

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

Inside this issue:

Animals	23
Art	13
Community	3-5
Contractors	20-21
Education	15
Environment	15-16
Health & Wellbeing	24
Recreation	6-7
Situations Vacant	8-9
Youth	14

Special points of interest:

Country Christmas Market
7 December at the MHCC
see page 30 for details.

Trewavas Street Art
Walk 7 December rain
or shine.

Motueka A&P show 8
December see page 16.

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

Christmas Services and
Carols in the
Vineyard—details on
page 3.

*Thank you for reading
and supporting the
advertisers*

Merry Christmas

Caring for the Moutere



Local Lives

In mid-November 96 Moutere residents turned up to the local community centre to mark the launch of the Moutere Catchment Group.

The Moutere Catchment Group launch event was organised by NZ Landcare Trust, a national trust dedicated to land and water sustainability throughout the country. The evening was all about getting like-minded locals together to join the new Group to preserve and protect our region's land, rivers, streams and wetlands for future generations—"from the ridgetops to the sea".

At the end of the evening, NZ Landcare Trust regional coordinator Annette Litherland divided participants into eight sub-catchment groups to discuss what was good about where they lived and what could be done to improve things—whether it be creating wetlands, protecting river banks, fencing waterways, controlling pests or planting more native species.

A leader was chosen for each sub-group, with the next step being for the Trust to apply for funding for the community to get hands-on and make desired improvements happen. The Trust will continue to support project coordination and initiatives along the way.

The Moutere Catchment Group (the 65th to be launched by the Trust) comprises 14,680ha of 2,700 land parcels, consisting of 62% pasture, 24% exotic forest, 12%

horticulture and 2% native vegetation.

Our region faces several environmental issues, and Tasman District Council (TDC) representatives spoke at the event about some of these. Historic land drainage has left only a tiny percentage of natural wetlands, and low levels of riparian planting are causing bank erosion, sedimentation and depleted fish numbers due to a lack of shade and resulting high water temperatures.

To date, the Moutere Catchment Group has acquired 3,900 trees from Trees that Count for planting on eight properties in the catchment in 2019, with another 2,500 for 2020. TDC has provided 1,360 new biodegradable plant covers, along with second-hand covers and stakes from Waimea Nursery, and has also provided trees to landowners.

Upper Moutere School principal Grant Watson told the audience at the event how Appletons had supplied the school with 500 totara, with students planting many of them at Lancewood Villa on Kelling Road, and Whenua Iti Outdoors' Nettie Stowe explained how this local charitable trust was there for the community and keen to support the Group's future activities.

As the launch meeting showed, the Moutere Catchment Group is already making progress and the evening marked the start of bigger things to come.

If you would like to be part of the Moutere Catchment Group, contact Annette Litherland: annette.litherland@landcare.org.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

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Huffam Street.**



Christmas in the Moutere

St Paul 's Lutheran Community Church and Friends would like to invite you to join us in celebrating the birth of Jesus this Summer.

December 15th Carols in the Vineyard.

Join us at Neudorf Vineyards at 6pm for an evening of carolling. You are welcome to bring picnic snacks and the cellar door will be open. Please don 't BYO wine and beer.

Christmas Eve at St Paul 's

7pm Kids and Carols Our local children will present the Christmas story in their own entertaining and unique way. There will also be another opportunity to dust off the singing voice and carol with us.

11:15pm Reflective Service The late night slow down, quiet, calm and candle lit. It 's a perfect time to stop and reflect on the year and the meaning of Jesus ' birth.

Christmas Day at St Paul 's

10am For unto us... With the presents opened and the breakfast bubbles supped you are welcome to join us in celebrating the birth of Jesus, quite literally God 's gift to the world!

Wherever you may be and with whomever you spend these Holy-days with, may your time be blessed, your relationships strengthened and your hearts, minds and spirits be refreshed. Merry Christmas and God 's blessing to you all from St Paul 's

The Grapevine Says.....

As soon as December is upon us you know things are going to get busy. Suddenly the garden's full, the lawns need mowing, the socialising steps up a couple of notches so that means more plates to take and nibbles to make. This month in Grapevine Soo Gee gives us a couple of easy, tasty ideas that might help. As far as the lawns and gardens are concerned, you can always check the back page and find someone to do it for you. Not a lazy idea, but a smart idea that means you get to support a local business and feel that weight taken off your shoulders.

There are a lot of local businesses here in the Moutere and it's heartening to see some of them being recognised at the Nelson Chamber of Commerce 2019 Business Awards last month. Whenua iti do a great job of supporting the youth in the wider community and Tasman Transcription provides a professional transcription service and has clients big and small from all over New Zealand, so well done to both of them for their achievements.

Over the summer months it's tempting to head into the bigger centres and get the shopping done but do remember that we have plenty to offer here in the Moutere. The Christmas Market at Moutere Hills Community Centre will be a great place to shop and our local wineries, crafts people and retail outlets are offering unique experiences as well as quality gifts, less traffic, friendly service and a less frantic atmosphere as well.

Thanks to you all for your support of the Grapevine, we love being able to keep you all in the loop. Merry Christmas and a prosperous New Year from the Grapevine Team.



JERRY GOODWIN
MANAGING DIRECTOR

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Print Deadlines for February 2020

This is the last issue for the year. There will be a special holiday edition available from businesses in the Upper Moutere village in the first week of January. It will highlight the main stories from the year. It will not be delivered to mailboxes.

Deadline for submissions for the February issue is 15 January.

We welcome any contributions of writing, opinions on local issues, artwork. Please email umograpevine@hotmail.com or drop them in to the Old Post Office addressed to

Nelson Tasman Chamber of Commerce Business Awards

Moutere locals donned their glad rags at the 2019 Nelson Pine Industries Chamber of Commerce Business Awards on 1 November.

Whenua Iti Outdoors won the Medium Business Award with judges commending their strong focus on their social impact. The outdoor and leadership opportunities the organisation provides for the community are so important and valued.

Tasman Transcription was a finalist in the Emerging Business Category. Tasman Transcription transcribes audio files to text for a wide variety of professional clients and employs a number of Moutere locals to help meet demand.




Moutere folk at the NPI Chamber of Commerce Business Awards.



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we look forward to seeing you, your friends
and family over the christmas/new year period...**

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located at shed 1 mapua wharf **03 540 2028** - open 7 days book online at: jellyfishmapua.co.nz

THE WONDERFUL...



...Is back, with all your
MOUTERE FAVOURITES!

2nd Feb 2020
from 3pm

- With all our beloved local Food, Wine, Beer & Ciders
 - Great local Music and Entertainment
- Moutere Produce; fresh, frozen & growing
 - Local guest chef – Miles Drewery
 - Moutere Artisans & History
- Sarau Cream Teas & our Huge Book Stall
 - a fun packed KidsZone & Animals
- And masses of stalls, workshops & displays

DON'T MISS OUT!

Festival news & competition details - www.saraufestival.co.nz

MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Wow, December already and 2019 nearly completed! Planning is well underway for 2020 so if you have a start of year function or event you are thinking about then consider Moutere Hills Community Centre as your venue. The Centre office will close at 3pm on Friday 20th December and reopen again at 9am on Monday 6th January. The Fitness Centre will remain open during this Christmas break for all members although Fitness Classes will take a break over this time. For a timetable of what activities are on offer over the December/January break then please check out our website www.mouterehills.org.nz.

Wishing you all a very Merry Christmas and Happy New Year.

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

Christmas Luncheon



Come along with family, friends and neighbours to enjoy a lovely Christmas Luncheon in a relaxed and peaceful setting.

Wednesday 18th December
Doors open 11:30am
Buffet Lunch served from 12 noon

\$20 per person

The Bar will be open and garden games will be available for your enjoyment.

Bookings essential so please contact Cindy on 5432516 or email on functions@mouterehills.org.nz

DONATE A GIFT THIS XMAS

Help Rangers Rugby Club and Moutere Hills Community Centre support Nelson Women's & Children's Refuge



Donate a gift or non-perishable food parcel

Place your present under the Christmas Tree at the Community Centre by the **20th December** for Christmas delivery.

Please label each gift with age and gender of the recipient!



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.

OUR BOUNCY CASTLE CAN ALSO BE HIRED OUT FOR BIRTHDAY PARTIES, ENQUIRE TODAY!



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE

Fitness Centre News



Fitness Centre Classes will finish for 2019, on Friday 20 December. All classes will resume the week of Monday 13 January.

2 FOR 1



During the first week of classes for 2020 (13-17 January) attendance to all Fitness Centre classes will be at the amazing offer of **2 for the price of 1!** Kickstart your New Year's resolutions by bringing a friend along, for free! This offer applies to both current Fitness Centre members and casual attendance.

**BRING A
FRIEND FOR
FREE**

New Equipment Coming to MHCC Fitness Centre!



We are very excited to announce the addition of two brand new equipment pieces; the Stairmaster Gauntlet and the Precor Assault AirBike Classic! With state-of-the-art technology, these pieces will be a great addition to the Fitness Centre and offer so many training options. Keep an eye out for the arrival of our latest additions and if you want to check them out, make sure you sign-up for Fitness Centre membership today!



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.

Fitness Centre Christmas Vouchers

Fitness Centre and Personal Training vouchers make a great Christmas gift, for friends, family and those who are hard-to-buy for!

Options include:

- 1,2 or 3 month Adult, Student/ 60+, Family memberships
- Fitness Class concession cards
- 30 minute or 60 minute Personal Training packages for individuals or couples



Or get someone started on their health and fitness journey, with a Fitness Package, for only \$150!

- 60 minute induction and consultation
- 3 x 30 minute Personal Training sessions
- 1 month Fitness Centre membership

Package valued at \$201.80. Package must be redeemed during January or February 2020.



Phone: 543 2516

Email: adele@mouterehills.org.nz

Website: www.mouterehills.org.nz





Empowerment Trust

0800 543 769

Charities Commission Reg # CC 20081

www.empowermenttrust.nz

Fundraising Administrator – Empowerment Trust

We're looking for a motivated and experienced Fundraising Administrator to join our Upper Moutere based team, working alongside our team of fantastic Educators and passionate volunteer Trustees.

As Empowerment Trust's Fundraising Administrator, you will be in charge of delivering a comprehensive and integrated fundraising strategy, working towards achieving an annual income target and develop sustainable income streams. Exploring new ways of increasing revenue and supporting existing partnerships is where you thrive.

You'll also enjoy supporting the Trust to identify and pursue opportunities to promote Empowerment Trust and its work in the community.

This role is between 10-12 hours per week and days/hours are flexible.

Your day-to-day responsibilities will be to:

- Assist in establishing and maintaining sustainable, cost-effective grant-seeking strategies to support the Trusts mission.
- Assist in identifying fundraising, donor and sponsorship opportunities
- Assist in creating or finding other opportunities to promote Empowerment Trust to community.
- Assist in Initiating, developing and managing the relationships with local Donors and Sponsors.

Skills and Experience

To be successful in this role you will:

- Have sound previous experience and understanding of grants, charitable donations and philanthropy
- Have experience in financial reporting, annual planning and reporting against plans
- Be a self-starter with effective time management skills and the ability to work to deadlines under pressure
- Have strong written and oral communications skills with the ability to relate to a wide range of people

About Us

Empowerment Trust is a charitable organisation that teaches people the skills they need to be emotionally and physically safe with people they know and with strangers. This includes skills such as:

- Setting boundaries for better relationships
- Safety plans to prepare for the unexpected
- Speaking up for oneself and for others
- Self-protection to prevent trouble
- Self-defence skills to stop emergencies

These skills can prevent intimidating situations from escalating and getting out of control.

In order to provide the programme at low cost for schools, groups and individuals, we rely heavily on fundraising activities.

For more information about our organisation, please see our website www.kidpower.org.nz

If you like the sound of this role, are in the position to take on a new challenge, and are ready to roll up your sleeves - we'd love to hear from you.

Interested parties are requested to apply via Seek. Please supply a cover letter and curriculum vitae detailing qualifications and work experience to Fiona Bryan (fiona@empowermenttrust.nz)

**WANTED:
Experienced Baker and
Shop Assistants**

We are looking for new staff to join our team at Upper Moutere store. Applicants need to be mature, reliable, flexible in availability as there will be week-end work.

Previous experience in retail would be an advantage.

Successful applicants may be required to complete their Managers Certificate in the future.

**Contact Ra -
The Upper Moutere Store 03 5432 758**



thawley orchard
company limited

Job Opportunities

We are looking for reliable and hardworking people to join our team in the following roles for the 2020 apple and pear harvest season.

Packers/Graders

Shed Hands

Packhouse Cleaners

Job sharing is welcomed and experience is not necessary as full training will be given

Forklift Operator

Tractor Operator

Truck Driver

Relevant licence/operator certificate must be held for these positions

Work will commence mid-February and finish late May/early June.
Hours of work are generally 7.30am to 5.00pm, Monday - Friday

We are in Nile Road, just off the Coastal Highway, approx. 3km from Mapua

For more information or to apply see

www.thawley.co.nz

Or email **admin@thawley.co.nz**

Do you want to be part of the fantastic team that make our biggest local festival happen?



VOLUNTEERS NEEDED!

for the first few days in Feb 2020.

A great way to support our beautiful community and meet more lovely locals!

All hands welcome!

Contact: Jenny - jenny@saraufestival.co.nz or 021 231 3947

Social Group

Our Social Group will have its last get-together for 2019 on the Thursday 12th December.

We plan to start again on the 30th January 2020.

The Social Group meets together fortnightly on Thursday afternoons in the Church Hall in Upper Moutere from 1:30pm.

Join us for fun games like euchre, scrabble, bingo or anything you might like to bring along.

We also enjoy some afternoon tea together. Everyone welcome.

If you would like to know more please contact:

Shirley (03) 5432 438
Beryl (03) 5432 122

Got Books to spare?

Donate your preloved books to the
Book Stall at SARAU FESTIVAL
2nd Feb 2020



Please call Sharon to
arrange drop-off/pick-up - 027 432 8145

Thanks!

From mid November to April we have delicious hydroponic strawberries
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FRIDAY NIGHT SOCIAL HIT
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**** All welcome** Gold coin donation for non-members****
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 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

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

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What's Happening In December

 **Curry Night 7pm Thursday 19th**
 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.

 **New Years Eve 9pm Tuesday 31st “The Sauce”**
 Hot on the heels of their stellar performance at this year's Fire-fighter's Ball. The Sauce return with their blend of 90's rock with a few classics thrown in for good measure. So, if you like Green Day and The Stone Roses with a sprinkle of U2 and David Bowie you'll like “The Sauce”

 **Merry Christmas and Happy New Year!**
 We're closed Christmas Day. Open as usual every other day from midday. Have a fun and safe holiday season!

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	Taking a break this month

PHONE 5432 759 WWW.MOUTEREINN.CO.NZ FACEBOOK/MOUTEREINN
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A great job at a GREAT Price!

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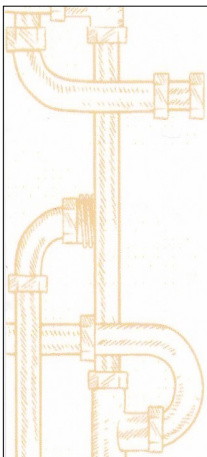
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Following the successful Tasman National Art awards and Exhibition, The Tasman Art Focus Group AGM will be held in the Community Hall on Sunday 8th December at 2 p.m. Everyone is welcome to attend and any feedback about the exhibition will be very valuable as the committee starts to plan for next year.

As to PANZ, our Christmas break is nearly upon us with its customary Christmas painting challenge; where has this year gone? Many paintings have been produced over the year, friendships forged with plenty of fun in Mapua Community Hall on Tuesday mornings. Do call in to see us before we pack our pastels away. The group will reconvene in February and new members are always welcome.

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.

ART WALK

TREWAVAS STREET, MOTUEKA

DEC 7 2019, 10AM-4PM

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Lots of them are locals too and what better way is there to get to know your neighbours?



Summer is here!

Summer is finally here, and the days are getting warmer and longer and summer holidays are right around the corner!

The sessions at playcentre this month are becoming more outdoor focused as the weather is warming up and the children are getting outside amongst nature which has been a nice change for them. The water play is coming out with tipping a pouring being a major focus as well as making rivers in the sandpit. The spring flowers have been beautiful at the centre and the children have loved exploring this and noticing all the new colours around the garden. Spring means a lot of growth so the lawns have been growing like crazy which has meant great teamwork amongst the parents and playcentre community getting these mowed every fortnight!

With the days warming up and the sun becoming stronger now is a great time to remind everyone how to keep our tamariki and ourselves safe from the sun this summer!

Always cover up! That means wide brim hats should be worn but also long sleeve breathable sleeves and pants if possible.

Use sunscreen! Apply sunscreen at least 15 minutes before leaving the house in the morning and reapply every few hours. An SPF of 30 plus is recommended but the higher the better. Reapply sunscreen straight away after swimming or water play!

Stay in the shade! If possible, stay in the shade the best you can especially between the hours of 10am – 4pm.

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.



Playcentre



“Whānau tupu ngātahi – families growing together”

UPPER MOUTERE play group

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

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Journeys of Discovery

OCTOBER / NOVEMBER 2019



WHAT'S BEEN HAPPENING...

Whenua Iti Outdoors winners of Business Award

It's fair to say we were a little bit chuffed to be the recipients of the Nelson Tasman Chamber of Commerce Mediaworks NZ Medium Business Award for 2019. It was a change to see staff and board members dressed up for a black tie event instead of the usual tramping boots & jandals! We were impressed by the number of awards handed out to businesses & business people who are passionate about the environment, the community & making a difference for our region.

The award is not only a reflection on our team, but of the amazing assistance we receive from our partners, funders and supporters who enable us to deliver the increasing range of programmes on offer to the community – a heart-felt THANK YOU for being behind us. We couldn't do it without you! *He waka eke noa. We're all in this together.*



Mark Bruce-Miller with the Business Award won by Whenua Iti Outdoors.

WHAT'S COMING UP...

NEW Civil Defence Emergency Response Programme

We're thrilled to be able to offer this new course to Year 13 secondary students as of next year, giving students the opportunity to complete up to 20 credits at NCEA Level 3. Students will experience simulated emergency exercises and gain essential rope skills & techniques used in emergency outdoors situations. Perfect if you're keen on being safe & skilled in the outdoors, this is a great follow on from the Level 2 Uniformed Services programme. If you're interested in finding out more about this course you can email us at info@wio.org.nz or head to our website www.wio.org.nz.

FOCUS ON... A Student Voice

Ever wondered what our students think? A recent graduate of the Manaaki Tāpoi programme, Micaela, wrote an amazing article on her experience and shared it with us. She writes that the course "has allowed me to grow in confidence, develop my leadership, gain communication and organisational skills, experience new things, work with international and primary students, and earn credits in a fun and hands on way." She also suggests, "If you are even slightly interested in either Te Ao Māori or Tourism or are just looking for an extended whanau I would highly recommend that you apply for Manaaki Tāpoi – it's something you will not regret!". You can read her full blog on our website: www.wio.org.nz.

OUTDOOR WANDERINGS... DOC's new Paparoa Track Opening

New Zealand's 10th Great Walk is opening on 1st December 2019. The Paparoa Track crosses the Paparoa Range from Blackball to Punakaiki and is the first track designed for both mountain bikers & walkers, taking you through alpine tops, limestone karst landscapes and thriving rainforests with breath-taking views. We can't wait to check it out!



Students in a simulated emergency situation in the outdoors.

We'll see you out there!



www.wio.org.nz

Experiential Learning Inspiring Positive Change

Recipe

This Month soo Gee helps inspire us when it comes to

CHRISTMAS NIBBLES

French sticks, pumpernickel, and mixed crackers will give a good variety to a platter or make your own flavoured, oven baked Pita Breads. Just split each circle and cut into even pieces, brush with olive oil and dust with a flavour eg: garlic, paprika, fennel or any chopped fresh herb you have on hand. Place in the oven at 160c and bake 12-15 minutes turning twice, cool on a rack before serving.

Olive Paste:

200g stoned olives, small clove of garlic crushed, 3 anchovies, 8 capers, 2 tablespoons olive oil. Process in a kitchen wizz or with a blender stick until almost smooth. Store in the fridge, best kept in jars.

Liptauer Cheese:

100 grams cream cheese, 1 tablespoon beer, 100 grams cottage cheese, 1 teaspoon paprika, 50 grams feta cheese 1 tablespoon chopped chives, 50 grams soft butter.

Mix all ingredients together using a food processor, taste for seasoning and pack into bowls or jars. Refrigerate at least a day. Feel free to add variations such as chopped gherkins or anchovies.

Merry Christmas



**The Great Gatsby
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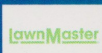


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Getting prepared for summer!

As we all prepare for summertime holidays, barbecues and Christmas, remember to make arrangements for your pet/s if you are going away and watch out for our common summer-time pet hazards:

- Are your pets' vaccinations up to date?

Vaccinations for respiratory viruses in cats, and Parvovirus plus Canine Cough in dogs must be up to date in order to stay in boarding facilities. Call us for advice if you're not sure and don't leave it until the last minute!

- If you are going away leave contact numbers for your vet as well as your mobile phone number with your pet carer. Have a chat so it's clear what your expectations are for your pet if something goes wrong, especially if you are not able to be contacted.
- Beware of novel objects which could be swallowed by your pets such as Christmas tinsel, strings from the roast, kebab sticks from the barbecue, fish hooks and potentially obstructive food such as chop bones, corn cobs and peach stones.
- Most of us know that chocolate is poisonous for dogs. There is definitely more chocolate around at Christmas so remember to keep it out of reach of your dog. Remember dogs are very good at finding the wrapped chocolate under the tree!
- Take care giving your dog leftovers from the BBQ or roast – bones, large amounts of fat and onions can all cause serious internal problems for dogs.
- Another food-related hazard is old food that your pet might find in compost heaps, rubbish bins and out on walks. There are millions of weird microbes growing in these places that if

eaten by your pet (especially dogs) can cause all sorts of symptoms from tummy upsets through to poisoning and seizures.

- Toxic algae are a warm weather hazard in our rivers. It's safest to avoid the rivers in summer and head to the beach instead.
- Heatstroke is common over summer particularly in larger dogs. NEVER leave dogs in the car on a hot day, even in the shade with windows down. Offer frequent drinks/stops on journeys. Restrict exercise to cooler parts of the day. Limit the length of walks especially for young energetic dogs, old dogs and dogs with medical problems. Provide shade for dog kennels and rabbit/guinea pig cages.
- Clipping long haired pets can prevent problems such as overheating, soiling, skin infections and grass seed problems. We often clip the underside/belly of long haired cats, and advise clipping under ears and around the feet of long haired dogs. Some long haired dogs which aren't traditionally clipped (e.g. Border Collies) are much more comfortable and active, even if they do look a bit odd!
- Check your dog's paws, ears, 'armpits' and groin daily for grass seeds. This is particularly important for fluffy dogs especially spaniels, poodles and all their crosses. It may seem a hassle to do this but it can be an expensive, time-consuming and painful process to find grass seeds once they are inside your dog!
- Warm weather accelerates development of flea eggs and larvae so flea prevention is important. We have many products available to suit your pets and their lifestyle including oral tablets, topical treatments and long-lasting collars. Some products now last six months or more so it's easy to keep your pet and house flea-free.

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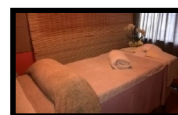
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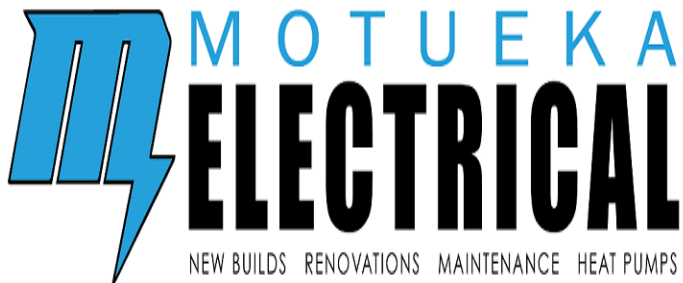
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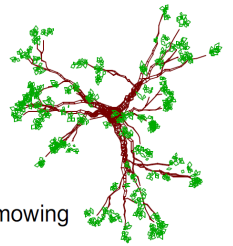
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