

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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SARAU STORY



LOCAL LIVES

Sam Lowe has been to every Sarau Festival since moving to Upper Moutere eight years ago and enjoys it so much she has now taken charge of the event.

The gymnastics coach is looking forward to building on the festival's past success after its founder and organiser for the past 11 years, Jenny Leith, handed over the reins.

Sam and some of her helpers are already busy organising, seeking sponsors and developing fresh ideas for the 2019 event, which will be held on Sunday, February 3.

"Jenny has done an amazing job over the years and will still be a key part of making the event happen," Sam says.

"I only hope I can build on that and deliver a terrific festival that draws in people from across the region come the Nelson anniversary weekend next summer."

Sam is already known to dozens of parents and children in the area for running Tasman Gymnastics Club, which operates out of the Moutere Hills Community Centre and the Motueka Memorial Hall.

She hopes to pull more people in the community together by getting them to help in the build-up to Sarau, and to also come along and enjoy the annual

festival itself.

"I've always had a great time at Sarau, whether at first as a visitor, or in recent years helping the event set-up and pack down, running the Kidz Zone or in other helping roles," Sam says.

"It's such a lovely occasion where you can catch up with people in a relaxed atmosphere, try some different food and drink, buy some nice things and just have a fun time.

"For 2019 it would be marvellous to see even more locals taking time out to make Sarau happen; either in the weeks beforehand, on the day or with the big tidy-up the day after.

"The festival cannot happen without our fantastic band of volunteers, so any extra assistance is always welcome. Plus, the bigger and better the Sarau Festival is, the more money goes back into the Moutere community and helps this area to be the wonderful place that it is."

Each year the festival raises thousands of dollars and that money goes into the Sarau Community Trust, which allocates it to local organisations. Since 2011, the trust has allocated more than \$170,000 to different groups and individuals.

*The 2019 Sarau Festival will be held on Sunday, February 3, from 3pm to 9pm. If you would like to offer your help in any way, or have suggestions for the festival, please email sam@saraufestival.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 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 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 and Heather Eggers.

Disclaimer

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**FROM THE
MOUTERE HILLS
RESIDENTS ASSOCIATION**

Dear Members and Community,

The Tasman District Council is searching for a way to close the \$26mIn funding gap for the Waimea Dam by December 2018.

Access the link below, to read the words by TDC CEO, Janine Dowding, and Mayor Richard Kempthorne, outlining why the case for the dam is still compelling and what happens if the dam does not proceed.

<http://www.tasman.govt.nz/council/media-centre/news/work-on-waimea-community-dam-funding-continues/>

Best regards,
Matthes Bender

Secretary
Moutere Hills Residents Association
<http://www.mhra.org.nz>



**FROM THE
MOUTERE HILLS
RESIDENTS ASSOCIATION**

Dear Members and Community.

Living in the country without your own vehicle?

A group of residents who are concerned about the transport needs of people living in the outlying communities are setting up a trust to help serve people either without the use of a private car or who are concerned about the effects of fossil fuelled car use.

This proposed trust would own vehicles, preferably electric, and use volunteer drivers to get people where they need to go, at an affordable fare. The vision statements and proposed benefits of this proposal are outlined below, and the organisers are calling for interested volunteers to get involved with their time and skills.

If you are interested to support this idea, please [respond to us](#) and we will put you in contact with the organiser, Kate Malcolm.

--

Best regards,
Matthes Bender

Secretary
Moutere Hills Residents Association
<http://www.mhra.org.nz>



**FROM THE
MOUTERE HILLS
RESIDENTS ASSOCIATION**

Annual General Meeting 2018

The Moutere Hills Residents Association would like to invite you to their Annual General Meeting this year which will be held

**Wednesday 19 September 2018
7 pm at the
Moutere Hills Community Centre**

All members and the public are invited.

Join us for local issues, council updates, association matters, and elections.

Tea, coffee and nibbles provided!

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



**FROM THE
MOUTERE HILLS
RESIDENTS ASSOCIATION**

Dear Members and Community.


Forwarded to us by a local resident:

Website stuff.co.nz is hosting this article about a local chartered accountant's concern with regards to total anticipated cost of the Waimea Dam, and how this financial burden would be distributed.

"Waimea dam may cost \$400m to pay back says accountant"

<https://www.stuff.co.nz/nelson-mail/news/106212301/waimea-dam-may-cost-400m-to-pay-back-says-accountant>

Best regards,
Matthes Bender
Secretary
Moutere Hills Residents Association
<http://www.mhra.org.nz>



The Grapevine would like to thank the community

During the past few years we have accumulated some funds which we would now like to give back to the local community.

Please forward a letter of application to umograpevine@hotmail.com by 30th September stating what you will use the money for and how much you are applying for.


We cannot guarantee that all who apply will receive funds, we will give priority to local groups and organisations although individuals will also be considered.

PosterMyWall.com



There are surplus units available on Dovedale Water Supply Scheme. If you are interested in additional units or connecting to the scheme, contact Shane Jellyman Shane.Jellyman@tasman.govt.nz or call 543 7260.

The spare units will be allocated on a first come, first serve basis.



Ngatimoti School
is 150 years old this year

Celebrations are planned for Labour Weekend, which will include our Festival!
We welcome expressions of interest for the Saturday activities. Please contact us at office@ngatimoti.school.nz

UPPER MOUTERE VOLUNTEER FIRE BRIGADE

Call outs for August 2018

3/7 Roof fire, Wills Road
6/7 Cardiac arrest, Stafford Rd Mapua
8/7 Tree over road, Upper Moutere Highway/
Wills Road
11/7 Redwood Cellars, alarm activation
24/7 MVA, Holdaway Rd
27/7 House fire, High St, Motueka

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Report on New Zealand Secondary Schools Football Under-15 Tour to Malaysia

I started playing football for the Moutere Rangers at 7 years old, with my first ever coach being Yvette Cook. Now I play for Nelson College in the under-17 league. Last April, from 65 nominees around the country I was chosen as one of the 24 trialists to go to a 3 day residential training camp at Massey in Palmerston North. From that they selected a squad of 18 to travel to Malaysia to represent the NZ Secondary Schools in the Under-15 team.

When the 36-page document of risk management arrived in the mail, I said to Mum, "I'm not reading this, I'm sure there's a video somewhere that I can watch and learn from." Later, after I had read the whole document, my parents told me to watch a video explaining exactly what I had just spent ages reading, so of course I argued and said, "Why couldn't I have just watched this?" But everyone knows what parents are like, trying to talk to them is like trying to talk to a brick wall. Anyway, some of the main points the document made were, don't drink the tap water, you must drink at least 5 litres of bottled water a day, stay away from animals because they might have rabies etc.

We arrived in Kuala Lumpur after an 11 hour flight and were greeted with mid 30° temperatures. Each of us were given what was the equivalent of \$30NZD a day and when you're shopping in Malaysia, that money goes a long way. For example, one night we went to Chinatown, where I picked up a Louis Vuitton backpack for only 50RM (\$18NZD).

Apart from playing football, some of the activities we did over there consisted of things like white water rafting, going up the Petronas Towers (which used to be the world's tallest towers), visiting a theme park with the biggest wave pool in the world and going to the Batu Caves, which was home to monkeys that want whatever you're holding, oh yeah they had rabies too, but we all made it out unscathed.

So, after everything Malaysia had to offer, we ended up coming home with 3 wins and 3 losses, which is very good considering Malaysia has over 30 million people, plus the teams we played were all under-16's. I now have a dozen or so new friends and a whole lotta memories that I will never forget.

Thanks to the Sarau Trust for assisting with the funding for the trip, appreciate it.

Riley Grover, age 14



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THANKS
A big **THANKS** to
everyone who supported
our annual fundraiser on Saturday August 11.

A special **THANKS** to

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The Moutere Inn	Peckhams Cider
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Kimi Ora Eco Resort	Team Lydia Heyward - Bayleys
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The Vet Centre	Moutere Takeaways
Rob Bloor - KiwiCircus	Moutere Beekeeping
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Spotlight Nelson	John Erni Building
	Elaine - Fire Poi

THE MOUTERE PLUCKERS AND THE DIXIE PRIN

Thank you!

From the Sarau Winter Sale team

The last weekend in July saw an incredibly successful Sarau Winter Sale. We hosted more visitors than ever before and raised a record breaking amount for the Sarau Community Trust, Country Kids, MHCC and The Moutere Kai Collective.

The Sarau Winter Sale, is only possible through the generosity of our community, and the willingness of local volunteers. The sale team would like to express their immense gratitude towards all those volunteers who showed up on the Friday evening and the Sunday afternoon to help set-up and pack-up. You all really made it such a breeze, thank you!

We'd also like to especially thank Katrina and Cindy at the Centre for their help and support leading up to this year's Sale. We received an astonishing number of book and kitchen equipment donations in the weeks before the sale which they had to move and store! For these donations we also extend our thanks to the generous Moutere Hills community. We also thank Anna & Lance at the Grind Café in Motueka for kindly donating their delicious coffee for our weekend café.

Lastly, an enormous thank you to all of you who came along to the Sarau Winter Sale to update your reading selection, renew your wardrobe, and enjoy the comforting treats on offer.

Thanks from the Sarau Sale Team and...

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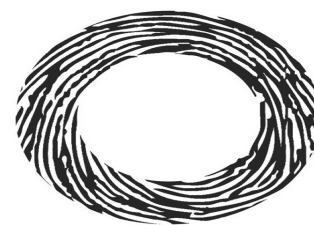
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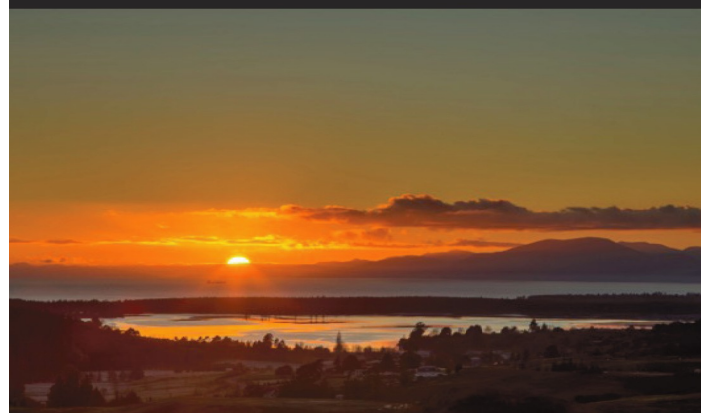
Annual Open Day

Labour Weekend
Sunday
11am - 4pm

www.moutereartisans.co.nz

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BAYLEYS

It all started in 2012 when Dot Kettle asked Neudorf Vineyards to host a Chamber of Commerce event. Judy Finn suggested they add some other producers and the mini-market was a huge success. So, with Dot's encouragement the Moutere Artisans was born. Today the tightly bound group considers this sort of co-operative marketing a much easier and community based answer.



"Upper Moutere is a special place – each of the 16 artisans is a high achiever in their field. Look at Neudorf Mushrooms – they supply New Zealand's top restaurants. Peckham's Cider are Champion producers, add in the style of Katie Gold and Owen Bartlett ceramics and then there is the wine, Neudorf Vineyards has created a world wide reputation for Chardonnay and Pinot – a fact they put down to the Moutere clays, along with Kahurangi, Himmselfeld and Harakeke. Moutere Hills Café and Vineyard and the Moutere Inn are renowned for their food. After lunch pick up a punnet of new season's strawberries and for coffee head to Michael MacMillan gallery to see an inspired studio and gallery with extraordinary sculpture and French inspired homewares and Neudorf Olive oil is proudly sold in the country's best delicatessens.

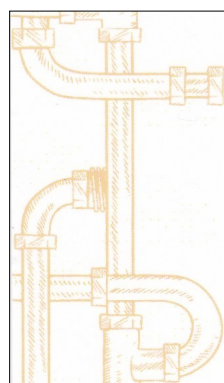
Dave Barrett at Thorveld is famous for sheep's milk cheese and yoghurts. A new member of the collective is Tanya Doty from Heartstone Basketry. She uses local pine needles and willow to craft beautiful heirloom baskets. Together these people live and work in the village and this annual open day is a chance to bring friends out to the Moutere to show them why we live in this blessed area.

The Artisans have enjoyed a great deal of media attention, including articles in NZ Geographic, Kiaora Magazine and a four-page feature in Cuisine magazine.

"The charm of the village combined with the talent of the artisans has created a destination to celebrate."

Former chair Andrew Sutherland says the group will continue to grow and adapt. We enjoy the company, we know that sharing the marketing is wise and fruitful. In these days of too much information, we're happy to carve our place in the region's reputation.

The Open Day is Labour Day Sunday from 11 am until 4pm.
For more information www.moutereartisans.co.nz



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UPPER MOUTERE SCHOOL PRESENTS

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\$45 for the concert plus his daytime workshop
Maori Sacred Stance

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7PM SAT. 15th SEPT

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What's Happening In September



Fathers Day "Roast and a Pint" Sunday 2nd

To celebrate all the Dad's we will have our last Sunday Roast for the year this Sunday and all Dad's get a free pint to wash it down. So drag him out from the shed or off the mower and bring him down for lunch.



An Evening of Music & Comedy 7pm Saturday 15th

The bands Holly's Hat Trick, and Sons of the Moutere, as well as the comedian Conrad Titonic, will be performing this Sat to Raise funds for the Nelson Cancer Society. Entry will be \$10, and there will be raffles as the evening of fun and frivolity unfolds.



Fine Dining Evening 7pm Saturday 30th

We will be offering a relaxing evening, of fine dining, over five courses. Bookings essential check our website for menu details. \$55 per head.

Don't Forget

1 st Thurs Folk Night	This month the 6 th
2 nd Thurs Quiz Night	This month the 13 th
3 rd Thurs Curry Night	This month the 20 th
4 th Thurs Cigars and Whisky	This month the 27 th

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Winter Workshops:

Mask Making with Karl Wulff - Tuesdays
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Beginners Oamaru Stone Carving with
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Advanced Oamaru Stone Carving with
Stephanie Jewell - Sat & Sun, Sept 8th & 9th

Maori Sacred Stance with Matiu te Huki
- Sat, Sept 22nd

Introduction to Stencil Making with Jen
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Upper Moutere is one of the coolest villages in the South. It's home to talented craftspeople, food producers and cider and wine makers. It has the oldest pub in the country, you can slip into the Old Post Office for a coffee or chai and the wineries around the village offer a warm welcome. And, in January New Zealand's most famous dub group are playing in the village at Neudorf Vineyards.

Judy Finn at Neudorf says they're honoured to host the boys.

"We're a very small venue. Fat Freddy's are playing at Western Spring stadium and Hagley Park so we delighted they're stopping off here." This is their only performance in the top of the South. Organisation is underway at Neudorf...the concert comes when Nelson is full of tourists and friends, so it will be a huge night."

Visit ticketmaster.co.nz for details but I would urge fellow locals to get tickets early because it will sell out.

We have everything on site - great coffee from Pomeroy's, Peckham's cider, Argentinean Barbeque, Hand made pizzas, the local whitebait sandwiches are always a hit, as is Mademoiselle Crepe and we have a couple of new food trucks joining us on the night and of course, Neudorf wine and some craft beers.

Bring a folding chair or a rug, and settle in for a warm night with some very sweet music.



8 September 2018

Kiwi Possum Productions bring their latest play to the Moutere

"Previous productions: *Poison and Purity*, *Goodnight Irene*, *The Cave Above the Pa*, *Ted*, *Poppy and WW11*, *A Brief History of Madness*, *The Measures Taken* and *Helen & the Ferals*.

Whenua/DP7 LOT 123 is a play about the land. Whenua means the womb, that which nurtures; DP7 LOT 123 means it has been surveyed and divided into parcels to be bought and sold and speculated upon.

Kevin and Rose, a retired farming couple reminisce, uneasy with the modern world. Their son, Ron has taken over the farm but wants out. His marriage has failed and one of his children has gone to the city. The other child is buried in the mountain. A Palestinian milker thinks of home. A Chinese entrepreneur hovers, as does a water bottler. A Greenie has moved into the area...

For this play, as writer, Paul Maunder states, 'the most literary and lyrical we have so far done', the group has established an intimate theatre upstairs at the Regent in Greymouth.

As a new innovation, the group will stage a house production in Jane and Pat's home on Sat Sept 8th. This is the ultimate experiment."

There's room for an audience of 12 so ring us if you're interested.

Blackball Readers and Writers Festival at Labour Weekend

The inaugural Blackball Readers and Writers Festival, to be held at Labour Weekend, will bring established writers to the Coast to read from their work and to have conversations. The festival will be modelled on the underground coal mine and will therefore seek work 'from the underground' which can be interpreted in many different ways e.g. that which has been forgotten, or that which has become for a time, marginal, or that which has deep roots in the earth or the past. There is also the theme of 'discussion in the bathhouse'; miners while washing up discussed politics and other matters. There will, for each festival, be book sales of the authors present and other works of relevance. There will be a writing exercise for all participants and the organisers are introducing the topic of important letters in people's lives, encouraging all participants to bring along one such letter for sharing.

For the inaugural Festival, the writer, Jean Devanny (1894-1962) will be 'recovered' and her life celebrated by historian and author Carol Dawber and author and film-maker Katherine Gallagher. Jean Devanny born in Golden Bay was a prolific (17 published novels) feminist and socialist writer and political orator. Jean, controversial and revolutionary was one of the first woman to write significant West Coast fiction. The celebrated Blackball-bred poet, Jeffrey Paparoa Holman will launch his memoir, *Now when it rains*. Acclaimed poet Tusiata Avia, born in Christchurch to the first wave of Samoan immigrants will discuss and read from her work. Dunedin novelist, Paddy Richardson will talk about her writing and her detour from the crime fiction genre with her recent novel set in Blackball. Making the underground literal, *Caves: Exploring New Zealand's Subterranean Wilderness* will be discussed by Neil Silverwood the book's photographer. To conclude the festival sessions, environmental writer Kennedy Warne will introduce the work of Denniston poet, Leicester Kyle and discuss the relationship between the poetic voice and guardianship of the environment. Kennedy author of two children's books and NZ Geographic co-founder and writer will have spent Friday talking to local school children. [Z\)](#)

Find out more via facebook.com/blackball2018

MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Moutere Hills Community Centre relies heavily on the support of fantastic community members who volunteer their time to ensure we can continue to provide an effective and efficient service for our community. Special thanks must be given to two of our longstanding volunteers, Philip Leith and Jenny Dicks, who are both stepping down from our Board at the AGM in September. We wish to thank them for their guidance, advice, and support over the past 7 years. We will therefore have vacancies for new Board Members.

If you are interested in becoming a part of the MHCC team then please contact us for further details.

***Moutere Hills Community Centre Annual General Meeting will be on
Tuesday 18th September at 7pm.***

Drinks and Nibbles provided. Hope we see you there.

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

Moutere Hills Community Fitness Centre

A great place to train!

Quality equipment out of the US, access from 4am—11pm daily, affordable membership fees!

Membership includes free classes:

Monday's	Re-Activate	9:30am—10:15am
	Pure ZUU / Boxfit	7:15pm—8:00pm / 8:00pm—8:45pm
Wednesday's	Training Support (drop in)	1:30pm—2:30pm
	Metafit / Core Foundations	6:00pm—6:30pm / 6:30pm—7:15pm
Thursday's	Pure ZUU / Boxfit	9:00am—9:45am / 10:00am—10:45am
	Circuit	6:00pm—6:45pm
Friday's	Metafit / Core Foundations	9:00am—9:30am / 9:30am—10:00am

*Personal Training available to help you achieve your goals, recover from injury or improve your well-being.
Only \$20 for 30 minutes or \$40 for 60 minutes.*

For all gym enquiries please contact Adele on 027 511 8826 or adele@mouterehills.org.nz



YOUTH NIGHT



Come and hang out in the Moutere

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

Every 2nd & 4th Friday Night - 14th & 28th September

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

High school age and upwards welcome

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MOUTERE HILLS COMMUNITY CENTRE



Up-coming events



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WEDNESDAY SEPTEMBER 12TH 2018

\$10 per person

Includes: Sandwiches, Cakes, Savouries, Tea and Coffee

BOOKINGS ESSENTIAL



Movie in the Moutere

A fun filled family movie night out

Saturday 29th September

Doors open at 5.30pm

(come along, relax, enjoy a meal and a drink before the movie starts)

Movie starts at 7.00pm

\$8 adult, \$5 for children (under 12yrs old)

Check out our website and facebook page for the movie title and details. BYO beanbags, cushions and blankets

All funds raised will go towards the purchase of a Bouncy Castle



Country Christmas Market

MHCC is organising a Christmas Market to enable all us busy folks to buy unique local gifts and products in a beautiful relaxed setting, for our family and friends this Christmas.

We welcome local, artisans, craft people, service providers, and any other local producers who would like to book a space.

Saturday 1st December
11am—3pm

Only \$20 for a stall. Contact us to book your space!



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz






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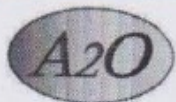
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Upper Moutere Tennis Club

**Upper Moutere Tennis FREE Open Day
for all students in the local area.**

Saturday, 15th September 2018

(Postponement Date: Sunday, 16th September 2018)

See below for your time slot:



1:30-2:30pm Upper Moutere & Appleby Schools
2:30-3:30pm Lower Moutere School
3:30-4:30pm Tasman, Dovedale, Tasman Bay Christian,
Mahana & Ngatimoti Schools

Come along for a FREE hour of coaching at your local club, Upper Moutere.

Games, spot prizes and hitting on the ball machine.

A Wilson prize pack including a racquet and balls must be won by someone who attends! Racquets will be provided.

No bookings required - simply turn up!

Vanessa Mairs - Head Coach Upper Moutere Tennis Club

For more info phone 022 4600 320 or email claybrookestate@xtra.co.nz

MAPUA BOWLING CLUB

THE WRITE BIAS

The club green-keeper, Glenn Saunderson and his team of volunteers have been hard at work over the winter months. The wet weather has been a challenge but work has proceeded well on the green renovation. The 2018/2019 season Opening Day is scheduled for Sunday, 30th of September. It is eagerly awaited by the members.

The club will be holding a Spring Lunch at the club rooms on Sunday, 2nd of September. It will be a great pre-season get-together. The cost is \$25 and reservations can be made by contacting Chris Green, 03 540 2419

Have you been looking for a new pastime? Why not consider bowls? Regular roll-ups are played on Tues, Thursday and Sunday afternoons beginning at 1:30pm. A little later in the season there will also be Friday night and Monday night sessions. More information regarding these sessions will be in the next issue of the Grapevine.

If you are a beginner bowler there are bowls available at the club for you to use and coaching is provided. Just wear shoes with flat soles to protect the green from damage.

New members are warmly welcomed.

For more information about the bowling club or booking the clubhouse and facilities please call President, Margaret Busby (03 544 6325)

Barbara Brown



Upper Moutere Tennis Club

OPEN DAY for the 2018/19 Tennis Season



Saturday 8th September 2018
Beginning at 1:30pm



*Join up and get court access for the new season.
(Your old access key will be expiring.)
Eftpos will be available on the day.*

The Ferrick Cup competition will be held on Open Day.

*This is a doubles event with partners randomly drawn
for each round of play.*

This format is ideal for players of all levels and abilities.

Come along and join in the fun.

Afternoon Tea will follow Ferrick Cup play.

All Newcomers Welcome !

See you there!

Any Questions? Phone: Vanessa Mairs 5432 332, Mobile 0224600320

Registration forms are available on the Moutere Hills Community Centre website
<http://www.mouterehills.org.nz/>
or by email UMOTennis@gmail.com

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Whenua Iti Outdoors

Experiential Learning Inspiring Positive Change

What's been happening

Mid-Winter is always a busy time at WIO as we wrap up Trades Academy programmes from the first two terms of the school year and prepare and start the programmes for terms 3 and 4. Trades Academy offers local secondary level students an opportunity to learn through experience with a focus on learning a trade. It's an excellent option for any student in years 11, 12 and 13 to gain NCEA credits via hands on learning and spend a heap of time in the outdoors.

Focus on Adventure Skills Development

ASD is open to 15-18 year olds who want to take their outdoor skills to the next level. With 9 days and 8 night of adventure it's an awesome opportunity for teens youth who want to develop independence and widen their skill base. Activities include caving, sea kayaking, navigation, tramping – everything you need to take that next step on your outdoor journey.

ASD will run in the October and January school holidays – www.wio.org.nz/asd for more info

What's coming up

In the next month at WIO we are delighted to be hosting William Pike, an inspirational kiwi who now runs an award programme where students take part in various activities including service and an outdoor journey. We'll explore how we can help our more of our local schools take part as it's a great opportunity. We are taking lots of bookings for school camps and also for Christmas parties with a difference – it may still be a wee bit chilly but preparation for spring and summer is well underway!

Outdoor Wanderings

This month's outdoor wandering is a recommendation for a trip to Spear Grass Hut – an awesome next step for enthusiastic outdoor kids!

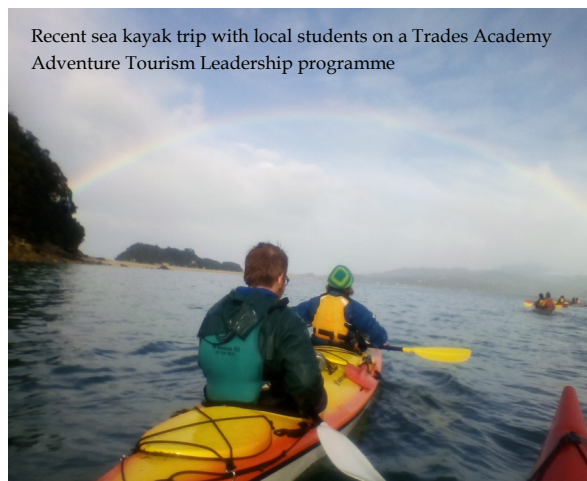
A trip to Speargrass Hut is one of those adventures you can take in so many directions. The best way to start is with a pie and a coffee in St Arnaud, followed by a drive to Mount Robert Car Park. It's a relatively easy 3 or so hour walk, dropping down to a river (swim anyone?) then climbing up the valley side to the hut. The bush is open and increasingly full of birdsong, the track well maintained and there is a lot of variety to keep everyone interested. The hut is warm and welcoming with amazing views as it sits just out of the trees – you can leave your bags and keep going to a couple of different viewpoints before tea or relax with a book on the veranda. The hut leads on to Robert Ridge, to Angelus and all sorts of other places – or you can retrace your steps and enjoy the walk home the next day.

See you out there

Need more information? www.wio.org.nz info@wio.org.nz



Whenua Iti students teaching International Students to weave flax on a Trades Academy Manaaki Tāpoi Programme



Recent sea kayak trip with local students on a Trades Academy Adventure Tourism Leadership programme

MAPUA PLAYCENTRE

The following was written by our education officer Fiona Walker:

At Mapua Playcentre we are really excited to be offering the new Playcentre qualification, Playcentre Introductory Award, starting this month right here in Mapua. It is a short 8 session course which focuses on play in early years learning and how parents can support their children's play. Researchers are learning more and more about how important play is to children all the time. The Playcentre Introductory Award gives parents the chance to work together with experienced and inspiring educators to understand more about how learning occurs through play, how to set up rich environments to inspire learning through play, and how to observe what learning is occurring. Parents who enjoy this course will soon be able to move on to another new short course, the Playcentre Education Award, and if they choose, to NZQA approved certificate or diploma in Early Childhood Education and Care.

It is amazing to see the new skills parents gain on these courses in action: the ability to steer children from conflict to problem solving, for example, and the exciting range of inviting play set ups that parents create for children on session at Playcentre and at home too. One of my favourites was a rainbow waterfall made using milk bottles, food colouring and a set of steps that had my 4 year old returning to it week after week, intrigued as to how the colours blended as the water trickled.

All Playcentre members are eligible for these free courses. And even better, at Mapua Playcentre, to acknowledge the skills and enthusiasm parents bring to sessions once they have completed the course, parents who have completed the Playcentre Introductory Award do not have to pay fees for the rest of their time at Mapua Playcentre (children under 2 can attend free before you complete the course).

Come and check Mapua playcentre out. 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:

Crossing the road...

Miss 3: "Were you looking for my hand Mama?"

Mum: "I'm always looking for your hand honey."

Miss 3: "Well it's always here you know, right by my legs."

MOUTERE COMMUNITY YOUTH September 2019

Date	Junior	Intermediate	Senior
7th Sept	Nerf Wars	-	Sports at MHCC
14th Sept	Ball Games	International Wanderings	-
21st Sept	Amazing Maze	-	Bonfire
28th Sept	Flip Out*	Flip Out*	

*Combined event, meet at UMO church hall 4:45pm, back at 7:15pm, \$12 (which includes \$2 transport)

JUNIOR YOUTH is for kids in **years 5-6-7**, 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). The **cost is \$2** each week.

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**.

SENIOR YOUTH is for **years 9-13**, also meeting **fortnightly** on the 1st and 3rd Fri/Sat, meeting at UMO church hall at **7pm**. We can drop youth off to home after activities in the youth van if required.

Contact: Tessa 022 101 2276/Billy 021 027 28825/moutereyouth@gmail.com/Facebook - Moutere Community Youth

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CHEESE AND HORSERADISH SAUCE

By Soo Gee

75gm butter – melted
1/2 cup flour
1 tsp salt and 1/2 tsp pepper
1/2 cup to 1 cup preserved veg stock
2 tsp prepared horseradish sauce
1 1/2 cups grated cheddar cheese
2 cups of milk

Add the flour to the melted butter in a pot, stirring. Cook for 5 minutes slowly. Add milk and bring to the boil. Add 1/2 cup of vegetable stock. Bring back to the boil and add cheese. Season, add horseradish. You can add more stock if needed.

Meanwhile, lightly cook vegetable of your choice (I use broccoli).

Also, you can add a little bacon, pre-cooked and a pastry case.

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Alzheimer's Disease in pets – is your dog or cat having “senior moments”?!

Yes our pets can develop degenerative brain disease too although we don't actually call it Alzheimer's. The disease is known as **Canine or Feline Cognitive Dysfunction** and some of the changes in the brain are the same as those seen in humans with Alzheimer's. These changes result in confusion, memory loss and reduced activity. Owners often assume these changes are a normal part of aging. But actually if we recognize the symptoms we can intervene and help our pets have quality of life for longer.

Symptoms seen with Cognitive Dysfunction:

Disorientation – e.g. when your pet goes to the wrong side of the door or stands still staring at the wall or gets stuck behind the couch and can't figure out how to get out.

Interactions – e.g. when your dog stops barking at the postie or is less interested in walks or your cat is grumpy about being handled when they used to enjoy it.

Sleep/wake – e.g. when your dog or cat is restless and barks/meows persistently at night for no obvious reason

House-soiling – when a previously well-trained pet starts toileting inside

Altered activity – e.g. when your dog stops greeting you at the door or your cat starts sleeping in odd places

All these symptoms can be seen with other diseases. It may be that they have arthritis or kidney problems that mean they can't get outside in time to toilet, or they may be losing their hearing which means they don't hear the postie, staring into space could be a mild seizure. So it's important to rule out other physical reasons for a change in behavior. We do a thorough clinical exam to check for any sign of disease or pain and run diagnostic tests such as blood samples and x-rays. If disease is detected, treatment of the disease can help resolve behavioural changes as well. If no disease is detected, symptoms are more likely due to degenerative changes in the brain. Fortunately there are many things we can do to help our aging pets maintain good mental function for as long as possible – the sooner you intervene the better the results.

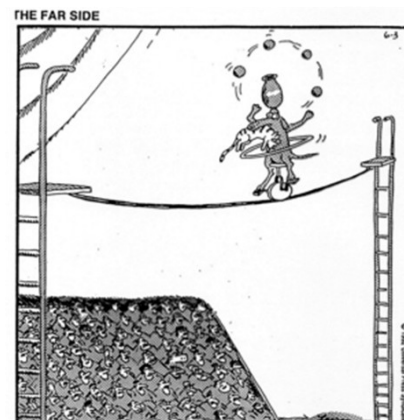
Diet – certain foods are formulated to help brains work better for longer. They usually contain anti-oxidants and omega-3 fatty acids which are good for cell health. Hills b/d is proven to help dogs with cognitive deterioration.

Environmental enrichment – by keeping our pets physically and mentally active, we can slow brain deterioration – just like in people! Rather than letting your dog sleep the day away in their bed, walk or drive them to the park for some interaction with other dogs and people. Use a treat ball so they have to work at getting a snack. Play hide and seek. Feed your cat in different places. Take them outside while you are gardening and let them find their way back in. Add a ramp up to their favourite bed. Grow some catnip. Put a bed at window height so they can see out.

Combining an enhanced diet with environmental enrichment gives the best results.

Supplements and medications – just like in people there are compounds such as fish oils, coconut oil, SAME and resveratrol that keep brain cells happier for longer. We also have prescription medicines that can help.

Don't let your old pet fade away – there's a lot we can do to help!



High above the hushed crowd, Rex tried to remain focused. Still, he couldn't shake one nagging thought: He was an old dog and this was a new trick.

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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.

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September 2018 Newsletter



Pastel Artists of New Zealand, Nelson Region

Can't wait ... Spring is almost here! The sun is shining today and the flowers in my garden are starting to peek through the ground. I am inspired and energised by Spring. Everything is fresh and new. Our group of artists on Tuesday are feeling a bit more challenged and went out for a plein air session just last week. Well ... we didn't have much choice ... the Mapua area power was going to be out for a while and there would be no light to work by in the Hall. So why not venture out to the Mapua Wharf and sketch and paint. The Jellyfish Restaurant generously allowed us to use their veranda. The weather even cooperated.

We had a mid-winter challenge called "The Big Picture" which is always enjoyed by all. The idea is to take a painting by a famous artist and cut it into pieces (almost like a jigsaw puzzle). We are then given only a piece of the picture to paint. We have not seen the original picture at this point so we have no idea what we are painting. The pieces we painted are then reconstructed on a board alongside the artist's painting. It is amazing how it comes together. The photo should give you some idea what this is all about. The picture on the right is the original and the one on the left is the reconstructed one. Thanks to Marian and Sue for organising the activity. This is actually a fun activity for any painting group to try.

This October Liz Haywood-Sullivan will be conducting a two-day workshop for our pastel group. She is an award winning pastel artist and author of several art publications. Liz is from the U.S. and will be travelling around New Zealand and we are one of the lucky art groups to be having her workshop. It is a real opportunity for our members to up-skill and develop new techniques from professional artists such as Liz. Those attending are looking forward to it! You can never stop learning.

Mark your Calendar: The Impressions National Art Awards 2018 – 29 Sep through 13 October, at Mapua Community Hall. Exhibition opens on Saturday at 1:00pm with Awards presentation being held at 3:00pm. The exhibition will then be open daily from 9:30am to 4:30pm. Entry is FREE and all artwork is for sale. Hope you have an opportunity to view this art exhibition as it will have a wide range of outstanding artwork from all over New Zealand.

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 our pastel artists are creating.

Gloria Anderson



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Your Local Property News

WITH DEBBIE WATSON



SEPTEMBER 2018

Small on fees **BIG** on service

KNOWLEDGE A BIG HELP

We are very pleased to have had the services of Debbie from Tall Poppy during the sale of our house in Stoke and the purchase of our next home. She is always cheery and hardworking - two qualities which we appreciate. On top of that she has been a tremendous source of information and expertise in matters of NZ real estate. Being two old codgers newly arrived from the UK we felt we needed our hands holding as we navigated unfamiliar territory - the real estate process in the UK is very different to the one here - and Debbie was very much the right person to do that. She was constantly available to give advice in both our sale and our purchase, and we feel lucky to have found her - VAL AND KEN



Hello Spring!!!



Getting a Jump on the Spring Market

Traditionally Spring is a time when not only the gardens, but the market blooms – the sun is shining, gardens are looking colourful and even people come alive. With more listings though, comes more competition. We are often asked "when is the right time to market my home?" and personally I don't think there is any better or worse time as a home can be made to shine no matter what the weather or season but, if you want to get a jump on the competition, getting a head start while listings are down, now maybe a good time to consider it!



CONTACT DEBBIE WATSON

M 021 462629

E debbie.watson@tallpoppy.co.nz

W tallpoppy.co.nz

Community News



What a blast! Fantastic event Country Kids!! See you next year!

LOOKING FORWARD TO:

An evening of beauty, wellness and craft - Upper Moutere School Fundraiser \$10 entry on 6th September from 7pm - 9pm at the Community Centre

WHATS YOUR HOME WORTH? LET'S TALK

BULSARA T/A TALL POPPY LICENSED UNDER REAA 2008

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