

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

Inside this issue:

Administration	2
Animals	20-21
Art	19
Community	3-10, 28
Contractors	20-21
Education	11-17
Health & Wellbeing	25
Recipe	29
Renovation Construction	24-25

Special points of interest:

The Mission Bridge on the Moutere Highway is closed. The project is now estimated be completed on 17 July 2020. Please take care using the detour routes.

Thank you for reading and for supporting the advertisers

FROM THE SAUSAGE PRESS



Handmade sausages and home-cured salamis are just some of the meat and fish treats being turned out by Miles and Steph Drewery at Upper Moutere's Sausage Press Deli Co.

Miles Drewery is the hands-on type when it comes to cooking. It's all about texture and touch, he says. So, it's no surprise to discover he favours this approach for the homemade sausages and cured produce he makes for Sausage Press Deli Co business he has run for the past three years with wife Steph from their Neudorf Road property.

To make his salamis and sausages, Miles combines fresh herbs from the garden with ethically sourced meats in an antique Sheffield cast-iron sausage press, which he winds by hand. "It used to belong to my parents," he says. "My mum is Italian and as a kid growing up in Auckland I used to watch them making salamis with this press. I worked as a chef for many years and I've always loved cooking with wholesome ingredients. There's something special about the social aspect of making food for others to enjoy."

Experimenting with flavours is another passion, which has resulted in an ever-growing range of products. For their sausages, the original Cumberland-style pork and herb remains a firm favourite with customers and these have since been joined by spicy chorizo and beef sausages with porter ale and smoked mushroom.

There's also the 'flavour of the week'—a pork sausage with quince, ginger and apple mustard proving popular, along with a dumpling-style sweet and sour style sausage. "The sausages contain no preservatives or fillers and have a different texture from typical New Zealand sausages, as they're not as finely

minced," says Miles. "They're more European in style."

Visitors to Nelson's Saturday market or the Wednesday farmers' market can also sample the company's different salamis, including traditional pepperoni and a fennel and garlic fenocchio. "We also make biersticks—a mini salami that's smoked and spicy; perfect with a glass of beer or with cheese and crackers," says Miles. Other products on offer include pancetta, pastrami, smoked salmon and old-fashioned dry-cured bacon.

Steph, who is a horticulturalist by training, grows the fresh herbs for their produce, looks after the office side of the business, and is the one manning their market stands. It's a busy week for both, with Miles often still working at the meat smoker into the small hours, but it's also a labour of love, fulfilling their dream of being able to work from home and enjoy family life with sons Hunter, who's 16, and Cassius, 14.

With Sausage Press Deli Co products on the menu at a couple of local restaurants and also available at Upper Moutere's Old Post Office and The Junction in Appleby, the old sausage press is in constant action. So much so, that they now have plans to turn a container on their property into a fully functioning commercial kitchen.

Go to the Sausage Press Deli Co Facebook page to find out more about this family business.

Contributions to the August edition of the Grapevine will be in to **win a free hot drink** at the Old Post Office.

Limited to the first 5 so get in quick! Contributions must be in by 15th of July. Email contributions to umograpevine@hotmail.com. Winners will be notified by email.



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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Moutere Volunteer Fire Brigade

Call Outs for May

1/5 Alarm activation at UMO School
 1/5 thick smoke in the area of Supplejack Valley, was a permitted burn
 3/5 Cardiac arrest, Kelling Road
 12/5 Smell of smoke in house, false alarm. Jessie Street, Mapua
 14/5 Injured child, set up helicopter landing, Thorn Road, Dovedale
 15/5 Horse stuck in fence, Mot Valley, turned back to station
 19/5 Black smoke seen in Neudorf, non-permitted burn.

PLEASE SLOW DOWN

Are you being respectful of our village speed limit? If you're coming from Richmond do you think it's ok to wait to slow down until you see the church, that big electronic sign at the entrance to the village is overkill, maybe a bit annoying? There are a number of trucks and other vehicles that tend to think there's a lot of leeway in the speed limit - it's possibly a little inconvenient for those just passing through but it's there for a reason. If we want others to respect the speed limit lets make sure we're doing it ourselves. Please observe the limit no matter the time of day or night, it's not just about pedestrian safety, there's noise pollution to consider too.

What are your thoughts on the subject?

Email us umograpevine@hotmail.com

Motueka Vehicle Testing Station

Drive in – WOF – Drive out

25 Huffam street

No Booking Required

Turn into Old Wharf Rd and left into Huffam Street.



The Grapevine says.....

Lockdown feels like a distant memory to many and looking at the contributions from many of our community groups, there's plenty going on in the next month or so right here - no need to go far to make connections and contributions if you're not keen to venture too far out.

Moutere Hills Community Centre is bringing plenty of variety to people of all ages with the arts and craft programme encouraging folk to share their skills with the homeschool community and anyone else who wants to pick up a new craft. The History Revisited Project will be a great way to learn more about what has come before us and who did what and where in our community. If you've got any kind of interest in history this is one way of being able to contribute to the community that will have value for years to come. See their pages for more information on some delicious opportunities and dates for the Annual Sarau Winter Sale.

Being able to free range again makes the Youth Group programme look very appealing - who wouldn't want to be part of that - movie days, op shopping and tramping might make the older members of the community want to join in too! Whenua iti is right there as well, offering courses to enrich our youths' life skills; read how they are taking it to the West Coast.

The Moutere has a reputation for the arts and you'll have the chance to see how it all starts - Upper Moutere School pupils have been busy stitching up a storm under the guidance of Fleur Woods and The Old Post Office is hosting their exhibition. We have some reflections from school pupils on lockdown. You can also pop over to Mapua and see what the Pastel Artists are up too - sounds like a fun group.

The Moutere Inn is up and running with folk night, quiz night and cigars and whiskey going full steam ahead - holy smokes, there's so much choice!

Get out there and make the most of this incredible community. It's yours and it's rearing to go!

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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

It seems crazy that we are already half way through the year! Thank you all so much for your support of the Community Centre since we re-opened our doors. We are really excited to be back in full operation again and able to offer a wide variety of activities, classes, groups and sports for our community as well as providing a quality venue for local businesses and organisations. We have put together an exciting schedule of activities over the next couple of months, and would love to see you all coming along and making the most of the activities on offer. Please feel free to contact us if you would like to book or would like more information about any of the new activities on offer. Looking forward to seeing you soon.

Kind Regards Katrina, Adele, Cindy, Cindus and Keith

WINTER SPORT

All our social sports continue through winter. All cost \$3 per person per session and are open to people of all ability levels. The current sports on offer are:



Social Bowls	Mondays	7:30pm - 9:30pm
Badminton	Tuesdays	8:00pm - 9:30pm
Table Tennis	Wednesdays	7:15pm - 9:00pm
Volleyball	Thursdays	6:45pm - 8:15pm



Rangers Rugby



Junior Rugby is starting on the weekend 25th July and Rangers Rugby welcomes any new players. Teams from Under 6 through to Under 10.

For more information please email: president@rangersrugby.nz

SOCIAL GROUPS

Why not come along and join one of the groups that have recently started here at the community centre. We appreciate a donation for tea/coffee. All welcome!

COFFEE AND CRAFT GROUP

Tuesday mornings from 10:30am - 12:00pm.

Come along with your own art and craft and have a coffee and chat with like minded people while getting creative. Teach others a new skill or work individually. All age groups welcome. We are also looking for some art and craft-loving adults to come along and fill the space with their creative vibes and projects to encourage home educated young people.



HISTORY REVISITED

Monday mornings from 10:00am - 11:30am

(first meeting Monday 3rd August)

We are looking for people in the community who would like to be part of an MHCC History Group. We would like to preserve the history of the area and add to the wonderful displays already at the centre for the whole community to enjoy.

Please register your interest by emailing katrina@mouterehills.org.nz



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE FUNCTIONS AND COURSES



Friday Fish n' Chip



Last Friday of every month at 12:30pm
\$10 per person includes tea/ coffee

Why not book in with your family, a group of friends or a social group for a lunch out!
Email functions@mouterehills.org.nz or phone 03 5432516 to book your table.



Mid-Winter Banquet Luncheon

Enjoy a delicious hearty meal in a lovely, warm setting



Thursday 23 July 2020

Doors open from 11.30am- Lunch served at 12 noon

\$20 per person

Bookings Essential: To book your table contact us on 03 5432516, or email
Cindy at functions@mouterehills.org.nz



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

Fridays from 24 July– 21 August
12:30pm – 1:10pm
Cost \$30 for 5 weeks

Numbers strictly limited. To book a space please contact the office on 5432516 or email enquiries@mouterehills.org.nz



Fridays from 24 July– 21 August

Pre-School Dance Class 2:10–2:50pm
Develop fine and gross motor skills, balance and co-ordination through music and movement.

Kids Dance Class 3:15–4:00pm
A fun class providing an introduction to various dance genres, including hip hop, jazz, contemporary and lyrical.
(Option for a split class to suit different ages, depending on demand).

Cost \$30 for 5 weeks

Numbers strictly limited. To book a space please contact the office on 5432516 or email enquiries@mouterehills.org.nz



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE HOLIDAY ACTIVITIES



JULY SCHOOL HOLIDAYS

TUESDAY 7TH JULY

JUST GYM

Come along for a fun gymnastic session with Linda Mace. Numbers are limited!

Sessions are as follows:

9:10 - 9:50am	Under 2 years	\$5	1:00 - 2:00pm	5 - 8 years	\$13
10:00 - 10:50am	2 - 3 years	\$7	2:00 - 3:30pm	9 - 12 years	\$18
10:50 - 11:40am	3 & 4 years	\$10			

To book email: just.gym@extra.co.nz or phone Linda on 0276189803.



WEDNESDAY 8TH JULY

TENNIS HOLIDAY FUN WITH VANESSA

Fun tennis opportunity for all abilities. Technical & tactical focus with games and ball machine.

9:00am - 12:00pm	For 5 - 8 years	\$30
12:00pm - 3:00pm	For 9 years +	\$30

To register email tennisvanessa1@gmail.com



WEDNESDAY 8TH JULY

ART AND CRAFT WITH HELENA

Come along and enjoy creating some great works of art under the instruction of Helena, a talented local artist!

10:00am - 12noon For 6 - 10 years old \$25 includes all materials
You will be making Rainbow Mandela's and Pastel Batik

1:00pm - 4:00pm For 10 years + \$35 includes all materials
You will be making Funky Mandela's, Pastel Batik and Graffiti Art

Numbers strictly limited! To book email: enquiries@mouterehills.org.nz or ph: 5432516



TUESDAY 14TH JULY

SWEET TREATS WITH CINDY

Join Cindy in making some yummy treats to share and to take home..



9:00am - 11:00am	For 5 - 8 years	\$20 includes ingredients
11:30am - 1:30pm	For 9 years +	\$20 includes ingredients

Numbers strictly limited! To book email: enquiries@mouterehills.org.nz or ph: 5432516

THURSDAY 16TH JULY

DANCE FUN

A fun class learning a variety of dance moves and exploring different dance genres!

9:00am - 11:00am	For 5 - 8 years	\$10
11:30am - 1:30pm	For 9 years +	\$10

Numbers strictly limited! To book email: enquiries@mouterehills.org.nz or ph: 5432516



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE FITNESS CENTRE



Don't forget to book in for all Fitness Centre classes through our new Fitness Centre Portal at www.mouterehills.org.nz/fitness-centre-calendar

Check out the calendar of classes and programmes happening and if you are not a Fitness Centre member you can pay online for individual classes or purchase a concession card. Class bookings are open between 2 weeks and 2 hours before the class start time.

FITNESS CLASSES CURRENTLY ON OFFER

Mondays:	Re-Activate with Adele <i>(Low impact class, suitable for all abilities. Parents welcome to bring children along; Playroom open)</i>	9:30am-10:15am
Tuesdays:	Stretch & Flex with Vicki <i>(Increase flexibility & mobility with slow moving range of motion stretching. Suitable for all abilities)</i>	9:30am-10:15am
	Box'n Burn with Adele <i>(Includes skipping, partner glove and pad work, bag work and core exercises)</i>	6:00pm-6:45pm
Wednesdays:	Metafit with Cindus <i>(High intensity interval training. Great for increasing metabolic rate and overall fitness)</i>	6:00pm-6:30pm
	Core Foundations with Cindus <i>(Core, pelvic, hip and lower back strengthening using a functional approach. Suitable for all abilities)</i>	6:30pm-7:15pm
Thursdays:	Stretch & Flex with Vicki	6:00pm-7:15pm
Fridays:	Metafit with Cindus	6:00pm-6:30pm
	Core Foundations with Cindus	6:30pm-7:15pm

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Contact Adele or visit www.mouterehills.org.nz/fitness-centre-calendar to book your spot



PERSONAL TRAINING

Book your session with Adele or Marv to kick-start your training programme.

Sessions are 30 minutes or 60 minutes long. Regular or one-off sessions available, including exercise rehabilitation and couple options.

Contact Adele on 027 5118826 or Marv on 0273126435 to book your spot.



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





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Steve Richards was born and bred in the Tasman district and has a lifetime of enjoying and caring for our special place. Since 1991 Steve has become well known as owner/co-creator of Jester House Cafe.

Steve said: "I thank the Party for nominating me for the West Coast Tasman electorate and I'm excited to have this opportunity to represent the Green Party in this area. Community means everything to me and I want to live in a fair and equitable society where every person's contribution is valued."

"For too long, with our reliance on fossil fuels and our focus on unending economic growth, our living standards and our environment have suffered."

"We need to strengthen and build on the great work done by the Green Party in the last three years ensuring equality in housing and education, providing green jobs and getting cross-party agreement on climate action."

"With a strong Green team we can go further and faster to address inequality, protect our environment, arrest climate breakdown and truly move to a low-carbon society as is so desperately needed."

Steve Richards

Jester House, Tasman 0221634135

SteveRichards2020nz@gmail.com @steverichards2020

Authorised by Gwen Shaw, Level 1, 17 Garrett Street, Wellington

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Hon Damien O'Connor

MP for West Coast-Tasman

Minister of Agriculture, Biosecurity and Food Safety
Minister for Rural Communities
Minister of State for Trade and Export Growth



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208A Palmerston St, Westport
Phone 03 789 5481

234 High St, Motueka
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/damienoconnormp



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Labour

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What's Happening In July



Folk Night 7pm Thursday 2nd

Folk night is back! Traditional folk session with acoustic instruments, group singing and general frivolity.



Quiz Night 7pm Thursday 9th

Quiz night is back! Sharpen your mind, shake off the lockdown brain dust, get your neurons firing at full speed. Bring your friends and family to compete in Upper Moutere's premier test of memory and cognition.



Cigars and Whisky 7pm Thursday 30th

A small group of whisky and cigar lovers have started a regular meeting on the last Thursday of each month. A new whisky will be introduced each month and a cigar available at cost.

Don't Forget

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

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You will have noticed the builders' fencing outside two of our learning spaces as you have driven past recently. The single cell spaces currently known as Ramaroa iti and nui built in 2004 and 2005 are undergoing their first upgrade since being built. All Ministry funded

upgrades initially ensure school spaces are insulated, have effective acoustics and are energy efficient. This upgrade is achieving this as well as providing a 'breakout' space in each, an outside learning area directly accessible from double opening sliding doors, improvements to the integrated toilets, re-carpeting and new wall linings.

The 'breakout' spaces were a must-have request from our students. 'Breakouts' are smaller learning spaces within the larger space. Separated by large sliding glass doors they can be used for many purposes. Group work, discussion or co-creation that may otherwise disturb other learning in the main space or indeed can be used for those seeking a quieter space away from the hub of the learning. We want our learning spaces to be collaborative and flexible so our learners can re-arrange them to meet their learning needs and purposes.

We are told the builders will have completed our upgrades in time for the start of the third term, all going to plan. Of course, the work was delayed due to lockdown.

So how are our children after lockdown?

We had all but a few return as soon as we moved to Level Two and they arrived back with a real sense of enthusiasm and energy. At level Two following MOH and MOE guidelines we encouraged parents to stay off site to minimise the need for contact tracing if required. Our parents were amazing in supporting this and dropped their children off at the gate and picked them up each afternoon with smiles and hugs. Nationally it has been noted that this approach has provided students with a real resilience and independence and more than likely

contributed to their confident return to school; this was unexpected. We noticed this too.

On return to school our students took to using hand sanitiser, hand washing and wiping surfaces regularly with ease. Some became cleaning warriors! Social distancing was not as easy to achieve at all times however!

At Level three we had between one and six students at school each day overseen in their individual or sibling bubbles by two teachers. Four of our teachers volunteered to be onsite with our students on a two days on two days off cycle while the other staff took over their distance learning interactions with their students at home. With a number of staff classified vulnerable this ensured everyone stayed safe.

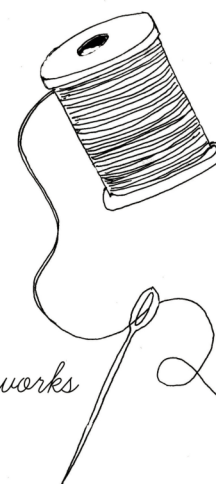
With ANZAC Day during Lockdown we were unable to acknowledge this as a school at the community service however students were encouraged to create a poppy and display it on their letterbox. You may have seen a number of displays around our community as families took on this challenge and recognised our service men and women. While staying in their family bubble, the Olykan family laid a wreath on behalf of the school at the memorial at the Community Centre and Torbjorn read the Oath to honour the fallen.

We are now at level 1 and school has pretty much returned to normal, with parents welcomed back on site and a return of our Learning Celebrations on a Friday afternoon. Sporting opportunities are starting to return too. Netball and miniball are about to start while hockey had their first game and first win already.

UPPER MOUTERE SCHOOL
YEARS 6, 7 & 8
ART EXHIBITION

OUR FIBRE

contemporary stitched artworks



ON DISPLAY 3 - 18 JULY
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MOUTERE COMMUNITY YOUTH - JULY

Its so great to be back at Level 1, we can have more than nine people at youth group again!

JULY HOLIDAY PROGRAMME

6-7th July - Overnight tramp to Lakehead Hut, Lake Rotoiti

8th July - Op Shop Challenge, 9am -4pm

8th July - Senior Youth - Sleepover, at UMO church hall, 7pm to the next day...

10th July - Movie day in Nelson, movie to be confirmed

There may be some free space so contact Tessa quick! moutereyouth@gmail.com

SENIOR: year 9-13, we meet EVERY Friday at **7pm**. Also check the Moutere Community Youth Facebook page or Instagram (Moutere_youth) for updates. Cost is \$2 or so.

24th Torchlight trail

31st Movie Night

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

24th Games in the dusk (and it will get cold)

JUNIOR: 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 (\$ donation).

31st Lego Masters (forever popular)

MOUTERE COMMUNITY YOUTH

moutereyouth@gmail.com

Tessa Werner

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News from Lower Moutere School Bubble school!

During level 3 Lower Moutere School decided to hold a school but not any school...

Bubble school! For students whose parents were essential workers and were busy working.



The pupils had lots of fun and were allowed to bring their own wheels to school to help with their utterly boring recess time. An example of what wheels were bought was bikes such as drift bikes, normal bikes etc

But although they didn't have the same teacher, all went well in the end and all of the pupils enjoyed their miraculous stay at the school, especially in their superior bubble. All students were looking forward to going back to the good old normal but were still gonna miss Bubble School.

Lower Moutere School



Normal school approaches around the corner!

After the super bubble school and after lockdown came down to level 2, all students were allowed to go back to school. Everyone was **VERY** excited and were even more excited to see friends who they could only text or video call for a week that dragged by and behind with the days. When students got back to class there was a wave of relief when they saw their friends and were ready to take off.

There were elbow Hi-Fives, Hello's and Hi's from a distance but were also virtual hugs for each other and handshakes as well. When school started the students eased into routine quite quickly. Although during playtime there were different time zones for juniors and seniors to separate the two apart. The top 3 games that were played by senior students were Netball, Four square and basketball. Every Lower Moutere student and staff member were just jubilant and happy to be back in business. Stay tuned! There is still another term to go.

By: Teliana & Shania



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WHAT'S BEEN HAPPENING.... Programmes back into full swing

It has been amazing to be out connecting with our students again. We have enjoyed seeing school groups on site as part of the Year 8 leadership programmes and Trades Academy programmes have been coming & going. To make sure students could keep learning on our senior secondary programmes, we have broken new ground in delivering new curriculum on the West Coast / Te Tai Poutini! We were blown away by the students and how they responded to us as their manuhiri (guests), and the learning that came from those interactions. The caves, rivers, lakes, dense bush & rugged coastline made for a spectacular learning environment for sure.

WHAT'S COMING UP... MEA & MOA Programmes for Primary Students

Following the popularity of these programmes last year, we are excited to be able to offer the Mini Environmental Adventures (MEA) and Mini Outdoor Adventures (MOA) Programmes again in Term 3. The programmes will offer local schools an opportunity for Years 1-4 to join us for a fun day of engaging outdoors-based activities that will foster teamwork, resilience and a connection with the world around them. A big thank you to the contributions from local trusts in making this happen - Māpua Ruby Bay Trust, McKee Trust & Whenua Iti Trust.

FOCUS ON.... Resilience

We have been hearing a lot about the importance of resilience, especially in response to the effects of Covid-19, but what are the things that we can actually do to help foster resilience in our tamariki?

Regular physical activity teaches our stress-response system to recover more efficiently. At Whenua Iti we take our learning outdoors, in smaller groups and focus on building a positive learning environment where students can use communication & teamwork to overcome challenges. Developing resilience is a focus of all the programmes we design. And fun too. Don't forget the fun!

To read about other ways to build resilience read The Guardian article on 'Six ways to raise a resilient child': <https://bit.ly/30FOtNd>

OUTDOOR WANDERINGS.... Punakaiki, West Coast

Given that we have been on the West Coast, Punakaiki is definitely front of mind right now. This is a beautiful part of the coast, with the famous Pancake Rocks where at high tide, if you time it right, the blowholes will be in action. The Pororari River Track must be one of the most beautiful short walks you can do, and if you're keen for some mountain biking you could try out the Paparoa Track from the Punakaiki end. Or just stroll the beaches & get your fill of the sea air. So many reasons to head outdoors!



Kayaking on Lake Kaneire as part of the Adventure Tourism Leadership course



Mau rākau at Kaiteretere Beach with Manaaki Tāpoi students

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I am a full time working professional and I always pay rent on time or earlier when I am away. I am a quiet, easygoing, independent and active woman in my early 30s. I'm also down to earth, pleasant and considerate.

I really enjoy gardening so would be ideal if there is somewhere I can grow my own food.

I can provide good references from my current landlords if needed. My email address is abizeng88@gmail.com.

Please contact me if you or someone you know might have anything suitable. Any questions please ask. Thank you.

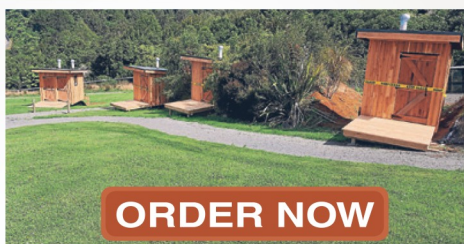
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Was Lockdown the Saviour of Our Planet?

Did you know lockdown has done some good not only to our health, but to our planet?

Firstly, there has been a significant drop in air pollution globally. 75% of carbon monoxide comes from automobiles. Carbon pollution has dropped 17% over lockdown globally.

India joined the world's biggest lockdown in history in March, with 1.3 billion people staying isolated in their homes. With India being the 5th most polluted country in 2019, and Bangladesh being the most polluted country. Because of this a lot of Indian skies are grey and foggy all the time. But, in lockdown some of the skies have cleared up due to the drop in air pollution. The citizens were amazed to see the blue skies for the first time in a long time.

Another amazing thing that has happened over lockdown was in north-east of Brazil. The beaches have been empty in Paulista, so the endangered turtles known as Hawksbill turtles laid 97 eggs. The only people to witness the newly hatched baby Hawksbill turtles waddling into the ocean were government photographers.

I enjoyed lockdown because I got a break from school and time to hang out with my family. What did you enjoy about lockdown?

Amelia Burke 11 years old
Upper Moutere School

Lifesaving Lockdown

Lockdown. Before it happened, people used to think that it would be great to get away from school and have everyone out of your way when you went shopping. But not like this. We couldn't go out. We couldn't see our friends. All we could do was hope that it would all be over soon.

At first, it was ok. We could chill out, sit around, and just relax in general. But as lockdown went on, you started getting sick of having the same people around you all day, and no-one else.

By the third week, lockdown was starting to bore people. We still couldn't see others, except by video call. We couldn't go and watch a movie in the cinemas. All we could do was sit around, waiting for this to all blow over.

After about week six, Jacinda Ardern made an amazing announcement, or so people thought. She said we would be moving to level three in a week. People were happy until the rules were released, stating that we were still to stay at home, to make sure it would be alright to move to level two.

Fast forward two weeks and we were officially moving to level two, meaning we could go back to school and work, and we could start seeing friends and family again. There were casualties of the lockdown though. Hundreds lost their jobs nationwide, and some businesses got closed for good.

However, we are very lucky Jacinda acted quickly, or we may have still been in lockdown for another three weeks. Who knows what could have happened? We could have had hundreds of people die. But here we are, still around after the event. There is no way of knowing if this is over yet though. We may have to move into lockdown again. But, this time at least, we will be prepared.

Jack Druce 12 Years Old Upper Moutere

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This feels like déjà vu. The PANZ articles for 2020 began with, "we are back". After the Christmas break it felt good to return to painting with our friends on Tuesday mornings. But with our feet only just inside the door, we had to close again in response to the covid-19 pandemic and keep the community safe. Now it feels great to say, "we are back again" and pastel painting sessions have resumed on Tuesday mornings in the Bill Maris Room of Mapua Community Hall. The scheduled programme has flown out the window and right now, members are enjoying some quiet, reflective painting (actually, not always that quiet) but a revised programme will emerge in the coming weeks. Monthly challenges and creative tasks will be set for those that want to join in and it adds to the fun of our weekly get-togethers. In the two weeks that we have been back, some cracking artwork is to be seen on the easels and such a variety. Portraits, florals, landscapes, birds, industry and I have to mention Sharon's beautiful ballerina. But don't be deterred if you would like to give it a try. This is a very welcoming group and plenty of us have started with no knowledge or skill in the pastel medium. It is amazing how quickly you can improve and actually get to enjoy the grubby fingers that are all part of the pastel experience. "Impressions" in Richmond is a very supportive and useful outlet for art supplies. I mention them because they also run a variety of courses. Glenys Della Bosca would be delighted to hear from you. And so would we. Visitors are always welcome to come in for a look around and informal chat. We have the materials if you would like to give pastels a try. For any information about our pastel group please contact our Area Representative, Glenys Forbes on 03 540 3388 or by email gmforbes@ts.co.nz. You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see national and international pastel artwork.

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Judging by the number of pig dogs we are seeing in the clinic, hunters are well and truly back into hunting now we're out of lockdown. So it seems a good time for a refresher on pig dog care and wound care....

Nutrition

Food is not just brown stuff in and brown stuff out! Consider feeding your hunting dogs a good quality working dog formula. These foods provide

- high quality animal protein for muscle function and repair
- high quality fats to enhance endurance and maintain condition
- easily digested carbs for fast and sustained energy release
- antioxidants to maintain a strong immune system
- omega-3 fatty acids for healthy skin and pads
- glucosamine/chondroitin for joints and cartilage

You might be thinking so what? **But why wouldn't you want your dogs to have more stamina, heal faster from injuries and have more resistance to infection and disease?** Some people argue that feeding raw meat is best because it's what dogs eat in the wild. But wild dogs are not working dogs and nowadays we can do so much better than the unbalanced nutrition this provides. We also have to be aware of food-borne disease such as Go-Slow which is seen in dogs that eat wild pork.

Worming

Regular 3-monthly worming of all dogs with a broad-spectrum wormer is essential to avoid buildup of intestinal worms. Roundworms are very common but hookworm and whipworm can cause intestinal bleeding and anaemia as well as digestive problems and weight loss - none of which are good for highly active hunting dogs.

Bedding/insulation

Give your dogs insulation against cold nights and they'll use less energy keeping warm, have more energy for tomorrow's hunt and recover faster.

How do I manage wounds?

The key to getting your dog back up and running well is **getting wounds clean and allowing drainage.** Pigrips are messy contaminated traumatic injuries. Be ready to help your dog if it's injured.

Have some basic first aid equipment - carry it when hunting or at least have it in your truck: bandage, tape, saline, swabs, scissors, tweezers, forceps, iodine - NOT wound powder!

tampons/pads to put in/on wounds, a clean towel, clean plastic bags

Control bleeding with pressure

Remove any obvious vegetation, use tweezers or forceps if necessary.

Remove any obvious contamination with saline or water. Lots of water is good but make sure it drains out of the wound not into the dog!

Prevent more contamination (especially if there's a wound over the chest or abdomen) using bandage or a clean towel.

Try to prevent more damage, bleeding and pain by limiting movement - use bandage, carry your dog or drive to the dog if possible/necessary.

If you need more help:

Phone us ASAP - the fresher the wound, the easier/cheaper it is to repair (however sometimes we delay surgery if dogs are dehydrated or have lost a lot of blood)

If there is a wound over the chest or abdomen, we strongly recommend getting it checked by us. Penetration into the chest cavity or abdomen can be fatal, even weeks later, due to untreated infection or diaphragmatic tears

Always remember the wound you see on the outside rarely reflects the amount of damage on the inside. If in doubt, always bring them into the clinic.

Don't put wound powder or antibiotic sprays on wounds before bringing them in.

Otherwise:

Rest your dog as long as possible - damaged muscles and tendons can take weeks to return to full strength. Hunting early can delay and even prevent return to full fitness.

Wounds heal better when a dog is rested, fed well and kept warm and dry.

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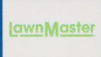
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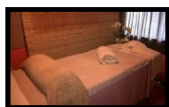
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Make the topping first:

Topping:

¼ cup each of flour, coconut and brown sugar.
1 teaspoon cinnamon, 60grams butter.
Soften the butter and mix all together. Put in the fridge.
You will also need ¼ cup sliced almonds of other nuts.

Grease the base of 23cm spring form tin.

Cream 250 grams butter and 1 cup castor sugar until light and fluffy, add 4 eggs, one at a time and mix well. Fold in 1 ½ cup of plain flour, ¾ cup of self-raising flour, and 300g light sour cream. Mix until smooth.

Spread ⅓ of the mix into cake tin, top with 1 ½ medium apples finely chopped. Sprinkle ½ teaspoon ground cinnamon over the top. Top with another ⅓ of cake mix and layer with another 1 ½ cups of finely chopped apples and more cinnamon.

Add the remaining ⅓ of the cake mixture. Add the topping and finish with the nuts.

Bake in a moderate oven 1 ¾ hours. Cover topping halfway through baking to prevent scorching.

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