

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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Every Friday—Sharing table
MHCC

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Winners of 175th colouring
competition announced
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The Grapevine takes a
break now—the February
2019 issue is due out 24
January

Thank you for reading and
supporting the advertisers

Season's Greetings!

TRUE COLOURS



Upper Moutere artist and businesswoman Anny de Groot sees inspiration for her paintings everywhere.

A person's face, a mountain landscape or a field of flowers can all become the basis for Anny de Groot's abstract, layered or impressionist-style artworks. "I am always thinking about colours and art," she says. "Doing so many art classes over the years has changed my whole way of seeing things."

Anny is currently involved with three art groups: MAG (Mapua Art Group); a Nelson group that meets once a month; and the Mapua regional group of PANZ (Pastel Artists of New Zealand), which she discovered after moving to Upper Moutere in 2000.

Each group holds local exhibitions, where Anny enjoys the opportunity to sell some of her framed artworks. The PANZ group was also recently invited to enter some works into the 2018 Paraparaumu Rotary Art Show, and Anny was thrilled to win the best pastel painting award at this prestigious show of nationwide artists for her pastel of a sleeping chimpanzee, entitled *What a Beauty*.

For Anny, painting is a creative outlet in her busy life running A&A Snacks with husband Ad. Both originally from the Netherlands, the

couple moved to New Zealand 35 years ago, initially running dairies in Richmond and Appleby before going on to set up their Upper Moutere-based business, making and distributing Dutch-style croquettes, or kroketten, to specialty stores, supermarkets and catering companies throughout New Zealand.

"In Holland, every takeaway sells them, and every party or wedding has them as finger food," says Anny of these delicious breadcrumb and herbed beef, chicken, seafood or vegetarian snacks. "People buy them with chips or have them for lunch in a bread roll, and the smaller 'Bitterballen' are a perfect cocktail bite size."

The busier she is, the more she is motivated to paint, she says—and since doing a two-year US correspondence art course as a teenager, Anny has experimented with oils, watercolour, acrylics and—her real love—pastels. "My work is always colourful and often raises a smile."

Practice makes perfect is her motto and she always looks forward to gaining fresh knowledge at her art classes. "I have my own painting style and I'm a bit stubborn about going against my natural instincts, but I enjoy coming away having learned something new," she says. "I like a challenge and making something special out of something seemingly ordinary."

Find Anny de Groot's paintings at the Michael MacMillan Gallery in Upper Moutere, and the Sprig & Fern and Rare Creations in Mapua. Anny will be exhibiting at the free Trewavas Street Art Walk in Motueka on 1 December, from 10am-4pm.



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.

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- ∞ 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, Beverly Sellers, Sharon Beuke, Heather Eggers and Annabel Duncan.

Disclaimer

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UPPER MOUTERE VOLUNTEER FIRE BRIGADE

Call outs for October 2018

- 1/10 Car fire, Moutere Hill
- 2/10 MVA, Motueka Valley Highway
- 7/10 Reported mva, got turned back to station.
- 7/10 Grass fire, Flaxmore Rd/ Moutere Highway
- 12/10 Alarm activation, Redwood Cellars
- 14/10 Structure fire, King Edward St.



FROM THE
MOUTERE HILLS
RESIDENTS ASSOCIATION

Dear Members and Community,

This may be of interest to anyone paying rates and wondering who is there to keep an eye on government spending...

A convention in Nelson held over the weekend (of the 10th and 11th of November 2018) has agreed to establish a Federation of Ratepayer Associations of New Zealand, and has appointed a steering group to make that happen.

The meeting was attended by representatives of Resident and Ratepayer Associations from throughout NZ/~~6000000~~.

Hosted by the Nelson Ratepayers Association, Chairperson John Walker says, "the Conference was a huge success, as a national organisation is long overdue."

The Steering Group will recommend a constitution to all Ratepayers Associations, for adoption early in 2019.

For more information refer to www.ratepayersandresidents.org.nz

As the MHRA is a community association representing residents and ratepayers in the Moutere Hills region, our listed association members may wish to indicate to the committee whether they would be interested for the local association to create more ties with any national organisation.

Best regards,
~~Matthias Bender~~

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

Sunday 3rd February 2019

at the Moutere Hills Community Centre.



To make this another fantastic event please put the date in your calendar and tell your friends to come.
'Like' and 'follow' us on Facebook.

We are looking for people to help out with a variety of jobs:

- Running the photographic competition
- Organising the cooking demonstration area.
- Helping out at our working bees for 2 hours either with set up or pack down from 9am.
- Making some morning tea for the volunteers.

There are plenty of small jobs for all ages, please come and help out this year, pop the dates in the diary now, set up Saturday 2nd Feb and pack down Monday 4th Feb.

To make this another truly amazing Moutere event, and to help raise funds for the community, join the crew, give back to the community and have some fun!

Please contact Sam at sam@saraufestival.co.nz or phone: 543 2512 or 021 069 5991

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What's Happening In December

🦋 **"Livestock 12" 1 – 7 pm Sunday 2nd**
 ALL ORIGINAL ALL DAY ! Lodestone, The Ruck, Dropzone,
The Alternators, Kaylee Burnett, Wuzzabee, Olsen T, Strike 3
 and many more.

🦋 **New Years Eve 9pm Monday 31st "Andrew White"**
 Andrew White is one of those rare artists who can skilfully combine
 brilliant finger-style guitar work with a compelling story in lyric and
 deliver them both in an engaging live performance. Andrew has toured
 and collaborated with artists as diverse as, Clannad, The Corrs, Michelle
Shocked, Tommy Emmanuel, and John Martyn. One not to be missed.

🦋 **Merry Christmas and Happy New Year!**
 We're closed Christmas Day. Open as usual every other day
 from midday. Have a fun and safe holiday season!

Don't Forget

1 st Thurs Folk Night	This month the 6 th
2 nd Thurs Quiz Night	This month the 13 th
3 rd Thurs Curry Night	Taking a break in Dec
4 th Thurs Cigars and Whisky	This month the 27 th

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COASTAL GARDEN CLUB

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Men and women most welcome to share
 their love of gardening. Guest speakers,
 workshops and garden visits

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Reliable, tolerant person wanted, 2 hours
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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?



Kai Collective bring home a Community Award



Melody Marr, Cate Cable and Anna Haddon, founders of the Mouere Kai Collective holding their award.

In October the Mouere Kai Collective were among ten other regional winners of a Trustpower Community Award. The award came with a \$1,000 grant and a certificate, which will proudly go on display shortly at the Mouere Hills Community Centre alongside a new, more easily accessible freezer.

The Mouere Kai Collective has been running from the MHCC for eighteen months now and it has become an integral part of our community. The founders of the organisation were shocked to be both nominated and then to receive such high praise among so many other worthy groups.

What began as a group of three mothers cooking bulk meals to support other families at Playgroup, has blossomed into a wide network of volunteers and supporters who in the past year have gifted over 1800 family-sized meals to people in our local area.

The group meets regularly to cook meals and stores them in freezers at the MHCC, the Upper Mouere Foodbank and Country Kids. Meals are available to anyone going through a difficult time for one reason or another. The group has also supplied a meal to every family as they leave the Motueka Maternity Unit since the beginning of 2018.

The Mouere Kai Collective is about so much more than food; it's about checking in with the people in your neighbourhood and showing them care and support. Its rapid growth in the past year clearly shows that there's a huge amount of support for this concept throughout our wider community.

The Mouere Kai Collective are incredibly grateful to all who volunteer and contribute and look forward to continuing to provide a loving meal when needed in 2019.

MARINATED PEPPERS

Ingredients:

3 large red peppers, 3 tablespoons olive oil, 50ml apple cider vinegar, sprig of thyme and rosemary, chopped. 2 cloves of garlic sliced, ½ teaspoon cayenne, 1 tablespoon capers rinsed, 1 tablespoon parsley chopped, salt and pepper to taste.

Method:

Grill peppers slowly until blistered and black. Put in a plastic bag or sealed container and let them steam. When cool, remove the skin and seeds and slice into 1cm strips.

Heat fry pan, add oil, vinegar, garlic and cayenne. Cook over a low heat for 2 minutes then add peppers, capers, parsley and salt and pepper.

Cook a further 1 minutes, cool and chill overnight. Serve with cheeses and cold meats or just anything that needs jazzing up.



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175th Anniversary of German Settlement and the Lutheran Church



Hundreds of people gathered at the Moutere Hills Community Centre over Labour Weekend to celebrate the 175th anniversary of German settlement and the establishment of the Lutheran Church in New Zealand. The 254 registered participants came from throughout New Zealand, Australia, and from as far away as Canada and United States – many of whom were descendants of the original German settlers. Many others from the local community and the wider Nelson Province visited the historical display as part of a very busy Artisans weekend.

The weekend's festivities included a number of dignitaries. Anglican Archdeacon Harvey Ruru, an executive member of the New Zealand Māori Council, opened the celebrations and was followed by Local MP Damien O'Connor, Mayor of the Tasman region Richard Kempthorne and Bishop Mark Whitfield of the LCNZ. We were especially honoured to have the German Ambassador to New Zealand, Mr Gerhard Thiedemann, and his wife, Dr Marlies Thiedemann as guests.

There were also extensive historical displays on early industries on hops, flax, tobacco and milling. Other items of historical significance such as shipping lists, family stories and genealogies were also on display. During the keynote speakers presentations we were entertained with traditional German folk songs. The evening guests were treated to an excellent meal from Miles of Food catering (thank you Miles and Steph) and more entertainment in the form of German dancing.

On Sunday morning St Paul's Lutheran Community Church overflowed with worshipers for the service led by Bishop Whitfield and LCA Bishop John Henderson. The service began with bell ringing and a Karanga, which were both accompanied by the blowing of a conch shell.

It was a thoroughly enjoyable weekend and I would like to sincerely thank all of the organising committee who put in countless volunteer hours, the MHCC for their support and excellent facility and of course the many locals who came out in support of this event.

Andy Marr

WINNERS: 175th Colouring Competition Results

Thank you to the many entrants who did such a wonderful job colouring. They all looked fantastic and it was a very hard decision for the judges. The winners each receive a double movie pass to the State Theatre in Motueka.

Congratulations:

James McDougall (Under 5), **Leam Stanley** (5-8 Years) and **Grace Werner** (9 years +)

Moutere Caravans, the one stop place for anything caravanning!

After having been in business for 8 years, Corinne and Frank are very excited to have just completed their new caravan parts and accessories shop. Whilst this is a milestone, they do not just have a shop, but also sell German caravans and operate a busy workshop. In their workshop they will tend to all your caravans needs: from brake servicing, maintenance/repair work, to installations of solar, movers, water tanks and any other parts, they do it all!

Moutere Caravans are agents for Dometic, Frankana, Reimo, Movera and Comet and offer any caravan part for European caravans. They can also source any spare parts (including windows) for all German brands like Hymer, Buerstner, Knaus, Dethleffs, Geist, LMC, TEC, Hobby and many more. They pride themselves in outstanding customer service driven by honesty and efficiency.

They offer quality workmanship, with Frank having 30 years of experience within the automotive and caravanning sector, as well as being a car mechanic by trade, you can be sure that your caravan is in safe hands!

In their new shop you will find a huge range of products and spares from trusted brands like Dometic, Remis, FIAMMA, Reich, Comet, AL-KO, Winterhoff, Thule, Thetford, Hindermann, Jokon, Hella, Isabella, Camec, Froli, Mellerud and many more. They also have lots of great gifts for any caravan fan.



Corinne and Frank's new caravan parts and accessories shop at Mahana is open for business.

Visit Moutere Caravans new showroom from Tuesday to Saturday, 9 am to 5 pm on 219 Old Coach Road (Cnr School Road) in Mahana, Nelson, or contact them on 03 5432668 for more info about products and services. Their website is www.mouterecaravans.co.nz



Inside the new Moutere Caravans shop at Mahana.



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THE CHILLS

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Buying a Business

Buying a business is a very exciting time – it is an opportunity to take control of your own destiny and a stepping stone towards financial success. However, the process of buying a business can also be very daunting. In this blog we provide a basic roadmap for the process of buying a business.

Identifying a Viable Business

The first step is to identify a viable business to buy. Think about things such as the nature, size and location of the business. If you are intending to manage the business yourself, then consider whether you have the requisite skills, knowledge and experience. A poor fit between the business and the owner can be a recipe for disaster from the outset.

You will also need to know where to look for a business. Often businesses are listed for sale on Trademe. However, Trademe does not provide a complete list of all opportunities in the market. Some business owners might be thinking about selling their business, but they just haven't taken the action to list it for sale yet. A good way to identify potential businesses for sale is to door knock or talk to your professional networks – i.e. bankers, accountants, lawyers etc. Often these people will know of businesses that are considering selling.

Preliminary Due Diligence and Valuation

Once you have identified a potentially viable business then you should perform some initial due diligence. For example, have a look at the business's website and social media accounts, read customers' reviews online, consider the products and services offered by the business, review staff profiles, look for any media coverage of the business and talk to neighbouring businesses in the area. You should also consider external factors such as industry trends, economic outlook and changes in the local market.

You will also need to consider how much you are willing to offer to buy the business. We strongly recommend that you seek professional advice to help with a valuation of the business.

Making an Offer

Once you have identified a business that you would like to make an offer to buy, you then need to consider the terms of your offer.

This is a pivotal stage in the process and it is highly recommended that you seek professional advice from a qualified lawyer.

Poorly planned terms of offer can result in disaster down the track.

First and foremost, it is important that the offer is conditional on any factors that you may need to work through before settlement – generally this could include finance, solicitor's approval and due diligence. This is important because it gives you the opportunity to back out of the transaction if the need arises.

Thinking about buying a business?

It is important to make sure you have your ducks in a row before you take the leap

Other key terms in the contract could include non-competition clauses, non-retention claw backs, payment structures, settlement date, vendor hand-over period and turnover warranties.

Formal Due Diligence

If your offer is accepted and the contract enters a conditional phase, your next step will be to perform formal due diligence procedures. This phase is similar to a builder's report when buying a house. A due diligence process involves reviewing the key factors of a business such as its assets, contracts, financial information, information systems and human resources to ensure that the business is in an appropriate state before you commit to buying it.

It is at this stage that you should also obtain approval for any finance required to fund the purchase of the business. Often banks will require a formal business plan and financial forecasts to be submitted as part of this process.

It is at this stage that you should also obtain approval for any finance required to fund the purchase of the business. Often banks will require a formal business plan and financial forecasts to be submitted as part of this process.

Continued on page 10

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Crux: Buying a Business *continued from page 9.*

Preparation for Operations

If your due diligence process is successful and you decide to proceed with the purchase of the business, you will then need to prepare for takeover of the business. There are many things you need to do before you take over the business including:

- Determine the appropriate structure and set up the relevant entities
- Determine and implement appropriate financing structures
- Organise IRD registrations (i.e. IRD numbers, GST registration, employer registration etc.)
- Set up systems (i.e. accounting system, POS system, job management system etc.)
- Organise insurances
- Develop a business plan
- Develop financial forecasts
- Implement new contracts
- Commencing Operations

On the settlement date you should be fully ready to commence operations. It is best that you have a formal transition strategy in place to ensure the handover goes smoothly. From the customers' perspective it should appear to be business as usual.

CASUAL STAFF REQUIRED

December—January

We are looking to add to our team of hand berry pickers.

Casual work, mature high school students welcome.

Early starts, 7am usually, working any day of the week/ weekend. Usually finish around midday or early afternoon.

Starting around 15th Dec until mid Jan.

Preference given to those who can work most of this time, particularly over Christmas/New Year holiday period.

Please phone 543 2888 evenings, or phone or text

Ross (027230 7488) or Karen (027 281 8862)

if you're interested.



Mapua Playcentre

My son has a huge interest in Christmas, as many children do, and he asked me recently what I would like from Santa. I actually considered his question seriously and, after several new car models flicked through my mind, I came to an interesting and pleasant conclusion that I think Santa has already given me everything I want. By that I don't mean that my car is top of the range, or even new for that matter, but instead that I realise I am already blessed and so very lucky.

If you are reading this article there's a good chance that you are blessed in the same way. I'm talking about our good fortune to live in this gorgeous place. The Nelson/Tasman area is a true stunner. Not only is it so beautiful it makes your heart flutter but it is also safe for our kids, friendly, vibrant and creative. I don't need to go on – you already know. Right at the moment with summer knocking on our door I am falling in love with it all again, as I do every year. Life is pretty good here in this lovely community and in answer to the question of 'what do I want' I proceeded to tell my son all about how lucky we are with the things we have. He was probably left wondering how we went from Santa to a lecture, but I hope the general message seeped in.

Mapua Playcentre is a part of what makes this community special for my family. The setting is beautiful and the people are warm and welcoming. We now have some spaces available for the Monday session as well as the Friday, so if you are looking for another way for you and your children to enjoy our shared backyard – this is for you. 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 everyone at Mapua Playcentre we wish you and your family a very merry Christmas, and a safe and happy holidays. Merry Kirihihi me te Tau Hou hari.

From the Mouth of a Playcentre babe...

Master 4: "Santa must be partly nocturnal mummy. He doesn't sleep all Christmas Eve you know."

Playcentre Whānau tupu ngātahi - families growing together



What's been happening

WIO has been buzzing this last month – it's hard to find a parking spot there are so many people coming and going! This is a wonderful situation to be in and we are so grateful for the community support out there as without the amazing tautoko we get from you all we would not be able to work with such a wide variety of people. It's school camp season and there are groups here from far and wide including from Auckland and Wellington and of course across our own region. Many schools have us along for their end of year day out and it's always fun to be involved and part of the celebrations!

Focus on Trades Academy

In just about every week of the school year, Trades Academy groups are at WIO taking part in a whole variety of programmes from Adventure Tourism to Uniformed Services and more. It's an awesome opportunity for students in Years 12 and 13 at school to gain NCEA credits and practical skills at the same time. Next year there is a new programme focused on Environmental Science bringing the total number of programmes to 9. Enrolments are open now through your school co-ordinator.

What's coming up

Looking ahead to sunny January, there are still a few places on the Senior Journey and our Adventure Skills holiday programmes. They are an excellent way to round off the school holidays for the teenager in your life – new mates, new experiences, challenge and fun all on our beautiful doorstep.

Outdoor Wanderings - Options for adventures in the Abel Tasman

There is still time to fit a wee trip in to the Park before it gets crazy busy. It feels like every tourist hires a sea kayak and yet it's not something us locals do too often – if you can get your hands on a sea kayak, a good weather window and favourable tides, it's something well worth having a go at. If you have time to camp out, at about 4pm the day visitors melt away leaving a beautiful evening and sunset.

Of course you can walk sections of the track either from Marahau or get a ferry into the Park and visit a section you have not been to before (swing bridges, swimming holes, picnic spots...) and there are so many local businesses offering waka trips, sailing trips – you name it you can have a go in our own wee piece of paradise. There's even the Project Janszoon app full of great information about the Park's history and flora and fauna – make sure you download it before you set off.

Happy holidays everyone - we'll see you out there!
Need more information? www.wio.org.nz info@wio.org.nz

MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Thanks for all the support this year. We hope you have an enjoyable holiday break with family and friends. Wishing you all a very Merry Christmas and Happy New Year!



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

Holiday Office Hours

Moutere Hills Community Centre will close on Thursday 20th December at 8pm.

The Centre will re-open on Monday 7th January at 9am.

January office hours will be as follows:

Monday, Wednesday, Friday 9:00am—2:00pm

Tuesday, Thursday 2:00pm—8:00pm



Classes and Activities

All classes and activities stop for the Christmas break and restart again next year at various times depending on the individual tutors. A schedule of summer activities will be available on our website in December and will also be delivered to letterboxes.

Functions and Meetings

It is still possible to book the facility for functions and meetings over the holiday break. Please direct all enquiries to **Katrina on 027 5118825 or Adele on 0275118826**

Fitness Centre Classes for January

Last day of classes on the current timetable will be Thursday 20th December.

A new January timetable (outlined below) will commence Monday 14th January.

Monday's	9:30am—10:15am	Re-Activate with Adele
Tuesday's	6:00pm—6:45pm	Box'n Burn with Adele
Wednesday's	6:00pm—6:30pm	MetaFit with Carol
	6:30pm—7:15pm	Core Foundations with Carol
Thursday's	6:00pm—6:45pm	Re-Activate with Adele
Friday's	6:15am—7:00am	Box'n Burn with Adele
	9:00am—9:30am	MetaFit with Carol
	9:30am—10:00am	Core Foundations with Carol



Casual attendance available at \$5 per class

For class descriptions please visit www.mouterehills.org.nz



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE



Moutere Hills Community Fitness Centre

Get in shape for summer by joining the Fitness Centre now

Sign up for a 3 month Fitness Centre Membership, between October and February, and receive 1 month for **FREE!**

That's a 3 month membership for the price of 2 months!



NEED A CHRISTMAS PRESENT FOR SOMEONE THAT SEEMS TO HAVE EVERYTHING?

Gift a Fitness Centre Membership

We are able to provide gift vouchers for any length of membership that you require.
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Country Christmas Market

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Budding ballerina

Annabel Lowe is still buzzing after performing with the Royal New Zealand Ballet for its production of *The Nutcracker* and she hopes it is just the beginning of a life on stage. The 11-year-old from Upper Moutere starred as a child extra when the company brought its national tour to Blenheim for two shows in early November.

Annabel secured her spot after a successful audition this year and had to attend a number of rehearsals in Blenheim in the lead-up to the shows at the ASB Theatre. She played one of the children in the festive party scene *The Nutcracker*, which is set to composer Tchaikovsky's famous score.

Annabel joined more than 30 youngsters from across the top of the South Island to fill roles alongside the Royal New Zealand Ballet's professional dancers.

"It was amazing. The dancers are so graceful and were lovely to dance with," Annabel says. "I had a great experience in my first time on stage with the Royal New Zealand Ballet and I hope it won't be my last!"

The Upper Moutere School pupil does ballet, jazz and contemporary dance with the Trudy Fargher Academy of Dance, which runs classes in Nelson, Richmond and Motueka.

Annabel is busy practising for the academy's end-of-year show, *A Night at the Movies*, which is being held at the Theatre Royal in Nelson on December 1 and 2.

"I love dancing because it's something that makes me different and I can build on it and make it my own," Annabel says. "I would like to get more into ballet and hopefully join a ballet company somewhere in the world one day."



Annabel Lowe strikes a pose in Blenheim after performing in *The Nutcracker*.

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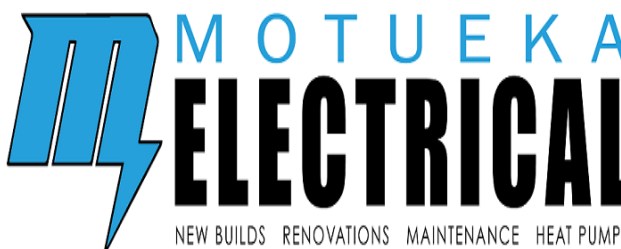
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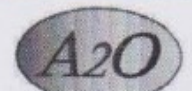
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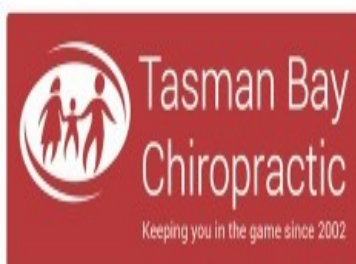
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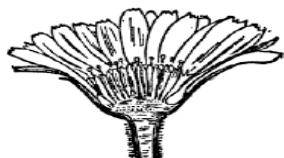
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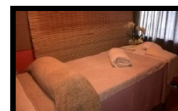
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In schools, there has always been the tradition of the dreaded cross-country race. This race was scheduled for the coldest, wettest and greyest day of the year. Which meant any day from October to May (northern hemisphere). Everybody hated it, including the ones that were good at it. I fell into that category. I was always winning or close to winning it, not because I was a good runner, but it was down to the fact that I was the sad, lonely one who didn't walk it, chatting to my mates.

Although it was called cross country, there was no countryside to cross. So, the course consisted of a lap around the school's football pitch and then out along the roads through housing estates before it looped back into the school grounds. The PE teachers stood on the pitches and shouted encouragement at us. They were not inclined to follow us, so once out of the school grounds and out of sight, the class all went their separate ways. One group headed straight for the corner shop. They had enough wit about them to take cash to stop and buy sweets. The other group was even more cunning. Having worked out that Emma's house was on the route, about six of my classmates went there, whereupon they dunked ginger biscuits in mugs of hot tea for twenty minutes. The third group that I was in just kept running. I arrived back through the school gates and finished just in time to see the others running like a stampede towards the finish. No one questioned why they had so much energy towards the end of race or how they got a tea stained tee shirt along the way.

When I reached my 30s I decided that running might be a good thing to take up again. So, I joined a local running club and started to participate in 5km and 10km races. I enjoyed these distances and the training runs during the week that we did. However, everyone in the club always talked about the holy grail, the marathon. Each year a ballot was held to get a place to run the London marathon, in which all our names were entered. I remember sitting in club meetings and praying that my name wasn't called out. 'Please,

please, please don't pick my name out' I thought to myself. My anxiety was huge and all the time I had to pretend that A) I really wanted to get a place and B) I was gutted that I didn't. Year after year I escaped the pressure of running the London Marathon. But this didn't really let me completely off the hook. If you couldn't run a full marathon there were plenty of half marathons to do instead. There has been a lot research to show that running a half marathon increases your chance of dying by 40% compared to running a full marathon. So therefore, I consider myself to have been very brave to undertake running 13.1 miles or 21km. There is also a statistic that shows for every 150,000 marathon runners 1 will die. I found it quite disturbing that in fact, half

and full marathons keep death lists of the runners who have perished by trying to complete the mileage. With all this knowledge in mind I picked my half marathon races carefully.

Everybody hurts by R E M

When your day is long and the night. The night is yours alone. When you're sure you've had enough, of this life, well hang on. Don't let yourself go, 'cause everybody cries, and everybody hurts sometimes.

I entered The Great North Run on the 21st September 2003. The race of 21 km took place every year in the north of England and about 65,000 runners entered. It started in Newcastle upon Tyne and finished at South Shields. I can't tell you much about these cities because when you are plodding away the kilometres you tend not to take in the surroundings, plus the whole race took place on the major roads between the two cities.

The morning of the race started early. You had to report to start at 6.30 and put all your luggage and warm gear onto a truck which would be waiting for you at the finish line. Since the race didn't start until 9am it meant you had a few miserable hours hanging around in your running gear with only a plastic bin liner to keep you warm. We were all herded into starting pens on the motorway. Where you started depended on what your expected finish time would be and your number on your kit gave this away. The higher the number the slower you were. My number was high and yes, I was towards the back. In fact, I was so far back that I didn't even consider myself to be in the North of England anymore. At 9am the race was started.

Continued on page 25

Continued from page 24

It took my group of runners a good 10 minutes to pass the start line just because of the volume of runners in front of us. We ran over a bridge as we left Newcastle when I realised I needed to pee. Thankfully there were port-a-loos just around the corner. I waited at least 10 mins in the queue for the loo. Damn, I thought there goes my good time that I was hoping to achieve. In theory the course was supposed to be slightly downhill all the way to South Shields, hence the optimist in me was hoping for a good time.

After this comfort break it was back to running along the motorway towards South Shields. With about 5km to go, my legs, knees and feet were burning, I was passed by another runner. Nothing unusual there, except this runner was dressed up as a Jacobs Cream Cracker. My heart sank. I was so slow that people in fancy dress were passing me. But it was I who was the wise one. If you are going to die in a half marathon you're likely to draw your last breath within the last 3km of the finish line. Therefore, by getting slower I was increasing my chance of surviving. So once the cracker had passed me and then someone dressed as a dinosaur, I pondered their demise just short of the finish line. I wonder if the death lists of marathons and half marathon runners indicate whether they were in fancy dress or not. Seeing someone doing CPR on a Jacobs Cream Cracker, or a dinosaur would have been surreal. I finished the race in one piece in a time of 2 hours and 40 min. A slow time but hey, there was the pee stop and having to negotiate running space around people dressed up as cartoon characters etc.

The next 21km race that I entered didn't have 150,000 runners. It only had 50. So, I reckoned the chance of me surviving was good. The race took place at a small village called Dervock near to where I lived in Northern Ireland. It was the middle of July. The weather at this time of year was supposed to be warm but with it being Northern Ireland you could end up with four seasons in one day. What none of us were expecting was for it to be extremely hot.

Unlike the Great North Run, there was no hanging about before the race. You just signed a piece of paper, put a number on your running top and made your way to the start line. There was a race briefing before the race commenced and the organisers explained that the route was clearly marked and that there would be several waters

stops along the course. As the mercury in the thermometer climbed towards the 30 degree mark, the signal was given for the race to get underway.

The race soon became stretched out, with good club runners disappearing up country roads before me. I settled back into my nice routine of starting slowly and getting slower as the km began to be eaten up. With the sun out and temperature unusually high, I was looking forward to the first water stop. I knew I was close to one as I could see wet patches on the road where my fellow runners had spilt their water and empty water bottles. As I turned the corner there was an organisers car loaded up with water bottles. 'oh, thank god' I thought. It was the 5km mark and I needed water. Then just as I was about 800 meters away the car started its engine and zoomed off into the next country lane. 'What the heck, I need water, hold on, wait' I shouted. The car loaded with thirst quenching water continued on its way. Ok, another 5km and maybe I get a drink then. But you can imagine my despair to see the water car disappear again out of my view as I was approaching it. Yes, I was last in the race but there was no need to punish me by denying me water. As I passed the area where once there had been a water stop, I spotted the left over liquid evaporating in front of my eyes. 5km further on, the same story. At this point I did contemplate licking the left-over water from the tarmac. I continued with no water. I was in the last 6km of the race when a farmer at his field gate saw me. 'You've just missed the water car' he said. I couldn't answer as my mouth was so dry. As I was entering the last few kilometres an ambulance drew level with me. 'Are you still part of this race?' they asked. I nodded. 'Do you want a lift?' I shook my head. I shuffled on.

The upside of running these distances in an organised race is, if you are about to collapse there will normally be an ambulance or first aiders with defibrillators close at hand. Therefore, your chance of survival is quite high. I did find it reassuring that the ambulance was beside me, but their lack of encouragement was down heartening. 'Just get in' they repeated. 'No' I replied. Everybody hurts some time and my hurt was going to end soon. I could see the finish line and like an oasis rising out of desert heat, I spied a table full of water bottles, this time I knew they weren't going to move. I finished in 2hrs 25min. A personal best. So how hard could a marathon be? I would find the answer to that question in Berlin a little later in the year.



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Getting prepared for summer!

As we all prepare for Christmas holidays, making arrangements for pet care over the summer and holiday period is an important consideration. Here's a reminder of things to remember.....

Vaccinations for respiratory viruses in cats, and Parvovirus plus Canine Cough in dogs must be up to date in order to stay in boarding facilities. Call us for advice if you're not sure, and don't leave it until the last minute!

•Leave **contact numbers** for your vet as well as your mobile phone number with your pet carer. Have a chat so it's clear what your expectations are for your pet if something goes wrong, especially if you are not able to be contacted.

•Beware of **novel objects** which could be swallowed by your pets such as Christmas tinsel, strings from the roast, kebab sticks from the barbecue, fish hooks and potentially obstructive food such as chop bones, corn cobs and peach stones.

Most of us know that **chocolate** is poisonous for dogs. There is definitely more chocolate around at Christmas so remember to keep it out of reach of your dog. We often see dogs that have found the chocolate under the tree before their owners!

Take care giving your dog **leftovers** from the BBQ or roast – bones, large amounts of fat and onions can all cause serious internal problems for dogs.

Another food-related hazard is **old food** that your pet might find in compost heaps, rubbish bins and

out on walks. There are millions of weird microbes growing in these places that if eaten by your pet (especially dogs) can cause all sorts of symptoms from tummy upsets through to poisoning and seizures.

Toxic algae are a warm weather hazard in our rivers. It's safest to avoid the rivers in summer and head to the beach instead.

Heatstroke is common over summer particularly in larger dogs. NEVER leave dogs in the car on a hot day, even in the shade with windows down. Offer frequent drinks/stops on journeys. Restrict exercise to cooler parts of the day. Limit the length of walks especially for young energetic dogs, old dogs and dogs with medical problems. Provide shade for dog kennels and rabbit/guinea pig cages.

Clipping long haired pets can prevent problems such as overheating, soiling, skin infections and grass seed problems. We often clip the underside/belly of long haired cats, and advise clipping under ears and around the feet of long haired dogs. Some long haired dogs which aren't traditionally clipped (e.g. Border Collies) are much more comfortable and active, even if they do look a bit odd!

Check your dog's paws, ears, 'armpits' and groin daily for **grass seeds**. This is particularly important for fluffy dogs especially spaniels, poodles and all their crosses. It may seem a hassle to do this but it can be an expensive, time-consuming and painful process to find grass seeds once they are inside your dog!

Warm weather accelerates development of flea eggs and larvae so **flea prevention** is important. We have many products available to suit your pets and their lifestyle including oral tablets, topical treatments and long-lasting collars. Some products now last six months or more so it's easy to keep your pet and house flea-free.



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www.eastwoodelectrical.co.nz



Nigel and Michelle.

Ph 027 280 5966

or 027 288 5780

Redwood Valley, Tasman

info@hardyardsnelson.co.nz

www: hardyardsnelson.co.nz

Facebook: [hardyardsnelson](https://www.facebook.com/hardyardsnelson)

Hello we are Nigel and Michelle McMorran. We own and manage Hardyards Water Delivery and Lifestyle Property Services.

We live in Galeo Estate in the Redwood Valley, so as local lifestyle property owners we know and understand the joy, stresses and work that owning a lifestyle property brings. We know how important water is to living in a rural environment. We cannot survive without it, our properties cannot thrive without it.

If you need water – bulk delivery, for household drinking, filling swimming pools or any other reason give us a call we will be able to help. We deliver 7 days a week to anywhere in the Tasman region. We also can look after your spraying, or fertilising needs as well as mowing/topping your paddocks.

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Pastel Artists of New Zealand, Nelson Region



2018 seems to have zoomed by. Our pastel art group have had a busy year with several excellent and enlightening workshops, our Top of the South art exhibition in February, our National PANZ conference and exhibition in Timaru, mini-workshops, our regular Tuesday morning get together at the Mapua Hall and much, much more. Wow when I write this down we have been busy. A positive type of busy though. We have a steady group of people (sometimes up to 15 or more members) that get together on Tuesday morning to paint, share ideas, participate in mini-workshops, socialise and sometimes to even critique each other's work in a friendly and relaxed atmosphere.

We will be finishing our year with a BBQ on the first Tuesday in December and will then take a break to refresh ourselves for next year's tasks ahead. We will be back at the Mapua Community Hall on 5 February 2019.

For those of you who look forward to our art exhibition in February we have now decided to move it to the weekend of the Queen's Birthday holiday which will be held from 1 June to 3 June 2019. We will still hold the exhibition at the Mapua Community Hall and it is free to the public.

I don't usually make New Year resolutions but if some of you do one of them might be to re-ignite the creativity in yourself and start a new hobby or pull out your old pastels and start painting again. We welcome new members anytime during the year. You can pop by the Mapua Community Hall and see what we get up to.

From our members to all of you, we wish you a very happy and safe holiday with family and friends. We hope that 2019 is a positive and adventurous year for you and yours!

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 from New Zealand and abroad are creating.

Gloria Anderson, PANZ Member



The Playhouse Cafe

What's On Guide

SUMMER 2019

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

M	T	W	T	F	S	S
24 Closed	25 Christmas Day Luncheon	26 Boxing Day Cricket	27 The great 2018 QUIZ NIGHT	28 JORDAN LUCK BAND	29	30 BOOGIE TRAIN BLUES BAND
31 The Best 1980's New Years EVER!!	1 OPEN 11am till Late	2 Murder Mystery	3 Paul Madsen Superstar Show	4 Johnny Cash Tribute	5 Fleetwood Mac Tribute	6 Open 11 til 4
7 Closed	8 Closed	9 OPEN 11am til 4pm	10 All you can eat ribs night	11 Roller Coaster Blues Band	12 David Bowie Tribute	13 Open 11 til 4
14 Closed	15 Closed	16 WEDDING CLOSED TO THE PUBLIC	17 All you can eat ribs night	18 Neil Diamond Tribute	19 Paul Madsen Superstar Show	20 Open 11 til 4
21 Closed	22 Closed	23 OPEN 11am til 4pm	24 Andrew London Trio	25 Adam McGrath of the Eastern	26 Bryce Wastney	27 Open 11 til 4
28 Closed	29 Closed	30 OPEN 11am til 4pm	31 All you can eat ribs night	1 THE CHILLS	2 WEDDING CLOSED TO THE PUBLIC	3 Open 11 til 4
4 Closed	5 Closed	6 OPEN 11am til 4pm	7 All you can eat ribs night	8 Isaiah B Brunt Blues Trio	9 NADIA REID	10 Open 11 til 4
11 Closed	12 Closed	13 Closed	14 Closed	15 Jermery Elwood + Michelle Acourt	16 1970s Disco	17 Open 11 til 4

Your Local Property News

WITH DEBBIE WATSON



DECEMBER 2018

IF YOU ARE PLANNING ON GOING AWAY, REMEMBER



CONTACT DEBBIE WATSON
M 021 462629
E debbie.watson@tallpoppy.co.nz
W tallpoppy.co.nz

You may not be there to watch over your home while you are away, but you can take steps to protect it:

Put your lights on a timer

Unplug all electronics

Ask a friend or neighbour to collect your mail, and water your plants, and keep a general eye out

Leave a key with friend or family, in case access is required

Keep a low profile on social media

Make sure valuables are locked away, or out of sight

PS - If you were thinking of going on the market in the new year -

Community News



From our family to yours - wishing you a very merry and safe Christmas and a happy and very prosperous new year

Enjoy your well deserved break