

# The Grapevine

## MOUTERE HILLS COMMUNITY NEWS

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MHCC

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# DRAWING ON NATURE



**Artist Marijke Lups makes natural skincare products from her Moutere cottage**

## LOCAL LIVES

Marijke and Henk Lups moved to the Nelson region from Christchurch after losing their house in the 2011 earthquake. Initially, they lived in Mapua but moved to Upper Moutere four years ago to have more space around them.

They now live in a small cottage with a garden and a view over hop fields and the Mt Arthur range, which Marijke says she always loves coming home to. Here, they have planted a small orchard and vege patch where they enjoy growing their own fruit and vegetables.

"We didn't need a big house as our two children are now in their late twenties and early thirties and living in Auckland and Queenstown," she says.

Marijke started selling natural skincare products quite by chance a year ago. She had been picking strawberries locally with some German woofers and they all got stung by bees. "I did a bit of research and made a balm from calendula and plantain from the garden," she says.

"The woofers got in touch with me later to say it was the best thing ever and had really reduced their mosquito and sandfly bites when tramping. So, I decided to go to The Kete in Mapua to see if they'd be interested in stocking it." The product started selling regularly, and a natural insect repellent followed.

Soon after moving to the Moutere, Marijke was diagnosed with cancer, and found herself travelling back and forth to Christchurch for treatment. She says she is now in remission, but the experience made her want to use more natural products and stay away from chemicals.

*Article continued on page 5 inside*

## 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 Tanya Doty at the Old Post Office/Moutere Gold.

**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!



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## **Got spare? Then share**

The sharing table is back!

Every Friday 9am – 4pm Moutere Hills  
Community Centre from Friday 2<sup>nd</sup> February

*Bring what you have – take what  
you need.*





FROM THE  
MOUTERE HILLS  
RESIDENTS ASSOCIATION

## Want Your Contact Details in the Local Directory?

The **Mapua & Districts Community Directory** is a handy directory of businesses and residential listings in your local area.

You can always **pick up the latest printed copy** at the Upper Moutere General Store, Mapua Country Store, and other locations.

*Why not check out the latest copy and see if your details are still correct?*

If your **details have changed**, or you are **new to the area** and would like to add your information to the residential listings, or you know of somebody who is still listed but definitely no longer lives in the area, please **help keeping the listings up-to-date** by sending a note to [directory@mapua.co.nz](mailto:directory@mapua.co.nz) (or by using the update request form at the back of the printed directory).

Visit our website [www.mhra.org.nz](http://www.mhra.org.nz)  
or write to us at [feedback@mhra.org.nz](mailto:feedback@mhra.org.nz)

## LEIGH BRIARS ARCHITECTURE

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## 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?



CONGRATULATIONS from The Sarau Community Trust which is delighted to announce that the Sarau Scholarship for representing New Zealand has been awarded in 2018 to **Jack MacNeil** in the U15 Indoor Cricket World Championships, and **Riley Grover** in the NZ Secondary Schools under 15's football team.

Our very best wishes to both winners from the Moutere.

We are also delighted to announce that in 2018 the following Moutere organisations have applied and received grants:

- Empire Dance: acknowledging their contribution to the festival
- Youth Group: acknowledging their contribution to the festival with rubbish recycling
- Moutere Hills Residents Association for the footpath fund to join CK to MHCC
- Country Kids: for a heat pump in the J4K room
- The Empowerment Trust: to be used for programmes in the Moutere area
- Tasman Gymnastic Club: for purchase of equipment
- Kai Collective: to purchase equipment
- Youth Trust: to assist with Youth worker wages
- Tennis Club: to assist with junior tennis coaching
- St Pauls: for fuel vouchers, and towards maintenance of the church

*Sarau*  
COMMUNITY  
TRUST



### PUBLIC MEETING

Interested in learning more about what our Kai Collective does, and ways you can be involved in a Mapua group?

Saturday 9<sup>th</sup> of June at 2pm, Mapua Hall.  
All welcome & kid friendly.

## UPPER MOUTERE VOLUNTEER FIRE BRIGADE

### Call outs for April 2018

2/4 House fire, Whakarewa St  
6/4 Tree on fire, Motueka Valley Highway  
7/4 Fire in paddock, Dovedale Rd  
9/4 MVA, Moutere Highway  
13/4 House fire, High St Motueka  
25/4 Digger fire, Dovedale Rd  
25/4 House fire, Douglas Rd, Motueka

Just a reminder that as we head into winter that now is a good time to get your chimney cleaned. Also when you are cleaning out your fire box to put discarded ashes into a metal bucket and place outside away from any buildings, as it can take a few days for the ashes to be completely out.

Tasman Gymnastics Club would like to say a huge thank you to the Sarau Trust for its kind donation to support our activities in the Moutere area.

The money will help keep the club's fees low and make classes affordable for children in our community. The club has nearly 60 children enrolled in classes that run at the Moutere Hills Community Centre on Mondays and Tuesdays, and employs four young coaches beside myself to assist with running these sessions.

Money from the trust will also go towards running a pre-school class in Upper Moutere, which is due to start in term 3, and sending club coaches into Upper Moutere and Lower Moutere schools to teach students a range of skills.

Country Kids will also commence another term of gymnastics with the club in term 3, visiting us once a week to improve the children's hand-eye coordination, flexibility and strength.

Thank you again to the Sarau Trust committee for its support, and to the volunteers and organisers of the Sarau Festival that make the event such a success, which in turn generates funds to help people in the Moutere.

Sam Lowe  
Manager/head coach  
Tasman Gymnastics Club



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### Celebration of 175 years of Nelson German Settlement

Upper Moutere locals will join with descendants of settler German families at Labour weekend 2018 to celebrate 175 years since the arrival of the first German immigrant ship to Nelson.

The *St Pauli* arrived in Nelson in June 1843 and those on board became the first group of German immigrants to New Zealand.

The main events of the weekend will be held on Saturday, 20 October at the Moutere Hills Community Centre and a special church service at St Paul's Lutheran Community Church in Upper Moutere will follow the next day, which is also Moutere Artisans Day.

The German ambassador to New Zealand and leaders of the Lutheran Church of New Zealand and Australia hope to attend, along with representatives from the North German Mission Society which sent missionaries Wohlers, Heine and Riemenschneider, and assistant Trost to New Zealand in 1843.

The missionaries and some settlers established a village, St Paulidorf, in the Moutere Valley in 1843 but it was abandoned barely 12 months later because of its isolation and flooding. From 1850 Germans settlers moved back to the Moutere and they also encouraged family and friends to travel from Germany to join them with settlements spreading to Neudorf and Rosedale, formerly Rosental.

A second German settlement was established in Waimea West after the arrival of the only other shipload exclusively of immigrants from Germany, the *Skiold*, in 1846. That settlement was known as Ranzau after the German Count who sponsored the settlers.

Further immigrants travelled to England to sail with English immigrant settlers.

Descendants of some of the earliest German immigrants live to this day in Upper Moutere village and fittingly, St Paul's Lutheran Community Church has just commissioned local man, Andy Marr, as pastoral leader. Andy is married to a great-great granddaughter of Pastor Heine, the first pastor to the village and who gave it the German name Sarau.

Details of the celebration programme will be confirmed in the coming months and a Facebook page has been set up (German settlers/Upper Moutere-Sarau) and email [GermanSarau175@gmail.com](mailto:GermanSarau175@gmail.com)

*For further information please contact Jenny Briars ph 021 400 772*



Two great great grand daughters of Upper Moutere/Sarau's first pastor, Johann Heine, are on the organising committee for the 175<sup>th</sup> celebrations. From right Tessa Werner and Janine Marr whose husband, Andy is now pastoral leader at St Paul's Lutheran Community Church, Upper Moutere.

### Gathering of Parents from Neudorf Playgroup & Upper Moutere School

from the  
**new-entrants of 1995/96**

When: Wednesday, 6<sup>th</sup> June from 5.30pm

Where: Moutere Inn

RSVP: Text only to 027 454 3232



NB: As it is a Wednesday, there is the option of the Moutere Inn Steak Night - \$56 for 2 incl. wine. If interested please book directly  
Phone: 03 543 2759

### Continued from front page

As a result, she started making her own face creams and body butters with only natural ingredients. When husband Henk began suffering from leg cramps at night, she went on to make a body butter with magnesium. These, too, are now on sale under her Joie de Vivre brand. "I call my business Joie de Vivre – enjoyment of life – because, after my journey with cancer, every day is a gift for me," says Marijke.

Her newest venture is scented beeswax coconut oil candles in glass jars – as ever with a personal story behind them. Her son runs Honey and Cocoa in Arrowtown, and Marijke sells the candles and her other products in the Dudley's Cottage gift shop next door.

She has painted in oils, acrylics and watercolours for many years, so has given her range the final personal touch by designing her own labels and gift tags with a botanical drawing of lemon balm and calendula.

When she's not making her products, Marijke likes to help out at the Jack Inglis Friendship Hospital in Motueka, offering daycare art and craft sessions once a week, and taking along her dog Ollie, who's been trained as a therapy dog. "I also do art activities for small groups of dementia patients to take them out of their day to day."

The Sharing Table at the Moutere Hills Community Centre is also Marijke's initiative – a chance for people to exchange vegetables, fruit, plants, seeds, eggs and produce every Friday. "It's a free community project, which I hope will grow over time," she says.

*Marijke's products are available locally at The Kete in Mapua, The Woolshed on Takaka Hill and the Crystal Shop in Motueka.*



# Sarau COMMUNITY TRUST

## **What is the Sarau Community Trust?**

The Sarau Community Trust was set up in 2011 to distribute funds into the Moutere Hills Community.

## **Where does the money come from?**

Most of the money for distribution comes from the annual Sarau Festival which is held in Nelson anniversary weekend each year.

In the last 3 years there has also been a Sarau Winter Sale and the proceeds of this have been passed to the Trust for distribution.

## **Can anyone contribute to the Sarau Community Trust?**

Yes! When it was set up the trustees hoped that local groups with funds to distribute would use the Sarau Community Trust as a safe means to do this.

The trustees also encourage local residents to make a donation directly to the Sarau Community Trust or provide a legacy in their will.

The bank number is: 03-1354-0239574-00

## **How often are distributions made?**

The trustees meet in April each year to award the Sarau Scholarship to an applicant from the Moutere Hills area who is representing New Zealand in some way.

At the same time they make an annual distribution of funds to community groups. Up to and including 2018 those distributions have totalled more than \$170,000.

If needed the trustees will meet later in the year to consider any extraordinary applications.

## **Where does the name Sarau come from?**

This was the original name of the village we now call Upper Moutere. The name was changed during World War one.

## **Who are the current Trustees?**

Libby Bibby, Sharon Beuke, Jenny Leith, Alice Hyatt, Leigh Briars, Michael Boyton, Phil Hyatt and Philip Leith

## **How can you find out more about the Sarau Community Trust?**

Contact Jenny on [jennyleith@gmail.co](mailto:jennyleith@gmail.co) or 021 231 3947



# We want your Books!

...for the SARAU WINTER SALE fundraiser.

Please drop your books in to the MHCC  
on Friday 27<sup>th</sup> of July or call  
Sharon to arrange an  
alternative, 027 432 8145

**THANKS!**



## WEANER PIGLETS AVAILABLE

Please phone Philip 021 372 282  
as soon as possible



Have you got unused Kitchen Equipment  
taking up space in your cupboards??



Then it's time to clear out and donate it to us!  
The Moutere Kai Collective are running a pre-loved kitchen  
equipment sale as a fundraiser at this year's  
Sarau Winter Sale - 28<sup>th</sup> & 29<sup>th</sup> of July.



Please drop your  
donations to the MHCC  
on Friday 27<sup>th</sup> of July  
or email

[haddonanna@gmail.com](mailto:haddonanna@gmail.com)  
to arrange an alternative.

**THANKS** in advance  
for your support!

## ★ TWO CARAVANS FOR SALE ★

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LIVE MUSIC  
COSTUME PARTY  
TICKETS & INFO COMING SOON

SATURDAY  
11<sup>TH</sup>  
AUGUST

MOURE HILLS COMMUNITY CENTRE

R18

It's on again! The regions **BIGGEST** dance party

**GLOW FEST!**  
**22 JUNE**  
**FRIDAY**  
**6-7.30 pm**

This is run & organised by the  
Moutere Rangers Football club

**Ages 5-12 years.**  
**\$3 Entry per child.**

Treats & glow items for sale.


Held at the:  
Moutere Hills Community Centre.

**Kids Dance**  
**PARTY**

All kids **MUST** be  
signed in by an adult.

**175th Celebration**  
of  
**German Settlement**  
Upper Moutere/Sarau

20th & 21st  
October 2018  
Labour Weekend



[tinyurl.com/UMO175](http://tinyurl.com/UMO175) [germansarau175@gmail.com](mailto:germansarau175@gmail.com) (03) 54 32 839

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UPPER MOUTERE  
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## Sunday Meditation

With Geshe Tharchin

Begins Sunday 25th February 10 to 11.30 am  
and every Sunday following.

Join us for the free vegetarian lunch

**Chandrakirti Centre**  
**289 Sunrise Valley, Upper Moutere**

**Call 5432021**



# MOUTERE HILLS COMMUNITY CENTRE



*It has been another busy month here at Moutere Hills Community Centre. Winter sports and our schedule of activities are all in full swing. It is good to stay connected with the Community, and active at the same time, so why not come on down and give some of the activities a go. We have had several functions, meetings and events taking place at the Centre that have been well supported. We have a fantastic venue and can adapt packages to meet your needs. If you are looking to organize a meeting, function, social occasion or event—whether it is for a work or social—why not come on down and have a chat with us as we may be able to help.*

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



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**6 Week Programme: 30 May– 6 July. Group Sessions are Wednesday's and Friday's 4:30-5:30pm.**

To secure your spot, please contact Adele: [adele@mouterehills.org.nz](mailto:adele@mouterehills.org.nz) or 027 511 8826



## **YOUTH NIGHT**



**Come and hang out in the Moutere**

*We'll be kicking back, taking it easy, and chilling with our mates*

**Every 2<sup>nd</sup> & 4<sup>th</sup> Friday Night - only on 8th June this month (as prior booking on the 22nd June)**

**7:00pm - 9:00pm - FREE Entry**

**High school age and upwards welcome**

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*Come and talk to us if you are interested!*



**Phone: 543 2516**

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

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



# Sarau Winter Sale

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## Second-Hand Books

Pre-Loved Women's Clothing  
& Kitchen Equipment  
Cosy Cafe



28th & 29th July

11am - 3pm

Moutere Hills Community Centre

An annual fundraiser for the Sarau Community Trust, Country Kids & Moutere Kai Collective.

All donations gratefully accepted on Friday 27th of July at the MHCC.

Donations of good quality women's clothing to Country Kids, anytime. Thank you!



*Est. 1850*

# Moutere Inn

New Zealand's Oldest Pub



## What's Happening In June

 **Live Music 7 pm Sat 16<sup>th</sup> "The Mudd Brothers"**  
On guitar, mandolin and banjo **The Mudd Brothers** duo play a foot tapping mix of Irish, Folk, Americana, Bluegrass and Acoustic Rock. Bring your dancing trousers and be ready to raise a sweat.

 **The Darkside Showcase Mon 18<sup>th</sup> – Sun 24<sup>th</sup>**  
It's back and it's BLACK, the Angus Young of Tap Takeovers, it's the apocalypse of Ale, it's the inside of a cow. Look out for The Nuts Coffee Porter, Cassels Double Cream Milk Stout, Raindogs Singularity Imperial Stout. See our website for full details.

 **Cigars and Whisky 7pm Thursday 28<sup>th</sup>**  
A small group of whisky and cigar lovers have started a regular meeting on the last Thursday of each month. A new whisky will be introduced each month and a cigar available at cost.

**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  
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## LIFESTYLE BLOCKER'S SKILLS DAY

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# Social Group

**Meets at the Sunday School Hall  
Upper Moutere Lutheran Church**  
on Thursday afternoons @ 1.30 pm, each fortnight  
Join in games and cards. Enjoy an afternoon of fun and fellowship  
All welcome.

## 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

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## COASTAL GARDEN CLUB

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

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## LAWNS PAIR WIN FINAL OF LODESTONE CLASSIC 2018

“What a brilliant day of tennis out in the countryside” was the catchphrase of the day!

Amidst all the rain of late, the Moutere really turned on the sunshine for the ninth annual ‘Lodestone Classic’ Tennis Tournament, on Sunday 20<sup>th</sup> May. Visiting clubs from the Nelson region competed in this mixed doubles tournament held at the Moutere Hills Community Centre. The Nelson Vets Club joined in for the first time this year, with both their teams reaching the semi finals.

An integral part of this event is to showcase and promote the local businesses who produce such an excellent range of superb products and services. The Upper Moutere Tennis Club thanks the generous support of all their sponsors, who continue to make the Lodestone Classic a prominent event on the Nelson Bays Tennis Calendar:

**Brambleby Orchards; Lodestone Wines & Seeds; Moutere Gold;**

**Moutere Inn; Moutere Motors; Neudorf Olives; Owen Bartlett Pottery; Patisserie Royale; Peckham’s Cider; Pomeroy’s; Proper Crisps; Thorvald; Upper Moutere On the Spot Store; and the Upper Moutere Takeaways.**

Two clear winners surfaced from each of the two pools in the Social and Competitive Divisions. Between matches the players refuelled with nutritious nibbles from the sponsors: Thorvald cheese & yoghurt, Proper crisps & popcorn, Neudorf Olive oil & bread, Pomeroy’s coffee, and Moutere fruit & chutneys.

A delicious lunch, prepared by the hosts from Upper Moutere Tennis Club, and Patisserie Royale sausage rolls, was enjoyed by all. The top half of the draw resumed play after lunch and a glass of Lodestone wine, with some fiercely contested semi finals.

In Division 2 (Social), Ben Acheson and Sally Shaw from the Lawns’ Club came through strongly from pool play to have a decisive win 6-2 over Nelson Vets’ pair Ed Lukey and Lorraine Lukey in their semi final. The second semi final, in this division, was much closer with Han Choi and Kay Field from the Stoke Club narrowly beating Al Bridgland and Linda Bridgland from the Mapua Club 4-3.

Choi and Field, who had lost earlier, to their opponents, in pool play were the stronger pair in this match. They won 9-2 over Acheson and Shaw in the Social Division final.

In Division 1 (Competitive), Nick Caton and Nic Kidson from the Nelson Lawn Club came through undefeated from pool play to win their semi final 8-3 from Upper Moutere pair Ian Newton and Bree Arnott. Their opponents in the final, Stokes’ Kolie van Zyl and Julie Walker had a decisive win 7-3 win over NZ Vets’ pair Geoff Nalder and Trish Stephens, in their semi final.

The grand final of this top division provided some excellent viewing of action-packed tennis courtside, as two of the regions coaches went head to head with their partners. The first set was taken narrowly 7-5 by Caton and Kidson. Van Zyl and Walker took the second set 7-6 in a tie breaker, with some dynamite serves and volleys. Then the match went to a hard fought third set super tie. Caton and Kidson finally won the super tie breaker 10-7 with some superb down-the-line passing shots; securing them the Lodestone Classic Trophy for 2018.

The afternoon was finished off with a prize giving to the division winners and runners-up, followed by some generously donated spot prizes.

### Results

Division 1 Competitive: Score 7-5, 6-7, 10-7

**Winners:** Nick Caton & Nic Kidson – Nelson Lawn Tennis Club

Runner Up: Kolie van Zyl & Julie Walker – Stoke Tennis Club

Division 2 Social: Score 9-2

**Winners:** Han Choi & Kay Field – Stoke Tennis Club

Runners Up: Ben Acheson & Sally Shaw – Nelson Lawn Tennis Club



# MAPUA PLAYCENTRE

This month, I interviewed Mapua playcentre's newest supervisor, Sarah Sledmore. She is a highly experienced and passionate member of playcentre. Here is what she had to say:

## Could you explain your background/qualifications working with children?

*I am qualified as an early childhood teacher and have been in early childhood sector since 2009. After having my second child, Hope, I was drawn to Playcentre. I quickly realised the power of a diverse group of parents coming together and sharing their skills.*

## Could you briefly explain the playcentre philosophy?

*At the heart of Playcentre we believe in adults and children learning alongside each other, valuing life long learning. Playcentre provides the opportunity for all families to really make Playcentre their own, through sharing day to day responsibilities and other decision making. All Adults and children are viewed as strong, competent communicators, whose opinions are valued.*

## How does playcentre benefit the child, family and community?

*Playcentre provides not only a learning opportunity for children, but also for parents to grow alongside them. There is nowhere else you will experience so many skills, talents and professions of people coming together to create learning experiences for children. They may choose to have the opportunity to take on a leadership role in the management of the centre or share their particular talents on a playcentre session. Everyone is able to contribute in a way that suits them. You can do as little or as much as suits each individual.*

*It takes a village to raise a child and playcentre is a perfect example of this in action. We are here to support each other through the challenges and triumphs of raising our children during their special early years.*

## What do you think are the main draw cards/strengths of Mapua playcentre?

*The parents at Mapua are so friendly and welcoming. One member, Fiona, commented that on her first day at playcentre she came away knowing so much more about things that happen in the community and with several people to connect with. Grandparents are also involved with playcentre here as are several dads. Everyone is welcomed wholeheartedly.*

*The parents at Mapua playcentre are also fantastic at getting involved with their children's play. They are also keen to get involved with other children's play at the centre which creates a special and fun environment.*

Thank you for bringing your passion, enthusiasm and skills to our centre Sarah.

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.

### From the Mouth of a playcentre babe:

Mum: "Would you like to try some of my peppermint slice?"

Miss 4: (Takes a bite). " Yuck! You can keep your toothpaste slice to yourself mummy!"



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## MOUTERE COMMUNITY YOUTH

**June 2018**

**JUNIOR YOUTH** is for kids in years 5 - 7, we meet at the Upper Moutere Church hall (Supplejack Valley) on Fridays during the school term, time - 3:30-5pm, but can come over earlier after school for afternoon tea snack (a gold coin donation). Generally the cost is \$2 each week, but more if we go to Wave Rave or similar activity.

- June 1
- 8 Photo Scavenger Hunt
- 15 Roller Skating (combined with Intermediate) 5.30-8.30pm, cost \$5.50-own skates or \$7-hire skates)
- 22 Who stole the cookie from the cookie jar?
- 29 Choose your own adventure...

**INTERMEDIATE YOUTH** is for those in years 7-8-9, a fortnightly program meeting on the 2nd and 4th Fridays at the UMO church hall. 5:30-7pm with some food to keep growly tummies at bay, cost is \$5.

- June 8 Torchlight Trail
- 15 Roller Skating (combined with Junior yth) 5.30-8.30pm, cost \$5.50-own skates or \$7-hire skates)
- 22 no youth but the Kids Dance Party is on at MHCC, 6-7.30pm, \$3 (hosted by Rangers Football Club)

**SENIOR YOUTH** is for years 9-13, also meeting fortnightly on the 1st and 3rd Fri/Sat, meeting at UMO church hall at 7.30pm. We can drop youth off to home after activities in the youth van if required.

- June 1 Friday - Sports Night at Moutere Hills Community Centre
- 16 Saturday - Movies....

Any questions please ask away...

Tessa 022 101 2276

Billy 021 027 28825

[moutereyouth@gmail.com](mailto:moutereyouth@gmail.com)

Facebook - Moutere Community Youth

**EVERYTHING WENT SWIMMINGLY**

It was Jessica Perrys' first time doing the 200m ocean swim at Tahuna in April. We are more rural than coastal in Upper Moutere but Jess had enough speed to be the fastest girl in her age group and go on to win a place in the Banana Boat Swim Squad.

Winning a place meant her and her mother Clare Jones travelled to Whangaparoa courtesy of Jetstar, where Jess and the other winners from around New Zealand received training from some of New Zealand's top swim coaches and swimmers.

Congratulations Jess on achieving such a high level on your first go, what a fantastic achievement.



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## Banana Bread

Recipe by Soo Gee

Heat oven to 160 degrees. Grease a 12x24cm loaf tin

### Ingredients:

125g melted butter  
2 eggs (beaten)  
1 cup brown sugar  
1½ cup plain flour  
1 tsp vanilla  
1 tsp baking soda  
½ tsp salt  
½ cup of sour cream or yoghurt  
2-3 over ripe bananas (mashed)

### Method:

In a large bowl, beat sugar and butter. Add eggs and vanilla. Mix flour, soda and salt. Stir into butter mixture and beat. Fold in sour cream and mashed banana. Bake for 60 minutes. Leave in tin for 10 minutes then turn onto wire rack.

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June 2018  
Newsletter



## Pastel Artists of New Zealand, Nelson Region

Here is a bit of information found on, where else, the internet on a site called Artsy in an article about, "20 Art-Related Guinness World Records Broken Recently." Did you know that the world's highest contemporary art gallery is The Nautilus, located about 14,000 feet above sea level in a tent at Plaza de Mulas, the base camp on the western face of Mount Aconcagua in Argentina. Established by artist Miguel Doura in 2003, the gallery officially broke the world record in November 2010. Make the trek and you'll see Doura's **oil pastel paintings**, a medium that fares well in the extreme weather conditions. It's open from early December through early March—climbing season—since, unsurprisingly, Doura has a passion for mountaineering.



*Image from Artsy website.*

Now isn't that interesting ... for some. But I guarantee that you don't have to climb 14,000 feet to have a go at pastel art. Just join us on a Tuesday morning from 9am to noon at the Mapua Hall.

We welcome visitors so do call in and see what we are doing. You may even decide to join us. We learn with laughter.

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 our pastel artists are creating.

Gloria Anderson

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The Sun Electrical logo features a bright yellow sun with rays. The text 'SUN ELECTRICAL' is written in bold, black capital letters. Below the logo, the phone number 'Phone: 03 540 2367' and the website 'www.sunelectrical.co.nz' are listed. Further down, the contact details for Tony (027 3784 580) and Troy (022 080 4751) are provided. The address '124 Aranui Rd, Mapua, Nelson 7005' and email 'sunelectrical@xtra.co.nz' are also included. On the right side, a list of services is shown: Domestic, Industrial, Commercial, Caravan WOFs, and Solar Power Systems.

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## Pet poisonings



A reminder about three of the most common poisonings we see in the colder months:

**Rat bait** When the weather is cooler and wetter, rats and mice start migrating into buildings to seek warmth and store winter food. Many people will lay rat/mouse bait and unfortunately dogs (and sometimes cats) will eat them if they find them. It's really common for dogs to be poisoned when a box of rat bait falls off a shelf or the container lid is not secured. We urge you to **use a proper bait station which is pet-proof and secure the storage area.**

There are different types of rat bait but the newer products are long-acting and it can take at least four days for a dog to show symptoms. Rat bait causes internal bleeding and symptoms vary depending on where the animal is bleeding. Lethargy and pale/white gums are most common but we also see coughing and lameness through to collapse and death.

**Rat bait poisoning is always a serious problem but it is also very treatable - so never just wait and see.** Treatment varies depending on how long ago the animal ate it. If you suspect or know your pet has eaten bait, at the very least phone us for advice. You may need to bring them in ASAP to make them vomit or you may be advised to bring them in for a blood test in 1-2 days. Vitamin K is the specific antidote we give if necessary.

As is often the case, it is better for the animal and easier on your pocket to prevent rat bait poisoning than treat it!

N.B. poisoning from eating poisoned rats and mice is uncommon as a large number have to be eaten to cause illness compared with direct ingestion of poison.

**Antifreeze – ethylene glycol** Antifreeze is extremely toxic to cats and dogs. It is sweet-tasting and attractive to animals, and is usually found in garages or on drives. Unfortunately cats only need to ingest a very small amount to become ill. A curious lick from a bottle or spillage or leaky radiator, or licking it off their paws after walking through a puddle is enough to cause big problems. Antifreeze is sometimes used in garden water features to prevent them freezing up and unfortunately this can also be drunk by a thirsty cat.

Symptoms of antifreeze poisoning occur rapidly and include wobbliness and weakness. As kidney damage develops they may drink more and become very unwell. Prompt treatment is the only way for cats to survive poisoning. If kidney damage occurs, the prognosis is poor.

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

**Slug and snail bait** Unfortunately slug bait is attractive to dogs and sometimes cats. Slug bait poisoning is extremely serious and often fatal. Within minutes dogs will be anxious, panting, salivating, wobbly, may vomit, have diarrhea and start seizing. It is imperative that your pet is brought to the clinic ASAP to start treatment. There is no specific antidote but we can cause your dog to vomit up the bait and start intravenous fluids and other medications to manage the symptoms. Even with treatment pets can still die or suffer ongoing liver problems.

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

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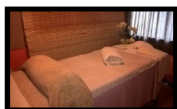
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