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*Thank you for reading
and supporting the
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Vintage Vibe

Local Lives



A love of collecting unusual, one-off items led Rik Martin to opening The Vintage Room in Mapua.

Back in the 1980s and 90s, Rik Martin built up a good stock of vinyl records while doing a bit of DJing. The collecting didn't stop there. "I don't go for anything specific but I'm always on the lookout for good quality items that catch my eye," he says. Original film and music posters, authentic canvas bus lines, 1950s airline bags and vintage lamps are among the items he's sourced at markets, fairs and auctions in the UK and NZ over the years.

A carpenter by training, Rik also enjoys turning his hand to some upcycling—adapting old 'Push Once' Bakelite bus bells into front door bells, for example. "I recently found two metal luggage racks from a decommissioned Metropolitan line train, which would make great towel holders now they're polished up," he says.

Rik, his partner Netty Hine and their daughter Lily, now 19, moved to New Zealand from the UK in 2006—with son Charlie, 12, arriving soon after they had settled in Upper Moutere. Following a brief stint working for a Nelson builder, Rik returned to his familiar self-employed lifestyle, mixing home renovation jobs with making bench tops, cupboards, chicken houses and anything carpentry-related.

For a while, he ran his own online vintage store, with the

family's hallway doubling as a showroom for people wanting to see potential purchases. As the business grew, this was no longer an option, and he decided to take the next step and open a fixed base: The Vintage Room in Mapua. The funky black container store is open most weekends in the summer, spring and autumn months, on public holidays, and by appointment at other times.

Netty, a teacher aide at Mapua School, has joined the venture by sourcing good quality, reasonably priced clothing labels of the vintage and retro kind, which have proved a real draw card.

When he's not working, or coaching Charlie's 13th grade football team, or fulfilling his voluntary firefighting duties for Mapua Fire Station, Rik is likely to be on the search for more vintage, salvage and reclaimed goods for their store. "We bring back collectables whenever we go over to the UK, but I'm also into Kiwiana," he says. "We have a 1930s Kiwi boot polish kit in the shop at the moment, along with a 1950s New Zealand travel poster and some great Caltex maps from the same period."

If you're after unusual, good quality, well-made vintage pieces, you know where to head!

www.thevintageroom.co.nz

PLACING AN ADVERTISEMENT

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

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

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

The following prices apply for advertising:

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

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

Sending us editorial items

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

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

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

Grapevine circulation is 1300 copies. This issue has been constructed by volunteers: Miriam Lynch, Tanya Doty, 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.

The Grapevine has the right to refuse publication of advertisements or submissions that are inappropriate, offensive or defamatory.



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MOTUEKA QUILTING CONNECTION

ANNUAL QUILT SHOW

MOTUEKA RECREATION CENTRE, OLD WHARF ROAD

This show, started in 2003, highlights the work of its 38 members. Visitors to the show are assured of seeing new and original works as none of these quilts has previously been shown in the area. Adding to the flavour is an optional Challenge for members. This year the inspiration was "Something Fishy" which should bring forth some creative and interesting interpretations. There will be two guest New Zealand wide travelling exhibitions. The Hoffman Challenge is an annual challenge where participants have to include a particular new Hoffman patterned fabric. Spotting this fabric in the quilts can be like a "Where's Wally" exercise! The second exhibition is this year's Art Deco Challenge from Aotearoa Quilters.

Entry to the show is \$5 and this includes tea or coffee and home baking.

Motueka Quilting Connection will be having an Open Day on July 17

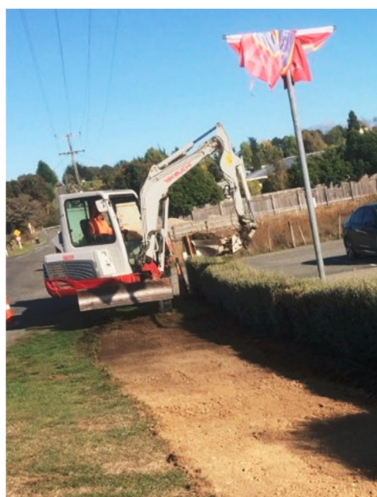
and August 21 and offering a Beginners Class September 4 if your visit to the Show whets your appetite and inspires you to have a go and join this friendly group. Meetings are held on the first and third Wednesdays of each month in the Motueka Band rooms in Old Wharf Rd from 9.00 – 3.00. A wide range of quilting takes place and often there are visiting tutors to teach a particular class or skill as well as mini classes and demonstrations by club members.

As well as hands on quilting, club members are involved in a number of charity initiatives. Quilts are made for the NICU at Nelson Hospital where parents can choose a quilt for their baby. There is a raffle with prizes of a sewing machine, quilt and basket of goodies associated with our show where 100% of the proceeds are donated to charities, usually two each year. Since 2008, \$15,350.00 has been donated to local community groups and projects. This does not include the many quilts also donated to charities, groups and individuals.



MOUTERE HILLS RESIDENTS ASSOCIATION

NEW FOOTPATH SECTION COMPLETED



With many thanks to our supporters: Sarau Trust, our contractors (Hockley Brothers, Chambers & Jackett, Taylors Contracting), Tasman District Council, Moutere Hills Community Centre, Country Kids, and our helpful adjacent landowners for access and storage space.

Visit our website www.mhra.org.nz

RECIPE: This month Sue Gee gives us a recipe to accompany soups and stews

Potato Bread (makes two loaves)

1 cup mashed potato, 2 eggs (beaten), ½ cup soft butter, ½ cup sugar, 1 teaspoon salt, 2 ¼ teaspoons dried yeast, ½ cup warm water, 5 cups flour (saving some for rested method and kneading etc)

In a small bowl combine sugar, salt, yeast and warm water until it is foamy. In a large bowl mix together eggs, butter and mashed potato. Add the yeast then mix in enough of the flour to make a soft dough that can be kneaded by hand. Turn out onto a floured board and knead until smooth and elastic.

Put dough into a greased bowl, cover the bowl and set it somewhere warm to rise. When it is double in bulk, punch down and pull the dough into the centre to make a ball. Turn out onto a floured board and knead briefly. Divide the dough into two, shape into loaves and put into 2 greased loaf tins. Set them aside in a warm place, letting them rise again for approximately 40 minutes.

Bake at 375F/170C for 40 minutes or until when tapped they sound hollow.

MOUTERE HILLS COMMUNITY CENTRE



Dear Community

It's hard to believe that the first term is at an end and winter is nearly upon us! We welcome several new instructors and classes for this coming term. There will be something on offer for everyone so why not check it out at www.mouterehills.org.nz. Thank you to everyone that filled out the Community and Fitness Centre surveys. To complete the consultation process we will be holding a Community Consultation evening. We would love to hear your opinions and feedback; hope you can all make it.

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

We want to hear from you.....

COMMUNITY CONSULTATION

Thursday 2nd May

At 7pm



Have your say in the future direction of Moutere Hills Community Centre

What do you think is currently going well?

Are there any new facilities you would like to see developed?

Have you considered any new activities you would like to see happening?

It would be great to have your thoughts and opinion!

Non-alcoholic drinks and nibbles provided, bar also open.



MOTHERS DAY BUFFET BRUNCH

SUNDAY 12TH MAY 2019

OPEN FROM 10.00AM



Celebrate Mums special day with a delicious brunch cooked by someone else and cleaned up by someone else!

Muffins, Croissants, Fruit, Cereal, Yoghurt, Fruit Juice, Bacon, Scrambled Eggs, Breakfast Sausages, Hash Browns, Sautéed Tomatoes

Adults: \$18.00

Children (Up to 12 years): \$10.00

Preschoolers: \$1.00 per year of age

BOOKINGS ESSENTIAL

To book your table and buy your tickets please contact us at: functions@mouterehills.org.nz or on 03 5432516



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE

Fitness Centre News



INTRODUCING 2 BRAND NEW FITNESS CLASS AND INSTRUCTORS STARTING IN TERM 2...

Marv's Morning Bootcamp

Mondays 6am-6:45am

(starting 29 April)

FREE for Fitness Centre members,
or just \$5 for non-members!



Start your week off with some
awesome motivation, heaps of
fun and a great full body workout!
Great workout to fit in before work!

Stretch and Flex with Vicki

Tuesdays 9:30am-10:15am

(starting 30 April)

FREE for Fitness Centre members,
or just \$5 for non-members!



A great low impact class, designed
to improve mobility, flexibility and
core strength to benefit overall func-
tionality and quality of life. Beginners
encouraged!

DON'T FORGET ABOUT OUR FANTASTIC OTHER CLASSES ON OFFER AS WELL!

RE-ACTIVATE
Monday's 9:30am-10:15am
Thursday's 6:00pm-6:45pm
\$5 per person or FREE for
Fitness Centre members.

Wednesday's 6:00pm-6:30pm
Friday's 9:00am-9:30am
\$5 per person or FREE for Fitness
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Phone 03 543 2516

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Core Foundations
Wednesday's 6:30pm-7:15pm
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**7PM SAT
8TH JUNE**

LIVE MUSIC FROM

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Show your support for our ace volunteer fire men & women of Upper Moutere

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.

Moutere Inn

Est. 1850
New Zealand's Oldest Pub



What's Happening In May



Live Music 7 pm Sat 18th "Bobby & The Sax Man"

A duo of guitar and sax, Bobby and the Sax Man play classic covers (Clapton, Knopfler, John Mayer, Ed Sheeran) thru to sultry blues & country soul as well as original music from their last two albums.



Curry Night 7pm Thursday 16th

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.



Fine Dining Evening 7pm Saturday 25th

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

Don't Forget

1 st Thurs Folk Night	This month the 2 nd
2 nd Thurs Quiz Night	This month the 9 th
3 rd Thurs Curry Night	This month the 16 th
4 th Thurs Cigars and Whisky	This month the 30 th

PHONE 5432 759

WWW.MOUTEREINN.CO.NZ

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UPPER MOUTERE VOLUNTEER FIRE BRIGADE

STATION 32

Call outs March 2019

6/3 Smoke coming from trees, Wilson Rd. (False Alarm, start up of mill)
7/3 Backyard fire, Umo Highway/Sunrise Valley. (False Alarm, use of welder)
9/3 MVA, Drummond Rd/Holdaway Rd.
21/3 Unattended burnoff, Animal farm, Gardner Valley.
29/3 Fire in driveway, Lacecark Lane. (False Alarm, permitted rubbish fire)
30/3 Road washdown needed, Upper Moutere Highway/Old Coach Road
(grapes come off truck)
31/3 Smoke seen in area, Redwood Valley. (False alarm, permitted rubbish fire)



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From the front line to the back paddocks

Join safety, wellness and resilience expert
Lance Burdett as he tours rural New Zealand.



Lance has worked with elite international tactical units across police, the military, emergency services, prisons and the FBI.

Now he focuses his time on helping people understand the pressures on our brains and how to handle them.

Following a packed tour of the North Island rural communities, your local Rural Support Trusts are bringing Lance to you. Join your neighbours, friends and other rural people at Lance's specialist presentations:

- Why we remember and exaggerate negative things
- Why we worry
- How self-talk can lead to negative self-talk
- How to beat rural challenges like isolation and change.

Lance can show you how and why the glut of information we get nowadays causes trouble, and what is happening with our brains when we get stressed.

He's loaded with tips and tricks you will want to start using right away to help yourself and others in your family and community.

Marlborough	Nelson/Tasman	Golden Bay
Tuesday 21 st May ASB Theatre Rural Professionals: 1:00pm-3:00pm Rural Community: 5:00pm-6:30pm	Wednesday 22 nd May The Headingley Centre Rural Professionals: 1:30-3:30pm Rural Community: 5:30pm-7:00pm	Thursday 23 rd May Golden Bay Recreation Centre Rural Professionals: 3:00pm-5:00pm Rural Community: 6:00pm-7:30pm



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A Day in the life....High Places

MARKHA VALLEY & DZO JONGO

India is beautiful, rich and poor, and diverse beyond belief - a total and often overwhelming assault on the senses. Amid so much noise, heat and activity, the equanimity and dignity of its people reveals a spiritual strength often lacking in the west.

The Markha Valley is at times wide enough for a village, in other places it is little more than a rocky gorge. We have linked this colourful trek with an unusual finish, across a high and little used pass at 5349m with views as far as the Karakoram, the Pamirs and Tibet.

Nearby is Dzo Jongo, a rarely climbed yet accessible peak at 6096m overlooking the plain of Nimaling. If fitness and weather allow, those who wish can follow an easy angled ridge to its summit.

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Upper Moutere Tennis Club

Mission: To be a friendly community tennis club that promotes and encourages participation for fun, fitness and achievement for all ages and levels

10th Anniversary of the Lodestone Classic

It's that time again for some autumn tennis in the Moutere sunshine!

On Sunday 19th May, the Upper Moutere Tennis Club will be holding **The Lodestone Classic**, its annual interclub mixed doubles tournament, sponsored by Lodestone Wines. Invitations are sent to all tennis clubs in the Nelson region. Always a popular event on the tennis calendar, this year promises to be an extra special 10th anniversary celebration.

It is also generously supported by local businesses:

Brambleby Orchards; Lodestone Wines & Seeds; Moutere Gold; Moutere Inn; Moutere Motors; Neudorf Olives; Owen Barlett Pottery; Patisserie Royale; Peckham's Cider; Pomeroy's; Proper Crisps; Upper Moutere General Store; and the Upper Moutere Takeaways.

The tournament will be starting at 9am and finishing at about 4pm. So please be advised that the public tennis court will not be available for casual use during this time. However, it will be a great opportunity to watch some top doubles teams from the Nelson region in action. Come down to the courts at 2pm if you want to catch the grand finals. The postponement date for this tournament is Sunday, the 26th of May 2019.

UMOTennis@gmail.com

Motueka Quilting Connection

Quilt Show

Motueka Recreation Centre
Old Wharf Road Motueka

Friday, Saturday, Sunday
17th, 18th, 19th May 2019
10am to 4pm

Exhibition Includes

Members New Quilts
Members Challenge – "Something Fishy"
Hoffman Challenge
Aotearoa Quilters Art Deco Challenge
Merchants Mall
Raffle

Admission \$5.00
(includes homemade refreshments)

Mon - Fri: 8.00 - 5.30
W'end: 8.30 - 5.00

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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

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We can cater to large or small groups and have both in & outdoor seating options.

SAVE THE DATE

Saturday 25th May 5pm to 8.30pm
Foodie Food Cart Night v3.0

Have a delicious Kahurangi Estate wine, local craft beer or cider to enjoy alongside the delicious cuisine from our guest foodcart (or two).

We fill up quickly so we would highly recommend booking.

Tasteology @ Kahurangi Estate
cnr Sunrise Road & Moutere Highway, RD1, Upper Moutere 7173
phone 03 543 2983 | email taste@tasteology.co.nz

Looking for a fun way to exercise?
Enjoy Dancing?

Come join us,
The Motueka Scottish Country Dance Group
meet every Wednesday,
7.30pm, in Lower Moutere Scout Den.
No partner necessary. First night free.
Enquiries
Ph Fay 0210393559 or Alison 0220363891.

NEW SEASONAL MENU

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What can you buy for \$4?

Now that I've put my mind to it, I've discovered there is quite a lot – a newspaper, cup of coffee (nothing fancy), an apple, a scratch card - I'm certain you could suggest more. But surely nothing can beat the value of \$4 spent in Mapua Community Hall on a Tuesday morning?

For starters, I always have two cups of tea and a biscuit! There is an immaculate, delineated parking space in the newly refurbished car park and at least three square metres of personal space in the Bill Marris room in which to set up your stall. The stall in question is an easel, art board, chair if required and assorted pastel paraphernalia and if you don't have your own equipment, our group, PANZ Nelson, has all you could possibly need to get you going. But the greatest value from this weekly \$4 is being a member of a group that cares about each other, not just in an artistic way but also about you as a person. If you need support, it is there. If you want to turn up on Tuesdays to paint quietly, you can. Our members range from complete beginners to the professional with a whole host in between and everyone benefits from the help and encouragement available.

Occasional challenges on Tuesday mornings interrupt the normal, individual painting sessions. They are optional, fun and designed to put you well out of your comfort zone for thirty minutes! Workshops are additional to the routine sessions and we are very fortunate to have first class tutors from home and abroad to help us on our artistic journeys. As I write, a dozen members of PANZ are looking forward to a workshop later in April with Karol Oakley from Australia. The "Purely Pastel" National Art Awards and Convention held at the end of March in Stratford was highly successful and entertaining. Nelson was represented by three members who arrived home inexplicably exhausted and with sealed lips! We will have to join them in Dunedin next year if we are to discover the truth! All the paintings selected for the exhibition and the winners can be seen on the national PANZ website.

Finally, a word of thanks to Gloria Anderson who has been writing this column on behalf of the group for the past few years. Her turn for a break; thank you Gloria.

For any information about our group please contact our Area Representative, 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

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trail

open studios

Queen's Birthday weekend

Sat 1st - Mon 3rd June

**unique art in unique spaces
we look forward to welcoming you into our studios**

Trail Maps at: Nelson & Motueka i-sites, Mapua Library, Mapua Hall,
Jester House Café, Tasman General Store, at the artist's studios
- or download from the website link.

Facebook: RubyCoastArts or Instagram: [rc.arts.trail](https://www.instagram.com/rc.arts.trail)
- you don't have to be a Facebook or instagram user to view.

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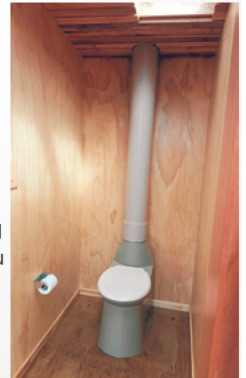


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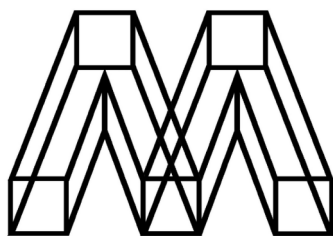


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VOLUME MAPUA LITERARY FESTIVAL

A boutique literary festival featuring some of New Zealand's best writers will be held in Mapua on the weekend of 20-22 September.

Organised by VOLUME, the 2018 Bookshop of the Year, the festival will continue the series of literary festivals held in Mapua to benefit the Mapua Community Library.

"The VOLUME Mapua Literary Festival will emphasise the same qualities that we emphasise in our bookshop," says Thomas Koed, co-owner of VOLUME with Stella Chrysostomou. "The festival will be small but of a very high quality."

"The speakers will be so interesting that we imagine attendees will be want to attend all sessions. They will hear from authors whose books they have enjoyed and discover authors whose books they will go on to enjoy. The intimate scale of the festival will also enable readers to meet and talk with authors and other literary enthusiasts."

Writers attending the festival this year will include LLOYD JONES, who was short-listed for the 2007 Booker Prize for Mr Pip, and whose novel The Cage is a finalist for the Acorn Foundation Fiction Prize in the 2019 Ockham New Zealand Book Awards. ASHLEIGH YOUNG, whose essay collection Can You Tolerate This? won the prestigious 2017

Windham-Campbell Prize, will be appearing, along with CARL SHUKER, whose new novel, A Mistake, explores the impact of a medical misadventure on the life of a Wellington surgeon. Novelist and essayist PAULA MORRIS will return from her stint as the Katherine Mansfield fellow in Menton in time to attend the festival, and ANNETTE LEES will speak about her book Swim, which records her year of daily wild swimming as well as being a history of New Zealand outdoor swimming. Renowned poet and art writer GREGORY O'BRIEN will be attending, along with poet JENNY BORNHOLDT, and THOMASIN SLEIGH will speak about her novel Women in the Field, One and Two, which looks at the Modernist moment in the establishment of the New Zealand National Art Gallery from a feminist perspective. LYNN JENNER will discuss the relationship between words and land, and EIRLYS HUNTER, whose adventure novel The Mapmaker's Race has delighted many children, will hold a session, as well as participating in one of the community events organised around the festival by the Mapua Community Library.

"The Mapua Community Library is delighted to be hosting Mapua's fifth Literary Festival, this year in tandem with VOLUME," says Carolyn Hughes of the Community Library committee. "The events start on Friday afternoon with storytelling, writing and illustrating workshops for local school children, followed by a 'literary' Quiz Night fundraiser for the library and supper in the evening." The authors' sessions will take place on the Saturday and Sunday.

"The programme we are delivering this year takes the Mapua Literary Festival to a new level," says Koed. "People from Mapua, Nelson and beyond will find much to excite them - and the community library benefits, too."

The full programme will be released in May. In the meantime, the public is being invited to 'Save the Date': 20-22 September 2019.

MAY

MOUTERE COMMUNITY YOUTH

Senior
7-9pm-ish

Intermediate
4:30-6:30pm

Junior
3:30-5pm

3rd	<p>Sports Night: <i>This is our traditional, first Friday of the month activity, easy to remember!</i> Meet at MHCC 7pm, \$2</p>		<p>Logical Lego, bring lego if you dare (don't want to get it muddled) for some crafty, clever and complex problems, \$2</p>
10th	<p>Go Home Stay Home: <i>Bring a torch and no fear of the dark, 7pm at church hall, \$2</i></p>	<p>Funny Ha Ha: <i>Bring your best jokes and riddles for a hilarious afternoon, with nachos after, \$5</i></p>	
17th	<p>Dessert and Planning Evening: <i>The One Minute Challenge, 7pm, church hall, \$5</i></p>		<p>Fimo Clay Fun: <i>we will create and bake, \$2</i></p>
24th	<p>The Game Show Night: <i>get ready to host or participate in the biggest game show yet, 7pm, church hall, \$2</i></p>	<p>Baking for a cause: <i>how many edible giveaway-able things can we bake in two hours? \$5</i></p>	
31st	<p>10-pin Bowling: <i>Meet at UMO church hall at 6,30pm, back at 9.30pm, \$10</i></p>		<p>Baking for a cause: <i>You will get to eat some... but we like to give it away! \$2</i></p>

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. Also check the Moutere Community Youth Facebook page for updates. Cost is \$2 or more depending on what we get up to.

Intermediate Youth:

for those in years 7, 8 or 9. We also meet FORTNIGHTLY on the 2nd and 4th Fridays of the month, also at UMO church hall. 4.30 – 6.30pm. We will doing an activity plus have a dinner/discussion time. Cost is generally \$5

Junior Youth:

for those in years 5, 6, or 7. We meet FORTNIGHTLY on the 1st and 3rd 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.

QUESTIONS?

Tessa Werner
022 101 2276
moutereyouth@gmail.com



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What's been happening

Trades Academy programmes are well underway— students stay with us for four x 4-day residential blocks and learn about a wide variety of trades such as Adventure and Cultural Tourism, Uniformed Services and Environmental Science. So far we've been pretty lucky with weather and seen some beautiful sunrises in some stunning locations. Highlights have included seeing students from the widespread, rural area we live in (West Coast, Marlborough and Nelson-Tasman) converge on WIO and in the time they are with us form some amazing friendships.



Golden Bay climbing with Adventure Tourism Leadership students

Focus on Collaboration

You do not have to spend long at WIO to hear people mentioning the names of other organisations and individuals in all sorts of contexts. It constantly reminds us how much we depend on our wider community to help us deliver our programmes and how important it is to build and maintain those relationships – this includes people who share knowledge, e.g. LandSAR, people who maintain our site, teachers who book programmes, families who send kids along, sponsors and supporters and a whole heap of others – so thank you to everyone who in any way, big or small, helps us deliver what we do – awesome to be part of such a huge and giving team of people!

What's coming up

Go Wild is scheduled for the July holidays so if this is an option you are considering it's best to plan ahead as this programme does fill up

fast. We have a Duke of Edinburgh Silver Award Adventurous Journey that you can sign up for in October plus lots of other D of Ed options. Adventure Skills is planned for December and again it's a good one to plan ahead for as you can start fundraising now in time for an awesome adventure to wrap up your year. Payment plans are available and please remember, we work hard to ensure cost is not a barrier to participation so contact us to discuss options that may be available.

Outdoor Wanderings – Over the Hill!

This month's outdoor wandering takes you over the Takaka Hill and up the Cobb Valley to Sylvester Hut. It's the perfect getaway as the hut is approximately an hour and a half's walk on a good track from the car park near the reservoir with beautiful views. The hut is modern and well equipped if you want to stay the night and is a great location to base yourself to explore the beautiful tarns and lakes of the area if you'd like to lengthen your time in the outdoors. The area has interesting history too, making it an all-round wonderful area to spend some time.

We'll see you out there!

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Let's Talk About Cats

This month let's look at cats – even if you don't like cats, please read on! Understanding a cat is a tricky business, dogs are very expressive but cats are a little more subtle. Increasing our knowledge of cat behaviour helps us to understand them and enjoy their company.

In the clinic, we hear a lot of non-cat lovers say "cats have no personality" or "they only come to me to be fed". Like any relationship, you get out what you put in! If you spend time getting to know a cat, you'll be able to read their body language and know exactly what they like and don't like. Equally they will learn to trust you and choose to hang out with you more than just at feeding time!

So a few reasons why having a cat around is different to having a dog:

Cats are self-reliant. They can find their own food, their own den and their own territory. This is sometimes perceived as being aloof and unfriendly.

Cats are highly aware. They are sensitive to smells, sounds and vibrations and quickly use agility and speed and often claws to get out of trouble – this is often perceived as fear and aggression.

Cats must feel emotion to survive e.g. fear can keep them out of a dangerous situation and a relaxed purring cat on your lap is almost certainly feeling pleasure, but they don't have the facial dexterity that people and dogs do, so it's harder to tell!

Cats are very agile and love getting up high and often into unusual, inaccessible places, sometimes using curtains to do it! Being up high e.g. on top of a wardrobe, is a cat's happy place – they are not doing it to annoy you.

Cats are masters at hiding illness and pain – they tend to stay still and quiet which can be misinterpreted as everything being fine!

Cats like to feel in control of their environment. All the face rubbing your cat does on door frames, chair legs and your legs, plus scratching on trees, furniture and scratching posts, is marking their territory with their pheromones. New furniture, moving home, visitors, going to a cattery all interfere with this process. Another cat coming into their territory especially into your house is a big stressor. Some cats cope well with changes but others can become stressed with seemingly small changes.

Cats are adaptable but need time to adjust. They live in apartments, on farms, with people or without. But if they are pushed too far or too fast they do show signs of stress e.g. spraying and aggression. These are normal cat behaviours but they don't fit in with our expectations of a pet.

So if you have a cat that doesn't seem friendly or pees inside or often hides, remember they are not doing it to annoy you! Have a think about what might be upsetting them and see if there's anything you can change to help them. We are happy to give advice and have some great products available that can help your cat cope with life living with us. If you are interested catcare.org is a great website for cat info.

A Couple of reminders from our large animal vets:

Be careful what you feed your livestock – we are seeing cases of acidosis, choke and vitamin B1 deficiency in stock being fed apples, bread and random food such as leftovers!

Please make sure stock are confined to yards before the vet arrives. Even the most friendly farm animals don't hang around when we approach with thermometers, gloves and needles!

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Planning for the future...

Simplicity Funerals Nelson have an information pack entitled "My Life, My Funeral" which contains a number of pamphlets with information about pre-planning your own funeral, and an application form for the FDANZ Funeral Trust.

This is a useful tool for all of us as we plan for our future. Much like making a Will, completing the information on the form provides peace of mind to families when faced with bereavement.

Contact us for more information or to receive this free information pack.

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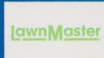
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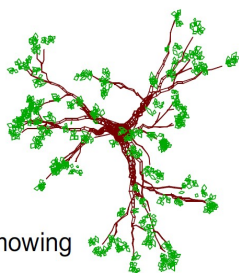
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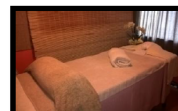
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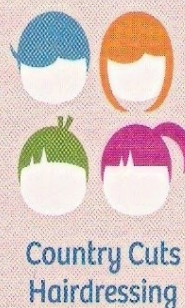
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Berlin Marathon Diary 2005

In 2005, myself, my partner and two friends all trained for the Berlin Marathon. Only my 2 friends and I did the actual marathon because my partner had fallen off her bike and broke her elbow, 2 weeks prior to the event. She had done this by cycling into another person's bicycle, which happened to be mine. I totally deny any blame for this accident as I was in front and therefore had no idea she was intending to cycle into my back wheel.

Below are my diary entries leading up to the race and race day itself.

14 SEPTEMBER

Number of days to go 12
Number of tablets taken 2
Injuries today 4
Went for a one hour run.
Sore hips and back

*"Should I give up or
should I keep on chasing
pavements"*
*Chasing Pavements by
Adele*

On my way out to work my left knee gave way. Managed not to fall. My partner raised an eyebrow.

After two hours at work I returned with a sore hamstring.

Stretching is sooooo important.

This afternoon ulcer appeared in mouth.

Took two tablets as a precaution.

Feeling good, feeling fine.

15 SEPTEMBER

Number of days to go 11
Amount of medication 0
Number of tablets that should have been taken 4
Injuries today 2

8am - alarm goes off so I can get up and have a spin on the bike.

9am Get up. Decided that sleep was needed to boost my immune system at this crucial time.

The day passed without much incidence. However, I did feel my right hamstring pull at 5.30ish.

Left leg is still slightly out.

10.44pm Feel phlegm in the back of my throat. Might have to pop two tabs, just in case.

10.47pm Two tablets taken.

Feel good. Feel Fine. Ready to run a real good time.

16th September

Number of days to go 10
Amount of medication taken 0
Number of injuries 3
Number of potential injuries 2
Woke up feeling great. Those two emergency tabs last night did the trick.
Went for a run this afternoon. It started ok but then I got to the beach.
It was hazardous.
Firstly, I had to out manoeuvre a man with a kite. Then a woman with a mad dog.
Further along the beach (another 300m), things went from bad to worse.
Lower back and right hip went.
This I could handle, but as the beach began to get slightly uneven my right heel began to play up.
It was very very sore.

Tried not think about it.

I set my focus on the finish line in Berlin instead.

I'm sure there aren't any beaches in Berlin.

After the run I went back to work. I met someone who works in a crèche and she told me how a horrible illness had swept through the children and staff.

Panic hit me, as we were in a small confined space and she could be carrying some dreaded lurgy.

Suddenly decided I needed to go home.

The family all arrived tonight. At first glance they all look fit and healthy. However, Jan has informed us that she is fighting off a cold.

Gone to bed worried about germs.

Do elite athletes go through this?

Positive affirmation needed.

Feeling good feeling fine, going to keep germs out of my mind.

21st September

Number of days to go 4
Number of tablets - endless
Number of injuries 3
Number of illness 1

Have become a junkie.

A slave to the tablets.

Can't go passed a chemist without worrying about what I might not have taken that I should have taken.

I did not feel well today.

All morning I had my fleece on and I was shivering.

Outside temp was 17c.

Not looking good.

Left knee sore and right heel, plus I feel a slight twinge on the right hamstring.

Ran this morning. Felt good apart from the heel, the knee and the hamstring.

Feeling good, feeling fine.

23rd September

Number of days to go 2
Number of injuries 0
Number of illnesses 0
Number of tablets taken 0

It's been a rough week.

Yesterday I was very ill.

Glands were swollen, sore throat and mouth ulcers.

Many tablets were consumed, and a lot of positive affirmation was chanted.

Had to stop work. The risk of illness was too great.

Went home moaned and took tablets.

24th September

Number of days to go 1
7.50am- On the plane.
Got to the airport very early so we could enjoy breakfast.

Lovey and Dovey (our friends) sat behind us on the flight. They seemed to be fighting fit and their spirits were high.

They have announced that they needed to be eating something every 2

May 2019

WITH DEBBIE WATSON



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Berlin Marathon Diary 2005

hours. Watches were set and more importantly water bottles were close at hand.

8.10am Plane took off. We were on our way to Berlin.

Half way through the flight I become concerned that I might be getting DVT. I started to make circular movements with my feet to prevent this. However right heel became sore, so I stopped and read the newspaper instead.

10.30 am Local time. Landed somewhere at an airport nowhere near Berlin.

Plane stopped on the tarmac nowhere near baggage reclaim or exit.

After a long and winding walk, we collected our bags and headed for a taxi.

Lovey and Dovey sat in the back. Dovey got sick after 10mins but bravely carried on until we reached hotel.

We arrived at the hotel, but we couldn't check in. So we left our luggage and went off to registration. But first it was crucial that we ate. We found a café serving bowls of pasta. Everyone tucked in. Lovey and Dovey shared out their Nurofen.

We continued our way to registration by taxi. My partner sat in the front to guide the driver with her fluent German. When I say fluent German what I really mean is she shouted English words at him very slowly. Fortunately, he knew where he was going so my partner didn't have to converse. Dovey sat in the back apparently feeling sick after 3mins.

After collecting all our necessary documents plus a sponge and shoe laces we decided to get back to the hotel for a rest. Dovey sat in the front, not sick for the journey at all. The paleness in her face was due to the frightening drive rather than travel sickness.

Spent the rest of the day sitting, lying down or eating.

More pasta tonight.

More tablets.

Can't wait until it's over.

Need a drink.

25th September

RACE DAY

Slept funny last night.

Woke up with a sore neck and bites on my arm.

We met Lovey and Dovey for breakfast at 6am

There were a lot of fit looking people at breakfast.

As my partner had a broken elbow (not my fault) she was the team manager and she had us organised to meet in the lobby at 7am.

In a cheerful mood we set off in the direction of.....

Well we just followed what looked like other Marathon runners. It became apparent that not everyone knew where they were going.

We asked a fellow looking athlete and he said 'Ya ya I know where to go, follow me'. In conversation with him he told us that he had done 30 marathons. However, we were not expecting number 31 to be done on our way to the start line!

After what felt like miles we arrived.

By the way did I mention that I had a sore throat this morning?

It was getting worse as we approached the starting area.

Pull out said a voice in my head. You don't need to run 26.2 miles to see Berlin, just get the tourist bus instead.

I said goodbye to my partner, I didn't want to go. 'See you around 2pm' I said naively

Lost Lovey and Dovey at the luggage trucks.

Sore throat was getting worse and temp was rising.

I made way down to the starting grids. My predicted time put me in the H block.

Tense moments. Had some water but no tablets.

Crossed the line at 9.17

Wanted to stop at 9.23

Saw my partner in the crowd as I crossed the line that cheered me up.

To my surprise I saw my partner again at about 7th mile. Was she following me?

It was a long hard day. It was very warm throughout the race.

Thankfully there were no Jacobs cream crackers passing me. However, the woman running with the push chair (with child) who passed me at about 16miles hacked me off a little bit. Not sure if she was part of the race or had just popped out to get some milk at the supermarket.

As the four-hour mark approached, I wondered how Lovey and Dovey were doing they would almost be finished by now. How lucky is that. Only one more hour or so for me I thought.

20-mile mark. Almost there. Six miles left. The last six miles was gruesome and slow. Its quite common for marathon runners to hit the 'wall' at this distance. It's a term used for your body being empty of all energy. I didn't just hit the wall, I was close to hitting the road, face first. I was totally spent.

As I approached the last mile, I could see the Brandenburg Gate and tears were rolling down my face. Soon it would be all over, and I would have completed a marathon.

5hrs 59min it was all over.

I had been to hell and back.

I crossed the line and got my medal and photo taken, then had a real downer.

I couldn't think of anything but my partner and how cruel it was for me to keep her waiting for 5 hrs and 59 minutes. She was going to be so worried about me.

I had to walk another half marathon to get to the massage area.

In the massage area I met up with Lovey and Dovey. They had finished some 2 hours before me. After the massage we go our kit bags and went to find my partner.

Out of the enclosed area, people seemed to be dropping like flies. Ambulances screamed in to pick them up and Dovey (a trained nurse) would give us a diagnosis on each one with the comment that they were not very old looking. It was reassuring to hear her do this as it meant I was still conscious.

A beer was had alongside some food.

The thought of going back to the hotel on our feet was one that was too painful to contemplate.

Team manager was dispatched to find suitable means of transport.

Now here is a fact. There are nine million bicycles in Beijing but there are only two rickshaws in Berlin and my partner had got them to go our way.

26th September

Days since the race 1

No of tablets - many

No of stress fractures 1

Can't walk.

But hey, I ran a marathon.

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Builder	Andrew Eggers	Mob: 027 446 0739 AH: 03 543 2757
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Gardening	Abel Tasman Tree Solutions	Mob: 022 3276 164
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Hay and baleage production	Mark Carey Contracting	Mob: 021 454 000 AH: 03 526 7004
Hairdresser	Country Cuts	Mob: 027 472 8863 AH: 03 543 2297
Health & Wellbeing	Melissa Potter, The Art of Touch	Mob: 021 136 8439
Horse care	Kenmore Farm	Mob: 027 405 4982
Horse therapy	Tasman Equine Therapies	Mob: 027 452 3906
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Lawyers	Pitt & Moore	03 543 9090
Local market	Mapua Country Store	03 540 2581
Massage	Fiona Ramsay	Mob: 027 452 3906
Massage/Kinesiology	Centred Living	Mob: 022 4669 399
Massage?/ Reflexology	Karin Lummis	03 5287 186
Mechanic	Moutere Motors	03 543 2707
MP	Damien O'Connor, Labour Party	0800 DAMIEN
Midwife	Clare Spratt	Mob: 027 332 4929 AH: 03 526 7764
Plumber	Alex Bint, My Personal Plumber	Mob: 027 542 4329 AH: 0800 444 343
Pub/Restaurant	The Moutere Inn	Ph: 03 543 2759
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Real Estate	Wendy Perry, Harcourts Real Estate	Mob: 027 249 1701
Real Estate	Sharon deJong, Summit Real Estate	Mob: 027 3202 196
Real Estate	Doug Smith, PGG Wrightson	Mob: 027 543 2280 AH: 03 543 2280
Real Estate	Debbie Watson, Tall Poppy	Mob: 021 462 629 AH: 03 543 2629
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