at mahanahills@gmail.co.nz and we will send you a membership number by return. Don't worry we won't pester you, (we don't have time) however, we will let you know when we need your help if you're interested in joining in with nets, the grape harvest and crushing. We will also endeavour to arrange some wine tasting events allowing wine matching to local produce. We only open by appointment, but if members call Colin on 0275403420, he will open especially for you.

You can learn more about us at www.mahanahills.co.nz

We look forward to hearing from you and meeting you in the Winery.



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MOUTERE HILLS COMMUNITY CENTRE



We hope you all had a relaxing Summer Holidays. 2018 is shaping up to be a busy but exciting year for us here at Moutere Hills Community Centre. Our first big event for the year is of course the Sarau Festival. We hope you can come along and support this fantastic community event.

It is great to have the development of our Community Recreation Space progressing. We are also extremely grateful to the Menzshed who have rebuilt our playhouse, John Ching who has transported it onto site and Pub Charity who have provided us with funding for a toddler swing. We will be continuing work on this area over the next couple of months so if you are able to lend a hand as part of a working bee or donate/sponsor any items then we would love to hear from you. Please contact Katrina in the office.

Our calendar is already starting to fill up with bookings for this year so if you are looking at having any meetings, conferences, fundraisers, social occasions or events then give us a call so you can get your preferred date. We are happy to work with you to adapt a package that will suit your needs.

Looking forward to an action packed 2018!

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

LOST PROPERTY

Our lost property box is currently overflowing with items that would love to be reunited with their owners. The box is located on the veranda outside the office so please have a look through it next time you are at the Centre. Any items not claimed by Friday 2nd February will be donated to charity. Thank you.



Community Recreation Classes

All our regular classes have started back or are starting again over the next couple of weeks plus some exciting new classes / activities for you to try out—there is something on offer for everyone!

If you are an early morning person then Carol is again running her group fitness class but also introducing a new Meta-fit PWR and Fun Fitness class. The centre is also continuing to offer our Metafit, Core Foundations, Pure ZUU, Boxfit, Circuit and Active Older Adults classes. Sara is running her powerhooping classes every Wednesday morning and Vanessa will be restarting her cardio-tennis and tennis coaching sessions.

For those of you interested in the “quieter” forms of exercise then Kris, Bridgit and Elaine offer various forms of Yoga and Saija offers a Qigong/Ren Xue Yuan Gong class.

And if you enjoy participating in sport in a fun environment, give our social sports a go—Badminton, Volleyball & Table Tennis!

For our Term One Schedule check out www.mouterehills.org.nz



Community Fitness Centre

Beginners Boot Camp



Do you need a kick start to your health and well-being after a “relaxing” summer holiday?

Join Adele for this focussed training session to improve your basic fitness, strength, and stamina.

This is a 6 week programme that will provide you with 2 boot camp sessions per week as well as Fitness Centre access.

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Starts the week of 12th February. Limited to 10 spaces only!

Contact Adele for further information and Boot Camp days/ times.



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10am - 4pm

www.rubycoastarts.co.nz

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Free Trail Maps at: Nelson and Motueka i-sites, Mapua Library, Mapua Hall, Jester House Café, Tasman General Store, Ruby Bouquet, the participating artists studios - or download it from the website
Details on Facebook  **RubyCoastArts** (you don't have to be a Facebook user to view).

Browse at your leisure, meet the artists... we look forward to welcoming you into our studios.

January 2018 Newsletter



Pastel Artists of New Zealand, Nelson Region

Happy New Year 2018 to all!! I am sitting at my computer and guess what ... it is raining!!! Yippee. I never thought I would hear myself say that but we sure need it. I can hear the water tanks filling up and see the plants standing upright already!!

The "Top of the South" Art Exhibition for PANZ members from Nelson and Marlborough areas will be held again this year at the Mapua Public Hall, Aranui Road, Mapua. The **opening night** will be on Friday, 23 February at 7pm. The exhibition will run until Sunday, 25 February 2018. The hours will be 9:30 am to 4:30 each day (Saturday & Sunday). As always, we will have a wide variety of outstanding pastel paintings on display and all will be available for purchase. We hope to see you there.

Our group will be meeting again at the Mapua Hall starting on 13 February. We welcome visitors so feel free to come along on a Tuesday morning from 9:00 am to 12:00 pm. You might find that you would like to try out this very forgiving medium. We paint, we chat, we help each other out when needed, we have a cuppa and a biscuit, and just generally enjoy our morning creating our art. We have mini workshops and sometimes mini challenges to keep us on our toes.

For additional information please contact our Area Rep, Glenys Forbes at 03 540 3388 or by email 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

Daydreaming

A short story by Barney Lynch (age 11)

The frosty morning air wrapped around Tim's body. As he raised his head, he could see the leaves eclipsing the sunlight. The birds fluttered past, chirping to a choir of crickets. The sun climbed over the country view, like a matchstick setting a fire alight.

As Tim reached out to the landscape, he heard his name echo through his ear.

"Tim, Tim!"

Tim came to his senses and was back in his office. He turned his head to Jack.

"Our flight is cancelled."

Tim's happiness wiped off his face.

"Great!"



If you or your child would like to write a story or poem for inclusion in the Grapevine, please email to umograpevine@hotmail.com.



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Mapua Playcentre

We're running a series of family profiles over the coming months to introduce some of our playcentre families and what they love about playcentre. This is from Mereana who comes with her son Paddy, 4.

Paddy and I moved to Ruby Bay from Wellington about six months ago, prompted mainly by the weather and the lure of family, but also a desire to find a smaller community to be part of.

I was a Playcentre child growing up but hadn't managed to find a Playcentre for Paddy near to where we lived in Wellington. So, it was a treat for me to find a Playcentre in Mapua and for it to run a session on Friday morning, which is the only day I don't work.

Right from the outset, Paddy embraced Playcentre. He loves looking after - or 'directing' - the younger children and spends almost all his time in the sandpit. Over the last six months I have really noticed his curiosity in science and nature grow, especially anything to do with making geysers, volcanoes, dams, or trenches in the sandpit! This curiosity has been fostered by Bridgit, his wonderful Playcentre supervisor.

Paddy has also started to develop some strong friendships with other children his age, which is great when it comes to finding friends to play with in the 'climbing tree' down at the Wharf or at the skate park.

For me, I have really appreciated how warm and welcoming the other playcentre parents are. I've made some good friends within a short period of time and think this has a lot to do with how supportive and inclusive the Playcentre community is. It has definitely eased my transition into a new place!

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. 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 or find us on Facebook.



PUMP TRACK- JUMP TRACK OPENING

25th February 2018

This track has been in use for a while but to thank our helpers and supporters we're having an official opening. Everyone welcome!

2-4pm

Behind church hall
Supplejack Valley Rd
Upper Moutere

Come and check out the track & show us your tricks. We'll have a few races & competitions, spot prizes & sausage sizzle

QUESTIONS?

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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.

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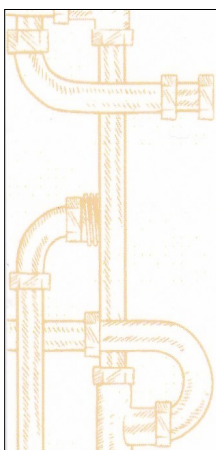
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Chickens as pets



Why have chickens?

Eggs! Or meat if you'd prefer. Fresh eggs are much tastier than store bought and chickens will produce about one egg each per day throughout the warmer months, on average 240 eggs per year.

Leftover eaters - while you can't feed only scraps if your chickens are laying, they are omnivores and will eat most leftover food you offer. Good for your lawn/garden- chickens will eat pests and grass, and produce nitrogen rich fertiliser. Adding egg shells and faeces to your compost will give it a huge boost.

Chickens have huge personalities and will soon learn to come when called, and can even be taught tricks (search chicken clicker training on YouTube...)

Chickens are beautiful! They come in all shapes and sizes. 'Bantam' breeds are smaller if that is an advantage, do some research to decide which is best for you.

They are low maintenance. Pick up eggs daily, feed and water them every other day and clean out their bedding monthly.

What do I need to know?

Chickens need a coop to nest in, and a run if not free range. Seven chickens /m² is the smallest area they should have access to (not including a run). There should be one nest box per 4 hens and rounded perches with enough space for them all to fit on at once. A free range hen will eat grass, scraps, insects, and will need supplementing with grains or pellets, which contain grains, protein, fat, vitamins and minerals. Calcium in the form of limestone flour needs to make up 4-5% of a layers diet as they put a lot of calcium into egg shells. Avocado, green potatoes, rhubarb leaves, parsnip, parsley and celery are all poisonous to chickens so shouldn't be fed. Sick chickens can be picked out from healthy chickens by one or more of these symptoms: Fluffed feathers, separation from the flock, soiled feathers or diarrhoea, lameness, breathing with an open beak, red skin and feather loss, (though chickens do moult yearly in autumn), swelling of legs or of the wattle. Talk to us at Town and Country Vet if you are concerned at all about the health of your flock. Lastly a note on ex-battery hens- hens that are bred to lay are usually only kept till 16 months old and then are replaced, but often still have many eggs and years left in them. While these birds take a while to adjust to being backyard chooks they can be very rewarding. Give them time, food, warmth and some general tender loving care and they will soon be great pets.

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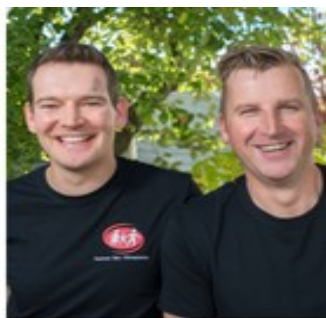
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