

MOUTERE HOP

Local Lives

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Special points of interest:

Sarau Winter Sale

Books, pre-loved clothes and more. See page 4 for more details and page 7 for opportunities to help.

Thank you for reading and supporting the advertisers



Parking up to admire the classics during the Moutere Hop car enthusiasts first meet up.

When Shane Kemp, Miles Drewery and Mark Cessford get together for a few bevies great things can happen.

Bemoaning the fact there was no outlet for them to show off their classic cars in an informal setting with like minded people, they decided to put their energy into organising The Moutere Hop - an excuse for proud car owners to get the car out of the garage, shine up the chrome, cruise, talk cars and raise funds for charity.

Citing Moutere Hills Community centre as the obvious place to meet they set up a Facebook page and sent the message out to their mates. With the expectation of 20 -25 cars showing up, the 60 that converged was a pleasant surprise.

To make sure the day got off to a good start there were bacon butties and coffee for sale, provided by the Drewery family. They then embarked on a round trip to Tapawera where they parked up, to the delight of locals and passersby.

The Moutere Inn also came to the party, putting on extra staff to cater for the group, making sure the day ended on a high note.

The boys are chuffed that from the \$15 admission fee they were able to donate over \$1000 to the Child Cancer Foundation.

The success of that day has prompted them to set August 25th for the next get together. All funds raised will go to The Cancer Society Daffodil Day and judging by their enthusiasm it will be a great day out for anyone who has a car they are proud of. "It doesn't have to be a muscle car," said Miles, "it could be anything from a Anglia to a Zephyr or maybe it's a newer model car that deserves a bit of a showing. The great thing about the day was there were people from all walks of life, men and women, who just wanted to talk cars and go for a cruise. It was nice to see people also just stopping in to take a look at the cars and the community centre was a great place to start from, it's not easy finding somewhere that can accommodate so many cars - we're pretty stoked to have that space."

The group plans to make the most of the summer months so if this sounds like your kind of thing, keep an eye on The Moutere Hop Facebook page and mark the next date on your calendar.



PLACING AN ADVERTISEMENT

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

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

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

The following prices apply for advertising:

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

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

Sending us editorial items

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

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

Archived coloured copies of the Grapevine are available at www.mouterehills.org.nz/community/the-grapevine courtesy of the Moutere Hills Community Centre Staff.

Grapevine circulation is 1300 copies. This issue has been constructed by volunteers: Miriam Lynch, Tanya Doty, 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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What's Happening In July



Live Music 7 pm Saturday 13th "The Ventures"

"The Ventures" play an eclectic mix of Blues, Psychedelic Art Rock, and Original Material. Set the controls for the heart of the Sun and prepare to have your minds blown.



Curry Night 7pm Thursday 18th

Every third Thursday in the month from 7pm, we have a buffet selection of four curries, with vegetarian options, breads, poppadoms, salad, chutney and rice.



Cigars and Whisky 7pm Thursday 25th

A small group of whisky and cigar lovers have started a regular meeting on the last Thursday of each month. A new whisky will be introduced each month and a cigar available at cost.

Don't Forget

1 st Thurs Folk Night	This month the 4 th
2 nd Thurs Quiz Night	This month the 11 th
3 rd Thurs Curry Night	This month the 18 th
4 th Thurs Cigars and Whisky	This month the 25 th

PHONE 5432 759

WWW.MOUTEREINN.CO.NZ

FACEBOOK/MOUTEREINN

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The Grapevine Says.....

What a generous and connected community we have here in the Moutere. In the past two months we've seen some incredible contributions by community members for our community and beyond.

A belated huge thank you goes out to Moutere Hills Residents Association for presenting the case for a 1250 metre footpath from the Moutere Hills Community Centre up to the village centre. This has been a long time in the planning and will bring incredible benefits to many in our area. They also took upon themselves to organise the much needed path between Country Kids and the community centre - what a great group of people.

The Code Red fundraiser held in early June, raised \$4600 for our volunteer Fire Brigade. They are the ones who are there for us rain or shine and often just when it's the last time anyone would want to drop everything and go. Thank you to all involved and to all of those who contributed to the silent auction - you saw a need and took action without prompting - talk about going above and beyond!

The Kai Collective have been having regular cook ups and numerous people in the community have been grateful to have a friend or neighbour turn up on their doorstep with one of the collectives' tasty meals. Pretty caring group of volunteers right there.

Many of our community groups would struggle without the funding from the Sarau Trust, it's not just a festival but a fundraiser with the community at its heart and only happens because locals donate their time and energy. The Sarau Winter two day sale at the end of July will add to these funds as well as contributing to the running of Country Kids preschool - which is a community run preschool and has managed to educate and support many children and their families for over 30 years - not bad when you think they started with a role of just 6 children. The staff are involved in fundraising so the young of our community can benefit - don't know of many businesses whose staff would turn up for no pay on their days off.

The local blokes on the front page are spreading the love - read about how the need to cruise gave rise to an opportunity to raise money for charity.

There are probably more that we haven't mentioned but this list alone is enough to give reason to be proud to be part of our generous community - what goes around, comes around.... Stay warm!

UPPER MOUTERE VOLUNTEER FIRE BRIGADE

STATION 32

APRIL MAY CALL OUTS

2/4 MVA Drummond Rd
4/4 Paddock fire, Westdale Rd
6/4 Uncontrolled burn out of control, Redwood Park Rd
8/4 Fuel spill road clean, Coastal Highway
18/4 Structure fire, High St Motueka
27/4 MVA Neudorf Rd
3/5 MVA Wilson Rd
4/5 Unpermitted rubbish fire, Gardener Valley
9/5 Tree over road, Upper Moutere Highway/Kelling Rd

Got spare? Then share

The sharing table is back!

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

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



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

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

Sarau Winter Sale

Second-Hand Books
Pre-Loved Clothing & Toys
and a Cosy Cafe



27th & 28th July
Saturday & Sunday

11am - 3pm

Moutere Hills Community Centre

An annual fundraiser for the Sarau Community Trust,
Country Kids & Upper Moutere School Camp.

EPIC SUCCESS

THANK YOU UPPER MOUTERE

CODE RED - FIERY FUNDRAISER

What an epic success! Thank you Upper Moutere community for wholeheartedly supporting our amazing volunteer **Upper Moutere Fire Fighters** at the Fiery Fundraiser on Saturday 8th June. At final count the total raised was **\$4,603.20**. This is going towards buying a T.I.C. Thermal Imaging Camera that will detect bodies in burning buildings and protect our volunteers from unnecessarily going into dangerous fires, particularly with agricultural chemicals. The baseline product cost \$8'000 up to top of the line at \$15'000. So, we made a good dent in that.

The event was generously held and financially supported by the **Moutere Inn** (thanks Dave, Andy and the crew!!). An enormous shout out to the amazing bands who donated their time and skills: **The Sauce** and **The Sons of the Moutere**. Our new found comedian/MC **Matt Gould** made the night run smoothly with a barrel of laughs and prizes. All marketing and graphic posters were brilliantly created by **Hilary Williams**. Thank you to our wonderful raffle and door entry helpers; **Cathy, Hayden, Theresa, Kris** and **Heike**. Thank you to the **Grapevine** for free advertising pages.

And all our amazingly generous local donors.

Mo, Glen and Wilkinson Family	Dave Barrett – Thorvald Cheese	Fuji
Murray - Motueka Vehicle Testing Gear Repairs	Moutere Honey Mapua Country Store	Lawrie – Horse Cover and
Briar Family Office	Forsters Moutere Hills Community Centre	Singer Family Heather Marr
Katherine	Ruby Bay Kitchen	Kris – Kind Society Yoga
Monique and Taylor - Sunhouse Chai	Cam, Fleur and Maria – Tasteology	Bender Family
Pete, Lori and Heine Family	Neudorf Vineyard	John, Anna and Stanley Family
Cathy and Hayden - Kahurangi Wines	Alex – My personal plumber	Deidre
Shane, Leanne and Kemp Family	Rex	Chisnall Family - Kenmore Farm
Katherine and family	Dot and Georgia - Pure Peony	Shena Mali
Dot and Family – Apple Juice	Mark and Sheree	Marr Family



David Watson of the Moutere Inn hands over the fundraising efforts to Volunteer Fire Fighter Fiona Bryan

The Kindling Kid



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SARAU WINTER SALE – WE NEED YOU!!

If you would like to be part of this great community fundraiser
event we would love to have you join us

....Please come....

Times: Friday 26 July 4.45pm for one hour unloading boxes of
books

Sunday 28 July 3pm for one hour packing away books

No experience needed, just willingness to be part of the team

Enquiries: jennyleith@gmail.com



Horse Ribbon Quilts



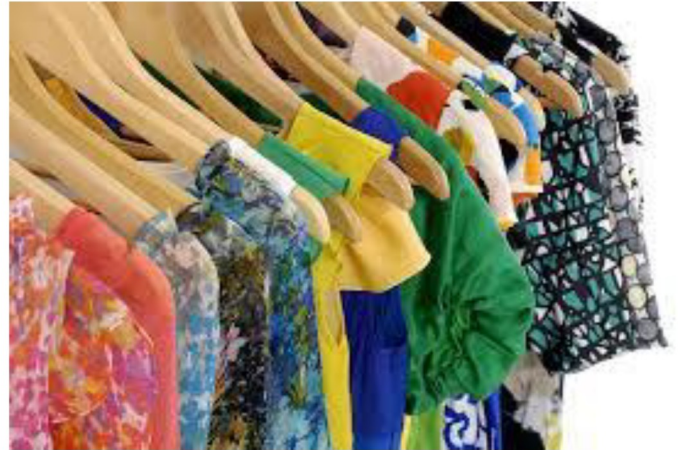
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27th and 28th of July.

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Thank you!



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A day in the life....High Places

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Sunrise on this east facing Fitzroy sky-
line is unforgettable and there is time to
savour the moment. We rejoin the main
trail where some easy walking alongside
the small lakes of Lagos Madre y Hija
(Mother and Daughter) leads into the
valley of the Fitzroy River and our shel-
tered camp. Standing on the moraine
ridge a few minutes' walk from camp we
hope to enjoy another of the great views
of the trip.

Beneath us in the foreground is the gla-
cier fed Laguna Torre and piercing the

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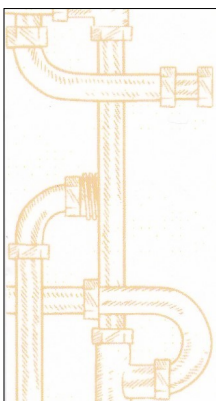
Got too many Books?

Donate your preloved books to the
SARAU WINTER SALE
27th & 28th of July 2019



Please call Sharon to
arrange drop-off: 027 432 8145
Or wait until the 26th of July
and bring them straight to the MHCC.

THANKS!



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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

Ph. 03 528 5405

Craft n Connect

Craft n Connect at the Old Post office in Upper Moutere at the last Wednesday of the month from 1.30 till 3.30 pm.

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

Info: Marijke Lup 02102319489

SOCIAL GROUP

Join us in the Sunday School Hall at 1.30pm for cards, bingo, scrabble, etc and some afternoon tea.

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

UPPER MOUTERE play group BABY GROUP

UPPER MOUTERE PLAYGROUP are NOW HOLDING a *NEW*
PLAYGROUP SESSION JUST FOR BABIES

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FRIDAY PLAYGROUP STILL ON AS NORMAL, 10 -12PM
FOR ALL PRESCHOOLERS

Looking for a fun way to exercise? Enjoy Dancing?

Come join us,
The Motueka Scottish Country Dance Group
meet every Wednesday,
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No partner necessary. First night free.
Enquiries
Ph Fay 0210393559 or Alison 0220363891.

Do you need a babysitter?

I am a 14-year-old girl and have 3 little siblings of experience

Text or Call Leah Werner @ 0225411049

I am available from 5-7pm on school nights and
up to 11pm on weekends

Please refrain from texting or calling during school hours

LODESTONE CLASSIC TOURNAMENT - TEN YEARS OF COMMUNITY SUPPORT

A big thank you to our local community sponsors, who have made the Lodestone Classic Tennis Tournament a huge success over the years: Brambleby Orchards; Ginger Dynamite; Grind Coffee Roasters; Lodestone Wines & Seeds; Moutere Gold; Moutere Inn; Moutere Motors; Neudorf Olives; Owen Bartlett Pottery; Patisserie Royale; Peckham's Cider; Penati Crackers (Primal Health Foods); Proper Crisps; Thorvald (Sheep & A2 Milk Cheeses); Upper Moutere On the Spot Store; and the Upper Moutere Takeaways.

This year was the 10th anniversary, celebrated on Sunday the 19th of May, when the Upper Moutere Tennis Club hosted clubs from the greater Nelson Region in a mixed doubles tournament. It's a day out in the countryside, where local products and services are showcased, while the club raises some funds to subsidise junior tennis coaching.

"Good fun, good food, and a bit of tennis" was the motto of the day! The tournament was "served off" with the cutting of a 10th anniversary cake by the four entrants who had played in the very first Lodestone Tournament, way back in 2009.

Featuring at the popular Nibbles Table were mouth-watering treats: Thorvald sheep and Little River A2 milk cheeses; Moutere Gold chutney; Penati crackers; Proper Crisps and Half-popped corn; and Brambleby Orchards' apples.

Lively pool play in the glorious sunshine produced some close scores in the first six rounds. Two clear winners emerged in the Competitive division, while the results were much closer in the Social division.

The players were refuelled with a delicious lunch prepared by the Upper Moutere Club members, with beverages from Lodestone Wines and Grind Coffee Roasters. Special 10th anniversary awards and prizes were presented before players were back on the courts eagerly warming up for their semi-finals.

In the Social division, Shawn Waters and Pauline Smith from the Stoke Club had a decisive win 7-3 over Elliot Earp and Rebecca Monopoli from Nelson Lawns in their semi-final. Clint Edmonds and Jennie Ricciardi from the Tahunanui Club beat fellow club members Mike Delaney and Noeline Robertson 7-3 in their semi-final. This set the scene for an interesting final as Edmonds/Ricciardi had already beaten Waters/Smith 8-2 in pool play. However, the Waters/Smith combo found more consistency in this Social Division final and won decisively 9-1 over Edmonds/Ricciardi.

In the Competitive division, the first semi-final was a close match with Doug Chapman and Denise Marshall from the Nelson Vets Club narrowly beating Tim Raatland and Loretta Hogg from Nelson Lawns 6-4. In the other semi-final, there was a very close battle where Johnnie Cameron and Sue Rooney from the Richmond Club narrowly beat Zak Lyttle and Ali Telford from the Hope Club 6-5. This brought together two doubles combos who had both come through the draw unbeaten. The Richmond team Cameron/Rooney had the energy of young legs on their side, however the consistency of the more wily Nelson Vets players Chapman/Marshall started to show through early in the match. Marshall's accurate angled volleys at the net, and Chapman's consistent ground strokes at the rear, combined well to take out the Lodestone Trophy for 2019 with a final score 6-3, 6-2.

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

As a special 10th anniversary prize, a new Wilson racquet (donated by Vanessa Mairs Coaching) was drawn from all players present. Jennie Ricciardi was the grateful winner, as she had only just returned to tennis from an injury eighteen months ago.



10th Lodestone Classic Tournament Celebratory Cake

Results

Division 1 Competitive: Score 6-3, 6-2

Winners: Doug Chapman & Denise Marshall - Nelson Vets Tennis Club
Runners Up: Johnnie Cameron & Sue Rooney - Richmond Tennis Club

Division 2 Social: Score 9-1

Winners: Shawn Waters & Pauline Smith - Stoke Tennis Club
Runners Up: Clint Edmonds & Jennie Ricciardi - Tahunanui Tennis Club



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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

With the cold winter days and nights upon us, why not come on down to the Centre and join in our social sports and recreation classes, there is something on offer to suit everyone. Or have a go at one of our Exercise classes. Cindus is newly qualified to instruct MetaFit so would love to see you there. Our full programme of activities is available on our website www.mouterehills.org.nz. If classes aren't your thing then while not think about joining our Fitness Centre and exercise in the warmth indoors. Adele is currently on leave, enjoying the warmth of Africa but Marv would be happy to help you! We also have some great Community Events coming up including a Mid Winter Banquet Lunch and the Sarau Book Fair. Details available on our website or by phoning the centre on 5432516.

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



Community Fitness Centre



Exercise while your children play!

We are now able to offer you the chance to come along and join in our **Fitness Centre classes** while your children have fun at Country Kids Preschool.

**Offer available Mondays and Tuesdays from 9:00am—11:00am
and**

Fridays from 8:45am—10:45am

CLASSES:	Monday	9:30am—10:15am	Re-Activate
	Tuesday	9:30am—10:15am	Stretch and Flex
	Friday	9:00am—9:30am	HIIT / MetaFit
		9:30am—10:00am	Core Foundations

MID WINTER BANQUET LUNCH

Enjoy a delicious hearty meal in a lovely setting, with great company!

Wednesday 24th July



Doors open from 11:30am * Meal served from 12pm
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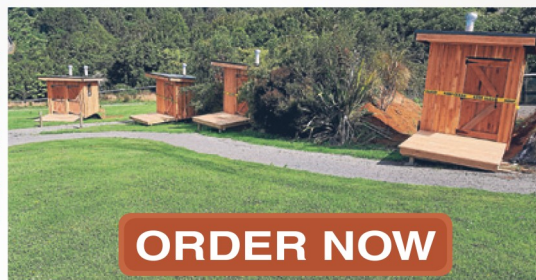


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PANZ

pastel artists of new zealand

Hopefully Queen Elizabeth enjoyed her birthday weekend in London as
much as we did, the members of PANZ Nelson, in Mapua Community Hall.

The choice of weekend for our annual pastel exhibition was experimen-
tal, the customary date being the end of February. Numbers were down
for the Friday opening, a worrying start after all the hard work during
the day to turn our beautiful village hall into a splendid art gallery. But
the worry was unfounded as visitors were plentiful on Saturday, Sunday
and Monday, the first three days of June. And if sales were a measure
of success, then this exhibition could be deemed rip-roaring. Congratu-
lations must go to Barbara McIntosh who sold six of her paintings. She
was modestly perplexed but her fellow artists know that it was well-
deserved; she is a highly talented and dedicated member of our group.

This was not a competition, there were no prizes except for the ever
popular 'People's Choice' award. A fabulous box of pastels, sponsored by
'Impressions Picture Framers and Art Supplies' of Richmond, went to
Karen Rankin Neal for her lovely painting of a fantail, 'Fly Baby Fly'.
Karen is from Rarangi, Marlborough and we were very pleased to have
her support along with Impressions who have sponsored this prize since
2007. Likewise we were indebted to New World of Motueka for the
generous support of our raffle prizes.

Now we are looking ahead. There will be a few surprise challenges in
store and in July, PANZ members will tackle the 'Big Picture'. Always
fun, we never know what we are producing until all the individual parts

come together into one total painting; definitely a morning to look for-
ward to. And way ahead in October, our group will be involved with the
Tasman National Art Awards and Exhibition to be held in our own com-
munity hall; more details about this in the coming weeks.

For any information about our group please contact our Area Represen-
tative, Glenys Forbes on 03 540 3388 or by email gmforbes@ts.co.nz.
You can visit our Facebook page: PANZ Pastel Artists of New Zealand to
see national and international pastel artwork.

Sue England



Winner of People Choice Award Karen Neal



What's been happening

Many of our Term 1 to 2 Trades Academy programmes are now drawing to a close and we have really enjoyed watching students graduate in Adventure Tourism, Manaaki Tāpoi and Tourism Operations with Environmental Science and Uniformed Services to follow. We are delighted to see that many students are choosing to return to WIO after completing a course; some students have now graduated 2 or 3 of our programmes. Our second intakes start in July and there is limited room on some courses – contact us for more information.



Participants enjoying the last Go Wild programme

Focus on... GO WILD!

A reminder that in the July holidays we have Go Wild! Our week long holiday programme full of day-long adventures for school years 3-6. Adventures in-



Students enjoying the wonderful Kaiteriteri Mountain Bike Park

clude day tramps, beach fun, rope challenges and more. Visit our website for information and enrolments on this popular programme.

Outdoor Wanderings – Wainui Falls Track

Wainui Falls is one of the best short walks in our region with lots of variety packed into the 3.4km return track. The approx. 1- 1½ hour walk climbs through farmland from the car park in Wainui Bay then enters some spectacular bush, alongside the stunning granite boulders on the river bed. There's an exciting swing bridge, beautiful falls and the invigorating sound of rushing water. Autumn and winter are excellent times to walk the track which can be busy in summer.

What's coming up

This winter, we have 2 exciting programmes coming up for our younger students – Mini Outdoor Adventurers and Mini Environmental Adventurers – MOA and MEA. Years 1-4 (5-9 year olds) will be able to experience the challenge and fun of WIO and take a step on what will hopefully be a fulfilling, lifelong outdoor journey. The Whenua Iti Foundation has committed to supporting 1000 places and we are looking for local businesses to collaborate with us and sponsor a class to attend – please let us know if this is something that interests you.

We'll see you out there!

www.wio.org.nz info@wio.org.nz

MOUTERE COMMUNITY YOUTH July Holiday Programme

POOH STICKS: Travel to Golden Bay to Pupu Springs walkway to play our favourite game!
9-5pm, Monday 15th July, \$20. Bring: lunch/water/snacks, sneakers, raingear/warm gears.

seW: PillowcasePJs. Bring a retro funky pillowcase and turn it into some boxer shorts. 9-3pm,
Tuesday 16th July, Church Hall Upper Moutere, \$20. Bring: lunch, sewing machine (if you have)
and a pillowcase.

WaLK: We like to do the HARD work first—Scout Track (Marsden Valley), a steep uphill
track (average gradient 50%) followed by a very EASY walk around Nelson Airport perimeter.
9-4pm, Wednesday 17th July, \$20. Bring: lunch, sneakers, raingear, and a good attitude.

BiKe: We'll take our mt bikes to Rabbit Island to do the Orienteering Course.
9-3pm, Thursday 18th July, \$20. Bring: bike & helmet, lunch, raingear/warm gears.

This is for all our youth group ages: year 5 to year 13. Drop off and pick up at UMO
church hall, 7 Supplejack Valley Road. Limited numbers so if you're keen let us know!
Tessa Werner/moutereyouth@gmail.com/0221012276

SO WHAT IS REALLY HAPPENDING AT FOX RIVER?

Back on 26 March the Fox River rose and washed out a riverside rubbish dump which had been closed since 1989. No problem? Well – yes – big problem and an environmental disaster not only in this beautiful area, but for 25 kilometres down the river, and for more than 50 kilometres up and down the beach front either side of the Fox River mouth, and for the off-shore sea life.

So if you are envious of your friends off overseas, sunning themselves in Europe or the Islands – here is a great option – not so warm, but ticks the boxes on carbon use, eco tourism and aid projects.



For the last 2 months many volunteers have been spending days picking up what they can – but this ramped up mid-June to a more organised and official volunteer project. 14 of us headed out this morning shifting over 4.3 cubic meters of rubbish out of an area of just over a hectare. They hope to have 100 volunteers at a time on the riverbed in the weeks ahead.

What is it like – well it doesn't smell, but it is lots of bending and moving amongst logs washed out of the forest. 90% of it is soft



plastic, but there are also car parts, hard plastics, straws and clothing. We are on a shingle riverbed and the plastic has become tangled amongst branches and rocks. Fortunately from today a digger has been employed to loosen the tangles so the picking out is relatively easy. We were all supplied with highviz vests and gloves, lunch, dinner – and a most glorious South Westland day.

Our team leader Phil – arrived 12 weeks ago for a week, and hasn't left, Milo from Argentina – has taken a week off from running his café in Wanaka, the rest of us come from Te Anau, Dunedin, Canterbury, Hawkes Bay and the Moutere – older, but still fit and energetic. Last month the school kids marched against climate change – we got out there to do something about it. If each piece of plastic we picked up today represents one fish saved from ingesting it, we must have each save thousands of fish today....

If you have a few days to spare check out their website and think about signing up SWC (South Westland Cleanup).



HOT AIR BALLOON OVER MOUTERE

Upper Moutere residents were treated to the wonderful sight of a hot air balloon travelling down the Moutere Valley. It was a hard frost morning and the full moon was still up.

It is understood that the balloon came to an abrupt stop shortly after this photo was taken. Miraculously no one was injured.

Photo credit: Sue Eggers



This week's article is written by member Warren Parkinson.

Being a Dad at Mapua Playcentre

Being a dad at playcentre is choice. Here at the Mapua Playcentre we have a strong and inspiring team which allows me to play, chat, ask questions, learn, encourage, socialise, focus and explore. For me, Mapua Playcentre is first and foremost a place to engage with my son on a completely different level than I otherwise would. He knows the place well, and feels ownership there, so he freely explores his interests for that day. This allows me to interact and engage with him and other children, in order to develop their fun and learning in that moment. I'm never distracted by chores or jobs to be done, it's time for us.

The resources for play available are ones I simply couldn't (wouldn't?) be able to do at home. He can destroy a nicely set up collage table of paints and interesting accessories in about 3 seconds flat, but that's ok, actually it's kind of the point. He will happily explore a tub full of bubbles for a whole session, which probably will end up all over the ground, but again that's the cool part about it. The climbing

boxes, sandpit and slide are also some of his faves. He and I are able to let rip. Not worrying about the mess, but exploring and learning through doing these things.

For me, Playcentre is a lot about the people. I am quite happy in my own company, and social situations aren't always my favourite thing, however, playcentre provides a great level of socialising and interacting with other parents; in the same place, going through the same things, in a welcoming, friendly and relaxed way. Being newish to Nelson/Tasman I might otherwise feel a bit isolated, especially as I am new to being a stay at home dad also, but playcentre gives me a safe and inviting place to engage with others who are all so strong, helpful, caring, intelligent, creative and welcoming.

I'm always well outnumbered as a dad at playcentre so it would be awesome to see more dads coming along if they have the opportunity. Mapua playcentre has been a really important part of my week for sometime now for both my children's needs and interests, as well as my own parenting development and wellbeing.

Come and check Mapua Playcentre out. We offer a term of free sessions for first time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 2534264, email: mapuaplaycentre@gmail.com or find us on Facebook.

“Whānau tupu ngātahi – families growing together”



Maureen Pugh
National List MP

CONSENTED FACILITIES ARE THE ONLY LONG-TERM FREEDOM CAMPING SOLUTION

We may be entering the traditional low 'winter' tourist season, but freedom campers are still causing problems for the South Island's Tasman region.

West Coast-Tasman National List MP Maureen Pugh says simply providing more free-of-charge facilities is not the long-term answer as it is disadvantaging legitimate businesses who pay rates and taxes, employ local people, and who have to bear the compliance costs. "Realistically, any camping facilities need regular servicing and maintenance" she contends.

"There are good reasons for rules like minimum distances between camp sites with fuel and gas involved, but we have huge numbers of campers moving around the region in unserviced vehicles, and I am sure I don't need to give details, but allowing them to simply 'park up' on roadsides is having quite obvious disastrous effects to health, safety and environment" Mrs Pugh says.

Maureen Pugh is also suspicious of some campers' vehicles which bear the 'self-contained' sticker, after hearing reports of such labels being sold at a market for as little as ten cents each.

Media contact: 04 817 9499



Authorised by Maureen Pugh, Parliament Buildings, Wellington.



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Arthritis – the number one cause of chronic pain in pets

Is your dog showing any of these symptoms?

Still keen to go for a run but really slow to get out of bed after
Hesitates to jump in or out of the car
Slower going up or down stairs
Limping or stiffness, especially after resting
Grumpy or tense when touched
Unexpected trembling/shivering
More restless at night, maybe even toileting inside

Is your cat showing any of these symptoms?

Doing less, sleeping more (sometimes hard to tell with a cat!!)
Not getting up high e.g. on the bed or windowsill any more
Not grooming as much as they used to
Grumpier than usual
Doesn't like being picked up
Toileting inside

This cold time of year is when stiff old joints can become painful. Often the symptoms above are mistaken for getting old and slowing down but many older pets are likely to be suffering from undiagnosed arthritis. Pets rarely whimper, whine or complain about arthritic pain – they often just do less - dogs will watch you go to the washing line rather than go with you and cats will stop jumping up to the windowsill or other favourite high spots.

What can I do to help? There is no cure but arthritic pain and inflammation can be minimised by managing your pet's **weight, exercise and treatment** including **physiotherapy**.

Weight control – one of the most important things you can do for an arthritic animal is maintain their optimum weight. Extra kilograms are just more load on struggling joints.

Exercise management – Short, frequent walks on flat, soft ground will help maintain muscle mass and strength without high impact on joints. Swimming is great if it's not too cold!

Treatment options – there are many! A warm, comfy, well-padded bed away from draughts can make a huge difference. Massage, gentle flexion/extension of arthritic joints, acupuncture, good nutrition such as Hills j/d, nutraceuticals such as 4cyte and Grand Flex are all helpful. And of course, we can give anti-inflammatory medication and pain relief – these can transform an old pet's life.

Physiotherapy – We are seeing amazing results with our local canine physiotherapist Kristie Hughes. Kristie has been a human physiotherapist for 18 years and is now a Certified Canine Rehabilitation Therapist. After seeing the benefits of physiotherapy in her own beautiful Bernese Mountain Dog, Kristie decided to provide the same high quality care for our canine companions.

There are many conditions that will be improved by physio including:

Arthritis
Musculoskeletal injuries – joint sprains and muscle strains
Post-surgery – rehabilitation after fracture or ligament repairs
Neurological – rehabilitation after paralysis, slipped discs etc
Performance enhancement – e.g. agility dogs

Kristie works at our Richmond clinic on Thursdays. If you think physio could benefit your pet, give us a ring on 5441200 or check out her website www.caninephysiotherapy.co.nz.



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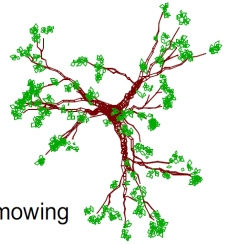
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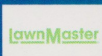


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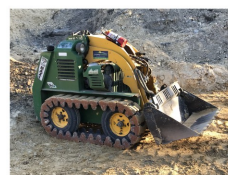
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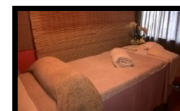
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On Her Majesty's Secret Service

During my time in the British Army, I was asked to do a variety of tasks for which I had been well trained. For example, there was the time that I was detailed to walk the Commanding Officer's (CO) dog, twice a day, for a week. To undertake this mission, I was to be dressed in civilian clothes and blend into civilian life. I presume that this was to prevent me, or the dog being kidnapped by the IRA. After a week of dog walking and being excused any other duties, my mission was declared a success. Both the Labrador and I settled back into standard army routine.

It might be surprising to hear that standard army routine was really an 8 to 5 Monday to Friday schedule, unless you were on guard duty. So, in essence you had 3 out of 4 weekends free. Of course, we lived in barracks within the army camp itself. The army camp was the size of a small town with thousands of personal working and billeted there. My room in the barrack block was a standard single room. It had just enough space for a single bed, a wardrobe and a chest of drawers. I was on the third floor and my window looked out over the tennis courts and stables. Even though my Regiment had nothing to do with horses, we did have stables for the horses that were there for anyone who fancied a ride on their day off. Just like we had sailing dinghies and yachts for anyone who wanted to go sailing. Taxpayer's money well spent.

Some of my colleagues in the barrack block managed to nab a double room all to themselves. This meant that they had enough room for sofa and a table and chairs. They achieved this by constantly asking for an upgrade and being particularly good at saluting the right Officers. We were of course required to salute any officer walking by us, but sometimes from a distance you could not spot if they had pips on their shoulders or not. But you had to be ready. If it was an NCO (noncommissioned officer, i.e. lance corporal, sergeant etc.) you could get away with a grunt, unless it was the regimental Sergeant Major and you would be shouted at no matter what. Standard procedure.

One spring morning my friend Mel and I got ourselves into a terrible mess with the saluting business. As we were walking through camp a cyclist in army uniform was approaching us. Being unable to see whether he was an officer or not, we raised our right arms halfway up. He was approaching us at speed, so we only got a quick glance to identify him. At the last second, we recognized the fact that he was a Lieutenant Colonel. Then I spotted the cross on his lapels. He was the Regiments Padre. In the confusion that followed we were neither ready to complete a salute or grunt so instead we turned our salute into the sign of the cross and blessed ourselves. "Morning Sir" we said. The Padre then removed one hand off the handlebars to return the salute I presumed, because he never quite managed it. He had lost his balance and his front wheel careered into the kerb and the Padre fell onto the pavement in front of us. Checking he was alright, we picked him up and placed him back on his bicycle. As we continued on our way, I turned to Mel and said "that wasn't our fault. It was an act of God".

Mel was one of the lucky ones that had a double room all to herself. On Saturday evenings we would spend it in her room watching a film, eating a takeaway and drinking a bottle of wine. This particular Saturday night, Mel had decided that her room was much nicer if she lit a dozen candles and placed them around her room. About 10.30pm I called it a night and said I was heading up to my room. As I left her room, I turned to her and said, "make sure you blow those candles out". In no time at all I was fast asleep.

At around 1.30am I was awoken by Mel shaking me and saying, "My room is on fire, my room is on fire". As I started to open my eyes, I saw Mel's blackened face and hands as she repeatedly told me her room was on fire. In a frenzy we ran back down to her room on the second floor. Thankfully she'd managed to put the fire pretty much out. She had fallen

asleep with the candles still burning. Mel had awoken to find her duvet on fire and the remnants of another candle was melting her stereo. Not only was Mel completely black from soot and smoke, her room was almost unrecognizable too. We stood looking at the mess and knew this was not a good situation to be in. At 2am in the morning we knew we had to clean up the mess before anybody else found out. Having once been jailed in the army for having a melted Twix bar in my draw, I knew burning down your room would not be looked upon favorably.

We decided that we needed to get all the burnt or scorched furniture out of her room and into the huge skips for rubbish that sat outside the accommodation block. Only problem with this plan was the fact that we needed to get past the people on guard duty. Not just once but several times. We planned our route down to the ground floor, pass the guard duty room and outside to the skips. All our army training kicked in as we moved burnt furniture from one unlit area to the next. We sat in an alcove as we watched the soldier on guard duty go about her business. We timed our exit to the outside with precision. Once at the skips we had to lower the furniture down very very quietly. It took us four runs to do this and I can honestly say it was the only time in my army career that I used any of the skills that they taught us. By 4am, the room was looking better but there was a lot of smoke damage. As we knew where the tins of white paint were kept in the block, we helped ourselves and spent the next 3hrs repainting the room.

Around gam we were still doing finishing touches to the room when one of our other colleagues popped her head round the door. "What are you two doing?" she asked. Mel replied, "just a bit of spring cleaning."

Not one other person in the regiment ever knew what happened that Saturday night. On the following Monday we had our monthly accommodation block meeting with the Sergeant and our troop Major. They announced that some new health and safety regulations needed to be implemented. The Major said "fire", we froze. Were we about to be busted? But no, she carried on saying, "fire we need some one to inspect the fire fighting equipment once a month". "Oh, Private Mel Edwards would be perfect for that". I said. And so it was, that Mel became the fire officer for the block.

By L.M

Your house its on fire' *by Melissa Ferrick.*



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Recipe of the Month:

Apple Crumble Cake

Soo Gee gives us a different take on apple crumble this month...



Before starting turn your oven to 180c, line a 20cm loose bottom cake tin and peel and dice (small) 2 tart apples - granny smith are good.

Cream 150g of butter and 150g sugar until light and fluffy. Slowly add 3 beaten eggs and 1 teaspoon of vanilla essence. Sift 100g flour and 1 ½ teaspoons baking powder and fold into the mix. Add the diced apples and 70grams ground almonds, folding carefully. Spoon into the tin and smooth the top.

Add the following topping:

100 grams each of cold butter, flour and sugar, 3 tablespoons rolled oats and ½ teaspoon cinnamon. Rub the butter and flour with finger tips, add sugar, rolled oats and cinnamon. Scatter over cake, bake for 1 hour and cool in the tin.



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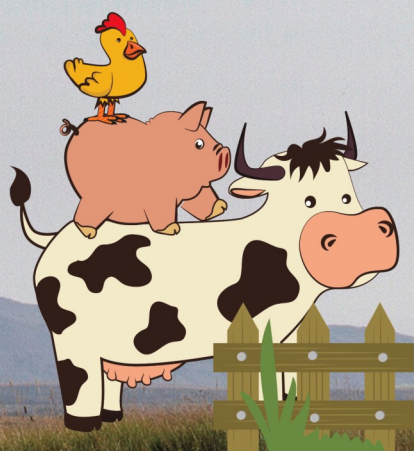
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