

# 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. The Mission Bridge road works and Moutere Highway road closure has also been delayed.*

***Please support our local businesses as soon as we can!***

*Thank you for reading and for supporting the advertisers*

# BACK IN BLACK

## Local Lives

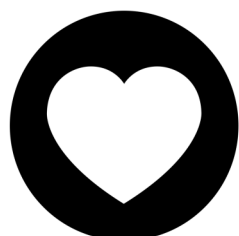


**A return from Singapore to New Zealand has seen a new black garlic business venture for Upper Moutere's Teena and Noël Jelsma.**

If you've been along Neudorf Road in recent times, you've probably smiled as you've gone past the changing messages chalked on a blackboard outside one of the properties. Behind the gate, the 12-acre farm is home to Noël and Teena Jelsma and Teena's parents—and it's her mum who keeps us all entertained with funny messages found in books, magazines and online.

Noël and Teena bought the property three years ago while they were in Singapore, where they and their two children had lived since 2011. Having known each other from their Whangarei high school days and fallen in love on their OE, the pair had been overseas for many years, working in sales and marketing roles.

*Story continued on page 5.*



## Moutere Hills Support

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

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## 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](mailto: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](http://www.mouterehills.org.nz/community/the-grapevine) courtesy of the Moutere Hills Community Centre Staff.**

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

### *Disclaimer*

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

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



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## *The Grapevine Says.....*

*We were unsure if there would be a Grapevine this month so although there is a lack of content you can help us change that in the next few months.*

*Changes that we have seen since the last Grapevine will be different for each of us and given that we're always looking for new content for the Grapevine why not share what you did in the past few weeks. The idea of a community newsletter is to connect the community through the community and we need your input for that to happen. Life at home for extended lengths of time might have been a new experience for many and there are still a few weeks ahead of us where you might have a bit more spare time. Did you start writing about your family history, start a new hobby, give a member of your bubble a haircut, find some hidden talents that we'd love to hear about? Maybe you have ideas that need a bigger audience and we have had such gorgeous autumn weather that there are probably some photos that deserve to be showcased - we'd love to do that for you. Just send your stuff to us at [umograpevine@hotmail.com](mailto:umograpevine@hotmail.com) and we can do the rest.*

*Our thanks go out to our rural posties who get this newsletter out to 1300 homes in our immediate area, and we also couldn't do it without our loyal advertisers. We really do hope that if there's one thing learned from 2020 so far, it is how vitally important it is to be connected within your local area, supporting our local businesses will help our community make its way back to recovery and hopefully be even stronger than before and by making considered choices we can all be part of that.*

*Take care.*

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### **Moutere Volunteer Fire Brigade Call Outs for:**

4/3 MVA, Thorpe-Orinocco Road  
5/3 Vegetation fire, Central Road  
9/3 Smoked logged house, Central Road  
12/3 Code red, drowning, Ruby bay  
14/3 Structure fire, Macdonald's Farm, Marahau  
16/3 Workplace accident, Kelling Road  
22/3 Fire in paddock, Moutere Highway  
26/3 Alarm activation, Mapua School

The Upper Moutere Fire Brigade would like to give a huge thanks to the UMO Homebased Christian Group, who have donated a 30,000 litre water tank to our station and their time installing it. We are very appreciative and know it's an asset to not only us but also to the community.

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## BACK IN BLACK *continued from page 1*

"We were excited to move home again," says Teena of their decision to return. "We were looking for a bit of good growing land when I saw this property on Trade Me. My parents went to view it and said they'd buy it themselves if they could, so we purchased it sight unseen."

It wasn't until December 2019 that they were finally able to shift here for good to enjoy their farm, complete with olive grove, hazels, apple trees and lawn-mowing alpacas. And by then they had made another Trade Me purchase – a local black garlic business that was up for sale. "In Asia, black garlic is prized for its taste and its antioxidant health benefits," says Teena. "It's a real superfood and we didn't want to see it disappear from the Tasman Nelson area."

Working together on their Neudorf Black venture has opened up a whole new world for the pair. Black garlic is the natural end result of cooking fresh garlic at a low heat with high humidity over eight weeks. "In the process the garlic loses its pungency and gains new depths of flavour, with notes of umami, tamarind and liquorice," explains Teena. "You can use it in all kinds of dishes or simply enjoy it on crackers with cheese. Best of all, there's no garlic breath with black garlic."

With the Saturday Nelson Market on hold since March, Noël and Teena have used the lockdown to get their website up and running, with the current focus on online sales of their pureed black garlic in two jar sizes. Garlic is a winter plant and their next plan is to plant a large garlic patch alongside their Jerusalem artichoke crop that is turned into black sunroot, another gourmet superfood. They have other products in the pipeline too, including black garlic essence, and Teena says they're very fortunate to be working in this innovative food space.

"We're so happy to be home and doing what we love, working with food in a beautiful part of the world as part of a great community. It takes time, labour and controlled conditions to produce black garlic and black sunroot but the end result is worth it – they're handmade with love."

*Look for them on Instagram and Facebook and discover more about Noël and Teena's products at [www.neudorfblack.co.nz](http://www.neudorfblack.co.nz)*

## Sarau COMMUNITY TRUST

The Sarau Community Trust is delighted to advise that it has met and made grants available to the following community organisations:

- The Mouere Kai Collective
- The St Paul's Community Welfare fund
- MHCC to purchase generator equipment

Once we know what the future looks like for our community (and we may know that by the time this goes to print) we also plan to support the following:

- Mapua & Mouere Districts Football Club
- Rangers Rugby

- Tamaha Sea Scouts
- Tasman School mountain biking project

These organisations may come back to us when they have specifically thought through projects:

- Mouere Restoration project
- St Pauls Historical panel project
- MHCC changing room project
- Mouere Youth Trust

In addition to the above we also offer support to the Mouere Grapevine should they require it.

The Sarau Community Trust distributes funding raised through the annual Sarau Festival and the Sarau Winter Sale. A huge thank you to all of you who help us in any way with this fundraising – by volunteering, or by turning up and supporting these events.

There were no applications for the 2020 Sarau Scholarship.

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## ➔ 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

THE MOUTERE  
*Kai Collective*  
 would like to say a massive thanks to the

*Sarau*  
 COMMUNITY  
 TRUST

for always being such big fans of what we do and continuing to give us their ongoing, generous support.

Thank you!





# Journeys of Discovery

APRIL / MAY 2020



## WHAT'S BEEN HAPPENING... *in our bubbles!*

We have been thoroughly entertained by one of our instructors' hidden talents as she has supplied us with clever sketches of members of our team in lockdown! We were as prepared as we could be leading into Level 4 and had assigned tasks to staff members that they could undertake in their own bubbles. It was an interesting time of learning for all of us. Her caricatures depict the various challenges that were being faced - some technical, some due to the distance from a decent cup of coffee, and some from under-exposure to our favored outdoor recreation activities. Thank you Lucy for sharing this amazing talent with us and keeping us amused!

## WHAT'S COMING UP... *Whenua Iti Outdoors at HOME?*

The team at WIO quickly launched into action to find new ways to deliver learning while access to our site was restricted. Getting familiar with video tools at their disposal, Johnny and Joe started filming to create a whole series of challenges so that our Go Wild Holiday Programme could be transformed into backyard activities! We have been overwhelmed by the response to these challenges and are hoping that there are lots of tamariki out there who have benefited from the opportunity to access these free sessions. To support teachers & parents at this time we used these videos to develop a set of resources that are can be accessed on our website. The activities involve being active, learning new skills, taking a break from screens and having fun, as well as finding ways to maintain well being while in lock down. Find them here: [www.wio.org.nz/eotc-activities](http://www.wio.org.nz/eotc-activities).

## FOCUS ON... *Maintaining Wellbeing*

We are aware of the challenges that everyone, including our Whenua Iti whānau have been facing during our isolation at home. Our instructors have been sharing some of their ideas about how to apply the '5 ways to wellbeing' (a framework encouraged by the Mental Health Foundation), during our lockdown, with a Whenua Iti twist of course! Joe encourages you to stay active on a supermarket adventure and be connected with whānau, Rachel encourages you to learn a new skill for the outdoors, Joni is finding new ways to give and take notice. You can view their messages on our website [www.wio.org.nz/news-events/](http://www.wio.org.nz/news-events/) or head to **AllRight?** which is a great web tool offering advice, tips and activities developed to help us get through, together.

## OUTDOOR WANDERINGS... *An Adventure Close to Home*

Why not take the opportunity to research destinations around Te Tau Ihu? - especially for those who had overseas adventures planned. It is definitely a time to look closer to home for our adventures, take advantage of the lower overseas tourist numbers and plan a visit in one of our local National Parks! Have you ever kayaked the Abel Tasman? Reached the summit of Mt Arthur? Spent a night at Lakehead Hut? Have fun planning.



*One of Lucy's drawings that had us all laughing - the best kind of medicine.*



*Kayaking the Abel Tasman is a must-do local adventure!*

*We'll see you out there!*



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# MOUTERE COMMUNITY YOUTH

Our last youth group was the Friday before lockdown. Junior youth played 'Choose Your Own Adventure' requiring the youth to pick between two food choices and two methods of eating, ending up with random combinations like sardines on biscuits, milo on crackers, peanut butter on toothbrush. Some were willing to try anything, other not so much. Senior youth made short films, the subject was 'Handwashing', but each group had a different genre - romance, comedy, spy, and adventure. Rock climbing, broom dancing, the youth group van and some kittens helped tell the stories on how to washing your hands, the winning film also sang 'Haaaappy Birrrrrrrthdaaaaaay'.

Lockdown for our family has been loud and noisy, being distracted, trying to find our space (I'm hiding in the back room right now), it took a while to get used to living on top of each other 24/7. It's also messy, Lego everywhere! Everyone has been running loops around the paddock as a family, for fitness and also great for bribery, if they want more screen time they need to run more. And with the weather being fabulous its been great to be outside, gardening, bouncing on the trampoline and stubbing toes... three big toe injuries so far.

Before Easter youth group had a photo scavenger hunt which resulted in some creative, laugh out loud images captured. You may get to see some on Facebook if permission from the owners is granted. It is excellent that some/most young people are learning the skill of self-control when putting stuff online. Parents, do you ask your kids for permission before posting photos of them online?

If you have a young person in your bubble ask them how many hours are they spending on their device? And how many hours sleep are they getting? When are they switching off at night?

Anyways, take care. I hope many positive memories have been made during this time in your bubble and we look forward to the new normal, youth continuing to connect online but also in person!!!

Tessa Werner/moutereyouth@gmail.com

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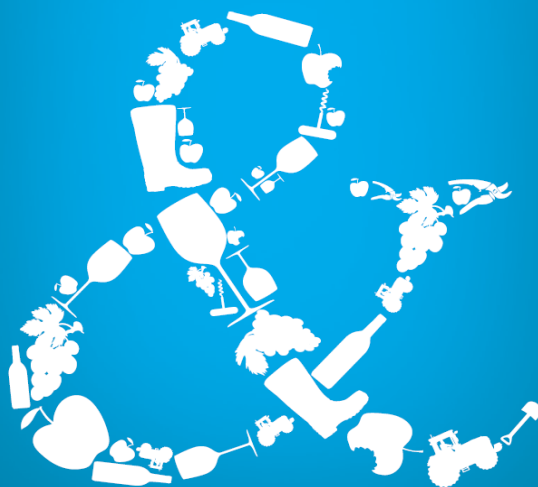
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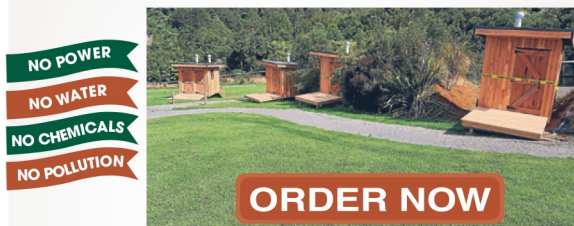


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# MOUTERE HILLS COMMUNITY CENTRE



## Dear Community

*Thank you for all doing your part in our fight against COVID-19. It is such a positive step forward with New Zealand moving to alert Level 3. With this move, Moutere Hills Community Centre remains closed. Staff are however planning for the move to Level 2 when we will be able to re-open our doors and provide some activities and classes that still follow the guidelines for physical distancing and limiting numbers. Please check out some of the great new initiatives we have coming up. To ensure everyone's safety participant numbers will be limited, so register your interest today to reserve your spot and ensure you don't miss out on one of these great activities. All staff continue to be available to you during this time via email and cellphone. If you have any questions, concerns or queries then please do not hesitate to contact us:*

<b>Katrina</b>	<b>Facility Manager</b>	<b><a href="mailto:katrina@mouterehills.org.nz">katrina@mouterehills.org.nz</a></b>	<b>0275118825</b>
<b>Adele</b>	<b>Fitness Centre Manager</b>	<b><a href="mailto:adele@mouterehills.org.nz">adele@mouterehills.org.nz</a></b>	<b>0275118826</b>

*Please continue to look after yourselves, your families, friends and neighbours. We look forward to*

## PARTICIPATE AND CREATE

*We are planning on starting two new community groups where you can come along and share your information and knowledge with like minded individuals in our community.*



### 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.

### HISTORY REVISITED

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. Day and time will be set to suit the majority!

Participant numbers will be limited while under the COVID-19 alert system so please register your interest by emailing [katrina@mouterehills.org.nz](mailto:katrina@mouterehills.org.nz)

## Preschool Arts and Crafts



**Tuesday's from 9:30—10:15am**

Enrol your child for this

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**Website: [www.mouterehills.org.nz](http://www.mouterehills.org.nz)**





# MOUTERE HILLS COMMUNITY CENTRE

## FITNESS CENTRE



***Mouere Hills Community Fitness Centre Facilities will restart when New Zealand moves to alert level 2 and we will also be offering some Small Group Fitness Classes as part of our 'Alert-Level' schedule (operating during COVID-19 alert levels 1 and 2).***

*Changes will be made to our programmes to ensure continued physical distancing and increase hygiene. Please check out some of the new initiative below, which will take place upon re-opening.*

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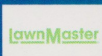
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So you've cleaned your pantry and your closet, baked cookies and bread, binged some movies.

Or maybe you're just looking for ways to keep your kids occupied on something fun, productive, or creative.

Wondering what to do with this extra time to bring yourself some joy, or entertain the family?

**We are still planning on doing a High Street art installation with artwork from all of you!**

Let's come out of these unpredictable weeks and celebrate our community with community made art. We were hoping to collect works of art mid-May but **we are extending the deadline** as we still don't know what mid-May holds for us all. Entry date is still to be determined, depending on how things go with the alert levels, but we'd love to have everything collected and organized and hung as soon as we are able.

You don't have to be an Artist with capital A to make art and make a contribution, just a human keen to create something enjoyable, fun, funny, curious, captivating, moving, beautiful, experimental, whatever you got!

Send us a message for all the details, send us pics of your art in progress, share this email if you know others who might be inspired to use this time to get creative.

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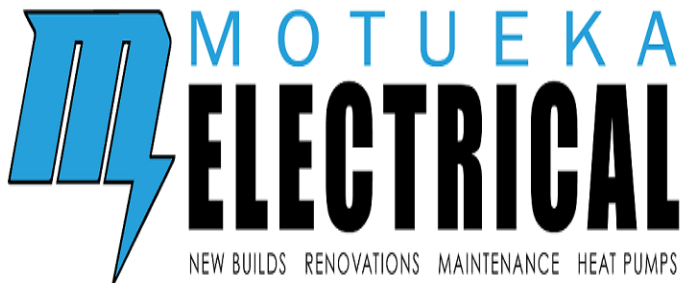
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Authorised by Hon Damien O'Connor, Parliament Buildings, Wellington



## Recipe – Feijoa Fizz

**The delicious fragrance of Feijoa fizz will turn your next drink into something special.**

Loosely fill a 1L jar with feijoa skins.

Add 2T white sugar.

Cover with water.

Cover with a tea towel secured with a rubber band and leave in your hot water cupboard or in a sunny spot for two days.

Transfer liquid to a 750mL plastic bottle, discard skins.

Add 1 Tablespoon brown sugar.

Top up with tap water.

Return to hot water cupboard/sunny spot for 1 day.

Chill then drink. The yeasts naturally present on the skin ferment the added sugar and turn it all into an incredibly amazing drink.

Add a couple of splashes to your gin or vodka to really take things up a few notches.



### **We understand that everyone is going through tough times**

and we sincerely hope you and your families are keeping safe and well.

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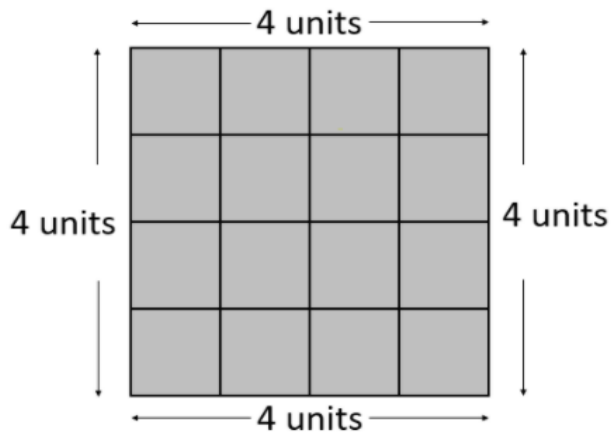




# Puzzle Page

## Mike's Mathematical Mindbender

As you know, this is a special type of rectangle called a square.



If you walked the perimeter of this rectangle you would travel  $4 + 4 + 4 + 4 = 16$  units of length.

The area of this rectangle is  $4 \times 4 = 16$  square units.

The units for perimeter and area are different but both measures equal 16.

For what other rectangles are the measures for perimeter and area equal?

## Doodle space

### Answer from last month:

*Girls have twice as many sisters as brothers, boys have 5 times as many sisters as brothers.*

*Last month's is a family of 2 boys and 5 girls.*

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