

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

Moutere Catchment Group Launch MCHH
12 November see details page 16.

Social Tennis Friday nights 5pm- 6.30 see page 8 for details.

Thank you for reading and supporting the advertisers

All about Bob

Local Lives



Bob enjoyed a few years, more or less, of sobriety but then his dementia began to take over and at times, it was difficult to know if he'd had a few too many or whether the dementia had hold and sadly, his personality began to change dramatically.

Dementia – what a horrible, senseless disease. We all saw the havoc

We, at the Grapevine, feel sure that the majority of our readers knew Bob Burns in some way. Keith and Joyce Grant certainly remember him as a man in his fifties, who came knocking on their door, asking if they had a room in the cabin that he could rent to live in for a while because Bob's accommodation at the time had started to leak. For Joyce and Keith, "A while" became 25 years.

When Joyce and Keith first met Bob, he was a working man. He was a man with a thirst for knowledge. He loved books and he enjoyed sharing the knowledge he gleaned from reading them. Back then, Bob was a good cook and even if he appeared a little scruffy at times, he kept his environment and himself spotlessly clean. Flash clothes and having fancy gear were never Bob's priority. Bob's priority was people – he loved people.

When alcohol threatened to totally take over Bob's life, Bob took the initiative and got himself referred to the Alcohol and Drug Clinic in Motueka. He cycled to the clinic each week for his appointments and much to his delight, he was eventually told he was not an alcoholic. This made Bob happy because he had been told that he could control his drinking if he chose to and Bob chose to. He occasionally fell off the wagon from time to time but while he was still able, he took himself back to the clinic for more help and counselling.

It was about this time that Bob began his daily bike expeditions into Motueka to visit the library, buy supplies, visit friends and have a beer or two on the way back home. Bob loved the new cycle ways and Riwaka often became an extension to his daily adventures. Gone were the days of walking into the lamp post by his kitchen door or being picked up off the side of the road or out of the ditch and being taken to hospital because he'd been too intoxicated to safely ride his bike home from one of his many watering holes. Winemakers on the Moutere Hill was one of his favourites, earning himself the nickname of Old Mout.

it played with Bob, on his mind, on his body and worst of all, his personality. We choose to remember Bob as the beautiful, caring man he was before the illness struck him.

Joyce and Keith would like to thank and acknowledge the Upper Moutere community for the way it rallied around Bob and helped to look after him and keep him safe when he had forgotten how to take care of himself. The people of Upper Moutere made so many kind gestures towards him, gave him gifts of food and hot drinks, blankets, backpacks, clothing and pointing him in the right direction when he couldn't remember which way to get home. Most importantly, the people of Upper Moutere offered Bob their hospitality and friendship. Many people may not be aware that Bob gave away most of the things he received to people he thought needed them more than him.

Joyce and Keith are also grateful to the pupils and staff of Upper Moutere School for the caring interest they showed toward Bob. The children would talk to him or sit beside him in the village and share sandwiches with him, give him a pie or a drink and share their treats. Bob loved the younger children and they often called him Santa. Bob would regularly talk about this, always with a twinkle in his eyes and a smile on his face. He was moved to tears more than once when he received handmade Christmas cards from the school. Bob kept those cards from year to year and he almost always had at least one on display. Those cards were precious to him.

He wasn't a teacher in the literary sense of the word but Bob taught us all how to be a community, how to care, how to laugh and to enjoy the simple things of life.

*Rest in peace, Bob.
We will miss you.*



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

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What's Happening In November



Curry Night 7pm Thursday 21st

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 28th

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.



Live Music 7pm Saturday 30th "Easy Tiger"

Easy tiger – More Tiger than Easy. This is not your usual pub cover band. Easy Tiger are a five piece from the Mouere Hills, playing a mix of Indie rock and classics with a twist. From Elvis Costello, to The Black Keys, The Pixies and PJ Harvey.

Don't Forget

1 st Thurs Folk Night	This month the 7 th
2 nd Thurs Quiz Night	This month the 14 th
3 rd Thurs Curry Night	This month the 21 st
5 th Thurs Cigars and Whisky	This month the 28 th

PHONE 5432 759

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The Grapevine Says.....

This months front page says a lot about our community. It's been a while since Bob went into care but people often noticed his absence and ask of his whereabouts. This isn't limited to local people, visitors have grown used to seeing him on some part of his trek and miss his presence and know if they ask a local they 'll know what 's going on. This speaks volumes about us as a community and about people helping people. We all have our place here and without everyone's valuable contributions of time and energy many of our local institutions wouldn't be a reality now. The more we do together as a community, the more we all stand to gain in quality of life.

Mouere Community Youth are planning a revamp of the skatepark beside the Lutheran Church with funding from the Sarau Trust. Many of the youngsters of the community use this, but you don't need to be a parent or grandparent to contribute to this community happening, any help is welcome and this is your chance to meet others and make new connections, it 's happening on Sunday 10th November and with a sausage sizzle included this could be your most rewarding Sunday brunch ever.

As environmental awareness hits a new high worldwide, Mouere Catchment Group is launching an initiative to protect our waterways. Attendance at this meeting doesn't commit you to anything but will inform you on how your actions could make a positive difference.

Make sure you get along to the community meeting at Mouere Hills Community Centre Tuesday November 12th at 6.45PM hear how you can be part of keeping our community's environment thriving.

None of us can do it all on our own and that is one of the bonuses of being part of a small community, by joining together, small contributions make a huge difference.



JERRY GOODWIN
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The sharing table is back!

Every Friday 9am – 4pm Mouere Hills
Community Centre from Friday 2nd February

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

MAPUA BOWLING CLUB

The Mapua Bowling Club's 2019-20 season is now in full swing. Keen bowlers can again be seen arriving at the Mapua Bowling clubrooms with bowls polished, ready to take part in the roll-ups on Tuesday, Thursday and Saturday afternoons. Leisure Bowls which is held on Monday evenings begins on the 4th of November at 6:00pm.

The Mapua Bowling Club members come from Mapua, Upper Moutere, Redwood Valley, Dovedale and even Motueka. The club is a great place to make new friends while enjoying a game of lawn bowls on a lovely spring or summer day.

The club is located on the domain in Mapua, just behind the tennis courts.

Ever think it might be interesting to give lawn bowls a go? New bowlers are warmly welcomed by the club. Just stop in on any of the roll-up afternoons which start at 1:15.

Bowls are available for use and coaching is available.



You just need to wear flat-soled shoes to protect the green. The club offers a free month's trial for new bowlers.

For information about the bowling club or booking the clubhouse and facilities please call Secretary, Di Blanchet (540 2627).

Or check out our web page:

sporty.co.nz/mapuabowls

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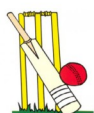
MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Gosh it is hard to believe we are well into Term 4, with planning already underway for the holiday break. We have plenty of activities on offer before then though, with all our regular classes and activities as well as some new opportunities for you to come on down and enjoy your Community Centre. There is a full schedule of Fitness Centre classes as well as several social and organized sports to participate in. We are starting the Country Café which will be open every Tuesday morning and planning is well underway for our Country Christmas market which has over 70 stalls already registered. If you are looking at planning a Christmas function or want to kick start the New Year with a staff training session then give us a call!

Kind Regards Katrina, Adele, Marv, Cindy, Cindus and Keith



RANGERS CRICKET CLUB

Registrations are open for the 2019/2020 cricket season

Rangers Cricket Club is based at the Moutere Hills Community Centre and welcomes players from around the district.

We are running a social team for adults which will play on in the Presidents League and also a junior social team. Both of these teams will play on a Friday evening.

If interested, or for more information contact Cindus
recreation@mouterehills.org.nz

SOCIAL SPORTS

Come along and have a go at one of our evening social sports, only \$3 per person per session.

Badminton	Tuesdays	6:45pm—8:30pm
Table Tennis	Wednesdays	7:00pm—9:00pm
Volleyball	Thursdays	6:45pm—8:15pm

Or if you are looking for something during the day ;

INDOOR SOCIAL BOWLS

Wednesday's

1.00pm – 3.00pm

Balls provided or bring your own. All levels welcome!



Country Café



Every Tuesday morning, between 10:30am - 12:30pm, Moutere Hills Community Centre will be open for coffee, cake and a chat. A great way to catch up with friends and neighbours!



On the First Tuesday of each month we will offer a kids zone, with a wide variety of interactive play equipment and toys (including a bouncy castle) \$2 entry per child.



Have your Christmas Function at our Idyllic Venue

Why not book your Christmas Function in our fabulous venue?

With our large function room, fully licensed bar, fabulous space and views it is an ideal location! We offer in-house catering and a fantastic sound system or you can bring in your own caterer and entertainment. Also on offer are fun interactive backyard games to enjoy while socializing in our friendly, relaxing environment. Talk to us today about customizing the perfect Christmas function for you!



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE

Fitness Centre News



Fitness Centre Classes Term 4



Monday's:

Marv's Morning Bootcamp

6:00am — 6:45am

(A range of cardio and resistance exercises. Heaps of fun!)

Re-Activate with Marv

9:30am—10:15am

(Low impact class, suitable for all abilities)

Tuesday's:

Stretch & Flex with Vicki

9:30am — 10:45am

(Increase flexibility and mobility. Suitable for all abilities)

Box'n Burn with Adele

6:00pm—6:45pm

(Includes skipping, punch combinations and core exercises)

Wednesday's:

Metafit with Cindus

6:00pm — 6:30pm

(High intensity training, increase metabolic rate)

Core Foundations with Cindus

6:30pm — 7:15pm

(Core/ pelvic strengthening , mat-based exercises)

Thursday's:

Re-Activate with Adele

9:30am — 10:15am

(Low impact class, suitable for all abilities)

Marv's Evening Bootcamp

6:00pm—6:45pm

(A range of cardio and resistance exercises. Heaps of fun!)

Friday's:

Metafit

9:00am — 9:30am

(High intensity training, increase metabolic rate)

Core Foundations

9:30am — 10:00am

(Core/ pelvic strengthening , mat-based exercises)

All classes are FREE for Fitness Centre Members or \$7 per person



Student Special

Join the Fitness Centre for 3 months between November - February and pay just **\$100! NO JOINING FEE!**

To qualify you must be 14 years of age or older and be enrolled at a Secondary School or Tertiary Institute. An additional charge of \$30 will apply to 14-15 year olds or should you require a fitness programme. All other usual Terms and Conditions apply. For more information, or to sign up, contact Adele.



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



Moutere Hills Community Centre

COUNTRY

Christmas Market

7th December 10.30am - 3pm

**Come on down to
Moutere Hills Community Centre
for a great day of Christmas shopping.**

***With over 70 stalls there will be a unique
array of gift ideas. From crafts to gourmet
delights to natural beauty products, you will
be spoilt for choice!***

**Bar open, delicious food options, and
entertainment all in a relaxing setting.**

Hope to see you here!



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



Kelly Bowater Rally Against Cancer

Moutere folk of all ages donned their pink tennis attire to support the Kelly Bowater Rally Against Cancer on Sunday morning. Local Tennis Coach Vanessa Mairs put the participants through their paces with her cardio tennis session. Judging by the shrieks of laughter, it was a successful morning supporting a great cause.



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*“What’re you doing
Friday night, Fred?”*

FRIDAY NIGHT SOCIAL HIT

5pm - 6.30pm, Fridays during Term 4

**** All welcome** Gold coin donation for non-members****

With more light in the evenings it's the perfect time of year for enjoying a quick session of tennis to kick-start the weekend. Bring the family & a picnic! Plenty of racquets to spare & we'll fire the bbq.

Upper Moutere Tennis Club

**Whole Barley 25 kg bags
\$19 per bag including GST.**

Phone 021 454 731

or

03 526 7004



Craft n Connect

Craft n Connect at the Old Post office in Upper Moutere the second and 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 021 0231 9489

From mid November to April we have delicious hydroponic strawberries for sale from our Strawberry Hut at 20 Neudorf Road Upper Moutere. Pick up some of our amazing real fruit Moutere Fruits jams while you are there.

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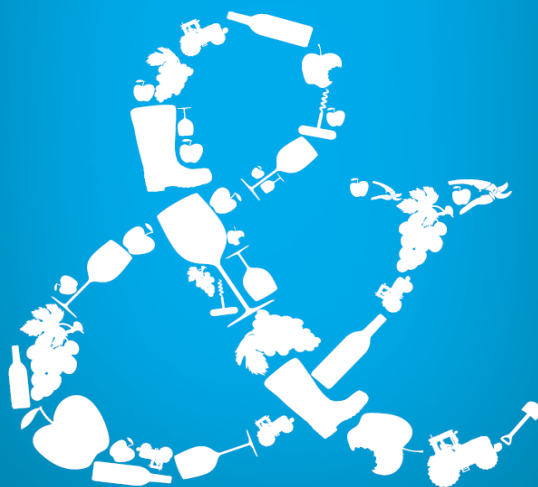
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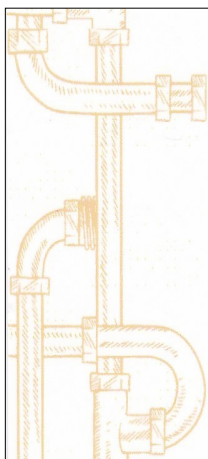
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Tuesday mornings in the Bill Maris Room have been quiet lately. Lots of reasons, holidays, rain (a poor excuse for

staying in bed!), roster duties at the art exhibition in the main hall and the loss of some of our artists to Mapua Art Group for a dabble with acrylic, oil and water colour. Of course, they will be welcome to come back at any time along with anyone who would like to give pastel a try for the first time.

Quiet times do lend themselves to studied concentration and some really interesting and skilled paintings have emerged. We seem to be having a run on "dogs" of all shapes and sizes. I'm wondering what the next theme will be and whether we will all rise to the challenge.

As a group, we are very sorry to be losing Barbara McIntosh. She has been a stalwart member of PANZ and a super artist but family in Australia call and we wish her much happiness as she embarks on her new adventure on the Sunshine Coast. Our loss is their gain; good luck to you, Barbara.

The Tasman National Art Awards and Exhibition held for a fortnight in Mapua Community Hall has been a great success and I hope many of you have enjoyed viewing the amazing art on

display. Certainly the comments coming back to those on desk duty have been highly complimentary. The paintings earning awards were: -

Overall winner: Rhonye McIlroy - "The Plight of Betty Guard"

Merits: Karen Rankin Neal - "Back From the Brink - NZ Takahe"

Jill Seeney - "Playground"

Shane Skehan - "Weeping Song"

Emma Welsford - "Flight SQ0308"

Best pastel: Anne Bannock - "Pool with Glass Wall"

Wildlife/Animal: Julie Freeman - "Serenity"

Just a couple of months to go until we have our Christmas break and Christmas painting challenge; where has this year gone? Do call in to see us before we pack our pastels away. For any information about our pastel 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.

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7th December [10.am](#) - 4 pm RAIN or SHINE

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Experiential Learning Inspiring Positive Change



What's been happening – Planting as part of the Moutere Catchment Project

Whenua Iti Outdoors (WIO) were excited to receive a donation of 300 trees as part of Landcare Trust's pilot project for the Moutere Catchment Group to help in the restoration of our riparian waterways, the same project Upper Moutere School have assisted with recently. Staff and whānau spent a fun afternoon at WIO planting the trees on site which will become part of a greater plan for new outdoor learning spaces to deliver environmental, ecological and cultural educational activities on our programmes.

What's coming up – The NEW Motueka Vocational Pathways Programme

This November, WIO will be running the first Motueka Vocational Pathways (MVP) Programme on behalf of Vision Motueka. There are 8 places available for 16-20 year olds from the local Motueka area who haven't yet made the successful transition from school into the workplace. The programme will include a mix of learning & activities designed to develop their essential workplace skills and will include work placements with local employers. If you know of a young person who might benefit or are a business who could offer a work placement in November, please get in touch! Email us at info@wio.org.nz.

Focus on... the Summer break!

Having just enjoyed the school holidays, it's a good time to start planning for the summer break! We have some awesome holiday

programmes on offer over the summer and it's a good idea to book your preferred dates sooner rather than later. Go Wild are week-long day programmes for 7-10yrs, there are Junior (3 night) & Senior (4 night) Journeys for 11-18 yr olds, and for the more adventure-focused, the 9 day Adventure Skills Development programme. Head to www.wio.org.nz to find out more and book your spot.

Outdoor Wanderings – Ready to hit the trails?

If you've been honing your mountain biking skills on the super local tracks, and you like the idea of riding a few longer trails now that the weather is good, start exploring the amazing tracks open for bikes. There are some shorter rides at Canaan Downs, or for multi-day adventures November is the last month for riding the Heaphy Track... and the Queen Charlotte is open year round (although a short section does close in the busy season). A good place to start is the Department of Conservation website – you might be surprised where you can take your wheels these days!

We'll see you out there!



Planting trees as part of the Moutere Catchment Project



MOUTERE COMMUNITY YOUTH SKATEPARK REVAMP WORKING BEE

Sunday 10 November 11am

THANKS TO SOME GENEROUS FUNDING FROM THE SARAU TRUST WE
ARE REPLACING AND IMPROVING THE PLY DECK.

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Unique opportunities for Dads

As a father of five children I suppose I'm reasonably well qualified to draw comparisons between the experiences I had in the early years with my older children, and the ones I'm currently having with my younger children. My older children (now in their teens) came into my life at that hectic time when Dads are working all hours to establish a secure foundation for the future of their family, which for me resulted in less engagement with my older children's preschool learning environments.

Whilst the quest for financial stability continues to demand my time, I have learned to balance the demands of the modern working environment with other more holistic family requirements. This has led to a greater engagement with Playcentre. At first, the idea of attending a Playcentre filled with screaming kids with streaming noses and hacking coughs terrified me, however my experience was entirely different to my expectation! Playcentre has become a sanctuary, allowing me to enjoy unique time with my two young children, away from the hustle and bustle of a busy family environment. Mapua Playcentre has enabled and in fact encouraged a relationship of exploration between my young children and I, which has strengthened the bonds between us and resulted in a better understanding and appreciation of the unique characteristics and personality traits of each of my two young children. I have a much greater understanding of each of their natural tendencies towards different activities, which has enabled me to interact with them at home more effectively.

My older children are the product of my first marriage, and when I look back and consider the busy lives we led in that family home, I realised that their mother inadvertently created a home environment which kept me distant to some extents from my children, in order to maintain peace and routine. Retrospectively I consider this must have been a coping strategy which enabled her to manage her new life as a young mother... don't rock the boat was pretty much the mantra. In my work I often see this exact same pattern playing out in many young families lives, which results in the father burying himself in his work, and therefore having less focus on connecting with his children. My experience the second time round has shown

me that fatherhood is considerably more fulfilling when you avoid the easy road by making the time to spend some time solely dedicated to your children. Playcentre has provided the perfect environment for me to do this independently of other influences, and as a result I feel that I am having a considerably more fulfilling experience as a father.

With the benefit of the experiences I've had, it's my opinion that it is essential for the health and wellbeing of fathers, their children, and the family in general for the father to make time each week to spend with his children, independent of Mum. Essentially time dedicated and focussed entirely on the children. For me personally Mapua Playcentre has allowed me to enjoy my children as the little individuals they are, without outside influences, which has strengthened the bond between us. There is no better place to escape the rat race and enjoy quality time with your children than in the welcoming environment I found at Playcentre.

Come and check us out. We offer a term of free sessions for first time families and all children under two are free. Session times are Mondays, Thursdays 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, email: mapuaplaycentre@gmail.com or find us on Facebook.



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It was School Holidays again which means that once again here at Country Kids it was time for a break from normal routines with plans made for some cool holiday activities!

In the first week our kids and teachers enjoyed a blue themed Monday (in support of prostate cancer); let loose at our bike day; picnicked with their teddies and tripped through the paddock on a bear hunt; became mad scientists and experimented with lava potions, wriggling spaghetti, coloured flowers and gloopy goodness; and, to finish off the week, we creating and consuming fruit kebabs and hedgehogs.

Then the second week the children built their very own cars out of boxes, bottle tops, egg cartons and other random bits of recycling and parked them up for our very own drive in movies with Sponge Bob, The Minions and Finding Dory (with, of course, a cup of pop corn!). Holidays at Country Kids - WAHOOOO!!



Early Childhood Education & Care

Future of Food and Energy

Dr Mike Joy, environmental scientist and advocate.

Thursday November 7, 7:30pm, Mapua Community Hall. \$10 door sales, supper; students (ID) free.

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The Future of Food and Energy - Dr Mike Joy

Dr Mike Joy returns to Golden Bay and Mapua to speak on 'The Future of Food and Energy' on November 6 and 7. As a senior researcher at the Institute for Governance and Policy Studies at Victoria University, Wellington Dr Joy researches ecological modelling, bio-assessment, environmental science, environmental policy and energy futures. He is an outspoken advocate for environmental protection in New Zealand.

Dr Joy will present the science that points to a world accelerating to the end of fossil fuels and will build a case for changing to a predominantly plant based food system that will feed the burgeoning global population without use of fossil fuels, whilst keeping greenhouse gas emissions at a safe level. He will show and discuss research data that indicate a drastic reduction in livestock and a huge increase in plant food production will necessarily be the way of the future. And how this required change will have many human and ecological health benefits, but which puts New Zealand in a challenging position.

His reporting of the science that supports his conclusions are ungarnished scientific truths and he will undoubtedly challenge how many of us regard the future - for example, in terms of what we eat and the lifestyles we choose. He attracted a capacity audience when he spoke on freshwater water ecology in Mapua a year ago and will no doubt attract a similar level of interest in energy and food.

Dr Joy has received many awards for his environmental advocacy. These include Ecology in Action award from the NZ Ecological Society, an Old Blue award from Forest and Bird, he was named 2009 Environmental New Zealander of the year by North and South magazine, and Manawatu Evening Standard 2012 person of the year. In 2013 he received the Tertiary Education Union NZ Award of Excellence for Academic Freedom and contribution to Public Education, the 2013 Charles Fleming Award for environmental work from the Royal Society of New Zealand, in 2015 the Morgan Foundation inaugural River Voice Award and 2017 he received the inaugural NZ Universities Critic and Conscience award.

Dr Joy is hosted by the Golden Bay and Motueka branches of the Green Party of Aotearoa. He speaks in Golden Bay on Wednesday 6 and in Mapua on Thursday 7 November.

6 November, Golden Bay - Details from davetinkler.nz@gmail.com

7 November, Mapua Community Hall, 7:30 p.m. Door sales only, \$10, students free with ID. Supper provided. Heather 03 522 4458

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MOUTERE CATCHMENT GROUP LAUNCH

TUESDAY 12 NOVEMBER 2019

6.45pm – 9.00pm

Moutere Hills Community Centre
1539 Moutere Hwy, Upper Moutere

For more information contact:

Annette Litherland, NZ Landcare Trust

027 7244 445 | annette.litherland@landcare.org.nz

Photo: Upper Moutere school children planting in the Upper Moutere at Lancewood Villa last month as part of the Moutere Catchment Group.

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OUTLINE OF EVENING

- Water quality in Moutere.
Trevor James TDC
- Flood control in Moutere.
Flood control engineers TDC
- Moutere Catchment and Inlet landowners groups; Vision, objectives, actions to date, plans.
- Working with schools.
- “Through the eyes of a landowner”- what they did and how you can do it too.
- Have your say and help create plans for each of the eight sub-catchments of the Moutere. Your input is valued.





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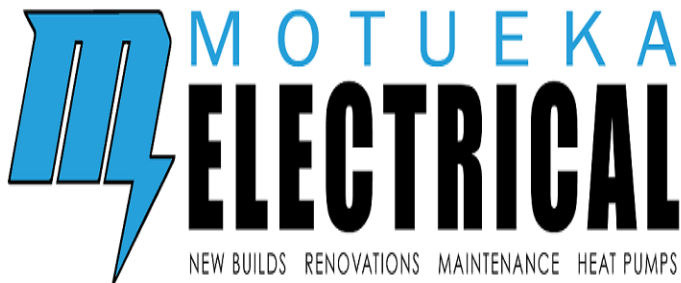


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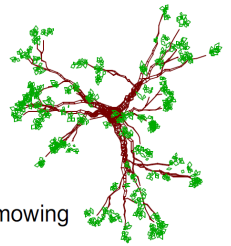
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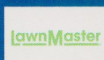


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Fleas!

Yes it's that time of year when it's worth thinking about fleas! Most cats and dogs will get fleas from time to time – it's just a matter of how much they annoy our pets and whether we notice! Fleas are present all year round in Nelson but they breed faster in warmer weather. So if you haven't been using flea products through winter, it's definitely worth starting flea products now to treat and/or prevent flea problems at your place through summer and into autumn.

The fleas that you may see on your pet are adult fleas and make up only about 5% of the total flea population. These adult fleas rapidly lay hundreds of eggs (which fall off your pet wherever they go) and develop into tiny larvae and pupae which hang out in carpets, bedding and furniture, cracks in flooring and outside in vegetation.

So if you see fleas on your pet, there will be eggs, larvae and pupae in your house and/or garden. And once established they can take months to eradicate. The best way to protect your pet and your house from fleas is prevention. DON'T WAIT TO SEE FLEAS!

Successful flea control involves eliminating fleas from all your pets and controlling fleas in the environment. Nowadays there are many safe and easy-to-use products:

- a few drops of liquid on the back of your pet's neck every few weeks e.g. Advantage
- oral tablets e.g. Comforts, Nexgard, Bravecto
- the safe, long-acting flea collar Seresto.

NB The original flea collars, spot-on products and shampoos

containing older drugs are not very safe and have been superseded by these newer products.

Thorough vacuuming of carpets, furniture and wooden floors will reduce flea numbers, as does frequent hot washing of pet bedding. But if you have an epidemic, an insecticidal bomb might be necessary!

Do your cows need a multi-min?

Now is the time to blood test six cows to see if your herd is ok for trace elements especially copper and selenium. We are also currently seeing low levels of iodine. If levels are too low then judicious use of Multi-min or other trace element supplements will top up cows, push lactation to a higher peak and improve conception rates and general health.

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Cattle disbudding and dehorning

A reminder that as of 1 October 2019, it is illegal to disbud or dehorn cattle of any age without local anesthetic. The Animal Welfare (Care and Procedures) Regulations 2018 states that all cattle of any age need "an appropriately placed and effective local anesthetic that is authorized by a vet for the purpose of the procedure". (Note this procedure is not limited to vets. Under veterinary supervision, clients can be trained to use local anesthetic and do the procedure themselves). There are steep fines for owners and companies who don't follow the new regulations.

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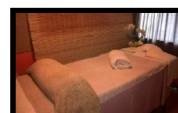
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 Stephanie Drewery started this petition to nzta

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Why are the NZTA and the NZ Police so insistent on reducing speed limits on safer roads being driven with safer cars. Adults Drive to the conditions.

New drivers need more training and it should be law for every vehicle to be insured.

Find out more at:

<https://www.change.org/p/nzta-stop-the-local-nzta-needlessly-reducing-the-speed-limits-on-our-highways>

At the time of print 10,123 people had signed the petition.

## Recipe Asparagus and Watercress Salad

*Yes it's asparagus season and Soo Gee knows just what to do with it...*

Cut 2 bunches asparagus into three and blanch in boiling water with a pinch of salt for 2 minutes or until just tender. Drain and cool under cold running water. Wash a bunch of watercress and pat dry.

Combine the asparagus and watercress, add 100grams of blue cheese crumbled and a handful of flaked almonds.

Drizzle with the following dressing: 3 tablespoons of a quality olive oil, or nut oil if you prefer, 1 tablespoon of sherry vinegar and salt and pepper.

This is a delicious salad that will suffice as a light lunch if served with good quality bread/pita bread add more protein to your diet by including some hard boiled eggs..... either way it's delicious.



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