The Grapevine

MOUTERE HILLS COMMUNITY NEWS

VINTAGE APPLE FUN

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Special points of interest:

Rangers Rugby Registration day 7 March (see page 6 for details)

Mahana School Fiesta 14 March (see page 9 for details)

Food cart night at Tasteology 21 March with Viva La Vaca

Thank you for reading and for supporting the advertisers



Fancy turning your own apples into tasty fresh juice? Come along to the Wakefield Apple Fair on 5 April and you can do just that, using a vintage apple press.

The Wakefield Apple Fair celebrates the annual apple harvest in the grounds of the Willow Bank Heritage Village, where visitors can stroll among streets of Edwardian-style buildings, including a lace shop, barber, haberdashery, bakery, post office and school.

Now in its seventh year, the fair attracts around 4,000 visitors, who come to enjoy the food stalls, local music and, of course, the apples. Committee member Katrina Richards says she hopes to have a selection of different varieties on a tasting stand, with another 80 or so on display.

Having grown up on the family-owned Richards' Orchard in Mapua, Katrina knows a lot about apples. "My grandfather bought the property in 1944 and my parents took over when he retired in 1969, adding more heritage and unusual varieties from around the world to his collection," she says.

"My mum graded the apples, while my dad supervised the pickers—and they got us four children involved as soon as we were big enough. I did the apple packing for a couple of seasons, in the days when each apple was wrapped in tissue paper for export, mostly to the UK."

Now it's Katrina's turn to contribute and she has boosted the collection to about 100 varieties by grafting wood from around New Zealand. "Many commercial orchards will have only three or four of the newer varieties, but our Fruit Stall sells 50 or so, including traditional favourites like Golden Delicious, Brae burns and Bramleys, and rare ones like Black Prince and Glockenapfel."

Not all apples are ready for picking at the same time, as Katrina explains. "We start with the Scarlet Pimpernel on New Year's Day and finish in midwinter with the Rakopi Russett—our own name for a road-side variety I came across."

However, harvest time for the majority of apples is early to mid-April, which is why the Wakefield Apple Fair is held in this month. If you don't grow your own apples, you can still take home freshly pressed juice from the fair, thanks to apple donations from Hoddys Orchard in Hope and presses courtesy of the Small Sips Amateur Winemaking Group in Nelson.

"There'll also be food stalls and entertainment from the Kahurangi Irish Dancers, the Nelson City Brass Band and the Plinkers Ukulele Band," says Katrina.

And if you want a coffee to round off your lunch? Head to Willow Bank's vintage coffee machine. Once run by steam and now fully restored and converted to electricity, it's thought to be the only one of its kind in the world in full working order.

The Wakefield Apple Fair is on Sunday 5 April, from 10.30am-3.30pm. Entry is \$2 each or \$5 per family. Contact Katrina Richards with any enquiries on 027 630 8089.



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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The Grapevine has the right to refuse publication of advertisements or submissions that are inappropriate, offensive or defamatory.







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The Grapevine Says

As Autumn starts closing in and the Sarau Festival tucked away for another year we're still spoilt for choice here in the Tasman District with the Mahana School Twilight fiesta on 14th March - an excellent place to have dinner and catch up with neighbours, also the Mapua Easter fair the following month so no excuses for not getting out and about. If you want to go even further The Wakefield Apple Fair is a day out with a difference. It's set in a historic atmosphere and there'll be apples galore - something we used to have a lot of in the Moutere area so there's an opportunity for a walk down memory lane there.

All of these events have one thing in common - volunteers. If you want to get involved in a community, volunteering is the way to go. You meet people you might not ever come across any other way and you get to be part of a bigger thing. Here at the Grapevine we are all volunteers and amateurs when it comes to publishing and without each one giving their time it wouldn't come together each month as well as it does. Although that said ,there 's no denying we do experience some interesting glitches from time to time.

Something we'd love to see for the Grapevine is more local content and in order to have that we need people from the community to take part by writing stories or articles that reflect what is going on in the community. This doesn't have to be a permanent commitment and could just be a one off-you can even be anonymous. It might be a stunning photo, a poem you wrote, a drawing, thoughts on making the Moutere a more dynamic community,home/garden hints, a joke, a riddle, do you know a lot about gardening that you'd like to share.... You get the idea, we need more variety for our community newsletter. The point is that all of the Grapevine team are working and running families so we don't necessarily have the extra time to be researching and writing articles but if you've got something to share that will bring a bit extra to the newsletter *please please share it with us. Our email address is umograpevine@hotmail.com* (it hasn't changed for years). We might not get back to you immediately (we're probably at work or making dinner) but you will hear from us.

On that note, here 's to variety (the spice of life) at least that 's what the weather 's been giving us.

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.









Moutere Volunteer Fire Brigade Call Outs

4/1 Alarm activation, Hardy kids Mapua

7/1 Grass fire, Maisey Rd

8/1 Fire seen in area, Massey Rd

11/1House fire, Rowling Hats Kaiteriteri

17/1 Car/grass fire, Central Rd

20/1 Shed fire, Lansdowne Rd

26/1 Building fire, Haven Rd Nelson.

We are having an open training night on 8th March 7:30-8.30pm for anyone interested in and or thinking about joining the fire service. If you live or work locally please come along!

The Upper Moutere Fire Brigade would also like to thank our members employers in giving us the time to answer the siren at the drop of a hat!

Thawley Orchards
Lemonade Farm
Empowerment Trust
Thistlewood Park Estate
Solid Documents
AMJ & JM Beasley
John Erni Building Ltd
Intergrated Control Tech
CLN Country Leisure Management

Mapua Easter Fair

Sun 12th April, 9am – 3pm, Mapua Domain

The Mapua Easter Fair raises funds for Mapua School and Mapua Play Centre to purchase resources, support trips and reduce student teacher ratios. This year's fair is shaping up to be another great community event.

Booking for stallholders spaces are open and close 18th March. Further information on pricing, site sizes and the online booking form can be found on our https://mapuaeasterfair.co.nz/stallholders-info/

We are currently seeking donations for the Silent Auction. Such items may include a product or service from your own or a contact's business, accommodation for a weekend away, a piece of artwork or household item. If you can help please send an email to info@mapuaeasterfair.co.nz we require donations by 3rd April.

We are also looking for donations for our White Elephant stall. The stall is looking for pre-loved toys, games, books and household items in very good condition. For puzzles and games please ensure all pieces are counted and there are none missing. Your goods can be dropped in at Mapua School in the foyer from 9th March to 3rd April.

Further details about the day can be found on our facebook page @mapuaeasterfair we look forward to welcoming the community Easter Sunday.

RECIPE by Soo Gee

A VERY QUICK AND HANDY DOUGH

Let your imagination loose with this dough - pizza, savoury scrolls with basil and cheese, garlic knots, sweet scrolls with cinnamon and apple mini rolls, breadsticks, etc. etc. the list is endless, do it your way!

Place one cup of plain greek yoghurt in a large bowl and add 1 cup of self raising flour. Mix lightly to combine, turn out onto a floured board or surface. If it is still sticky, mix in more flour, this will then reach a dough consistency. Roll to desired shape and cook at 190c for 15-20 minutes depending on size.

THANK YOU ALSO TO WHOEVER PUT UP THE BEAUTIFUL LIGHTS IN THE VILLAGE OVER CHRISTMAS

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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

What a great start to the year it has been here at Moutere Hills Community Centre. We have hosted several community events and business meetings and our Fitness Centre continues to go from strength to strength. Due to this success we will be undertaking some renovations in the near future which will see the development of some showers and a changing area for the Fitness Centre. We will be undertaking some fundraising activities and seeking sponsorship to make this happen, so if you think you may be able to help in anyway then we would love to hear from you.

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

Fitness Centre Classes Term 1

Free for Fitness Centre Members, \$7 casual per class or \$5 per class with a concession card.

Marv's Bootcamp	Monday's	6:00am-6:45am	Thursday's	6:00pm - 6:45pm
Re-Activate with Marv	Monday's	9:30am-10:15am		
Stretch & Flex with Vicki	Tuesday's	9:30am-10:15am	Thursday's	9:30am - 10:15am
Girls Group Fitness with Adele	Tuesday's	5:00pm- 5:45pm		
Box'n Burn with Adele	Tuesday's	6:00pm-6:45pm		
Metafit with Cindus	Wednesday's	6:00pm-6:30pm	Friday's	9:00am - 9:30am
Core Foundations with Cindus	Wednesday's	6:30pm-7:15pm	Friday's	9:30am - 10:15am
Boys Bootcamp with Marv	Thursday's	5:00pm - 5:45pm		

For further information or a class description please check out our website: www.mouterehills.org.nz

GIRLS GROUP FITNESS WITH ADELE



Tuesdays 5:00pm - 5:45pm For Ages 13 - 18 years

Focus for this class is core, cardio and basic strength exercises. Great for sports conditioning, getting fit or just gaining confidence while exercising in a friendly, supportive environment.

Free for Fitness Centre Members, \$7 casual per class or \$5 per class with concession card

BOYS BOOTCAMP WITH MARV

Thursdays 5:00pm - 5:45pm For Ages 13 - 18 years



Focus for this class is full body strength. Great for sports conditioning and muscle building while learning new exercises.

Free for Fitness Centre Members, \$7 casual per class or \$5 per class with concession card

High Tea Luncheon



Wednesday 1st April
11:00am—1:30pm

11:00a11—1:30p1 \$15 per person

Bring a group or just come along by yourself. Contact Cindy to book on 543 2516



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





7TH MARCH 10AM - 12PM

MOUTERE HILLS COMMUNITY CENTRE

REGISTRATION DAY 2020!



COME ALONG AND REGISTER FOR THE 2020 SEASON FREE SAUSAGE SIZZLE & COFFEE FREE GOODIES WHEN YOU REGISTER! PLAY A FUN GAME OF TOUCH/RIPPA



5-7YR OLDS RIPPA RUGBY TEAMS

8-13YR OLDS RUGBY TEAMS

GIRLS AND BOYS WELCOME



RANGERS RUGBY CLUB RANGERSRUGBYJAB@GMAIL.COM 021 413 904



RANGERSRUGBYCLUB



RECYCLED CLOTHING AND ACCESSORIES FOR WOMEN OPPOSITE MAPUA SCHOOL

WHAT IS BROOK STREET LOUNGE?

Brook Street Lounge is a consignment store selling quality recycled clothing for women.

We stock a variety of designer and mainstream labelled recycled clothing sourced locally and nationwide.

There is a mix of new and not so new garments including vintage and retro finds. All quality.

We also have a maternity range, cater for sizes 6 to 24 and have footwear and accessories.

Prices start at \$5.

LOCATION

Across from Mapua School at 151 Aranui Road, Mapua

HOURS

Open Thursday, Friday, Saturday and Sunday 11-3pm with parking right outside.

SPECIAL EVENTS FOR YOU AND YOUR FRIENDS

We also do special occasions including hens' nights, birthdays or get togethers where you can have an evening in the shop.

Social Group

Our Social Group will 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

Thank you!

To our wonderful volunteers, sponsors and everyone who came along to support another fantastically successful...



MOUTERE COMMUNITY YOUTH

SENIOr: year 9-13, we meet EVERY Friday (or sometimes Saturdays or Sunday afternoons). Meet at **7pm**. We will also join in with other youth groups in the community every now and then for combined events. Also check the Moutere Community Youth Facebook page for updates. Cost is \$2 or more depending on what we get up to.

2nd: Sports night

13th: Bigger and Better - what can you trade a paperclip in for? A chair? A car?

20th Movie creating 27th Theatre Sports

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

13th: Orienteering in the Moutere

27th Pizza making

JUNIOF: 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).

6th World Record Night

20th Choose Your Own Adventure



Wakefield Apple Fair



WILLOW BANK HERITAGE VILLAGE

CALL FOR VOLUNTEERS

It takes a team to run our Apple Fair
WE NEED YOU!

Lots of tasks, ranging from easy to more challenging

working on apple juice presses, parking, recycling, raffles, dress-ups, sales and reception

Please contact
wakefieldapplefair@gmail.com
or 22027 630 8089

We have a thank you BBQ for our much valued volunteers



Playcentre is back for 2020

We are now well and truly settled back into playcentre for 2020 and have loved seeing some new faces on session.

If you are new to the area and looking for something fun and educational to do with your little one, we would love to see you down at playcentre. Pop in to one of the sessions and we will welcome you Fridays 9:30am - 12 noon during school terms. You can find us at in and show you around the centre.

Playcentre is a great way to connect with other families and get involved in the local community. There are sixteen areas of play available to children, lots of opportunities for messy play, major engineering projects in the sandpit, art and creativity and physical challenges such as obstacle courses.

From age 0 to 6. Visitors always warmly welcomed, come check us out. If you have any questions, feel free send us an email

Our session days for 2020 are:

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. Session times are Mondays, Thursdays and 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



We meet every week at the MOUTER HILLS COMMUNITY CENTRE Friday's 10am - 12pm - all preschool ages

Wednesday's 9.30am - 11am - Baby Playgroup

we provide and share morning tea. POP IN FOR a CUPPA AND MEET LOVELY LOCAL PARENTS

> any queries please contact renee 027 293 7326

all families welcome!

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

and come to our "Ceiled"

(More info next month).

LOST – One pet duck



Mahana area.

My other pet duck is missing her.

Text or phone 021 1895



Nathan Silcock

P 03 539 0645 E nathan@cruxadvice.co.nz PO Box 494

Journeys of Discovery



FEBRUARY / MARCH 2020

WHAT'S BEEN HAPPENING... New look website

We are excited to launch into the new year with a new Whenua Iti Outdoors website! There are a few new features, lots of images, an overview of all our programmes and more information on experiential learning, the philosophy that underpins all our courses. With our ever-expanding number of programmes, we have introduced a programme search filter which, for example, allows you to search just our holiday programmes - Have a go! www.wio.org.nz

WHAT'S COMING UP...

Shantel's Tour Aotearoa for WIO

Look out for Shantel in early March when she comes through Nelson with over 1,000 other riders who are cycling the length of New Zealand in under 30 days as part of Tour Aotearoa 2020. The event kicks off at the end of February from Cape Reinga. Shantel is aiming to raise money along the way - her aim is \$1 for every km cycled - and has chosen to support Whenua Iti Outdoors! She believes in the importance of connecting with nature for a young person's wellbeing - we couldn't agree more!! You can help Shantel reach her goal on our **Give-a-little Page (search 'Whenua Iti')** and track her progress on the Tour Aotearoa website. All going to plan she will be arriving in the region around March 6th. Look out for the riders and give her a special shout for us.... Go Shantel!

FOCUS ON...

What's the Duke of Edinburgh's Award all about?

Are you a 14-18yr old interested in the Duke of Edinburgh's Award but not really sure what's involved? Kathryn, our Hub Leader for the Award, explains that chances are you are already doing quite a lot towards the Award without realising it. By signing up to the Award you gain recognition for your work and commitment outside the classroom, challenge yourself to learn a new skill, plan your own adventurous journey and come away with more than just NCEA credits on your CV. If you are interested in finding out more, come along to one of our Hub meetings where you can meet other participants and get some help with planning - Thurs March 5th, 5pm or Thurs April 2nd, 5pm.

You can find out more by reading her full blog on our website - www.wio.org.nz

OUTDOOR WANDERINGS... Snorkelling at Cable Bay

As part of Sea Week (29 Feb - 8 Mar), there is a snorkel day at Cable Bay on March 2nd from 9am-1pm. Whether or not you make the event, snorkelling at Cable Bay is a fun way to experience the marine life beneath the surface close to the Horoirangi Marine Reserve and appreciate the diversity of our coastlines and why they need our protecting. If you fancy venturing further from shore, it is a great coastline for kayaking too! For more information on the Snorkelling at Cable Bay or other Experiencing Marine Reserves (EMR) Nelson initiatives, visit www.tasmanbayguardians.org.nz



Have a look at our new website: wio.org.nz



Help us support Shantel on her bike ride for charity!

We'll see you out there! www.wio.org.nz

Experiential Learning Inspiring Positive Change

Planting natives

Best-practice for establishing native plantings and monitoring outcomes



Are you keen to learn more about native habitat restoration? Would you like some tips on how to get your plants established, and how to measure your successes over time? Come join us for a day of discussion and hands-on practical advice with expert scientist David Bergin.

- Golden Bay, Thursday 5th March 2020 10am to 2pm
- Waimea Inlet, Friday 6th March 2020 10am to 2pm

Email Sky Davies to register skydavies@tet.org.nz

This is a free workshop kindly supported by:



Update from Moutere Catchment Group

In the upcoming year 2000 m of riparian planting will be funded by TDC in Gardner Valley and George Harvey Road trees on 4 properties approx. Moutere catchment group has received funding from Trees that Count for 2500 trees for next winter.

We have divided the Moutere Catchment into 9 Sub catchments (see map below) and are looking to establish a sub group in each of these catchments. If you are interested in hearing more about what is happening or joining a subcatchment group please email An-

nette.litherland@landcare.org.nz your contact details and the sub catchment which you are in. It is a very casual and easy going group □

We had a booth at the Sarau Festival

We are looking to start growing our own trees from seeds, collected in the Moutere, germinated in the Motueka DOC nursery and grown on by us.

Also Mel is looking to get funding to help set up plant nursery 's in schools.

We are looking at creating an example of a constructed wetland with help from Tasman Bay Guardians in the catchment. Watch this space to see if we get that off the ground!

What if?

What if every property in the Moutere catchment had a protected wetland?

What if 500 of the 2700 owners in the catchment, grew 200 plants each year and these were planted in the catchment around wetlands and along waterways?

Lots of people, doing a little, can achieve a lot.

Feasible?

4 sets of root trainers (200 plants) take less than 1 m² of space in the shady side of the house or under trees or shade house

Seedlings provided form trays of seed grown from Moutere Ecotypes in the DOC community nursery or by you at home.

1 root trainer of 48 plants uses half bag of \$8 potting mix and it takes about 15 minutes to prick out. And this can be a lovely way to chat and catch up

Regular watering is needed over summer or put them in trays that hold water over summer. Only occasional watering is needed in other seasons.

Do it as part of a sub-catchment team so that if you are away on holiday you can drop your plants off to someone else to water.

Or buy 200 plants each year from a nursery in root trainers @\$2.50/plant.

Looks feasible!

Interested? Take March to get up to speed from these upcoming events.

Upcoming events

Friday 6 March 2020. Tasman Environmental Trust and Trees that Count present a "Planting Natives" workshop. Hands on practical advice from expert Scientist David Bergin on getting your plants established, ongoing care and how to measure your successes. It will be somewhere around the Waimea Inlet. 10 am to 12 pm a presentation and then 12 to 2 pm discussion and field trip. Email skydavies@tet.org.nz to register.

Monday 9 March 2020. 7.30 to 9.00 pm. Upper Moutere School.

Moutere Catchment Billion Trees funding event. Tamara Orr from Te Uru Rakau will talk about the Billion Tree fund and how you go about making an application. Local landowners on our governance group recently were successful in an BT application for native plantings. They will share their experiences of how to do it. Lots of time for Q and A. Who knows how long the BT funding will last, if you were thinking about making an application maybe now is the time. Please RSVP to Annette.litherland@landcare.org.nz.

Saturday 28 March 2020. Moutere seed collection workshop 1 to 4 pm.

Practical session on the how, when and what in native seed collection. A diary for seed collection and plant growing in the Moutere will be provided. It will be held in in a couple of Moutere QE11 covenants with lots of hands on practical lessons given by Keith Roberts from Appleton Nursery and Helen Lindsay, DOC nursery and Project Janzoon. Take home some seeds to try. Practical on potting up seedlings. Please RSVP to Annette.litherland@landcare.org.nz.



What is your Contribution?

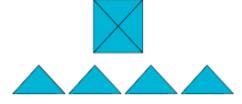


Do you want to share: a photo, a story, some creative writing, an article about your passion, a poem, a puzzle? With a lot of people adding a little bit we will have a great newsletter. Also tell us what type of content you would like to see in the Grapevine. Send your ideas or items to: umograpevine@hotmail.com

Mike's Mathematical Mindbender

Four Triangles Puzzle

If you cut a square diagonally from corner to corner you get four right-angled isosceles triangles.



How many different shapes can you make by fitting the four triangles back together?

You may only fit long sides to long sides and short sides to short sides.

The whole length of the side must be joined.

You might like to record what you do.

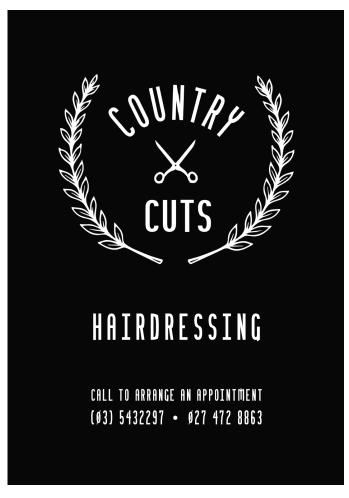
Answer provided in the next issue.











The Hedge & Small Tree Pruning Company

25 years experience
Trees up to 8m
Flax removal

Need more light because the trees have grown too high?

Local references available.

Contact Matt 021261 3501

TASMAN ART FOCUS GROUP

TAFG, so what is that all about? Let me explain ...

Our group comprises seven people who are beavering away already to bring to Mapua the Tasman National Art Awards and Exhibition. Originally held in Nelson, for the past three years the venue has been Mapua Community Hall and the exhibition has been going from strength to strength in terms of number of entries, visitors and sales of artworks.

It is with great pleasure that this event, backed by 'Impressions' of Richmond, will be brought to Mapua once again from Saturday 26th September until Saturday 10th October. It is such a wonderful opportunity to see, and possibly purchase, art of a very high standard from all corners of New Zealand and in all the various media – oil, pastel, acrylic and watercolour.

It is a real coup for our community and something to note in your diaries and look forward to. If you might be interested in submitting a painting details can be found on our website or Facebook page.

www.tasmannationalartawards.nz

Facebook: Tasman National Art Awards

I look forward to bringing you more information as the year progresses and if you would like to be involved in any way, please make contact with any member of our committee - Glenys Forbes, Lewis Della Bosca, Paul Nankivel, Stephanie Buck, Peter Copp, Paul Deacon and Sue England.

Sue England

Looking for certainty re legal fees?

Wary of the timecard being clicked for <u>every</u> phone call, <u>every</u> email, <u>every</u> single quick question?

See us for all your residential and commercial conveyancing, Wills and Enduring Powers of Attorney. We offer fixed fees to avoid the nasty surprises.

THE LEGAL HOUSE

Welcomes Yvonne Watson, Senior Registered Legal Executive to their team. Yvonne lives in the Moutere Valley and is more than happy to call and see you at home. No need to battle with the traffic and parking for an appointment in Nelson.

THE LEGAL HOUSE

Level 1, 281 Trafalgar Street, Nelson PO Box 332, Nelson 7040 P 03 548 7839 F 03 548 7842 www.thelegalhouse.co.nz



We are back! Our break through December and January that felt like five minutes but was

actually two months has refreshed and invigorated the members of Nelson PANZ. Tuesday 11th February, it had the feeling of going back to school after the holidays; the first day of a new term, catching up with your mates, comparing notes of the summer's excesses and getting back into the task at hand, painting.

This first day was an opportunity to reveal to one and all the inspired artworks created during the holiday known as the 'Christmas Challenge'. It was based on either of two pictures, a woodland scene or a dresser full of pots and ornaments. In fact Glenys, the little teaser, threw in an unexpected third, a cartoon of Donald Trump. The results are attached! It is always fun and generates plenty of oohs and aahs as the paintings are lined up along the wall. Fun, yes, but also designed to make us think outside the box and use our imaginations rather than just copy what is in front of us.

So, a new year ahead with plenty to look forward to - the annual convention in Dunedin, workshops, challenges, personal painting and the pleasure of comradeship within the group. PANZ Nelson will also be

involved with the Tasman National Art Awards and Exhibition coming up in September and October. Whilst this is open to all media, it is hoped that pastel will be well represented.

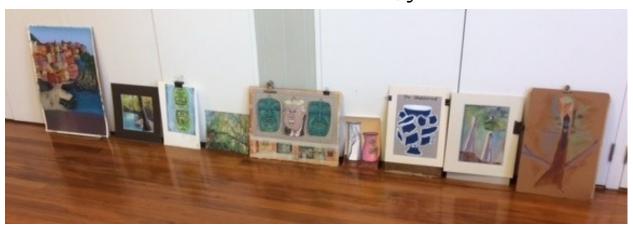
It was lovely to see Anny de Groot this morning, joining us to make her farewells. Whist we are sad to be losing her, we wish her well in the next phase of her journey as she and her husband relocate to Taupo to be near family. All the best Anny, keep painting!

Three of our members, Glenys Forbes, Colleen Henderson and Nicola Reif have an exhibition of their work in the Suter Gallery, Nelson. This closes on Sunday $15^{\rm th}$ March; go on, treat yourself to lunch and have a look at the art, it is well worth it.

If you are looking for a new hobby, a new challenge or just friendship, all you have to do is call into the Community Hall on a Tuesday morning and we will make you very welcome. We have plenty of materials and an abundance of encouragement if you would like to give it a go.

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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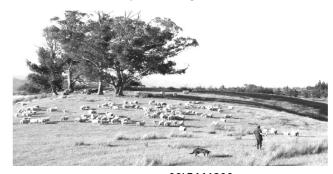


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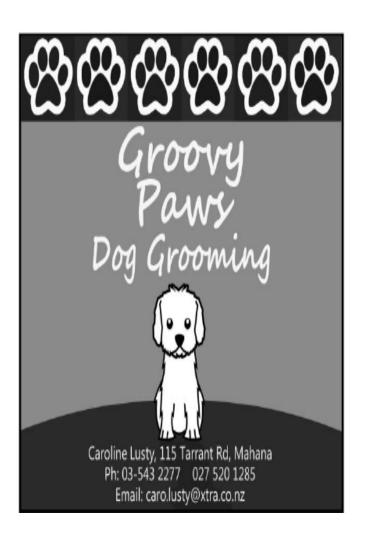
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Have you heard of RWD?

RWD or Retired Working Dogs NZ is a registered charity that finds new homes for old, injured or less able working dogs. It's a nationwide service that's been around since 2012 and connects people who want to rehome working dogs with people who are happy to give a dog a forever home. It may be an older working dog that can't manage on a large station but can cope with a lifestyle block, or a young dog that's just not interested in stock, or maybe a dog that's had a career-ending injury but is still ok to zoom around at the beach.

All dogs are health checked, vaccinated, de-fleaed, wormed, microchipped, registered, desexed and have a behavior assessment if necessary. Prospective owners must have a property check and can take a dog on trial. If all goes well, the dog has a new forever home. If not, RWD will foster the dog until they find another owner.

So far, RWD have rehomed about 300 dogs. They have many success stories and happy endings thanks to the volunteers, sponsors and benefactors that help it happen. If you are interested in their work or want to make a donation, check them out at www.retiredworkingdogs.org.nz or on Facebook.

Do you have a skinny old cat?

If you answered 'yes' then read on....Many of our cats look thinner as they get older. This can be just the normal aging process where muscle mass is lost due to being less active (just like people). But if your cat is looking skinnier and skinnier, that's not normal!

There are several common diseases that occur in older cats resulting in weight loss. These are:

Hyperthyroidism (= over-active thyroid gland)

Kidney disease Diabetes

These diseases can be managed and enable our pets to live a good quality life. But left untreated, older cats have a poor quality of life and are likely to be euthanased earlier.

They can all be diagnosed quickly and easily with a blood test. And treatment can be as simple as popping a tablet into your pet's dinner. Some cases are more complicated however and require further tests and checkups along the way to keep your elderly cat well.

Unfortunately there are a lot of other diseases which cause cats to lose weight. Some can be treated with medicines or surgically, and others are untreatable. But it is much better for your pet to have a checkup so we can provide the appropriate care and give your pet the best quality of life for as long as they have left.

Remember – <u>age is not a disease</u>. If your old cat looks skinny, bring them in for a checkup.







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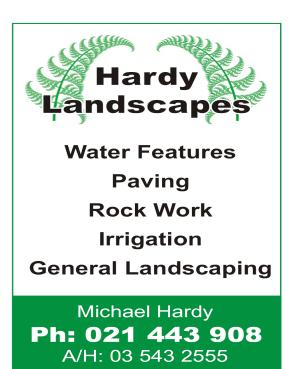




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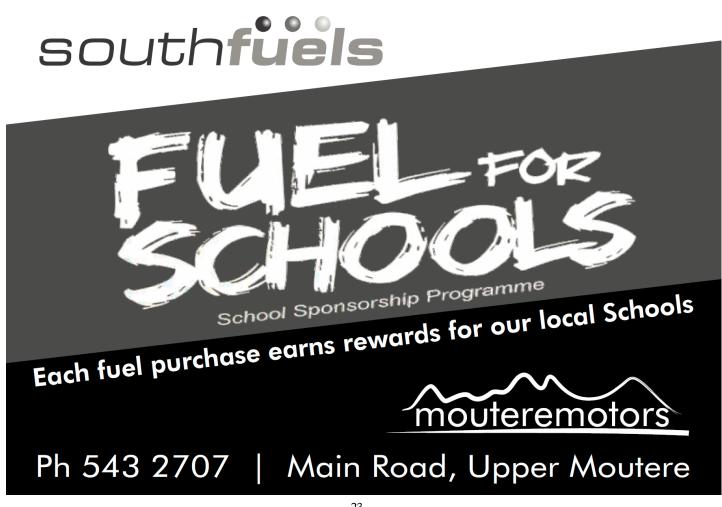
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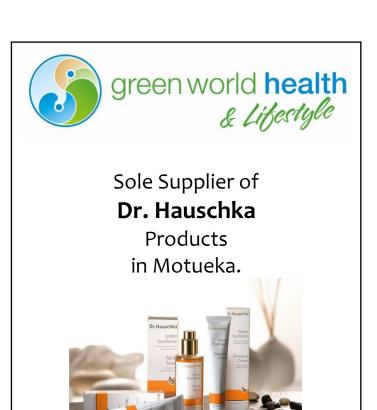
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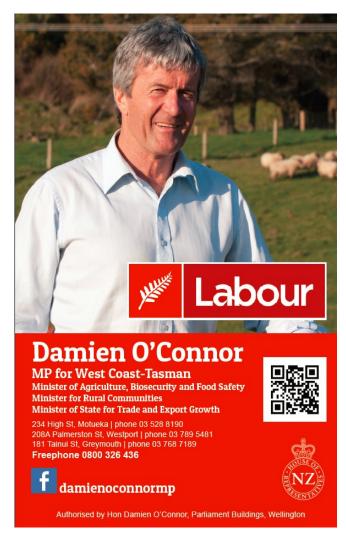
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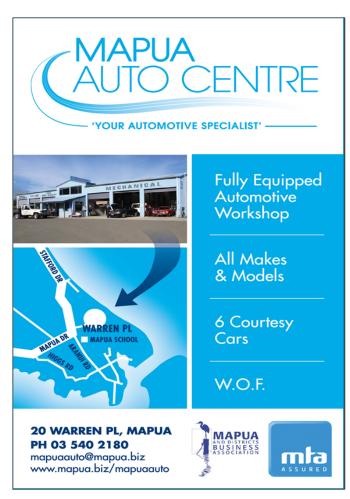
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