

# The Grapevine

## MOUTERE HILLS COMMUNITY NEWS

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### Special points of interest:

16 March—Jan Preston at the Playhouse Theatre (page 12)

30 March—NZ Tree Crops Association Conference (page 11)

21 April—Mapua Easter Fair (page 12)

Thank you for reading and supporting the advertisers

# CROWD PLEASER

People came from far and wide to this year's Sarau Festival for a celebration of all things Moutere



"Seeing everyone enjoying the music and just chilling blew me away," says Sam Lowe. This was Sam's first year as the Sarau Festival organiser, with big shoes to fill after Jenny Leith's many successful years in the role—and she admits she was just a little nervous. "I was definitely stepping outside my comfort zone but it all went like clockwork, thanks to all the wonderful volunteers. It was fantastic from start to finish."

About 100 people offered to help in some way, whether it be with setting up, packing down, or being there on the day itself. Some put their hands up for multiple jobs and some for one, but every extra pair of hands made a huge difference, says Sam. "One lady even delivered a cake on the Monday as morning tea for the volunteers, which was such a lovely thought."

With festival activities including a silent auction, photography competition, cream teas, book fair, photo booth and NBS kids' zone, plus car parking space, there was plenty of organising to be done behind the scenes and volunteers for each task often had their own group of helpers making it all run smoothly. "It was great to see many new faces among the volunteers, and also nice to catch up with people I hadn't seen all year," says Sam.

Moutere artists, craftspeople and food and drink

producers were well represented at the event, giving locals and out-of-towners a great opportunity to see the richness and variety of our region. Musical entertainment was provided by Nelson Rockquest winner Johnnie Cameron and his Cameron & Co blues and jazz group, with local teenager Bella Shand also delighting the crowd with her songs, many of which were her own.

Proceeds from the festival are distributed to community groups and in the near future the Sarau Trust will be asking local individuals, groups and organisations to submit applications for grants from the money raised. Keep your eye out for that in an upcoming *Grapevine*.

So, would Sam do it again? Despite having laryngitis on the day, which meant she had to whisper instructions to volunteers, she says she thoroughly enjoyed the experience.

"I'd like to say a big thank you to our principal sponsors—Cold Storage Nelson, NBS and Ricoh—and to the many others who provided generous sponsorship or silent auction donations, which were so much appreciated," she says. "It was amazing to see happy, smiling people everywhere and to be part of such a good team."



## PLACING AN ADVERTISEMENT

Thank you for advertising in the Grapevine—you help us cover the cost of producing and delivering this free community newsletter each month.

**The deadline for each issue is the 15th of the month.**

Please email your print-ready ad to—[umograpevine@hotmail.com](mailto:umograpevine@hotmail.com) or provide paper based, print-ready copy to Tanya Doty at the Old Post Office/Moutere Gold.

**The following prices apply for advertising:**

- ∞ Births, marriages, deaths and giveaway notices: free
- ∞ Business card size advertisement: \$12
- ∞ 1/4 page advertisement: \$25
- ∞ 1/2 page advertisement: \$50
- ∞ Full page advertisement: \$95 (if space available).

Please deposit payment (and identify it with your name) to our account: NBS 03 1354 0229034 16.

### **Sending us editorial items**

We warmly welcome editorial contributions to the Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read!

There is no cost to having your articles published but if you are telling the community about a commercial or fundraising venture, we do appreciate a small donation to help us cover our costs—see above for bank details.

**Archived coloured copies of the Grapevine are available at [www.mouterehills.org.nz/community/the-grapevine](http://www.mouterehills.org.nz/community/the-grapevine) courtesy of the Moutere Hills Community Centre Staff.**

**Grapevine circulation is 1300 copies.** This issue has been constructed by volunteers: Miriam Lynch, Tanya Doty, Beverly Sellers, Sharon Beuke, Heather Eggers and Annabel Duncan.

### *Disclaimer*

Views expressed in articles in The Grapevine are not necessarily those of The Grapevine team or its editor. While every effort has been made to ensure the accuracy of the information included in this publication, The Grapevine takes no responsibility for errors or omissions or for any consequences of reliance on this information. Publication of advertising material implies no endorsement of either a product or a service.

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# Upper Moutere Volunteer Fire Brigade

Callouts for the months Nov, Dec, Jan

4/11 Scrub fire, Neudorf Rd

5/11 Investigate smoke, Neudorf Hill

5/11 Reignition of Scrub fire, Neudorf Rd

9/11 Smoke coming through trees, Bronte Rd East

11/11 Vegetation fire, Gardener Valley

21/11 Smoke showing, Les Wakefield Rd

25/11 Alarm activation, Mapua school

30/11 Car fire, Moutere Hill

11/12 Trees on fire, Mapua leisure park

16/12 Mva, Blackbird Valley/Neudorf Rd

28/12 Person stuck under forklift, Holdaway Rd

28/12 Alarm activation, Mapua school

29/12 Un-permitted fire, Supplejack Valley

2/1 Grass fire, Wills Rd

3/1 Smoke coming from substation, Mapua

6/1 Motorcycle accident, Moutere Hill

13/1 Compost fire, Lower Queen St.

18/1 Trees on fire, Rabbit Island

21/1 Grass fire, Rana Pl Mapua

23/1 Alarm activation, Mapua school

27/1 Tree over the road, Neudorf Rd

28/1 Medical, cardiac arrest

29/1 Pump shed on fire, Davey Rd

31/1 Un-permitted rubbish fire

If anyone is interested in joining our brigade and helping their community, please contact Fred Ewers 0210316615. Or come down to see us on our training night, Monday 7:30.

To our wonderful community, please accept our thanks to those involved with the meals provided to our volunteer firefighters and their families during trying and tiring times. And the caring letters of support we recieved from the children at upper Moutere school. We are very humbled by the support and offers we have received from the community. 🌸👤

We are very lucky to live in such a great place!



FROM THE  
MOUTERE HILLS  
RESIDENTS ASSOCIATION

# What Do You Want For The Future of The Moutere?

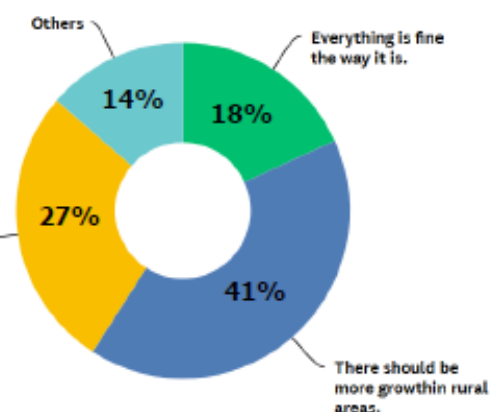
Tasman District Council and Nelson City Council are planning ahead for the next 30 years of development in the districts. They are asking where population and economic growth should be centered, and how we can achieve livable, sustainable and resilient communities.

To be able to answer these questions for our local area, we have launched a survey, asking you what you would like to see for the future of the Moutere. Be it *more housing, more farming, more roads, more services - or less of something*.

Here is what residents have said so far:

Should there be more economic and population growth in the Moutere Hills?

Less growth - the growth should be in cities instead.



Should there be more farming and productive land use?

The levels of farming and production are fine as they are	44%
More Tourism and other activities	28%
More Horticulture	26%
More Livestock	14%
More Forestry	5%

Should there be more housing development?

More affordable smaller lifestyle sections	50%
More village sections for affordable single homes	45%
More rural residential sections	34%
No, we do not need extra housing in the area	25%

Other things people want to see:

More footpaths and bike paths	80%
Better public water supply	63%
Safer roads	52%
Better telephone and internet	52%
Improvement of existing roads	50%
More public transport options	50%
More roads	0%

## Thoughts To Take Home...

A solid 85% of respondents say that the Moutere is a great place to live!

But only 36% think we are resilient enough.

And only 15% think the current situation is sustainable.

Have not taken the survey yet? You can still do so. Go to our website at [www.mhra.org.nz](http://www.mhra.org.nz)

*The online survey is still open and it only takes 1 minute of your time to complete!*

Write to [feedback@mhra.org.nz](mailto:feedback@mhra.org.nz) to sign up for our email newsletter and get more updates.





## What's been happening

The summer months have been busy with several programmes running during the lovely, long holidays for young people of all ages. We are always so impressed by the willingness of our young people to give things a go – before Christmas the rain fell and the wind blew and in January the sun beat down causing temperatures to soar. Each and every person gave just about every activity their best shot and hopefully learned a bit about themselves in the process. We are slowly building our range of programmes available out of school time and would be interested to hear what options you think may be missing – get in touch if you have a suggestion!



## Focus on Environmental Science

If you've had dreams of working in conservation or science or you just enjoy learning more about the world around you, the new Trades Academy Environmental Science programme could be your perfect next step. The programme is designed for 16-18 year olds who enjoy exploring their world through hands-on learning. The four 4-day blocks will include visits to many of our favourite outdoor environments – ever wondered how things live in a cave? Up a mountain? In the sea? And what effects – good and bad - do people have those environments? Contact us to find out more.

## What's coming up

Last year saw the launch of Experiential Learning NZ (ExpedNZ) and this year we are launching the Whenua Iti Foundation – these two new segments will combine to ensure WIO has a greater variety of income streams and also offers more support to our community. ExpedNZ aims to attract international students to WIO who will spend time doing all the things our local students love too – taking on challenge in the outdoors, experiencing the culture and exploring the environments of Aotearoa. 10% of all revenue from ExpedNZ will go straight to the WIO Foundation – the philanthropic arm of WIO. The Foundation will also manage all donations to WIO so we can better support our community and people can be more involved in what we do. Look out for more information as the year progresses, this is something we are very excited about.



## Outdoor Wanderings – keeping your cool!

Surely one of the best things about the New Zealand summer is discovering a new swimming hole. One of our favourites has to be a camping trip to Pelorus and exploring the wonderfully refreshing Pelorus River. There is the well-known area below the bridge for a jump off the rocks and you can also follow the track up the river and find any number of cool, clear refreshing pools. At night there are glow worms and even bats if you are lucky enough to spot them. If you have an outdoor wandering to share please get in touch.

We'll see you out there!

[www.wio.org.nz](http://www.wio.org.nz) [info@wio.org.nz](mailto:info@wio.org.nz)

# Massive thank you's

To the volunteers who gave up their time and energy to come and help with the 2019 Sarau Festival, without you this event wouldn't be possible

To the sponsors and people who donated items to the silent auction, we thank you from the bottom of our hearts.



- We are currently updating our list of volunteers' email addresses. If you would like to be on our email list please get in contact with [sam@saraufestival.com](mailto:sam@saraufestival.com)  
Or call Sam on 021 069 5991
- We now have a Facebook page for volunteers, please 'like' and 'follow' us at: Sarau Festival Volunteers, this way when we're looking for someone to do some baking for the working bee or need a hand unloading books for the winter book sale we can post it on there.

## 2019 Sponsors of the festival:

NBS - Nelson Building Society  
CSN - Cold Storage Nelson  
Ricoh Copier Company  
Freestyle hops  
Milnes Beatson  
First National - Marion Cross  
Bayleys - Leeson Johnston  
Mac Hops

Moutere Inn  
Moutere Motors  
Chambers & Jactett Ltd  
Moutere Beekeeping  
Bayleys - Jan Long  
Harcourts  
Southfresh Ltd  
Flash Electrical

## Supporters of the festival:

Below are some of the names of people/organisations who have taken the time to support the festival. Please show your support by using their products.

Moutere Hills Community Centre and their staff who were there on a volunteer basis.

Sixtus Electrical  
Planned Maintenance  
CWD Drill  
Marine Industrial  
Barkers of Geraldine  
Acacia raspberry farm  
Country Kids  
Hardy Landscapes  
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Nelson Cancer Society  
Upper Moutere General Store  
New World Motueka  
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Neudorf Olives Restaurant  
Spencer Hill Estate  
Proper Crisps  
Dorothea Tebbenhoff –  
Acupuncture  
Seifried Estate  
Bike Shed Motueka  
Upper Moutere Youth Group  
Tasman Gymnastics Club  
Empire Dance Company  
Forsters, Moutere Hills  
The Sausage Press Deli Co.  
Motueka Regional Ambulance  
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Pic's Peanut Butter  
Waterboy  
The Vet Centre Richmond  
Thorvald sheep milk products  
Thirkettle Nurseries  
Murray Thorn Motorcycles  
Peckham's Cider  
Tasteology@Kahurangi Estates  
Heartstone Willow  
Toad Hall  
Moutere Hills Vineyard  
Countdown Motueka  
The Rosarie Flower Farm





## WHERE HAS ALL THE SARAU TRUST MONEY GONE TO?

MHCC	Upper Moutere Tennis Club
Upper Moutere Volunteer Fire Brigade	St Paul's Church reroof
Country Kids	Tae Kwon Do
Moutere Youth Group	Rangers Netball
Rangers Rugby	Moutere Playgroup
Fighting Fit Boxing	Badminton/Volleyball equipment
NZBC - research	Empire Dance
UMO School	Kai Collective
Kidpower	St Pauls - food bank
Moutere Youth Trust	Tasman Gymnastics
Whenua Iti	The Mighty Blackcurrant
Rangers Football	UMO Cricket Club
	UMO cycle/walkway

**Sarau Scholarships** have been awarded to individuals representing their sport or culture on a national and international level.

Donations to Moutere Hills Community Centre have included:  
projector screen, AED, gates and fencing, grounds, generator, playground, edible garden, planter boxes, seating, history panels, fitness centre, water fountain, shade sails, pin boards, white boards

A total of \$166,000 to date



# MOUTERE HILLS COMMUNITY CENTRE



Dear Community

School is back and now it is time to get back into a regular routine. Being active and taking part in some type of physical activity is good for your health, but it also has countless other benefits and can help to make your life more enjoyable. Many studies show that regular physical activity not only improves the quality of your daily life, but can increase your lifespan by reducing the risk of chronic illness. We have a new schedule of activities which offer a wide variety of opportunities for you to participate in sport and physical activity. Go to our website to check out what is on offer.

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

## **THE WORX - Training for Teens**

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- 2 Group Training Sessions per week with our Fitness Centre Manager and Qualified Trainer, Adele

Group Sessions are Tuesday's and Thursday's 4:30-5:30pm.

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

## High Tea Luncheon

**Monday 1st April**  
**11:00am—1:30pm**  
**\$12 per person**



Enjoy the opportunity of relaxing in our beautiful rural setting while enjoying a delicious high tea which will include petite sandwiches, cakes and savouries.

Contact Cindy to book your table today: [functions@mouterehills.org.nz](mailto:functions@mouterehills.org.nz) or 543 2516



## UPPER MOUTERE BABY PLAYGROUP

**Wednesday's**

**9:30am—11:00am**

*If you have a baby then come along and meet other Mum's and have a cuppa.*

Run by Upper Moutere Playgroup.



**Phone: 543 2516**

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

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





# Situations Vacant

## **Eggers Hops**

*Harakeke - Moutere Valley*

### **HARVEST STAFF**

**The start is just days away!**  
**If you can drive a pickup with a trailer**  
**you can help, if you can really handle**  
**a tractor even better. Or if your just a**  
**solid grafter, you can sure help.**

So long Blackcurrants! Hi everyone, the Hop harvest is upon us (**March**) and we have a number of positions in the harvest team to fill. We would love to employ a team of locals to help, so come join us and get your hop fix!

Harvest is expected to take approximately 21/25 days running 8-10 hour shifts.

\*\*\*\* If you know of anyone who would be suitable please refer them. \*\*\*\*

#### Positions

1. **Bine puller operator** - Experienced tractor operator for the mechanical pulling down of bines.
2. **Tractor drivers** - Shifting of trailers from field to picker.
3. **Hookers** - Loading bines onto hooks - physically demanding.
4. **Hop baler / forklift operator** - Baling of dried hops ~ 8 hour shifts.
5. **Kiln operator** - Responsible for managing the drying of the hops to perfection.
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Michelle T Anderson

Nelson

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## SALE of Trees and their Crops

The NZ Tree Crops Association conference is attracting 150 delegates from all over NZ and overseas to Mapua with national and international presenters. It will be held in the Mapua Hall at the end of March.

Although the conference is fully booked, members of the local community will have the opportunity to visit on Saturday 30th March from 1 pm to 3 pm.

There will be Tree Crop members on hand to talk about trees and their crops and you can purchase interesting fruit and nut trees, produce or fruit.

There will be trade displays of useful products for care and protection of trees, plant health and nutrition, safety equipment and more.

See our website [www.treecrops.nz](http://www.treecrops.nz)

## We want your Books!

...for the SARAU WINTER SALE fundraiser.

Please drop your books in to the MHCC or call

Sharon to arrange an alternative, 027 432 8145

THANKS!





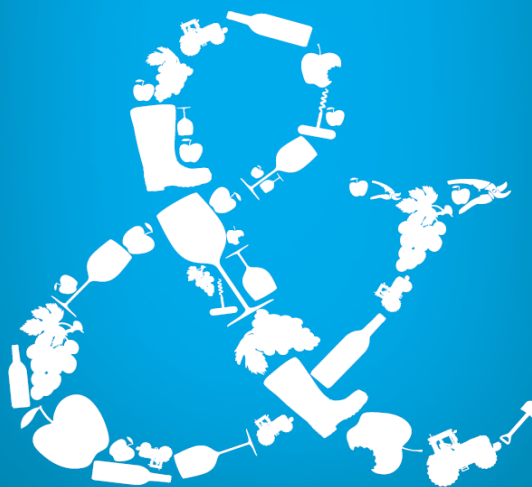
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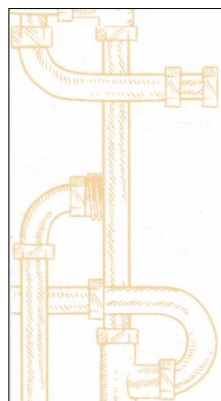
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**SOCIAL GROUP**

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Social Group meets fortnightly at the Sunday School Hall, Supplejack Valley Rd, Upper Moutere for fun and friendship.  
Everyone is welcome.

For further information, contact:  
Beryl (03) 5432 438  
Shirley (03) 5432 122



**Mapua Easter Fair**  
EASTER SUNDAY

We are excited to announce that the Mapua Easter Fair will be held on Easter Sunday – Sunday 21<sup>st</sup> April. The fair is now in its 37<sup>th</sup> year and raises funds for Mapua School and Mapua Playcentre to purchase resources, support trips and reduce student teacher ratios. This year's fair is shaping up to be an awesome day out for all the family!

If you are interested at having a stall at the Fair, registrations are now open. Details and the online registration form can be found at <https://mapuaeasterfair.co.nz/stallholders-info/>.

As in previous years we will be running our very popular Silent Auction and White Elephant stalls. If you would like to donate any items for the silent auction, please send an email to [info@mapuaeasterfair.co.nz](mailto:info@mapuaeasterfair.co.nz)

We anticipate our parking plans to be similar to last year. We will post the parking plan on our website in the week leading up to Easter. For further details on the fair please like our Facebook page; we will post updates as planning progresses.

We would like to thank all of the community for the support you give us with undertaking this key regional event which turns our village into a very busy place to be on Easter Sunday! We're looking forward to putting on a great day and seeing lots of you there.

### Craft 'n' Connect

We are starting again with Craft n Connect at the Old Post office in Upper Moutere on the last Wednesday of the month from 1.30 pm 'til 3.30 pm.

Bring your knitting, crochet, drawing, embroidery or any craft and enjoy the company of others; also, have a lovely tea or coffee with cake from the cafe.

Info: Marijke Lups 03543210

### COASTAL GARDEN CLUB

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

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

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Healthy lunch choices and meals made easy.

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

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info@mapuacountrystore.co.nz

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Clown by Emeli Sandé

"I'll be your clown."

## Juggling Unemployment

At various stages in my life, I have found myself unemployed and having to claim benefits. Contrary to right wing views nobody wants to find themselves in the position where they must rely on government money to survive. But when I was unemployed, I tried to follow some basic rules to make life more bearable.

Make sure it's summer

Live by the sea

Get addicted to daytime TV

Sign up to free or heavily discounted educational courses

Become a busker.

I always tried to follow the above rules, but in 1996 I broke rule number one. It was a bleak wet and cold winter. The other remaining rules I could tick off. I lived by the sea and I was totally addicted to daytime TV, which I'm sure only ever came about to keep the unemployed happy. Rule number four was particularly important as it could lead to qualifications and give you a step up to land some sort of employment in the future. With that in mind, I perused the night school classes offered by the local college. The list was extensive: maths, English, languages, sciences, basic plumbing, woodworking, IT and computer studies. So I eagerly signed up to an Improvisational Comedy course which dovetailed brilliantly with the second course on how to be a clown.

I can hear people heckling now, 'how the hell was an improv comedy course going to land me a job?' My answer to that is, the course provided a spring board for some comedians that are now world famous in Belfast. I just wasn't one of them. The course was run by a very funny performing arts tutor called Ester. I can't recall if she ever had lesson plans, I think she just made it all up on the spot. The course ran for 12 weeks and the class was a mix of genders and ages. We learnt a variety of theatre and acting skills: how to create characters, how to connect to your audience and your fellow performers. The course culminated with a 2hr show where I invited all four of my friends to attend. The show was nerve racking, but it all went down well. After the show, the course participants and the audience all went to the pub, where to be honest the best comedy material came out.

Feeling flushed with success of the comedy course, I was keen to get going with the clowning. I jumped into my old Ford Escort car, slammed the door shut and the window fell out. It wasn't a clown's car, it was just old, but it was well on its way. This course was run over two weekends and we were introduced to the very serious aspects of clowning. We were taught to reconnect with our inner child to create openness

and vulnerability to bring out our clown characters. It wasn't just about having a red nose. My other circus skills did come into play. The Monday nights I spent in Jackie juggles classes was certainly a bonus and I had taught myself how to spin plates.

By the time my courses had finished it was mid-December. The bleakness of the winter was wiping the smile off my clown's face, added with the realisation that I was going to be unemployed on the run up to Christmas. I sat in the living room, with the TV on in the background, contemplating what I should do next. I had £15 of my dole money left to see me through the weekend and into the following week. Suddenly on the TV programme balloons appeared and I realised what my next step was going to be. I raided my clown suitcase until I found my packet of modelling balloons. I then spent £5 on a return bus ticket to the centre of Belfast.

In amongst the hustle and bustle of Christmas shoppers I watched various street corners of central Belfast until I decided on a position in an area called the Cornmarket. I stood in the pedestrian zone, opened my suitcase and began to blow up balloons. The first couple of balloons I made into a flower and just as I was finishing it a woman and child came up to me and asked how much it was. I pointed to my Fez hat on the ground, shrugged my shoulders and said whatever she wanted to throw into it. So 50p dropped in and a mother and child walked off with a flower. Suddenly I was incentivised and quickly began to make more balloon models. The Harley Davidson was my pièce de résistance, but by far, the balloon dog was the quickest seller. As I was technically busking and not trading, I couldn't ask for certain amounts for my models, but I soon realised that if you put gold coins into your hat and removed any silver or bronze the public would automatically throw in the higher denomination. Within an hour I had made £20. After 6 hours, I decided to call it a day. But I returned the next day and the following days leading up to Christmas. On the last weekend before Christmas, I was at my usual spot when I was approached by Jackie Juggles. "Are you staying here for the rest of this freezing day?" she asked. "Yeah, pretty much" I said "or until I have made enough to go to the pub." She asked me how much I was making. I wasn't too upfront with her as I didn't want her stealing my busking patch. Having just shrugged my shoulders and deflected her question a bit, she said "Come and work with me in the shopping mall." Puzzled, I asked "doing what exactly?" "Well, she replied, I need someone to entertain the children whilst they wait to go in and see Santa at his grotto. I'll pay you £25per hour if you will work every day until Christmas". Deal done. I swapped my cold busking patch for the warmth of the shopping mall and an elf's outfit.

So, in the end, my choice of courses did lead to a job, albeit a very short term seasonal one at that.

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George Perry accepting the trophy from club president, Margaret Busby, for winning the Elston Blain tournament, together with Warren Keith, held at the Mapua Bowling Club in February.



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## Playcentre Whānau tupu ngātahi - families growing together

I am writing this article on day six of the Tasman fire but it's highly likely that by the time you are reading this it is long extinguished. Things are looking positive on the fire fighting front. However, the biggest message that has come out of this uneasy and unsettling week for me is still very relevant. That message is most definitely the importance of community.

Community has come up trumps in so many ways this week. We live in Redwood valley and Wednesday was a restless time for our area as the fire was so visible and seemingly ever-nearing. My immediate community began contacting each other and checking on each other's well being straight away, and in an uncertain time, there was the comfort that we were together. The next day my husband went to a briefing meeting where the community feeling was strong as people stood together to try and understand the beast behind us, and to help each other solve practical problems of those evacuated.

As the week progressed, and the winds changed, it was the people of Wakefield who I was checking on and my sense of community grew again. We watched in disbelief as other fires started and my community widened to messages with friends in town: messages checking each of us were okay and of support and love; messages that turned into actions as people throughout the community donated food, clothing, money and time. It felt so good just to do *something* to help the community out.

Today at Mapua playcentre I was reminded what an important part of my community playcentre is. It was an island of normality after a crazy week with a group of parents who make you feel safe and supported. It struck me too that by getting out and joining groups like playcentre I make my links to the community stronger, and in doing so my support is much greater. It is part of my community and it is part of my children's community. It could be part of yours too.

If you would like to extend your community 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: mapua-playcentre@gmail.com or find us on Facebook.

### From the Mouth of a Playcentre babe...

Master 4 "Mummy your eye crinkles are pretty!"

Mum "Thanks darling, that's a new one."



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## Moutere Community Youth

*Clarence Rafting Trip 16-21st December 2018*

Our goal was to have a fun adventure, see this amazing world, take the youth out of their comfort zone and talk about anything and everything... Is the answer to life 42?



We started at the confluence of the Clarence and Acheron Rivers, over the hill from Hanmer Springs and finished at State Highway 1, where the Clarence meets the sea, about 200km away. We were going into the middle of nowhere, eight youth, three raft guides, two adults with everything we needed to survive the trip loaded on three rafts. All of us with different goals – catching fish, experiencing exhilarating rapids, looking at the amazing landscape, getting away from Wi-Fi and smart phones, getting to know people better and creating some marvellous memories. With five days rafting, four nights camping, the days were quite similar, up early at 6.30am, packing up camp, spending the whole day on the river and then setting up camp again. The youth developed excellent skills of packing barrels/dry bags, lugging them to and from rafts and then unpacking again! We had varied weather, hot sun, some rain that made the river higher (faster flow - yay!), but only one day of the dreaded head wind which made paddling hard work. So demoralising to be paddling hard but going nowhere, yet still having to persevere or else we'd go backward. We camped on the side of the river with a campfire, eating excellent food and discussing the day, life, and everything. On the very wet day we squished into Snowgrass Hut (a DOC hut). One of the highlights was experiencing some new rapids that were created by the Kaikoura earthquake: a slab of limestone was forced up out of the ground during the earthquake and over the months the river cut through it just like a saw and created a gorge with

awesome rapids. We had a very exhilarating, high adrenaline finish to the trip.



We really enjoyed this time we had with these eight youth: their company, their opinions and their quirks and look forward to being involved in their lives over the coming years, involving them in youth activities and continual discussions about important things in life.

Thank you to this community who donated wood and bought firewood from us which made it easier for the youth to come along. Also thanks to NBS for letting us use their fabulous van. And finally many thanks to Billy Werner who organised this massive trip, hired the gear, convinced the raft guides to come along, and sorted out all the fine details. This was his last adventure while working as youth worker as he is moving on to an electrical apprentice for the next 4+years. But I'm sure we'll still be able to convince him to come along mountain biking, climbing and rafting adventures with the youth occasionally.

Tessa Werner



## Moutere Community Youth

### Girls' Tramp – Sylvester Hut, Cobb Dam area, Kahurangi National Park

On the 16<sup>th</sup> January, Janine and I had the awesome privilege of going on a tramping adventure with eight lovely ladies. Sylvester hut (12 bed) seems remote, but it is an easily accessible hut where we stayed for two nights, squishing in and sharing with others. We swam in heaps in lakes Sylvester and Iron and scrambled up Iron Hill. There was lots of talking and getting to know each other better; we saw some weka babies and kea, and endured a terrible dinner of sweet macaroni cheese (from a packet). We learnt lots about the 'art' of tramping: sharing spaces with complete strangers, using the gas cookers for dinner, reading the hut book, coping with a heavy-ish pack and welcoming other trampers into the hut. We also learnt that simply continuing to put one foot in front of the other gets you to the top of the hill... it may not be easy, but we all did it and had an amazing time at the top. And hopefully the girls will remember that when doing other hard stuff (it could be anything - practising the piano...) to keep on plodding. One step at a time. I think the tramping bug has bitten quite a few of the girls and some other expeditions will be planned. Here are some of their thoughts about the trip:



*I enjoyed hanging out with new people and loved the swimming. When I dedicate myself I can reach my goals. AM*

*Sylvester hut was really fun. There was lots of stuff to do like swimming in the lake, walking up the hill to watch the sun rise and going to Iron Hill. My favourite thing was swimming in Iron Lake, it was very cold but it feels so nice when you get in. It was a long and hard walk but it was so worth it when we finally finished the walk. RS*

*I really enjoyed the swimming as it was very refreshing. I also enjoyed hanging out with the group and having meals together. The hardest part was climbing up Iron Hill but the view was worth it and the lakes looked like a smiley face! LB*

*On the second day of camp we went on a challenge to climb mount Iron Hill; we knew it would be hard but we did it any way!! On the first day and second day we went to the swimming holes and we all really enjoyed it, Liana was in first. On the last day on the way home we started to sing some songs, I loved it! We sang the whale song and the pain song. MP*

*I enjoyed the walk. There were lots of wekas. The lakes are beautiful but cold. The baby wekas were really cute. And it seemed a lot shorter going down than going up. AV*

*I enjoyed walking to the top of Iron Hill, some people found it hard but we all made it to the top. When we looked at the view the lakes below (Sylvester, Iron and Little Sylvester) formed a smiley face which was winking at us. GW*

*I loved the girls' attitudes, their persistence, positivity and encouragement of each other. I want to do this again!!! JM*

*On the trip to Sylvester Hut I enjoyed all the swimming and hanging out with each other. I learnt that all tramps aren't easy but you can get there in the end. I had trouble sleeping but on the last night I had a great sleep. LW*

# Moutere Community Youth

Welcome to another year of fun youth activities. We'll start the year with some team building initiatives, welcoming new kids into the group, while also making the most of the warm weather. As usual we've changed things up again, switched things around, so here is the plan for 2019...

**Junior Youth** – for those in years 5, 6, or 7. We meet FORTNIGHTLY on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month at the UMO church hall (Supplejack Valley Rd), 3.30 – 5pm but come over for afternoon tea beforehand if you like. Cost is generally \$2 (plus donation for afternoon tea).

**Intermediate Youth** – for those in years 7, 8 or 9. We also meet FORTNIGHTLY on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month, also at UMO church hall. 4pm – 6.30pm. We will doing an activity plus have a dinner/discussion time. Cost is generally \$5

**Senior Youth** – for those in year 9 and above – we meet EVERY Friday (or sometimes Saturdays or Sunday afternoons). Meet at 7pm. We will also join in with other youth groups in the community every now and then for combined events. Cost is \$2 or more depending on what we get up to.

## March Programme

	JUNIOR 3:30-5pm	INTERMEDIATE 4-6pm	SENIOR 7-9pm ish
1 <sup>st</sup>	Let's Get Wet! Using water saving techniques, Bring togs/towel and water. 300ml per person. Our first event for the year., \$2		Sports Night, This is our traditional, first Friday of the month activity, easy to remember! Meet at MHCC 7pm, \$2
8 <sup>th</sup>		The Challenge, kick the year off with some tricky problem solving games, and food. \$5	A River/Water event and take along the raft. Meet 7pm, \$2
15 <sup>th</sup>	Records Night Let's SMASH last year's results \$2		Dessert and Planning evening, we will map out the term with your brilliant ideas while eating something sweet. 7pm, \$5
22 <sup>nd</sup>		The Social Media Conundrum, really? \$5	A Movie 7pm, \$2
29 <sup>th</sup>	Nerf Wars Always a favourite, bring your Nerf gun and labelled bullets. And no head shots, it always ends in tears. \$2		The Cause, a combined yth event at Richmond New Life church. Meet at UMO church hall at 6.30pm, back at 9.30pm, \$2

This plan may be subject to change, due to spontaneous combustion, keep up to date by checking Facebook Moutere Community Youth page.

## Questions?

Contact: Tessa Werner 022 101 2276, moutereyouth@gmail.com



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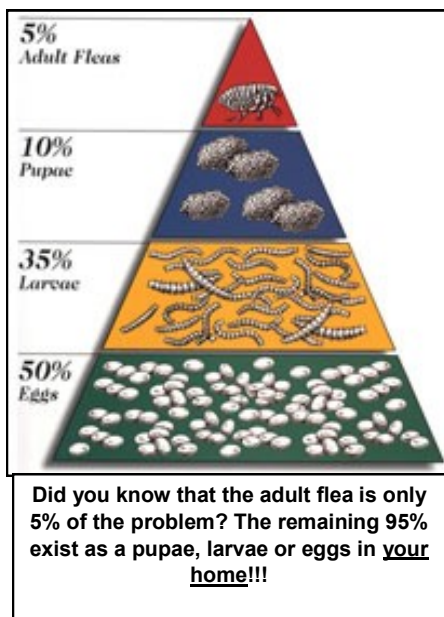
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## Fleas

Fleas can still be a problem well into autumn particularly if they haven't been managed through summer. If your pets have flea problems now, you will need to treat your house as well as your pet/s. There are many products available to control fleas – phone or come in and see us for advice.



## Fly Strike in pets

If it's warm and damp in autumn, fly strike is still a risk in our pet rabbits and long-haired dogs and cats. This is a serious often fatal problem that can occur within hours. Flies are attracted to damp fur, urine, faeces and they lay their eggs on or around the animal's bottom. Maggots will hatch within hours and quickly eat into the flesh as well as releasing dangerous toxins.

Prevent fly strike by checking your pet daily (and rabbits twice daily) to ensure their bottom is clean and dry. Clip fur away if necessary. Remove soiled bedding as soon as possible and keep the surrounding environment clean. Ensure your pet is not fed incorrectly which can lead to diarrhoea and soiled fur. If you find maggots on your pets, phone us immediately. We urgently need to remove eggs and maggots and prevent pain, infection and shock.

## Ryegrass staggers

Ryegrass Staggers is a problem at this time of year on farms particularly when animals are forced to graze close to the ground. This is a disease caused by toxins produced by a fungus present in some types of ryegrass. The symptoms are tremors, jerky movements and staggering. It affects cows, sheep, deer and horses, and alpaca are particularly susceptible. Affected animals are in danger of accidents such as getting caught in fences or falling into streams. They may also eat less and not drink enough. There is no specific antidote – the main treatment is getting affected animals off the ryegrass pasture and onto some other type of feed or safe ryegrass.

There are many other causes of staggering, tremors and abnormal behavior – if you are not sure, it is best to get the vet out – sooner rather than later!

## Facial eczema

To prevent casualties from facial eczema, remember to provide zinc supplements for your stock or at the least do spore counts through autumn until the end of May. Doing your own counts is easy or you can have them done by us or the lab.

## Trace Element Time

Now is the time to be supplementing ewes and rams with trace elements and vitamins to maximize reproduction success. Adequate daily intake of trace elements is required for maintaining good health and resistance to disease in all species. But at times of high demand or stress (such as pregnancy) daily requirements can be greater than what is obtained from feed and the diet should be supplemented. Iodine, selenium and cobalt are key elements for stock health. Zinc and vitamins A,D and E are also important. Don't let trace element deficiency cause poor health and production loss in your stock this autumn, winter and lambing season - talk to Mike or Joe in the clinic for more information about supplementing your stock for healthier ewes and lambs.



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## Motueka acupuncturist making her point

They say “the way to a person's heart is through their stomach,” but for Motueka acupuncturist Dorothea Tebbenhoff, the stomach is the window to every aspect of an individual's health.

“The abdomen is the energetic, digestive and physical centre of the human body. It's like a detailed road map, which can reveal a huge amount of information,” Dorothea explains.

Dorothea specialises in a Japanese-style of acupuncture known as Kiiko-Matsumoto-style and completed her training in Germany and California. Like traditional Chinese acupuncture, the Kiiko-Matsumoto-style works by using fine needles to open and unblock the body's energy pathways. A key difference with this style of acupuncture, however, is that diagnosis is largely done through a detailed examination and palpation of the abdomen.

Through the examination, Dorothea can begin to identify any areas of discomfort as well as any energy blocks. Pain or discomfort when pressure is applied can indicate an underlying imbalance in one of the organs or other part of the body.

“One of the biggest benefits of Kiiko-Matsumoto-style is that you get instant feedback. Both the client and myself are immediately aware of any areas of discomfort, as well as the release of pain and pressure when I hit the right spot.”

“To obtain a complete picture of a person's health, I also study their pulse and inquire in depth about their health history. Many people come to me with more than one symptom, and it often takes a bit of detective work to understand what's going on and to determine the most appropriate course of treatment.”

Dorothea has been involved in natural healing since the late 1980s, and was drawn to acupuncture because it takes a holistic approach to health. “Looking at the big picture is key.

If you just treat the symptom, the real cause of the problem has not been addressed. It's simply a short-term fix and sooner or later things will go wrong again.”

“Imagine you are sitting in your car and the oil warning light comes on. Instead of checking the oil, you just think, ‘Oh, the bulb must be faulty,’ and replace it. The next thing you know, the engine blows up.”

Dorothea explains that health issues can be triggered by a particular event, which the client may not even remember. “Whatever happens to the body, good or bad, is stored in the cell memory. Emotional wellbeing and stress can have a huge impact on a person's physical health.”

One particular client stands out in Dorothea's memory. “A lady came to me seeking help with her ongoing back pain, but after several treatments we still weren't seeing the results I'd hoped for. A bit more probing into her health history revealed she had some surgical scars on the back of her head that were tender to touch. I did some gentle needling on them and the improvement in her back pain was remarkable, not least because she'd been suffering for years and had tried all kinds of treatment without success.”

“I see clients of all ages and with a huge range of ailments. Complex conditions, particularly those where people are experiencing several different symptoms, can respond well to Kiiko-Matsumoto-style acupuncture.”



Dorothea typically sees anywhere between 25-30 people each week at her private practice, including a steady stream of new clients. This reflects a growing demand for acupuncture and other allied therapies, as New Zealanders embrace a more holistic approach to healthcare.

As a member of Acupuncture New Zealand, New Zealand's largest acupuncture professional body, Dorothea is required to meet and maintain stringent voluntary standards in order to maintain her Annual Practising Certificate. “As well as having completed the equivalent of four years full-time training either in New Zealand or overseas, Acupuncture New Zealand members also need to complete 20 hours of continuing professional development (CPD) education each year and hold a current first aid certificate.

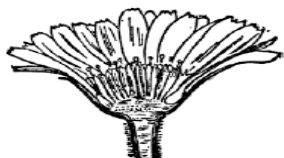
With more than 800 acupuncturists practicing in New Zealand, finding the right one can be something of a minefield. Acupuncture New Zealand recommends prospective patients select an acupuncturist from their membership database to ensure the highest standards of care.

Originally from Germany, Dorothea has lived in New Zealand for 17 years and feels fortunate to have settled in Motueka. “It is a beautiful part of the country and a wonderful community.”

She says that helping to educate her clients about their health and being part of their journey is extremely rewarding. “When people try acupuncture, they often become much more aware of how their lifestyle can affect their health. It's a revelation for them. I get huge satisfaction from helping people to meet their health goals and enjoy a better quality of life.”



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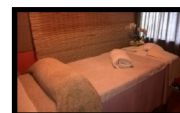
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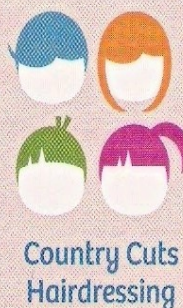
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WITH DEBBIE WATSON



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### Buying your next home - is it better to sell first or buy first?

If you already own a home and have decided it's time to move, you're likely to be faced with this dilemma. Buying or selling a property is stressful, no matter what angle you come at it. Buying your second (or third) house often isn't much easier than your first - and looking to sell your home at the same time only adds another layer of complexity. When it comes to selling or buying first, there's no 'right' way to tackle it, but it's important that you to think carefully about your appetite for risk. Both options come with pros and cons, and their own unique set of challenges and pressures.

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