

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

Please note that due to the Covid-19 situation many community events have been cancelled including the Wakefield Apple Fair and the Mapua Easter Fair.

Thank you for reading and for supporting the advertisers

COVID-19

See pages 5 for Moutere Community Information

SOUTHFUELS SUPPORTS SCHOOL



Our local Moutere Motors is a major sponsor of the Fuels for School programme where a percentage of fuel sales earn 'dollars' for a nominated school and these 'dollars' are then exchanged for sporting or electronic packages each time \$1000 is reached.

Upper Moutere School is the very grateful recipient of this ongoing generous support.

This week four new laptops were delivered by John Eales from South Fuels, the latest packages chosen by the school.

Since the inception of Fuel for Schools in the Moutere, the school has recieved a number of sporting

pacakages including a class set of hockey sticks, a Unihok set, numbers of netball and footballs, a parachute, gymnastic mats, laptops and several flat screen TVs.

John is becoming known by the studnets and they get very excited when he turns up, to see what he has brought with him this time.

The school, thanks everyone who purchases from South Fuels.

This support is very much appreciated.



Moutere Hills Support

The Moutere Hills Community are here for you as we deal with COVID-19 together.

www.mouteresupport.co.nz

facebook.com/mouterehillsnz

03 928 0893



PLACING AN ADVERTISEMENT

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

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

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

The following prices apply for advertising:

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

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

Sending us editorial items

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

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

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

Grapevine circulation is 1300 copies. This issue has been constructed by volunteers: Miriam Lynch, Tanya Doty, Beverly Sellers, Sharon Beuke, Heather Eggers and Annabel Duncan.

Disclaimer

Views expressed in articles in The Grapevine are not necessarily those of The Grapevine team or its editor. While every effort has been made to ensure the accuracy of the information included in this publication, The Grapevine takes no responsibility for errors or omissions or for any consequences of reliance on this information. Publication of advertising material implies no endorsement of either a product or a service.

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The Grapevine Says.....

Rural living comes with it's challenges at times and it also comes with it's bonuses. Our front page shows the results of locals supporting locals. Running a small business in a small community means you have to be committed to what you're doing and Moutere Motors are certainly that - filling up your tank, fixing your motors and keeping kids happy - they couldn't do it without you, so everyone's winning.

This month you'll notice a bit more variety in the newsletter thanks to those who heeded the call that we put out last month. Your contributions help keep things interesting and we all know that variety is the spice of life. Many of the events that we've included in the April issue will more than likely be cancelled or postponed so if you do find yourself at a loose end, get creative and send the results to us, we'd love to share what you do in your down time.

In the short space of time that our world has changed due to Covid19 we are seeing members of our community coming together to ensure that we are all taken care of by each other - see the information from Moutere Hills Community to see how you can help or get in contact with someone if you need help over the coming weeks (months?). See the back page of this newsletter for a flyer to help you connect with neighbours. Community groups and businesses are stepping up to ensure that life is easier for all so please remember to support them

Good health to us all and remember to be kind - talk to each other, lend a hand and maybe we will all grow stronger through this.

Motueka Vehicle Testing Station

Drive in – WOF – Drive out

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Moutere Volunteer Fire Brigade Call Outs for February:

5/2 Alarm activation, Mapua School
21/2 MVA, Gardner Valley/Best Road
24/2 Unpermitted fire, Moutere Highway/ Sunrise Valley

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Nelson Tasman Climate Forum is building a community response to the challenges of climate change. It launched 29 February and had its first meeting 14 March. Next meeting: Online (by Zoom), 9 April, 7-9pm.

See: www.nelsontasmanclimateforum.org



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Sarau COMMUNITY TRUST

The Sarau Community Trustees invite local organisations to apply for funding assistance for the coming year. There is no application form, but we require a letter of application sent to jenny@saraufestival.co.nz before the deadline of 5 April 2020. Your letter should tell us

- what you want the money for;
- how many people and what ages are involved in your activity;
- where else you are receiving funding from; and
- how much you would like to receive.

We cannot necessarily meet all requests, but we do give priority to those organisations who help to plan and run Sarau Festival or the Sarau Winter Sale from where the majority of our funds come.

If you wish to make sure you are considered next year, then make sure your team volunteers at the 2021 Festival.

The Sarau Scholarship: the Sarau Trustees will accept an application from any person representing New Zealand in any endeavour. Please apply by telling us in a letter what you do, and what you require financial assistance for. Applications to jenny@saraufestival.co.nz by 5 April 2020.



➔ AN UPDATE

As we face these uncertain times the Kai Collective team have been stocking up the freezers.

We need you, the community to help us get these meals out and about when they are needed. There are no prerequisites for these meals, they are simply there for people in need of a meal or a little love.

- Meals can be picked up from the foyer freezer at MHCC, while it remains open.
- There are meals in the freezer at St Pauls Church hall - contact Andy Marr
- We also bulk deliver to various organisations such as Country Kids, NBS (Motueka), Motueka Maternity Unit etc...they then distribute meals for us. Please note we don't otherwise deliver.

If MHCC close its doors, meals will still be available, but you will need to call or text 021 231 3947 and we will hopefully be able to arrange something. We will also leave a notice on the main doors of MHCC.

If you would like to support our work, please feel free to donate to help support our costs: NBS 03-1354-0423793-00





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Moutere Highway Bridge Replacement

At the end of March, work will start to replace Mission Bridge on the Moutere (Inland) Highway. The bridge is located near where Davey Road meets the Moutere Highway, just past the Gardiner Valley Road intersection as you head towards Motueka.

The current bridge has no safety barriers and no safe space for pedestrians or cyclists. At just six metres wide, it's too narrow and unsuitable for heavy vehicles.

Given its age (it was constructed in the 1920s), it will be removed completely and replaced with a new ten metre wide bridge with safety barriers, making it better and safer for all users.

To carry out this work, this section of the Moutere Highway will have to be closed for up to ten weeks, between Monday 30 March and Friday 5 June 2020. There is no room for a temporary bridge on this site so detours will be in place.

To and from Motueka: When travelling from the Moutere Village end, you can detour via Gardiner Valley Road. From the Motueka end, the recommended detour is via Harley Road.

Vehicle access to businesses and properties will remain available.

The detour routes will be well signposted so please look out for the relevant signage and obey any temporary speed restrictions in place for everyone's safety.

We appreciate it'll be disruptive and inconvenient while the road is closed but the bridge does need to be replaced. Thanks for your



Staying Safe Driving Workshop

Are you an older driver who would like to brush up on your road knowledge or do you know someone who does? Age Concern Nelson Tasman has organised a FREE Staying Safe Driving Course in Mapua on 29 April from 9.30am-12.30pm in the Holy Trinity Community Hall.

People who attend these courses report an increase in their driver confidence and knowledge. The Course is led by driving instructor, Garry Dunn and runs through such things as recent road rule changes, plus the process for renewing your licence once you reach 75 and the options for what to do if you have to give up your driving licence.

Registrations for the Staying Safe Driving Workshop are required so please contact Marrit, Community Support Coordinator at Age Concern, on (03) 544 7624 ext 4 or email community@ageconcernnt.org.nz



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Staying Safe

a refresher course for older drivers



This FREE classroom based course will help you re-familiarise yourself with traffic rules and safe driving practices. It will also increase your knowledge about other transport options and help you remain independent for longer.

DATE: Wednesday 29th April 2020
TIME: 9.30am - 12.30pm
VENUE: Hills Community Church, Aranui Rd, Mapua
BOOKINGS: Marrit at Age Concern on 03-5447624 ext 4 or
Email community@ageconcernnt.org.nz

© ACNZ together with NZTA



Wellington Camp

2019

Every second year at Upper Moutere School, the year 7s and 8s go to Wellington on a big school camp for 5 days. Last year, in 2019, this was only achieved by the kind donation from the Upper Moutere community.

During our week at camp we did some amazing activities, like testing our limits at Adrenaline Forest, seeing fascinating animals at the Wellington Zoo, and learning about the galaxy and moon landing at the Space Place Observatory. We even had a personal tour of his apartment at Parliament by the Speaker of the House, Trevor Mallard.



One of our favourite places was Capital E, where we did Media Lab and OnTV. At Media Lab we designed our own games that we shared with the class. At OnTV, we created a fake news report, talking about stories that we came up with, like a "Spaghetti Tornado" and a "New Use for Sand." You can see these funny videos at umomarama2019.blogspot.com.



But all those exhausting, fun activities, made us hungry. So, at the end of each day we enjoyed experiencing a variety of food options. All of this, as well as the ferry and bus rides came at a cost some of which we each paid for but the rest we were



supported by a range of school fundraisers and donations from the community, who were very generous.

So, we would love to say another huge thank you to the Upper Moutere community for helping us enjoy this amazing experience.



Journeys of Discovery

MARCH / APRIL 2020



WHAT'S BEEN HAPPENING... Shantel's Bike Ride for Charity

We have loved being a part of Shantel's journey as she has clocked up the kms on her bike! She is riding the entire length of NZ with Tour Aotearoa to raise money for Whenua Iti, and hopes to raise \$1 per km so that 300 school children will have access to our MEA & MOA* programmes. So far she has encountered rain, mud, thunder, rainbows, injury, kauri trees, dusty country roads, city highways and incredible scenery. What resonates most through all her adventures are the encounters with people. The kindness, the comradery and the support is what is seeing her through all her challenges. We have set up a GiveALittle page so you can show your support – www.givealittle.co.nz (Search: WIO)

He aha te mea nui o te ao? He tangata! He tangata! He tangata!

What is the most important thing in the world? It is people! It is people! It is people!

*Mini Outdoor Adventures & Mini Environmental Adventures for Years 1-4

WHAT'S COMING UP...

GO Wild Holiday Programme for 7-10yr olds

We are running a GO WILD Holiday Programme in the second week of the school holidays from Mon 20th - Fri 24th April. This programme is a great opportunity for tamariki to experience a safe yet fun series of adventures with fully qualified and experienced outdoor instructors. Each day runs from 9am – 3pm and is packed with mini adventures. The activities are designed not only to be fun, but to build confidence, team work, resilience and a healthy love of the outdoors and our environment. The places tend to fill up fast! Enrol online at www.wio.org.nz

FOCUS ON... The benefit of apprenticeships

Our instructors are skilled at giving their students every opportunity to learn on programmes outside of the classroom. But what about their own learning? Skills Active Aotearoa, who formally train outdoor instructors, have developed apprenticeships which allow both new and seasoned instructors to gain formal qualifications while staying on the job. Our very own super-instructor Gilby has just completed this process. He loved that it enabled him to pursue professional development in his field while still doing what he loves (and not having to set foot in a classroom!). There is a great video that tells the story - head to www.skillsactive.co.nz (search: Gilby). The Secondary programmes we run at Whenua Iti follow the same principle, enabling students to gain NCEA qualifications outside the classroom for hands-on learning - have a look at what's on offer at www.wio.org.nz

OUTDOOR WANDERINGS...

Abel Tasman National Park

Heard of this place? It's this incredible coastal environment close to Nelson that is world-renowned for its beauty! This is just about the best time of year to visit for locals. There are so many ways to explore it too. On foot you don't have to go far before breaking out a picnic & exploring the beach at low tide. For a longer adventure you could camp overnight, stay in a hut, take a boat in or kayak a section of the park - try to make the Falls River swingbridge part of your adventure. Don't forget to look out for the kākā that have been released thanks to Project Janszoon and the Department of Conservation! Head to the DOC website to find out more – www.doc.govt.nz



Shantel at Lake Rotoroa having made it to the South Island!



Getting ready for the flying kiore on a Go Wild Holiday Programme.

We'll see you out there!

www.wio.org.nz

Experiential Learning Inspiring Positive Change




The Easter Fair has unfortunately been cancelled for 2020.

Usually Playcentre opens their doors on Fair day to provide a play space for 0-6-year olds, chill out space for tired parents, breastfeeding zone and a change table for little bums !
The Mapua Easter fair is a fantastic opportunity for our little community and raises a lot of money for Mapua school and Mapua Playcentre.

Last year with the money raised from the Easter fair meant we were able to install a brand-new heat pump to keep our Tamariki warm during the winter months.

We are already looking forward to 2021 to support the local community next years Easter fair there will be fun games, rides, stalls and food for everyone.

Our session days for 2020 are (pending any closures required as Covid-19 precautions)

Monday 9.30 – 12pm

Thursday 9.30 – 12pm

Friday 9.30 – 12pm

We offer a term of free sessions for first time families and all children under two are free.

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.

UPPER MOUTERE

play
group

WE MEET EVERY WEEK AT THE
MOUTERE HILLS COMMUNITY CENTRE
FRIDAY'S 10^{am} - 12^{pm} - ALL PRESCHOOL AGES
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ANY QUERIES PLEASE CONTACT
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ALL FAMILIES WELCOME!

Motueka Scottish Country Dance Group

We would like to welcome anyone who loves to dance, likes to have fun and a few laughs.

Our dance year kicks off with a *Social Dance*,
Weds 11th March, 7.30 at LMO Hall.

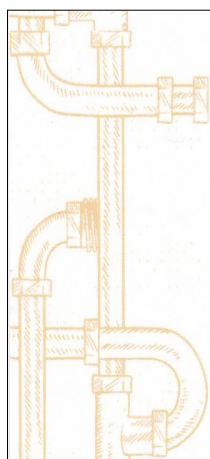
Club/tuition nights, every Weds, begin 18th March,
in LMO Scout den. 1st night free of charge. No partner
necessary.

Car pooling may be an option.
For more info, Ph Fay 03 5433650 or 021 039 3559

**Keep Sat, May 2th free for a great family night
out...**

and come to our "Ceiled"

(More info next month).



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What's been Happening at Lower Moutere School?



Triathlon

At our Lower Moutere School in Term 1 we had a triathlon held at school. In the triathlon there were 3 events. Running first then biking and lastly swimming. All students competed.

Summer Sports

One of the upcoming sports for Lower Moutere School is Summer sports

which has volleyball, ultimate frisbee and touch rugby. It is an inter-schools event for all schools to join and play.

It is played at the motueka recreation centre but has been cancelled. But we still train on!!



Colour Sports Day

Colours sports day at Lower Moutere brings the whole school together as one including the junior syndicate school. All teams had on average 10 people in it and were given a team leader to lead their team. All teams had different bright lucid colours and dressed up in them dedicated to their teams.



Swimming Sports

Swimmers from across the Tasman district gathered together at M.H.S for a swim day. Lower Moutere kids went as well, sending our best swimmers for the competition. You may or may not have seen the interschool swimming sports results in the local paper. Well done to those who placed from Lower Motuere: Josh Birchfield, Kate Robinson, Ashen Hill and Harrison Allot.



Food of the Week

Every week at Lower Moutere School there has been something called "Food of the week" when we have food to study and try for the whole week. The most favourable week for us all was milk week which was when we made smoothies and butter. While the younger classes made pikelets and smoothies. We have made many more things such as zucchini brownies, and salsa.



Mana Whaitake

An Eco Challenge at Kaiteriteri for Sea Week included our Year 8 Environment leaders' Birds of the bay activity. Well done guys, the people playing it loved it.



But this is only Term 1. We have 3 more exciting terms to go.

Stay tuned!

By Shania Greaney and Teliana Cocker Year 8 Lower Moutere School

3RD APRIL PROGRAMME

Junior Youth: 'GO BANANAS!' - all things to do with bananas. (What would you call two banana skins? A pair of slippers!) Bring a banana. *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 (for gold coin donation).*

Senior Youth: SPORTS NIGHT at Moutere Hills Community Centre. Meet at MHCC at 7pm. year 9-13, \$2. (We meet EVERY Friday (or sometimes Saturdays or Sunday afternoons). Also check the Moutere Community Youth Facebook page for updates. Cost is \$2 or more depending on what we get up to.)

KAITERITERI BIG BIKE WEEKENDER 18TH APRIL

Last year we had a big group take part in the 6 hour relay and we had a lot of fun, some people were very competitive, others were more social. This is an all age fun event, if you want to be part of a team let me know. Cost is around \$30, dress ups is optional.

APRIL HOLIDAYS

20th & 21st: Overnight tramp - Gridiron Shelter, Mt Arthur

23rd: Sewing...

Limited numbers so if you're keen let me know!

MOUTERE COMMUNITY YOUTH

moutereyouth@gmail.com

Tessa Werner



Motueka Scottish Country Dance Club

WE ARE HAVING A CEILIDH!

When: Saturday 2nd May 2020 – 7 pm

Where: Lower Moutere Hall

What is a ceilidh? (Pronounced Kay-lee)

Ceilidh is a Gaelic word meaning visit, gathering or party. Originating from Scotland and Ireland.

Traditionally, a ceilidh tended to be a fun social night of celtic folk music, singing, dancing, story telling and card playing. Dating back to 1875, they have always been, and still are, very popular worldwide.

The upcoming ceilidh will be the 5th one organised by the Motueka Scottish Country Dance Club, in recent years. As well

as the fun and informal 'called' dances (similar to barn-dancing), often involving much hilarity, we have a variety of

entertainment organised for the night; including various musicians, story telling, a couple of dances performed by our club members, a piper and a drum salute.

The emphasis is on "FUN", and our ceilidh is suitable for all ages. No partner needed! The dances are mainly group dances, informal, social and relaxed, with easy to learn moves. They are called first, with a walk through beforehand, so everyone can have a practice before the music starts! Prompts are called throughout the dance to keep you on track! The music is lively and upbeat, no prior experience or ability is required so come along and join in the fun and laughter!

And supper! No Scottish supper would be complete without a traditional haggis, and along with plenty of other superb Scottish fare, there will be a vegetarian version of the haggis.

Tickets will be available to pre-purchase nearer the date with the price still to be set – keep your eye on the local papers for details.

Short story: The Ram

Whilst my husband and I were savouring our early morning brew, we remarked on the new, young ram in our neighbour's paddock. The poor little fella wasn't having much luck, he seemed rather intimidated by the flock of strapping ewes. Heads down, munching away; they barely seemed to notice him. He used that to his advantage. In slow, short bursts of movement he edged towards his chosen female; and with his neck stretched out he was less than a metre away. We were rooting for him (pun intended).

But this ewe was clever, she'd mastered the art of being fully aware of the ram's movements, whilst appearing completely uninterested. With his next step, she bolted. The same fruitless dance continued with several other ewes, until we'd spent much too long at the kitchen table and it was time to wake our daughter.

A short while later, our neighbour turned up - he'd lost the ram.

"That's strange, we were just watching him about twenty minutes ago," my husband said.

After a bit of misunderstanding we realised that he was, in fact, in the paddock. But it was not the paddock he was supposed to be in. The clever ram had managed to jump/navigate (who knows!) our neighbour's very sophisticated - and very well built - series of fences, and holding pens, to reach the woolly ladies.

There was a great deal of head scratching - if you could see my neighbour's fencing, you would understand - before he finally shrugged his shoulders and said, "Well, I guess we'll have lambs early this year."

Nah mate, don't think you need to worry about that!

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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A poem by Mike Cole:

Artificial Intelligence

Information I have read, attempts to persuade,
That AI is our new Holy Gail.
But I have a small question disturbing my head,
And need an answer to balance the scales.

So I asked an expert to give me his view,
On just what the situation might be,
But his view was obscured by a rose tinted haze,
And the answer he just could not see.

I sought out a scientist for his analytical approach,
To the simple words I spoke,
But the computations were elusive,
And the result inconclusive, $P(A/B) = X$.

The politician I approached gave a furtive look,
And to one side took a step.
But pursue Him I did, and was firmly advised,
Their policy was not yet devised.

I then asked a lawyer for his legal view,
Of the trouble that might lie ahead,
But as he pulled on his wig, he said as yet,
No precedent had been set.

The man in the street had seen some remark,
But got the wrong end of the rope.
He then begged to be excused, so he could rush off home,
To catch the latest soap.

With few options left I thought I'd ask God, with his worldly overview
He listened intently, with a very wise nod,
But his only concern was for the flesh and the blood.
And that I guess, is what I knew.

So it comes down to you, to give me your thoughts,
On the question I am about to ask.
So don't look at the floor, or get up and go,
For I just want to know;

WHAT HAPPENS WHEN AI BECOMES "I" ?

Thank you for the contributions!

We received a few contributions including the poem "Artificial Intelligence" and the short story from L.J. this month. Thank you we really appreciate it!

If you have some spare time maybe send us your contribution for next month. Feedback welcome also:

umograpevine@hotmail.com

Mikes Mathematical Mindbender

Clever Santa

Age 7 to 11 ★★

On Christmas Eve the children of one family left a note for Santa saying that all the girls would like a puzzle each and all the boys would like a book each. They left Santa this riddle to solve:

The girls have twice as many sisters as brothers and the boys have five times as many sisters as brothers.

How many puzzles and how many books did Santa leave for the children?



Answer to March Mindbender (4 triangles) was 18.

Answer to Clever Santa will be in the next issue.

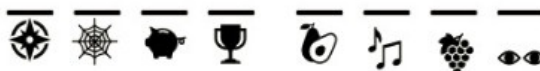


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Recipe of the Month: Quince and Lemon Marmalade

Quinces will be nice and ripe, here's a recipe from Soo Gee that will help make them last a bit longer and take your scones or toast to another level.

225 grams lemons, 250 ml flat cider, 650grams ripe quinces, 500ml water, 650 grams sugar, 1 muslin bag.

Wash and zest lemons, squeeze out the juice then strain out the seeds and put them into the muslin bag - the seeds contain pectin to help with setting.

Peel and core the quinces, putting the peels and cores into the muslin bag and tie it up tightly. Slice the quinces places them in a bowl and pour half the lemon juice over them.

Put the cider and water and muslin bag into a large pot and cook for 20 minutes. Add the quinces and cook until soft. Remove the muslin bag and add the sugar, stirring until it has dissolved then bring to a boil and cook until *setting point.

Cool for 10 minutes then pour into sterilised jars and seal.

*Setting point - put two tablespoons of jam on a small plate in the fridge. The set point is achieved when you get lines when you push your finger through the jam.



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Me, I love a plan. And following a successful and constructive meeting of lots of our members, we have one! The purpose of the deliberations was twofold. Firstly we aimed to ease the workload for Glenys who does far too much on our behalf and secondly, come up with stimulating ideas to occupy us in the year ahead. The big smile on Glenys' face at the end of the session showed we had achieved both.

We meet every Tuesday to paint but it was agreed that a monthly critique session would be reinstated, valuable to both the artist and those giving reasoned comment. In addition to the critique, our members have been invited to show a non-pastel painting and explain why it hangs on their wall at home. This is already proving to be fun and over the coming months we will get to see a variety of artworks and understand why the owners love them.

Also on a monthly basis, a challenge or talk will be led by individual members. This adds diversity to our regular meetings but all activities are optional. If you want to knuckle down and quietly paint, then paint you can. My task is the 'Big Picture' so if you see me hunkered down in the library poring over art books, you will understand I'm looking for a suitable painting, one that can be broken down into unidentifiable parts to keep the group guessing.

Several members of PANZ Nelson will be attending the annual, national convention in Dunedin during March so maybe even more ideas will be generated. More about this next time.

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

TASMAN ART FOCUS GROUP

March already, April when you read this, and plenty is happening to ensure a successful exhibition this coming spring.

The team is delighted that sponsors are coming forward in support of the Tasman National Art Awards and Exhibition. The selection panel for the initial entries is in place along with the judges who will decide on the awards.

As always there will be an overall winner and four merit awards. There will be a prize for the best water colour in show and another for the best portrait painting. And don't forget the People's Choice award. Plenty to whet the appetite!

If you are tempted to enter, details can be found on the website or Facebook page. This is what the selectors will be looking for when they pick the winners: -

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Antibiotics

While we are on the subject of medication, vets are being increasingly careful about antibiotic use to slow the development of antibiotic resistance. This is when bacteria become resistant to antibiotics so the antibiotic becomes useless. Antibiotic resistance is a problem for everyone as it is a threat to successful treatment of infections in all species including humans.

To protect our currently effective antibiotics we need to use them less frequently and only if really necessary alongside other strategies such as thoroughly cleaning wounds and preventing disease in the first place e.g. by vaccination. Nowadays there will be cases where we no longer prescribe antibiotics when in the past we did and there are several antibiotic groups that we can only use as a last resort and only after specific bacterial testing. Also if your pet (or you!) is prescribed antibiotics always make sure you give the whole course even if they seem better before it is finished – don't stop early and don't save any for another time!

Barber's Pole Worm (*Haemonchus contortus*)

It's the time of year when Barber's Pole worm can be a problem. This is a very serious blood sucking worm of sheep, present for most of the year but becomes a bit more serious when it rains after extended dry periods, especially in late summer and in autumn. Barber's Pole is a bit different to other worms in that it is a blood sucker so the symptoms are related to blood loss rather than scouring. Typical signs are anaemia (white gums) and weakness, sometimes death. Other intestinal worms also thrive in warm, moist autumn conditions so it is essential that good drenching programmes are in place to **prevent** problems at this time of year, especially in young stock. If you need advice on drenching, contact Joe or Roger in the Richmond clinic.

Also, at this time of year many stock owners feed out random extra feed such as apples and bread. Take care with these as they can cause choking if swallowed in too large a chunk, and bloating due to fermentation in the stomach. Bloating is more likely to occur if stock have access to a lot of these foods suddenly so slowly adding them in over a few days as well as filling them up on hay first is a safer option.

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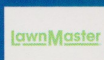
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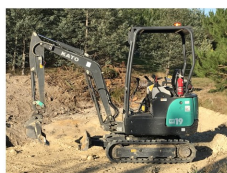
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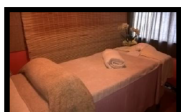
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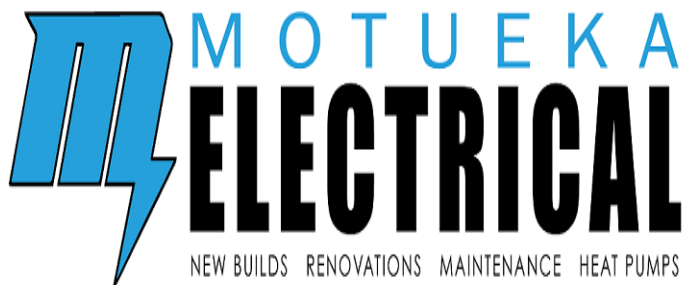
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Katrina-Motuere Hills community centre manager and staff/bar manager Cindy and Cindus for their awesome Bar skills and Keith for the site setup management and gate supervision. We as a community are very Lucky to have such a great facility at our finger tips.
Upper Motuere Volunteer Fire Department, staff.
Murray Leening for his usual finesse with words.

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Once all the costs have been realised and the dust has settled we will be donating to the local volunteer fire service.

This event wouldn't have been such a success without the help and support of all those involved, including registered cars, Movie goers and anyone else who took part in some way.

We are hoping to repeat the event in 2021 and would like to encourage the Motuere community to embrace this event and bring the family along to see the cars take part in the activities on offer and take advantage of having some special vehicles on the doorstep.
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Vet	Town & Country Vet	03 544 1200
Water	Irrigation Doctor- Grant James	0800 47 74 42
Water	Water Filtration & Pumps Frans	0275 281 366
Water	Complete Water Solutions	03 528 0040
Wine	Tasteology	03 543 2983
Youth Group	Tessa Werner	022 101 2276

Kia ora! If you are self-isolating, I can support

My name is _____

I live locally in _____

My phone number is _____

If you are self-isolating due to COVID-19 I can help with

☐ picking up shopping

☐ running errands

☐ A friendly phone call / video call

Just call or text me & we can chat about what you need

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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Our thoughts are with everyone during this difficult time as we navigate the lockdown period associated with COVID-19. Please take every precaution to keep yourself, your family and the community safe and if you need help please do not hesitate to reach out. Moutere Hills Community Centre has closed, until further notice. This includes the closure of the Fitness Centre and cancellation of all Fitness classes, recreation activities, social sports and bookings for functions and meetings.

Staff will still be available during this time, via email and cellphone. We will also be putting out regular newsletters to the community and Fitness Centre members. If we can support you through this difficult time in any way then please do not hesitate to contact us.

Both Katrina and Adele will be available via email and phone, contact details as follows:

Katrina	Facility Manager	katrina@mouterehills.org.nz	0275118825
Adele	Fitness Centre Manager	adele@mouterehills.org.nz	0275118826

Please keep up to date with what is happening by checking our website www.mouterehills.org.nz and [Facebook.com/MoutereHillsCommunityCentre](https://www.facebook.com/MoutereHillsCommunityCentre).

Take care of yourselves and one another.

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

New Classes Coming Soon to MHCC!

Once we reopen we will have some new activities for the community to come along and have a go, including:



Your next level Metafit workout!



A class aimed at developing fine and gross motor skills, including balance, co-ordination, and strength while utilising various gymnastics equipment.

Keeping active during this uncertain period is very important for a number of reasons:

- Physical activity strengthens the immune system and supports a healthy heart and lungs
- Exercise is proven to release endorphins, which are the 'feel good' hormones associated with mental health benefits
- Improved quality of sleep and regulation of essential body functions

Ways to stay active without access to a Gym:

- Seek to be as physically active as possible with everyday tasks (e.g. walk while talking on the phone, walk/ bike to pick up essential supplies)
- Include the family/ members of your house in a fitness challenge or take a morning/ evening walk around the block or up the road
- Engage in manual chores, such as cleaning the house, washing windows, mowing the lawn or gardening

Establish a new routine which includes exercise as part of your day. With extra free-time, now is the chance to benefit your health and wellbeing!



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



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