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Special points of interest:

Quiz Night

Upper Moutere School
Year 7&8 Wellington
Camp Fundraiser 7
September at Moutere
Inn.

Moutere Hills Residents

Association AGM 19

September see page 3
for details.

Sarau Festival Planning

Meeting 19 September
see page 3 for details.

Handy Hairdressing

Local Lives



Busy farmers, local families and business owners don't have to travel far to get their hair cut with Karen Rhind's Country Cuts operating in the Moutere.

A qualified hairdresser, Karen Rhind moved to Upper Moutere village with her family in 2013, setting up her own professional salon in the smart new barn adjacent to their home. "I love being a one-woman-band as it means I can give clients my full attention and no one has to sit and wait to be seen," she says.

Over the years, Karen has co-owned a number of businesses in the region, including a kayak building business and a café, so she came to her new venture with plenty of know-how. Her hairdressing skills, meanwhile, have been honed over 30 years of working in salons in Motueka and Nelson.

"The longer you do the job, the more you can see what styles suit people and I'm always happy to give advice if someone wants it. I offer a full hairdressing service at the salon and also do occasional house calls to cut hair for local residents who are unwell."

She says she loves the creativity and sociability of the

work. "Giving people a lovely experience can change their perspective on the day or the week—and even how they feel about themselves. I see a lot of women with young families and when they come in to the salon they can start breathing again!"

For Karen, the joy of working from home and being her own boss is the flexibility it brings. There's no time spent travelling to and from work and there's always time to feed the horses or hang out the washing in the middle of the day.

The other real pleasure is living on a flat, easy-care section with all-day sun. "Before we moved here, we were living in an off-grid house in Brooklyn Valley, which lost the sun in the early afternoon. We'd look out on the Moutere, bathed in sunshine, and I always wanted to live here."

Country Cuts is open by arrangement from Tuesday to Saturday. Call Karen on 03 543 2297 or 027 472 8863 to make an appointment.



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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Calling all Sarau volunteers.

If you would like to be involved in our next community festival, then please come to our planning meeting. New members are very welcome, we need volunteers in several areas and there are lots of nice small jobs which only take a couple of hours.

Where: Moutere Hills Community Centre

When: Monday 16th September at 7.30pm (arrive early for a catch up, the bar will be open to purchase a beverage of your choice). Nibbles will be provided.

Bring: Your friends, neighbours and anyone from the community who would like to get involved.

Be involved in our community, come make new friends and meet up with old ones.

Any questions please call Sam on 021 069 5991 or 03 543 2512

The Grapevine says....

We're pretty lucky to have such a variety of businesses and services in Upper Moutere. Driving through Upper Moutere Village and the surrounding district at present it seems as though everyone has upped sticks and moved to somewhere warm. The Nelson region is well known for its lack of life over the winter months and it can be a long hard slog for business owners and producers. Buying local goods and using local services is essential for the viability of small local businesses.

The owners of small businesses do us a great favour by taking (hopefully, a well calculated) gamble that the people of the area will use the goods and services that they put their energy and cash into. They provide employment and learning experiences. These people could be your neighbour, the parent of your child's playmate, someone you see at the store. More often than not, they support local causes by donating goods and services for fundraising and go the extra mile to see that you get what you need. If you need work done take a look through The Grapevine; there's bound to be someone who can do the job.

Take the time to get out and experience what local shopping has to offer. It is closer than driving to Motueka or Richmond, and you never know who you're going to bump into when you need a puncture fixed or pop out for a coffee. There are hidden gems on offer all around us and people often pay good money in the summer to come to our district and dream of having access to the things we have. Don't wait until visitors arrive to visit the art galleries and try the local wines. The area is teeming with high quality food and wine items and the crafts are world class so consider purchasing local and know that you are helping to support a family, and also enriching your own life.



JELLYFISH
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Wednesday

\$20 Plate Night

(normal menu also available)

Thursday

Curry Night

(normal menu also available)

Friday

Happy Hour

closed from 3pm Sunday, Monday and Tuesday

takeaways now available

(see our website for details)

located at shed 1 mapua wharf, mapua

03 540 2028
jellyfishmapua.co.nz



**FROM THE
MOUTERE HILLS
RESIDENTS ASSOCIATION**

Annual General Meeting

Thursday 19 September 2019, 7:00 pm
Moutere Hills Community Centre

Local Government Elections this year!

Get to know your council and mayoral candidates at the meeting.

Get in touch with council staff.

Coffee, Tea & Nibbles provided.

All members and visitors welcome!

For further details visit our website www.mhra.org.nz
or write to us at secretary@mhra.org.nz



Spring Fair

A touch of magic for the whole family!

Sunday, 22 September
10am to 4pm
165 Robinson Road, Lower Moutere


Motueka Steiner School

You are warmly invited to a magical world on our school farm!

follow the jester • wander through fairyland • meet the fairy queen
 play games with your children • watch a puppet show
 try archery • joust • conquer the stack-a-crate • get your face painted
 paint silk streamers • dip candles • wear a floral wreath
 enjoy live music and exciting entertainment • savour delicious international foods
 win amazing silent-auction items • buy handmade felt toys • and more!

Entry is by gold-coin koha. This is a low-waste event; thank you for doing your part!
 For more information, visit www.facebook.com/MotuekaSteinerSchoolSpringFair/ or e-mail fairs@motueka.steiner.school.nz.
 We appreciate the many people and businesses supporting our fair. Thank you!

Thank you to **FUJI xerox** for printing this poster.



2019

11th-13th Oct
9am-5pm

Upper Moutere near Nelson, NZ (2nd Training)

Excited to be hosting overseas Bal A Vis X trainers in 8 weeks in Upper Moutere, New Zealand. The only training here this year!

Bal A Vis X uses sand bags and racquetballs in a series of exercises to integrate the hemispheres of the brain to support learning and life.

Beneficial to those experiencing dyslexia, dyspraxia, being on the spectrum, as well as all other learners.

These exercises are deeply rooted in rhythm and thus support those with anxiety as well as trauma

Once learned BAVX exercises can be implemented straight away and are connecting and fun.

A fantastic opportunity to up skill and support children, students, staff, family and your self!

For more information on this training, or to book your spot contact [Alexandra Partington](mailto:Alexandra.Partington@brainbodyconnection@gmail.com) on 0204 1927724 / 03 5432 335

Info.brainbodyconnection@gmail.com



from the
 Sarau Winter Sale team

A big thank you to all who came to MHCC over the last weekend in July to enjoy the district's Sarau Winter Sale. We hope you enjoyed the pop-up café, the talented youth buskers, and found some wonderful treasures to take home.

Thank you to those who donated clothing and books – without your contributions and commitment to 'reusing' this weekend simply wouldn't exist.

Thank you to Lower Moutere Hall, Dovedale Hall, and St Pauls Lutheran Hall for the use of your trestle tables.

And finally thank you to the wonderful Moutere folk who turned out to help with sorting and carrying on Friday, over the weekend, and then again on Sunday to help pack up.

We raised an astonishing \$7,622 from second-hand books, preloved clothing and the café. Upper Moutere School also did well with their toy sale.

This money will all go directly back into our community.






MOUTERE INN QUIZ NIGHT

Saturday 7 Sept
7pm
\$10 entry
Proceeds to Y7/8
Wellington Camp
Great Prizes & Raffle

Book your table by ringing the Moutere Inn on 03 5432759



Playcentre



A very special visitor!

This month we had a very special visitor at playcentre! A playcentre family own their very own digger and were kind enough to bring it along to a session where all the children got to get up close and personal with it.



We were shown all the different parts of the digger and got to see it drive around the car park.

Each child got the opportunity to have a sit on the digger and play with all the controls.

This is such a nice example of the community we have here at playcentre and the wonderful resources our community have access to, to help with our Tamariki's learning and development!

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 either by phone: Kathryn on 021 2534264, email: mapuaplaycentre@gmail.com or find us on Facebook.



"Whānau tupu ngātahi – families growing together"

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.

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.

UPPER MOUTERE play group

WE MEET EVERY WEEK AT THE
MOUTERE HILLS COMMUNITY CENTRE
FRIDAY'S 10am - 12pm - ALL PRESCHOOL AGES
WEDNESDAY'S 9.30am - 11am - BABY PLAYGROUP

WE PROVIDE AND SHARE MORNING TEA.
POP IN FOR A CUPPA AND MEET LOVELY LOCAL PARENTS

ANY QUERIES PLEASE CONTACT
RENEE 027 293 7326

ALL FAMILIES WELCOME!

Building Tasman's Future

MARU for Mayor



*"I will lead the Tasman District with **Integrity & Transparency** through **Teamwork & Collaboration**".*

WHAT YOU CAN **EXPECT**

INTEGRITY.

I have worked all of my life across our amazing Tasman District, people know and understand I deliver results!

This reputation has been developed by listening to understand, not simply listening to respond.

I will work hard for you, for positive outcomes for all of the community.

TRANSPARENCY.

It's important everyone has the chance to participation in council decision making.

Making sure those decisions are accessible to everyone in the community and that time is given to allow the community to feedback.

One action I will introduce will be the live streaming of council meetings.

COLLABORATION.

Council simply doesn't have all the answers, but collectively, our communities do!

The role of council is to act as an enabler of that collective knowledge and where necessary "get out of the way" to ensure we are not blocking progress in the district. This will include giving increased delegations to the two Community Boards.



Our region is changing at a rapid pace, with fast growth, housing demands, the state of our current infrastructure and our climate we have some major challenges. The current plan addresses these challenges by increasing debt and increasing rates, our region simply can not sustain this traditional response.

I provide you with an opportunity of freshness, a new energy with new ideas, and a new way of doing things. I have worked within communities across the top of the south for the past 30 years. My success within the not for profit sector has demanded of me a high level of business acumen, the ability to negotiate significant contracts with multiple councils, understand central government complexities, and work with limited or challenging budgets. The ability to bring

together high performing teams and to provide strong leadership has seen challenging projects completed under my leadership. This experience has also been accompanied with a high degree of public scrutiny, being held accountable to the public for every single dollar and being completely transparent with strategic decision making for the future. It is time for our region to become a region which sets an example for the rest of the country. As Mayor I will navigate central government to advocate hard for investment in our region. **Vote Maru for Mayor.**

E: brentmaru@gmail.com W: brentmaru.co.nz M: 027 285 7075

Authorised by: Brent Maru, 43 Tudor Street, Motueka.

Retired and Getting Re-connected

Retired ? OK what now ?

Maybe you have looked forward to the day you can put your feet up, and who can argue with that... for a while !

One member of The Mot Shed said today 'I have never been so busy since retiring ', but as John Hawkesby said when fired by One News some years back 'there is only a certain amount of golf you can play in one day!'

When retiring from work you are of course literally **disconnected** with no plan B in sight (or button B to press!)

Disconnected from work, colleagues and purpose (not to mention money).

No wonder for many of us it is difficult time trying re-connect, especially when we have so much to give but no outlet.

What are **you** going to do with all that experience you have built up, particularly if you have raised a family and they have all left home ?

You could share it, get re-connected and make friends and make a real difference in the community !

A recent Guardian article on the new Hospice shop quoted 'One of the greatest gifts you can give is your free time'.

Using free time with experience and kindness can be a

winning combination and rewarding for all.

There are young mums, and families in the community that have no Grandparents nearby and would love to have an experienced person or Grandfriend for support and advice .

A Nelson Pre-school has recently advertised for Grandparent like figures to read to their children and there are local playgroups, that would welcome the interaction of Grandfriends with their young ones.

If you would like to know more about re-connecting as a Grandfriend to a playgroup/pre-school, or young mum, or family get in touch. grandfriendsconnect@hotmail.com and check out the website www.surrogategrandparents.org.nz

Let me know your location and what you can offer and I will get back to you.

Other opportunities for re-connecting

<https://www.volunteernelson.org.nz/>

<http://bigbrothersbigsisters.org.nz/about-us-nelson.html>

<https://www.redcross.org.nz/get-involved/volunteer-opportunities/nelson/>

Cheers Charlie Townsend

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saturday september 28th 5pm - 7pm

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we would love you to join us for an evening of tapas to help us celebrate

tapas \$25 pp
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save the date

foodie food cart night v.70
saturday september 14, 5.30pm - 8.30pm

1st year celebration - an evening of tapas
saturday september 28th, 5.00pm - 7pm

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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



Show Ribbon Quilts



Turn your show ribbons into quilts, wall hangings, cushions, tote bags and other hand-made items.

Call me to discuss your requirements

Sue - Tel: 0210 2510273

A date for your diary: Thursday 31st Oct 5-7pm

Mapua Community Costume Carnival

Hills Community Church is holding its annual Costume Carnival at Aranui Park, Mapua on Thursday 31st of October. The carnival has been running for more than ten years and is a highlight in the calendar for families in Mapua and the surrounding districts. It is run as a free gift to the community, a positive trick-or-treating alternative at Halloween. Children, (and adults too if they like) are encouraged to come dressed as fairies, superheroes, princesses, animals, All Blacks, etc. (No scary costumes please).

Prizes are given for the most creative costume to boys and girls in each age group (preschool, primary and teenagers, and adults). There will be a range of fun-filled games and activities to participate in. Bring your children for a fabulous, fright-free evening of old fashioned games, sled rides, jumping on the bouncy castle, and a free sausage sizzle. Each time you have a go; earn a silver token to swap at the prize tent.

<http://www.hillscommunitychurch.org.nz/>

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A day in the life....High Places

DAY 5—CERRO TORRE

Sunrise on this east facing Fitzroy skyline 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 sheltered 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 glacier fed Laguna Torre and piercing the skyline beyond rise the famous pinnacles of Cerro Torre, Torre Egger and Torre Stanhardt, on whose walls some of the greatest mountaineering and rock climbing epic dramas have been played out. 4-5 hours.

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.

A great job at a GREAT Price!

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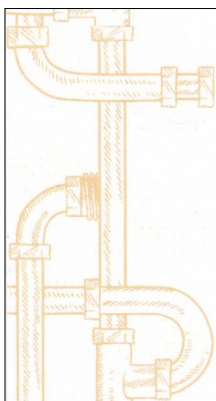
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What's Happening In September



Fathers Day "Roast and a Pint" Sunday 1st

To celebrate all the Dad's we will have our last Sunday Roast for the year this Sunday and all Dad's get a pint to wash it down. So drag him out from the shed or off the mower and bring him down for lunch. The ultimate Fathers day gift, disagree? Let us know on facebook.



Live Music "Niels Gedge" 7pm Saturday 21st

Greytown finger style guitarist and songwriter Niels Gedge brings his laid back music our way. Many of Niels' lyrics draw on the landscapes of Aotearoa and his guitar style derives from the country, blues, Appalachian and gospel traditions of North America as well as British folk. "...beautiful playing and personal yet universal songs that draw on timeless traditions of gospel, folk music and blues" Nick Bollinger.

Don't Forget

1 st Thurs Folk Night	This month the 5 th
2 nd Thurs Quiz Night	This month the 12 th
3 rd Thurs Curry Night	This month the 19 th
4 th Thurs Cigars and Whisky	This month the 26 th

PHONE 5432 759

WWW.MOUTEREINN.CO.NZ

FACEBOOK/MOUTEREINN

1406 MOUTERE HIGHWAY, UPPER MOUTERE 7175

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 122
Shirley (03) 5432 438



Live @ Neudorf Vineyards

Saturday 19th October 2019 from 2pm

As part of The Nelson Arts Festival
Tickets Available through Ticket Direct

MOUTERE HILLS COMMUNITY CENTRE



Dear Community

With spring upon us, it is a great opportunity to get out of the house and come on down to the Community Centre to have a go at some of the great activities we have on offer. Check out the latest timetable on our website www.mouterehills.org.nz

Unfortunately we have to say goodbye to Carl who has been running the ZUU classes. Carl is moving on to a new adventure but we wish to thank him for all he has done for the Community Centre. You will be missed Carl! Look out for the new activities that will be filling this gap in the Term 4 Schedule.

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



Saturday 21st September

9am — 12 noon

Rain or Shine

Book Your \$5 Spot Today!

Country Christmas Market

**Saturday 7th December
10.30am – 3pm**

Join us for a day of fun with our Local Artisans, Crafts People and Service Providers.

You will be spoilt for choice with the range of unique Christmas Gifts available!

While the kids find that special gift, sit down and relax while enjoying some of the yummy food and drinks on offer.

Only a few stall sites left, book yours today!



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 and 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.



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE

Fitness Centre News



Celebrating 5 Years of Operation!

It is hard to believe that it has been 5 years, this month since the Mouere Hills Community Fitness Centre first opened its doors. The development of the Fitness Centre was made possible due to generous support from Rata Foundation, IMB Construction, Pub Charity, The Copier Company, Sarau Trust, the Hyatt Family, the Greenhough Family and of course the wider Motuere Community. Since opening, the Fitness Centre has gone from strength to strength and now we not only offer quality equipment providing for a full body workout, but a great variety of fitness classes and personal training opportunities as well.



To celebrate our 5th birthday we have 5 fantastic giveaways:

- A free 3 month family membership
- A free 3 month individual membership
- A free 10 class concession card for our fitness classes
- A free 1 hour personal training session with Adele
- A free 1 hour personal training session with Marv



TO WIN ONE OF THESE GREAT PRIZES, SIMPLY WRITE YOUR NAME AND CONTACT DETAILS ON AN ENTRY FORM AND POST IT IN AN ENTRY BOX, LOCATED IN BOTH THE MAIN FOYER AND ON THE FITNESS CENTRE DESK.

Entry forms located beside both entry boxes. One entry per person. Prizes will be drawn on Monday 30th September 2019.

PERSONAL TRAINING

Personal training sessions are a great way to get on track to achieving your individual fitness goals. Our affordable rates make our Personal Training services accessible to the whole community. Why not contact Adele or Marv today to book your session?



ADELE COTTON

I have a Bachelor in Sport and Exercise Science, my Group Fitness Instructors Certificate and am an accredited Strength and Conditioning coach. I believe that exercise is the most important, accessible and cheapest form of medicine! Whether this be for mental health, injury recovery, chronic diseases, positive ageing or to maintain a functional approach to life. Take charge of your health today!

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September

MOUTERE COMMUNITY YOUTH

Senior
7-9pm-ish

Sports Night: *This is our traditional, first Friday of the month activity, easy to remember!*
Meet at MHCC 7pm, \$2

Intermediate
4:30-6:30pm

What happens at your local council? Lets take a tour! Meet 4.30pm pronto for a trip to Richmond. Pizza on the way home! \$5

Junior
3:30-5pm

Survivor: *We'll put you to the test, can you light a fire with only a match and cook an egg to eat? \$2*

6th

13th

Bonfire: *marshmallows, music etc... 7pm, \$2*

20th

Theatre Sports: *and hangout at the Church Hall. \$2, 7pm*

Baking for a cause: *bake something simple yet delicious, a little for us to eat and a little to give away. \$2*

27th

Wave Rave at Richmond Aquatic Centre: *Meet at church hall at 6.30pm to travel in to the Aquatic centre for some end of term craziness. Cost \$7 + \$2 transport. Back 9.30pm-ish.*

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 or Instagram (moutere_youth). 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



What's been happening EER audit - highest grade achieved

Every 3 years we are audited by the Ministry of Education through an audit called EER – (External Evaluation Review - like a school ERO review). EER ensures we meet the standards required to be an NZQA assessor and covers 2 focus areas, Education Performance and Capability in Self-Assessment. In both these areas, WIO score the highest possible grade – “Highly Confident”. This is an amazing endorsement of the organisation and we are both excited and grateful to be able to share this news – thanks to everyone who has supported us as this success is the result of a whole community effort. We'll share some excerpts from the report over the next few weeks so here is one to get us started:

Courses are highly relevant and well planned, with activities designed with students' safety in mind. The professional staff and ongoing nature of reflective practices help ensure the courses meet stakeholder needs.

What's coming up – holiday programmes galore

There are holiday programmes galore in the planner for all ages and abilities including a 9-day extravaganza of outdoor skills for 15+ year olds. The old favourites - Senior and Junior Journeys, Go Wild and Duke of Edinburgh Adventurous Journeys are all in there too. Many families book their children and grandchildren on a WIO holiday present as an awesome Christmas or birthday present which we think is just a little bit clever!

Focus on... Duke of Edinburgh!

WIO is an Open Award Centre for the Duke of Edinburgh so you can enrol and take part in the Duke of Ed with our support. We meet (optional!) on the first Thursday of each month in term time where you can meet fellow participants, take part in activities and find out more



Happy people on the last Junior Journey – join us for a holiday

about the award. We also offer the Adventurous Journey at all levels and opportunities for Gold Residential

Outdoor Wanderings – Geocaching

Geocaching is a worldwide phenomenon and an awesome way to get the whānau outside. Described as the “world’s biggest treasure hunt,” a geocache is a hidden capsule marked on a map with a few clues to help you along. There are over 1600 to be found around Nelson including some around The Moutere – they are everywhere! It's a great way to get out and about on bikes, on foot or however you choose to travel and explore new places and best of all it's free! Visit www.geocaching.com for videos, instructions, information.

We'll see you out there!

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



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It happened and it was a success, the 'Big Picture'. Everyone present on Tuesday 23rd July was given a small piece of a painting and a blank piece of paper. It was impossible to guess what the painting was all about but the task was to copy it exactly onto the blank. Marian and Sue knew it was a Vincent Van Gogh but for the other PANZ members, complete bafflement. But when the work was complete and the sixteen pieces stuck together, Vincent would have been proud! The result is here for you to see, can you tell which is which?!

Members of PANZ Nelson meet every Tuesday in Mapua Community Hall to practice and paint but occasional tasks are thrown into the mix to challenge thinking and skills. These are optional but most members have a go accompanied by coffee, groaning and laughter. Gloria set such a challenge to get the grey matter tingling; we couldn't paint the object, just the negative space. Get your head around that one!

Another challenge played out over a few weeks with the big reveal on Tuesday 6th August. We were all tasked with using our imaginations to produce a painting based loosely on either an autumnal tree or bees buzzing around blossom. The results were varied, clever and fun. There were

bees around honey pots, single blooms, bonsai, a lightning strike and cubist versions of trees. Now we can look forward to Sharon's still-life challenge that will take us out of our comfort zones for half an hour one Tuesday morning.

It is nearly time for the prestigious Tasman National Art Awards and Exhibition, to be held in our own community hall. The exhibition opens at 2 p.m. on Saturday 28th September and is then open daily from 9.30 a.m. to 4.30 p.m. until Saturday 12th October. Entry is free so come along to view, enjoy and possibly purchase. Information can be found on the art awards website or Facebook page www.tasmannationalartawards.nz

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.

Sue England

Right: A recent art work by one of the Pastel Artists of New Zealand members



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Navigating our Changing World

This month, Julie Nevin is facilitating a series of community conversations about sustainability and resilience in our region.

Communities around the world are reviewing their direction of development, recognising that the way we do things today is damaging our world. We need to do things differently while protecting what we treasure. In these workshops, we will ask:

*"How do we keep what we really want to keep?"
"What do we need to let go of in order to not make matters worse?"
"What could we bring back to help us with the coming difficulties?"
"With who or what do we need to make peace as we face these challenges?"*

You're invited to join the conversation about the direction of the Moutere Hills.

**Moutere Hills Community Centre (Hyatt Room),
26th September, 7:30 - 9:30 pm**

RSVP online at <http://julienevin.weebly.com> or email julie-nevin@protonmail.com



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Rubbish on our roadsides

Last week I decided it was time to do my bit to tackle the rubbish constantly accumulating along our Moutere Highway. I selected the stretch from A & A Snacks to Harley Road. And shockingly, along this 800m stretch I collected 4.5 sacks (approx. 35 kgs) of rubbish.

I plan to do more, but I wanted to get this into the next Grapevine to help increase our local awareness of the quantity of roadside rubbish (mainly single use plastic), in the hope of inspiring others to tackle this problem alongside me. And fingers crossed, discouraging travellers from heaving it out the window.



What did I find? Lots of drink containers – alcohol and energy cans and bottles and single use coffee cups and lids. Cigarette packets and take away food containers. Then there was also lots of industrial waste – plastic, polystyrene and card which I assume has come off trailers and trucks. A word of warning to anyone wanting to ‘get out there’ – our roads are narrow, and many drivers whizz by. I’d like to encourage you to wear your high viz and work towards on-coming traffic. If you are a driver and see someone out there – please slow down.

Can you do better than 4.5 sacks?

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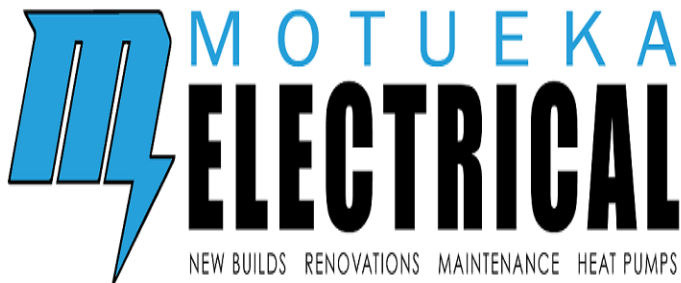


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Authorised by Hon Damien O'Connor, Parliament Buildings, Wellington



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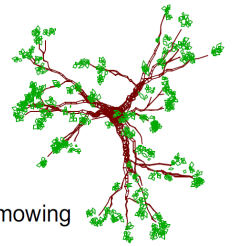
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It's Spring! And there are lots of new arrivals out on the farm so here's some info for those of you who are hand-rearing lambs or calves....

Lambs

Keeping lambs **warm** will reduce their susceptibility to illness and make sure that all the milk you are feeding goes towards growth, not keeping warm. It's vital that warm, dry shelter is provided. Woolovers are available for extra protection and warmth. Lambs also need to spend time outside on good quality grass as they naturally start to nibble from a very young age.

All lambs should be **vaccinated** against clostridial diseases such as tetanus and pulpy kidney. Two injections should be given 4 weeks apart to give full cover. The first injection is normally given at tailing. To give immediate protection against tetanus at tailing, Lambvax can be given if you are not sure the mother was correctly vaccinated (which allows her to pass on protection to her lambs).

Scouring – there are lots of causes of diarrhea. It's often due to overfeeding or poor mixing of milk powder. Alternate milk feeds with electrolytes to treat and phone us if there's no improvement within 24 hours as dehydration and death can occur rapidly.

Joint/navel ill – this is when infection enters the lamb through the belly button and settles into a joint. Lambs are usually very lame and have a temperature – they need urgent treatment.

Noisy breathing – often a bacterial infection or pneumonia – re-

quires immediate treatment.

Bloat – is caused by bacteria producing too much gas in the rumen. A lamb will get a very tight tummy and be quite uncomfortable. Massaging the abdomen can help but if not phone us as bloat can lead to a twisted stomach and both conditions can be fatal.

Entropion – looks like an eye infection but is actually caused by the edge of the eyelid turning in and rubbing on the surface of the eye. This is very painful. Early treatment is straightforward and gives immediate relief.

Collapse/weakness – in very young lambs this can be due to hypothermia or low blood sugar. If warming them up and rubbing some honey or glucose onto the gums doesn't help, phone us for advice.

Calves

Selecting healthy robust calves and providing correct nutrition and environment is extremely important for successful calf-rearing. It's vital that housing is warm, dry and clean.

Bloat – often caused by gorging on milk or drinking cold milk or sometimes Clostridial disease. Bloat can resolve on its own but some calves need veterinary attention.

Scours – there are lots of possible causes but often due to poorly mixed milk or can be infection. Dehydration is the main concern so supplementing with electrolytes is important. If calves are off food or lethargic, they should be checked by a vet.

Swollen navel – could be a hernia or infection. Should be checked by a vet.

Lameness – could be a joint infection or injury. Also should be checked by a vet.

Poor appetite – several possible causes including high temperature from infection or disease, sore mouth, twisted gut...phone us for advice

Laboured breathing – can be pneumonia or other illness – a vet visit is needed.

A B C Muffins

(Apple, banana and chocolate) Soo Gee says there are great Granny Smiths out there that are perfect for these easy to make muffins - makes 12 regular muffins

Ingredients:

1 cup mashed banana	1/2 cup of milk
1/2 cup brown sugar	1 egg
1/4 tsp salt	2 cups flour
1/4 cup canola oil	1/4—1/2 cup chocolate chips
1 grated apple	

Oven 190c

In a large bowl place 1 cup mashed banana 1/2 cup brown sugar, 1/4 teaspoon salt, 1/4 cup canola oil, 1 egg and 1/2 cup of milk and mix well. Add 1/4 - 1/2 cup chocolate chips and 1 grated apple and mix these in. Sift in 2 cups of flour and fold in well.

Place into 12 greased muffin tins. Cook 10-15 minutes, leave to cool a little in the tin.

Optional Glaze: 2 tablespoons lemon juice, 2 tablespoons sugar, brush on hot muffins while still in the tin.

THE ALPS CHALLENGE

17th September to the 21st September 2009

In the winter of 2009, (northern hemisphere) I was looking for a new challenge. I had recently completed a 1,500-piece jigsaw and had mastered the art of spinning plates and whilst these activities kept me busy inside the house it was time to take on something physical and outdoor. Whilst reading a cycling magazine I noticed an advert looking for cyclists to take on the Alps Challenge in aid of Macmillan Cancer charity in September. To register you had to send in £195 and fill in a form stating that you were of sound body and mind, and that you would raise a minimum of £1600. The other part of the application form informed you that accommodation would be on a shared room basis with someone of the same sex. It then asked me to put down a name of the person I wished to share a room with. Things were looking up as I scribbled in the name Clare Balding (a very famous BBC sports journalist) I get to

climb the iconic tour mountains and then share a room with CB all for raising £1600. However, it seems that Ms. Balding was otherwise engaged so plan B was to talk one of my friends into doing it. My partner had ruled herself out on the basis that she had more sense. So, which one of my friends should I ask? Actually, this decision was fairly easy on the basis that I only had four friends. All four owned bicycles, which was a good start. However, all four of them wouldn't regard themselves as enthusiastic regular cyclists. Two of them would only use their heavy old mountain bikes if the weather permitted. I quickly ruled them out. This left Susan and Clare. One of them was planning on doing a half ironman and one of them had an Achilles problem. I opted for Susan who had the Achilles problem.

Continued on page 24

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THE ALPS CHALLENGE

17th September to the 21st September 2009

I needed to persuade Susan that she really wanted to get that bike out of her garage. We went for a meal at a local restaurant. I kept filling her wine glass with French wine and dropped huge hints like 'I wonder what it would be like to ride up the Alps'. At the end of the evening, I reckoned I had Susan potentially interested in the challenge. After all she couldn't run (because of the Achilles) so why not cycle. But it took another long chat over a tuna mayo sandwich (on brown bread) to persuade Susan the time had come for her to take on a big cycle challenge.

With us both signed up we sprang into action. It was March. It was time for our first training ride. We met on the outskirts of town with a plan of cycling along the coast and back for about 30km. It was cold and the sky was threatening snow and during the last part of our ride it delivered an icy sleet shower. I tried to encourage Susan by saying 'September in France will be lovely and warm'. I will be reminded of this again during the Alps Challenge itself.

Each day of the challenge we were going to cycle over 100km covering two Cols (mountains). It didn't sound much, but for me it required heaps of training. My cycling at this point was very much geared to doing shorter races and I was built like a sprinter. By this I mean I had massive thighs and I liked my food. By April it was important to get down to some serious training. Susan started fund raising, I kept cycling. May arrived, Susan's fund raising was going well. I kept cycling. By June I had upgraded the gears on my bike, bought two new pairs of cycling shorts and a new pair of sunglasses. I justified all those purchases by kidding myself that they would make me fitter and faster on the bike come September, especially the sunglasses.

September soon arrived. Training in July had gone well as we were spurred on by watching the Tour De France. The Monday before the Challenge I was lying on the physio bed reflecting that I was in the best form of my life. After all I was only being treated for a bulging disc, groin strain and tendinitis in my right foot. I was ready.

We flew out on the Thursday and arrived in the heart of the Alps at Bonneville. Here we met the 55 other cyclists who were also undertaking the challenge. Our first task was to reassemble our bicycles as they had been taken apart and placed in special bike boxes for the flight. Working away on my bike with a hex key, staring at various parts, I realized I'd forgotten to pack a very important piece of assemble equipment, my partner. I only ended up phoning her 4 times for instructions. With bikes ready it was time for dinner and to contemplate climbing the mountains that surrounded us.

It was an early start for our first day. We were to cycle from Bonneville to Albertville via Col des Aravis at 1,487m and the [Col des Saisies](#) which had 8% gradient for 13km reaching a height 1,650m. Lined up in a carpark with everybody and their bicycles listening to the route briefing, I looked round to see where Susan was. As I did, I lost the balance on my bicycle and fell to my left. As I was heading towards the ground my fall was broken by the cyclist next to me, who in turn lost his balance. This started a domino effect. As I stared up from the ground, I had a full view of the domino effect as 15 other riders lost their balance. Not a good start to the challenge. We were informed that the route was clearly marked out for us by orange arrows the size of your hand. By the second junction we had all gone the wrong way. *Sacre bleu!*

Once we were back on the correct route the road soon started to go upwards. For all of her fundraising Susan was cycling well and for all my training I was finding it tough. Susan weighed less than me by 20kg and was built like a mountain goat. She was at home on the mountain roads. After 24km we reached the ski station with the support crew there to hand out bananas and water. I spoke to an elderly French cyclist. "I sup-

pose you do this climb every day" I said. "Oh no" he replied, "every other day".

After a quick photo stop with Mt Blanc in the background, we began the descent off the mountain. We picked up speed and before we knew it, we were in the village of Flummet. Lunch was provided for us here by a company called Extreme Catering. They had laid on a huge buffet, but with another mountain to climb you just can't eat like that in the middle of a ride. To be honest all I wanted was an energy bar and failing that some drugs would be good, you know like the pro cyclists. We pedalled on, minus the drugs to the top of Col des Saisies. From here we 'flew' down to Albertville arriving at 2.30pm. Tired and hungry from 100km cycle we arrived at the hotel to find we had beaten the truck with our luggage in it. Disaster. We had to wait another couple of hours for our stuff to arrive by which time we were very cold.

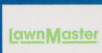
The next day our route was to take us up Col de la Madeleine and the Col du Telegraphe on our way to Valloire. Susan and I started the 24km climb together. By the first corner she was gone. Out of sight. I had a long slow grind in front of me. The last 4km of this climb was very arduous with 8% gradient. I was feeling flat and empty. Finally, I reached the top of the Col at 1,993metres. It was a barren landscape. There was our support crew handing out the bananas and sitting on the only chair on the summit was Susan, looking as though she had been out for a quick ride. We pushed on flying down the mountain pass to the valley floor. Soon we reached the start of the climb of the Col de Telegraphe. The pain in my legs had gone. It was now travelling up my body towards my arms, back and neck. I pulled out a packet of energy chews. It said take one every 40 minutes. I opened the packet and put 6 of them in my mouth at once. With my cheeks looking like a chipmunk I kept turning the pedals and trying to chew at the same time. Surely, they were going to give me a boost. Their effect seemed to work as we were cycling downhill towards our next hotel. We had spent 7hrs cycling covering 108km.

The last day of the challenge had arrived. From our hotel we were going to ride over the giant of the Alps the Col du Galibier. At 18.1 km with an average gradient of 6.9% it would rise to a height of 2,642m. We left the hotel at 8am that morning. One of the other cyclists in our group suggested we should do a warm up ride around the village first. I declined the offer. As far as I was concerned 9% gradient at the start would soon warm me up. As we reached the summit there was snow all around us. We stopped for a quick photo and to put on all the layers of clothing we had with us. With the temperature close to freezing we started the long descent on the other side. I might not be a climber, but I can certainly pick up speed going down a mountain. My descent was like a tractor tyre being thrown down the road. I was picking up a huge amount of speed and everyone was trying to get out of my way since I looked like I was totally out of control. Once at the bottom, I regained composure and we cycled on towards our final climb. This would be the most iconic climb of them all, Alp d'Huez. With 21 hairpins bends along the 13.1km route and an average gradient 8.9% it sure wasn't going to be easy. The road on this climb is covered in the names of legendry riders and cycle clubs that have completed this climb. There is a theory that under 5kmph you don't have an enough speed to keep your balance on a bicycle going uphill. I'm glad to say that I proved this theory to be wrong. I managed at least 4kmph. Around the last corner near the top, a photographer popped out to take a picture of me. The agony on my face quickly turned into a smile. Click, photo done, agony returned. Another 800m, I had made it. I found Susan in the local bar with a beer waiting for me. We had finished the Challenge and I swore I'd never cycle up mountains again. Why would I, after all there was a good bus service to take you to the top.

By L.M.

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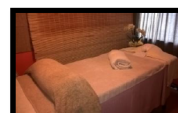
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