

# The Grapevine

## MOUTERE HILLS COMMUNITY NEWS

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### Special points of interest:

*Sarau Winter Sale is on at the Community Centre  
27 & 28 August Pre-loved clothes and book sale.*

*Thank you for reading  
and for supporting the  
advertisers*

## SCRIBE OF THE TIMES

Local Lives



"There's nothing sexy about typing, but there's never a dull day around here," says Miriam Lynch of Tasman Transcription.

Based in Lower Moutere, Miriam Lynch runs Tasman Transcription, an audio digital transcription business, which provides typing services to clients from Dunedin to London.

Back in 2016, with her children starting at primary and pre-school, Miriam started thinking about what she could do with her time. "My last role had been in 2008 in London, where I was the Global Legal Business Manager for an investment bank. I didn't want to return to a corporate job,

so thought about what I could do that would work in with the children, but also challenge me. "I recalled my post-high school days when I trained as a legal secretary and thought, well, I can still type. That started me on the journey to upskill and eventually to set up Tasman Transcription in July 2016.

"I began by myself, working for larger transcription companies and learning the skill of transcribing, which is different to just typing," says Miriam. She saw a gap in the market, formed a plan, and the business grew from there.

*Continued on page 4.*

Contributions to the September 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 August.*

Email contributions to [umgrapevine@hotmail.com](mailto:umgrapevine@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](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.

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### *What's Your Opinion ?*

Have you been caught short in the village - needing a loo but not needing to make a purchase and not wanting to impose on your local shopkeeper? Visitors in the village are usually unaware that our closest public loos are at the community centre which is a bit of a hike, especially if you 've just unloaded the kids from the car and why should local shops be expected to provide a public toilet? If there was a public toilet in the village where would it be located and who would maintain it?

Any ideas or solutions or opinions?

### **WINNERS**

Thank you for all the great new contributions this month. The winners of our hot drink competition for August are Steph Drewery, Sue England, Fiona Nelson, and Hazel Aston will send you

### **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.....*

School holidays are over and some days there's a hint of spring in the air, most of us will be looking forward to that. This month we welcome gardening advice from Flora abundance who reminds us that if we want good looking shrubs and trees they're going to need some attention now.

Good results usually involve a bit of planning and if you read the article on carbon reduction you might want to note the dates in your diary and be inspired to get along to the Walking the Talk tours and talk, read all about it on page 11.

On page 13 Hazel Ashton and Tasha Salmi introduce their blog - Transition Monday, a project they started over lockdown, this may also interest many of you.

It's heartening to finally have some contributions from others in the community and just a reminder that The Grapevine rewards our new contributors with a voucher for a hot drink from The Old Post Office. If you've got something to say or share, send it our way - we'll get it out there for you.

The annual Sarau Winter Sale is on at the end of the month so make sure to spread the word - could be a great day out for some of your town friends and what a great way for them to be introduced to our place.

Take care and stay warm

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### **Moutere Volunteer Fire Brigade**

#### **Call Outs for June**

10/6 Alarm activation, Seaton Valley Road

12/6 Alarm activation, Mapua School

14/6 Rubbish fire reported as house fire, Seaton Valley Road

15/6 Hut fire, George Harvey Road

## **SCRIBE OF THE TIMES** *continued from cover page.*

. "There are many small transcription businesses in New Zealand and very few large ones. I wanted to structure the business to fill the gap in the middle, so we are big enough to handle the larger contracts, but not so big that the quality of our transcripts suffer." The business now has contracts with government agencies and clients as far as London.

Miriam's company provides both a typing service to professional clients and also transcription of interviews. "I once spent half the day typing medical letters, and the other half transcribing an interview with Winnie Mandela," says Miriam. "We are transcribing people's stories; it's a privilege to do it, and it's important we get it right," Miriam says. "It's always interesting seeing the end product of the interviews we transcribe, some of which are advertisements running on TVNZ at the moment."

One wonders whether the business would be competing with voice recognition software but Miriam says, "I get asked that a lot, but

despite being in development for more than 30 years, voice recognition software is nowhere near being capable of doing what humans can. It doesn't recognise homophones or more than one person talking. It's painfully slow and is fine for short notes, but for documents and interview transcripts, it simply won't work."

There's a minimum typing speed required, and an excellent command of the English language is essential. "Finding the right staff can be difficult, but when you build a business with a team who are each in the right seat and focusing on their unique ability, you have a reliable organisation that will also be resilient when conditions become difficult." The COVID-19 pandemic has seen many businesses having to work remotely and Miriam says, through this, many are now realising the benefits of outsourcing. The last three months have been extremely busy for Tasman Transcription and they are recruiting for new members to join the team.

## **RECIPE**

This month Soo Gee reminds us to eat plenty of greens - the shops are full of them at the moment and possibly your garden too...

**BROCCOLI** cut into florets, steam until bright green but not soft. Put into a bowl, add rings of red onion and sprinkle with feta cheese. I also serve broccoli with sour cream and horseradish.

**BRUSSEL SPROUTS** - a couple of different ways to serve up this much maligned vegetable

**Roasted Sprouts** - oven at 190c. Trim and halve. Place in a roasting dish along with shallots or a small onion, drizzle with oil and salt and pepper to taste. Tuck in some sprigs of fresh thyme and roast for around 35 minutes, tossing as they cook. Serve with a squeeze of lemon.

**Saucy Sprouts** - trim and prepare, boil until tender, make a white sauce, add some blue vein cheese. Drain the sprouts and transfer to a shallow ovenproof dish. Pour the sauce over and sprinkle with breadcrumbs. Grill until lightly browned and serve.

**CABBAGE** Heat a little oil in a large pan and add some finely chopped bacon to it, cook lightly then add some shredded cabbage, salt and pepper, a teaspoon of cider vinegar, and a teaspoon of brown sugar. Cook over a high heat, tossing until done to your liking.

**CAULIFLOWER** - as seen on Master Chef! Is it a sauce or is it a vegetable?

Cut cauliflower into florets, cook and season. Drain well, pop it into the kitchen whizz, until it is pureed, stir in a little cream Spread this on your serving plate in a decorative manner then place your intended meal on top. Now you're living the high life at home!

## **SARAU WINTER SALE WE NEED YOU!!**

If you would like to be part of this great community fundraiser event

we would love to have

you join us....Please come....

Times: Friday 28 August 4.45pm for one hour  
unloading boxes of books

Sunday 30 August 3pm for one hour packing away  
books

No experience needed, just willingness to be part of  
the team

Enquiries: [jenny@saraufestival.co.nz](mailto:jenny@saraufestival.co.nz) or 021 231 3947

## **Got too many Books?**

Donate your preloved books to the  
**SARAU WINTER SALE**

29<sup>th</sup> & 30<sup>th</sup> August 2020



Please call Sharon to  
arrange drop-off or pick-up: 027 432 8145  
Or bring them to MHCC on 28<sup>th</sup> of August

## **THANKS!**

# MOUTERE HILLS COMMUNITY CENTRE



## Dear Community

*It is great to have winter sport taking place again, with Rangers Rugby and Netball Clubs back in action. We have a full programme of social sports on offer with Indoor Bowls, Badminton, Table Tennis & Volleyball. There is also a great range of fitness and recreational classes on offer which include several new kids activities. Why not come along and give some of them a go. As well as sporting and recreational activities, we are also offer a fantastic venue for meetings, conferences, social functions and events. Why not give us a call today to book.*

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

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Booking Times Available Are:  
Wednesdays @10am and 12pm and Thursday @10am 12pm.

## Pre-school Fun Gym



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](mailto:enquiries@mouterehills.org.nz)

## DANCE

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.

**Cost \$30 for 5 weeks**

Numbers strictly limited. To book a space please contact the office on 5432516 or email [enquiries@mouterehills.org.nz](mailto:enquiries@mouterehills.org.nz)

## 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](mailto:katrina@mouterehills.org.nz)



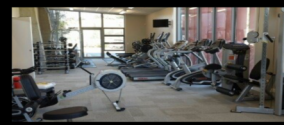
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Email: [enquiries@mouterehills.org.nz](mailto:enquiries@mouterehills.org.nz)

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



# MOUTERE HILLS COMMUNITY CENTRE



## Term Three Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Re-Activate</b> ★ 9:30 – 10:15am Ph: MHCC 543 2516  <b>Gymnastics</b> 2:30 – 3:00pm - 3 – 4 years 3:20 – 4:00pm - 5 – 6 years 4:00 – 4:45pm - 7 – 8 years 4:00 – 5:15pm 9+ years <b>Runs 27 July - 21 Sept</b> A unique combination of dance, rhythmic gymnastics, gymnastics and acrobatics. Ph: Tanya 0274548024 ★  <b>MetaPro</b> ★ Small group fitness 5:30 – 6:15pm - <i>Advanced class</i> 6:30 – 7:15pm - <i>Beginners class</i> 6-week block: \$30 Contact Adele or the MHCC office for more info. or to book your spot Ph: MHCC 543 2516  <b>Yoga with Kris</b> 6:30 – 7:45pm Contact Kris for more info. or to book your spot Ph: Kris 027525814	<b>Energise Group Fitness</b> 5:30 – 6:30am Bookings Essential Ph: Cindus 0273587233  <b>Stretch &amp; Flex</b> ★ 9:30 – 10:15am Ph: MHCC 543 2516  <b>Coffee and Craft</b> 10:30am – 12:00pm A social group for adults and home educated young people. <b>Gold coin donation</b> Ph: MHCC 543 2516  <b>Social Touch</b> 6:00 – 7:30pm Gold coin donation Ph: Mark 0274229949 ★  <b>Box' n Burn</b> ★ 6:00 – 6:45pm Ph: MHCC 543 2516  <b>Qigong/ Ren Xue Yuan Gong</b> Advanced Class 7:00 – 8:30pm Contact Saija for more info. on beginners' class  <b>Adults Social Badminton</b> 8:00 – 9:30pm Contact Mark to book your court time Cost: \$3 Ph: Mark 0224243564	<b>Powerhooping</b> 9:15 – 10:15am Casual \$12 (includes powerhoop) Concessions available. Powerhoops available to purchase Ph: Sara 021 069 7522  <b>Yoga with Kris</b> 9:30 – 10:45am Contact Kris for more info. or to book your spot Ph: Kris 027525814  <b>Social Bowls</b> 1:00 – 3:00pm Cost: \$3 Ph: Dave 021364044  <b>Metafit</b> ★ 6:00 – 6:30pm Ph: MHCC 543 2516  <b>Core Foundations</b> ★ 6:30 – 7:15pm Ph: MHCC 543 2516  <b>Adults Social Table Tennis</b> 7:15 – 9:00pm Cost: \$3 Ph: Peter 0276666124	<b>Energise Group Fitness</b> 5:30 – 6:30am Bookings Essential Ph: Cindus 0273587233  <b>Midweek Tennis Coaching</b> 9:00 – 10:30am Upper Moutere Tennis Club Ph: Vanessa 0224600320  <b>Yoga for Beginners</b> 9:30 – 11:00am 4-week block: \$60 Starts 23 July Ph: Charlotte 02041162336  <b>Heart Qualities &amp; Meditation</b> 12:00 – 1:30pm 5-week block No previous experience required. Ph: Saija 543 2088  <b>Stretch &amp; Flex</b> ★ 6:00 – 6:45pm Ph: MHCC 543 2516  <b>Adults Volleyball</b> Social Grade 6:45 – 8:15pm Cost: \$3 Ph: Tom 543 2644	<b>Metafit</b> ★ 9:00 – 9:30am Ph: MHCC 543 2516  <b>Core Foundations</b> ★ 9:30 – 10:15am Ph: MHCC 543 2516  <b>Yoga with Kris</b> 9:30 – 10:45am Contact Kris for more info. or to book your spot Ph: Kris 027525814  <b>Playgroup</b> 10:00 – 12:00pm All welcome Ph: Karen 0212522657  <b>Fun Gym</b> 12:30 – 1:10pm <i>Preschoolers</i> 5-week block: \$30 Runs 24 July – 21 August Focusing on fine & gross motor skill development Ph: MHCC 543 2516  <b>Dance</b> 2:10 – 2:50pm- <i>Preschoolers</i> 3:13 – 4:00pm- Age 5+ years 5-week block: \$30 Runs 24 July – 21 August Ph: MHCC 543 2516



= Fitness Centre Classes

**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](http://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 1 hour before the class start time.*



Phone: 543 2516

Email: [enquiries@mouterehills.org.nz](mailto:enquiries@mouterehills.org.nz)

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August 2020

Kia ora koutou. The Moutere Kai Collective have getting together again through the post-lockdown winter months. Our freezers are well stocked after a couple of busy sessions in the kitchen with a great bunch of enthusiastic volunteers.

For those new to Kai Collective concept, we're a group of locals who get together every 6 weeks or so to produce nourishing meals for our community. We then encourage locals to come and collect them and gift them on to their neighbour, friend or family in need of a little support. As always, our frozen meals can be collected, by anyone, from the public-access freezer located in the foyer of the Moutere Hills Community Centre.

#### **How do I use the Kai Collective?**

1. Identify someone in need of love and support
2. Collect a meal or two from MHCC (also available from Country Kids, the Church Hall or the Mapua Kai Collective have meals at Mapua school, Delicious Store & the Mapua Hall.
3. Deliver the meal to your friend and make the world a little kinder...

#### **How can I help the Kai Collective?**

- By gifting our meals out into our community.
- Donate to help support our food costs: NBS 03-1354-0423793-00
- Volunteer, by joining our Facebook group 'The Moutere Kai Collective' or emailing Anna – haddonanna@gmail.com

*Special thanks to all our wonderful volunteers and generous donors.*

### **SARAU WINTER SALE – WE NEED YOU!!**

If you would like to be part of this great community fundraiser event  
we would love to have  
you join us....Please come....

Times: Friday 28 August 4.45pm for one hour unloading boxes of books

Sunday 30 August 3pm for one hour packing away books



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# Florabundance on Winter pruning for Garden Shrubs

As we are heading into the coldest part of the year August temperatures are usually the lowest, and we all experience a frost or two especially in the Moutere Valley.

Frosts are fantastic and despite the inconvenience they are good for breaking down soil and increasing plant resilience, not to mention ensuring a few of our pests and diseases are kept in check.

It is time to get the secateurs out and give your shrubs, roses, hydrangeas, herbaceous perennials and fruit trees a winter prune. Deciduous shrubs are more likely to need pruning into shape; this is known as formative pruning. Young shrubs often grow lots of shoots so you will have to thin them early on.

Most evergreen shrubs do not need thinning or formative pruning. However all shrubs benefit from shortening any excessively long shoots and cutting out weak or damaged growth. Winter is a good time for this as pruning cuts will not weep sap and the cut will heal rapidly when the sap starts to flow. For deciduous plants, you will be able to see the branch structure and shape the plant. Cool temperatures reduce the stress to the plant from pruning.

Have a clear purpose in mind when you prune a plant.: remove all dead or diseased wood, regardless of where it is on the plant. Next, remove all suckers and water sprouts. Suckers are straight, unbranched stems that sprout from the base of a tree. Water sprouts are similar stems, but grow at right angles to the branches. Neither suckers nor water sprouts will develop into natural-looking, well-branched limbs.

Remove crossing or rubbing branches. Start with the largest branches and move progressively to the smallest. There may be cases when you break this rule; for example, leave a large crossing limb that would disfigure the tree if removed. If trees were properly pruned when they were young, you would never have to face this type of situation.

Thin the canopy. Starting at the centre and moving to the exterior, thin the branches that make up the dense mass of a tree or shrub. Your purpose is to increase air circulation through the branches and to accentuate the structure of the plant. Never remove more than one-quarter of a plant in a season since that will encourage sucker growth. Thinning is especially important for trees such as crab apples and hawthorns, which are susceptible to fungal diseases.

Work slowly, taking plenty of breaks to step back and look. Is the tree/shrub balanced? Does it look symmetrical? Know when to stop; you don't want to hollow out the centre. You can always go back and take more off, but you can't put it back on.

Always prune back to a bud or a branch. Never leave a stub or the kind of open ends that result from shearing off the top of a plant. Open ends can create dense horizontal sucker-type growth that ruins the natural

branching habit, or they can cause dieback and disease. Cut an undesirable branch just above a bud, keeping in mind that a new branch will grow from that bud. Ideally, the bud should face outward, so the branch will grow toward the exterior of the plant. Also try to keep your cuts on an angle to stop water pooling on cut and allow healing.

Look for insect problems. Egg masses of tent caterpillars, gypsy moths, and tussock moths are often visible on tree branches in winter. Remove them by hand or prune out to control insect damage in the spring.

Look for signs of disease. While closely inspecting branches, take the opportunity to check for unusual swellings, open lesions, or darkened areas that could be symptoms of canker and disease.

Disinfect your tools. Although not as critically important as during the growing season, cleaning tools with a 10 percent solution of rubbing alcohol and water ( approximately 2 tablespoons of alcohol to 1 cup of water ) helps prevent the spread of disease or fungus from cut to cut as you prune.

Remember safety. Wear some kind of eye protection when you prune; it is easy to get poked in the eye. And know your limits. Tree work can be dangerous. If you need to prune large trees or use a chainsaw, you may wish to seek professional help from a certified arborist.

**Clean up and feed.** Dispose of pruned material in green waste, burning or in another way that ensures pests and diseases will not affect plants in the new season. After pruning apply fertiliser for the new flush in spring.

Of course fruiting trees and some shrubs have their own rules and some specific to the species. This will require a bit of research, but there are plenty of websites and U-tube Videos dedicated to specifics and some fantastic resources in the Library if, like me, you prefer to turn a page to research. Or Find me @ Florabundance instagram, for rose and hydrangea pruning.



## CARAVAN RENTAL

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Email: [info@kinacampers.co.nz](mailto:info@kinacampers.co.nz)

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for the SARAU WINTER SALE  
29<sup>th</sup> - 30<sup>th</sup> August

Please drop your donations in the collection  
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Thank you!

## 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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## Walking the Talk - Local Solutions for Carbon Reduction

Organisers are delighted that 'Walking the Talk - Local Solutions for Carbon Reduction' is rescheduled for August and September, having been a COVID casualty earlier this year.

'Walking the Talk - Local Solutions for Carbon Reduction' is a series of events showcasing examples of carbon reducing activities on properties in our region. It highlights simple, everyday practices that remove carbon from the atmosphere and/or reduce greenhouse gas emissions.

The global research-based publications 'Project Drawdown' and the recent 'Drawdown Review' are the basis for the climate change reversal solutions featured in 'Walking the Talk...'. Solutions featured are based on the Drawdown Review's framework, grouped into three overarching areas of action according to whether they reduce carbon emissions, support carbon sinks that absorb carbon from the atmosphere, or improve society through health and education.

'Walking the Talk...' will be launched at Mapua on the evening of 27 August, facilitated by Steve Richards of Jester House. The programme is a visual presentation of local climate change reversal practices that reduce carbon emissions in energy, food, agriculture and land use, industry, transport and building. Also featured are land, coastal and engineered carbon sinks that absorb greenhouse gases. Throughout, the audience will be encouraged to reflect that climate solutions are never **just** climate solutions, that solutions have co-benefits that improve society. Think of the co-benefits that an improvement in air pollution will have on health and the health economy, think of the co-benefits of clean water, of affordable housing and food, and many other human needs.

Three site tours in September illustrate many of the emissions and carbon sink solutions outlined in Drawdown Review. All tours are at set times and are guided by site hosts. There is a large focus on food - growing it, storing it, cooking efficiently, preserving it, using waste and creating zero waste. Home gardening and water systems that are domestic applications of agricultural climate change reversal solutions can be seen at every site. Resource information on plant based meals will be available. Solutions in energy efficiency and production that are showcased include a variety of solar hot water and solar electricity generation systems, advanced energy monitoring systems, a zero emissions stove/space heater, and water distribution via gravity or a pump operated by water pressure. Homes built from recycled or natural materials that eliminate the high emissions of steel or cement are included in all tours, and energy efficient features of buildings are emphasised. One site includes a walk through forestry that's an example of practical, effective ecosystem restoration. Co-benefits of carbon reduction solutions will be evident from the many simple features seen and described by site hosts - health and community spirit, for example.

It's hoped that tour participants will leave 'Walking the Talk' motivated to



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assess their lifestyles from a perspective of 'what have I learned that I/we could do now to reduce my emissions or create carbon sinks that draw down carbon?' And for sure, many will think 'I can do that...!' Any of the climate change reversal solutions seen could be a start of an individual's or family's progression, a building block, towards climate change reversal. And of course, it is also hoped that everyone will talk about it, at every opportunity.

The 'Walking the Talk' programme is:

Thursday 27 August, Mapua Community Hall, 7.30pm .

Saturday September 12, tour of Jester House (Tasman) property.

Saturday 26 September, properties in and around Motueka.

Sunday 27 September, properties at Ngatimoti.

Places on tours are limited; registration is required and will open at the event launch of 27

August or by email to <https://www.humanitix.com/nz>

'Walking the Talk...' is a Local Matters event, organised by the Motueka Branch of the Green

Party of Aotearoa. Introductory evening (Mapua) \$10; each site tour \$10.60 (includes

booking fee); students with ID free (all events). Contact Petra

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## THANKS!

# Journeys of Discovery

JULY / AUGUST 2020



## WHAT'S BEEN HAPPENING.... Inspiring Programmes for Youth

We have enjoyed developing programmes for local youth to help inspire confidence and leadership across a range of ages. The Ignite Programme for Year 9 & 10 boys from Motueka High School kicked off again and included trips into the Abel Tasman and towards Tu Ao Wharepapa (Mt Arthur). During the holidays we had a super group of 7-10 yr olds on the Go Wild Holiday programme – winter was no barrier to adventure! They tackled the high ropes, went caving, built shelters and some brave souls went swimming at the beach! A big highlight was running the first Inspiring Leaders Programme for Y12 students from across the region, with the support of our local councils. These fantastic rangatahi were great to work with and we are certain we'll be seeing more of them in the future. There's another exciting term ahead and we are all pausing to be grateful for being able to operate under more normal circumstances again!

## WHAT'S COMING UP.... Kōhine Maia

Hopefully if you have a teenage girl you have heard of Kōhine Maia by now. This is a great initiative by Sport Tasman to provide more opportunities for young women to be active in the outdoors. They have lots of events going on, and next term Whenua Iti Outdoors are getting involved to run bespoke programmes for Motueka High School and Te Kura Kaupapa Māori o Tuia te Matangi. We are excited to be working with these young women to help them discover new and fun ways to connect in the outdoors. To find out more about Kōhine Maia, check out their [Facebook Page](#).

## FOCUS ON.... Connecting Kids to Nature

The positive effects on health and wellbeing through connection with nature are numerous, with studies agreeing that time outdoors leads to happier, healthier and better learners. Nature activates all the senses, makes children calmer, improves concentration and promotes creativity & imagination and studies conclusively show that learning outcomes are improved as a result. We love connecting kids to nature at Whenua Iti and are truly heartened by the response of schools to our Mini Adventurers Programmes this Term, with numbers at almost 1,000 now. Wowee! A very big THANK YOU to Pic's Peanut Butter who have helped to sponsor this programme that will allow children from their local community to connect with nature. Read more about the importance of nature connection on our website: [www.wio.org.nz](http://www.wio.org.nz).

## OUTDOOR WANDERINGS.... Coastal Walks

It's a great time of year to visit our coastlines. You could go searching for washed up kina shells on Kina beach. For a longer walk (about 3.5 hrs) the Cable Bay Coast Walkway offers uninterrupted views across the bay in the clear winter light. If you find yourself over in Golden Bay, the Farewell Spit & Puponga Farm Tracks take you along stunning rugged coastlines with both shorter and longer day walks possible – great for the kids! Head to [www.doc.govt.nz](http://www.doc.govt.nz) to plan your day walks & for more information.



Off on a caving adventure with the GO WILD Holiday Programme!



Lunch stop on the Ignite Programme in the Mt Arthur Ranges.

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## Building on Lockdown Opportunities



During lockdown Tasha Salmi found she had a wee bit of extra time to help her mother, Hazel Ashton, who wanted to set up a website. Neither have backgrounds in technology, but as they weren't able to find anyone able to help, they decided to give it a go themselves.

The website is called *Transition Monday*. It proposes that each Monday, every week, we focus on seeing together how we can construct new life-styles that enable all to live well in a more localized, post-fossil fuel world.

Hazel says, "There is increasing evidence that we've gone beyond peak oil and peak debt. We've been granted this precious moment to make sure we – citizens and decision makers – get onto the right track going forward."

In her doctorate in 2007, Hazel looked at local development in

the context of global situations such as resource depletion, recessions and pandemics. Her conclusion was for the need for the creation of well-connected local communities. She says "it won't work for a few individuals to change; it will just make them more vulnerable as others become increasingly desperate. We really are in this together."

Hazel and Tasha launched the Transition Monday website on 1<sup>st</sup> June 2020. Hazel says, "We've tried to make a platform that's easy to use, so we can better understand and test out the enormous challenges of a world free of fossil fuels, so all are better able to meet the actual challenges when they come. Any suggestions to improve the site are welcome."

<https://transitionmonday.com> Twitter: @TrMonday

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## News from Mapua Bowling Club

The period of lockdown to keep our country safe from the threat of covid-19 showed just how resilient and adaptable Kiwis are. And the same was true for the members of Mapua Bowling Club. Instead of meeting in person, there were phone calls, text messages and a regular newsletter sent out by email. This was full of fun: jokes, puzzles, anecdotes and conversation ... and an image of one desperate family running out of food! Ian and Harrison definitely proved themselves to be resourceful.

Now the bubbles have burst, we are enjoying being able to meet again in the clubhouse every first and third Friday of the month. This is a social evening to keep us together until outdoor bowls recommences on Saturday 12<sup>th</sup> September. Along with an open bar and selection of snacks, there are board games, pool, darts, table tennis and carpet bowls or just a good old natter to keep everyone engaged. Please come along and join us: non-members are more than welcome and it is also a chance to learn more about our outdoor season.

Whatever your age, lawn bowls might be the sport for you. We have regular visits from the kids at Mapua School, a weekly group of teenagers as well as full



playing members and casual members. There really is something for everyone at Mapua Bowling Club and we are actively looking to recruit some new members. Free coaching is readily available.

For any information about bowling, coaching or booking the clubhouse and facilities, please contact the secretary, Di Blanchet on 03 540 2627 or check out our website, [sporty.co.nz/mapuabowls](http://sporty.co.nz/mapuabowls).

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With bubbles burst and an air of normality in the streets of Mapua, it is a pleasure to be back in the Community Hall every Tuesday morning to paint, create and natter with our fellow artists. Membership is still strong in PANZ Nelson, one of the larger groups in New Zealand, though regular numbers at our weekly meetings have still to pick up following the covid-19 lockdown.

The first Tuesday of each month is "challenge day" and for that, attendance is high. We must be gluttons for punishment as some of the challenges really live up to the name, challenge! Marian Painter was inspired by a feature in a recent PANZ national newsletter...

*"Every so often it's beneficial to 'let go' and connect to those creative instincts that reside in all of us. Emotion is integral to growth."*

At the beginning of July she steered us through what proved to be a fun and engaging morning using a limited palette of colours, a 15-minute time limit for each of three exercises and the source black and white images were selected one minute before starting.

The first exercise was met with a few gasps of disbelief; this is way beyond the comfort zone, much too scary! But actually it wasn't. Ten members took part and by the end of exercise three the room was full of smiles, it was a very happy



atmosphere and there were some very dirty hands to prove it. Marian was very encouraging and complimentary about our efforts. They were far from perfect but we were up to the challenge and might be inspired now to take a few more risks with wild card colours; a valuable lesson for us all.

What lies ahead on the challenge front remains to be seen, but you know what? We will be up for it! Why not come along and join us?

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](mailto:gmforbes@ts.co.nz). You can visit our Facebook page:






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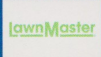
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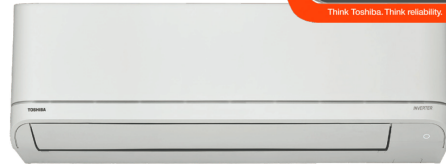
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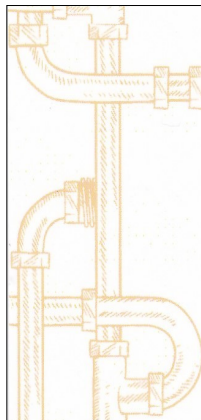
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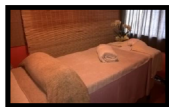
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11am - 3pm

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Contactors	Tasman Earthworks & Construction	021 119 2239
Contractors & Cartage	Wayne, Heine	027 430 2725 AH: 03 543 2788
Dog grooming	Caroline Lusty, Groovy Paws	027 520 1285 AH: 03 543 2277
Electrician	Electrical Worx	0800 967 948
Electrician	Luuk Hermens, Motueka Electrical	027 588 5774 AH: 03 528 4488
Electrician	Tony, Sun Electrical	03 540 2367 Mob: 027 3784 580
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Hairdresser	Country Cuts	027 472 8863 AH: 03 543 2297
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Health & Wellbeing	Melissa Potter, The Art of Touch	021 136 8439
Health & Wellbeing	Greenworld Health & Lifestyle	03 528 7262
Horse cover/gear repairs	Lawrie	03 543 2234 Mob: 021 208 2192
Horse therapy	Tasman Equine Therapies	027 452 3906
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Landscaping	Michael Hardy, Hardy Landscapes	021 443 908 AH: 03 543 2555
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Lawyer Legal Services	Pitt & Moore	03 543 9090
Lawyer Legal Services	The Legal House - Yvonne Watson	03 548 7839
Marketing & Media	Tasman Bay Media	03 5432 806
Massage	Fiona Ramsay	027 452 3906
Mechanic	Mapua Auto Centre	03 540 2180
Mechanic	Moutere Motors	03 543 2707
Midwife	Clare Spratt	027 332 4929 AH: 03 526 7764
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Play Group	Renee	027 293 7326
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Social Club	Beryl or Shirley	03 543 2122/03 543 2438
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Tiling	Tile it (Tom)	021 048 5649 AH: 03 5432644
Vet	Town & Country Vet	03 544 1200
Water	Water Filtration & Pumps Frans	0275 281 366
Water	Complete Water Solutions	03 528 0040
Winery	Gravity Winery Cellar Door	03 543 2817
WOF	Motueka Vehicle Testing Station - no booking required	25 Huffam Street
Youth Group	Tessa Werner	022 101 2276