

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

MHCC is looking for people interested in becoming a board member. See details of their AGM (24th September) on page 4.

Junior Tennis open day 19th September.

Moutere Catchment has distributed thousands of plants to landowners. If you want to get involved with planting or growing see more details on page 17.

Thank you for reading and for supporting the advertisers

FROM SAP TO SYRUP

Local Lives



Architectural designer and tree lover Dave DeGray discovered it was possible to produce delicious maple syrup right here in Upper Moutere.

Dave DeGray knows good things are worth waiting for. It took 20 years for Dave to taste his very first maple syrup from a stand of 200 sugar maple trees he planted on his four-hectare Upper Moutere property back in 1984.

Planting the maples was a bit of an experiment to see if the conditions were right for tree that's native to New England and Canada. Turns out they were. In fact, the trees grew at an even faster rate than in their natural habitat—meaning their trunks were broad enough for Dave to tap them for their sap sooner than he had expected.

Sugar maple sap rises in winter unlike other deciduous trees, with the exception of walnuts. Around August, Dave drills a 40mm hole in the trees to let the liquid flow into waiting containers. "In a good year I can take 30 to 40 litres off the trees," he says, though this year has not been one of them as a hard frost is essential.

That may sound like a lot of sap, but it is only 3% sugar. By the time it's boiled to 66% sugar, Dave ends up with just two and a half litres of tasty maple syrup to share amongst family for pancakes and pikelets.

It's by no means a commercial venture, but his block of maples has gained national attention, with Canterbury

University researchers using it to assess the viability of commercial operations in other cold areas such as Otago, where he originally bought his saplings.

A tree lover for as long as he can remember, Dave planted no fewer than 2,500 trees of 130 varieties when he built his house 36 years ago. Then, the land was bare apart from gorse so high the bulldozer clearing it was lost from view. Today, the sugar maples are a blaze of autumn colour amongst the blackwoods, birches, oaks, macrocarpa and redwoods.

Having worked in farm forestry for many years before becoming a builder and now an architectural designer, Dave is a wealth of knowledge on trees and happy to share it with local gardening groups or those curious to learn more.

Planting his forest took a lot of effort and a few years of dedicated watering and mulching to keep the grass at bay, but it paid off—in spades. "It's a wonderful set up once established," he says. "The crowns come together, and the weeds subside. And the great thing about trees is they love being left alone!"

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! New contributions must be in by 15th of September 2020. Email contributions to umograpevine@hotmail.com. Winners will be notified by email.



PLACING AN ADVERTISEMENT

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

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

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

The following prices apply for advertising:

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

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

Sending us editorial items

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

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

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

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

Disclaimer

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The Grapevine says.....

It looks like things are really going ahead in the Moutere - new fire appliances for our volunteer fire brigade, mass tree plantings being planned and a new footpath from Country Kids up to the village scheduled to start in February 2021 (subject to negotiations with landowners being positive). The footpath meetings were well attended and the general mood was positive so let's keep fingers crossed that affected landowners will see the value in what will initially be an upheaval for several of them. Current and future residents will have easier access to and from the village without having to drive, that's a plus for physical and mental health and others from out of the immediate area will have the chance to see the beauty of our area up close, spend a bit more time and money here and help keep our village thriving.

Thanks to our new contributors to this issue, they are all invited to have a hot drink from The Old Post Office courtesy of The Grapevine, we'll be in touch!

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.



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Moutere Volunteer Fire Brigade

Call Outs for July

Only one call out for July which is good!

•4/7 Maisey Road, motorcycle accident

MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Moutere Hills Community Centre is able to continue operating under Alert Level 2 with increase protocols of contact tracing and hygiene practices in place. All activities and classes are still running although we encourage you to book your place to assist us to manage numbers. The Fitness Centre remains open and we thank you for your continued support. Continue to check out our website for any updates, www.mouterehills.org.nz, and follow us on Facebook.

Kind Regards Katrina, Adele, Cindus and Keith

YOU ARE INVITED TO COME AND SELL YOUR WARES!

Country Christmas Market

Moutere Hills Community Centre are having their annual Christmas Market to enable all us busy folk to buy unique local gifts and products for our family and friends this Christmas.

We welcome local artisans, craft people, service providers and any other local producers.

SATURDAY 5TH DECEMBER 2020

10:30am—3:00pm

- Stalls starting from \$25
- Additional \$10 for a powered site
- Additional \$5 for table hire
- Choice of indoors or outdoors.



Contact us to book your space—functions@mouterehill.sorg.nz or phone 03 5432516



NOTICE OF ANNUAL GENERAL MEETING



Thursday 24th September

7pm

At Moutere Hills Community Centre

Are you interested in becoming a Board Member?

Board Member nominees must be a resident in the wider Moutere Hills area. Nominations close on Friday 18th September at 3pm. Board Member nomination forms are available from the MHCC Secretary, Mark Simpson, phone 027 3095227 or email mark.simpson3368@xtra.co.nz. Nomination forms can also be obtained from the MHCC office at Moutere Hills Community Centre, phone 5432516.



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





Tanya Doty

HEARTSTONE BASKETS

By Valetta Sówka

I'm sitting at the table of local basket maker Tanya Doty, warming my hands around a steaming cup of tea. It's a cosy cottage, the afternoon sun lighting up the many baskets that line the sides of posts and cabinets in luscious weaves of brown and tan, adding warm and natural tones to the space. Baskets are everywhere, on the walls as decoration and used as storage for everything from magazines to firewood. This is a person who lives and breathes basketry. "I find it hard to stop. I'll be in bed on my phone looking at basket-making and other people making baskets and I just love it. I have been obsessed for the last two and a half years, I'm quite aware of that. I even 'dream' baskets. I'm half-waking up and I'm thinking about the basket I'm going to make." Tanya's passion for basketry first began when she bought a basket at a garage sale. She was intrigued about the origins of the basket - where was it made and who made it? "I bought this basket, which I've still got and I just remember being really kind of in love with it. I think that's actually what triggered at all because I thought, 'Wow, I wonder how you make them?'" She started learning willow basket making about 13 years ago, having intuitively 'known' that somewhere in Golden Bay there was a man that was going to teach her to make baskets. "I decided that I wanted to make baskets and I guess it coincided with me working outdoors because I was doing a lot of seasonal work. I found to my surprise that I really like constructing and making things. I'm very practical and I like practical stuff. I'm not that interested in frilly stuff that doesn't do much, although I do like a bit of art!"

When visiting the local Sarau festival she met a stallholder surrounded by baskets. Talking with her, she discovered that the baskets were made by the woman's partner, Peter Greer, based in Golden Bay. Tanya started to learn to make basket making with him, beginning her journey into the world of basketry. "I'm so lucky to have had someone like him to learn from because he's just a really gentle, kind person. He's always encouraged me and he does lovely things like drops off willow to me, wee surprises and things like that." Having finally found her mentor, Tanya discovered she learnt best by 'doing' and experimenting, and in this regard is mostly self-taught: "Some people can just be shown something once and they can sit down and do it, but I have a bit of a problem being able to see patterns. I can see how someone does it and then I sit down and go, 'So how was that?' "The first three classes that I went to, I really despaired of myself. But I told myself I could do it and just kept going. When I came back from those first lessons, I went down to the river and got some willow and started making a basket and reproducing from what I knew. And it worked. By the end of the third class, I'd made some baskets at home and I knew that I could do it. I just had to keep practising."

This style of trial by experimentation has been key to Tanya's developing style. She finds much of her inspiration on the internet, discovering new techniques and connecting with many different basket makers around the world. Now she is able to share with her mentor Peter alternative ways of doing things and also gets to assist him with his classes. In 2018 she had



one-on-one skills and techniques training in the UK with talented basket maker Eddi Glew, who had learnt the tradition from his own father, himself a basket maker. "I don't know a lot about the history of willow basket making in New Zealand. In England they formerly used baskets for measuring. For example there were herring baskets made in particular sizes, and that basket-worth of herrings was worth so much. That's how a lot of different crops and produce were measured. But it all died out in the 50s and 60s, when plastic came along. I'm not aware of baskets being used in that same way in New Zealand as they were over in Europe. The only way that willow basket-making has continued in New Zealand has been from some random people coming over from England and bringing their skill with them. Even Peter is self-taught. When he decided he wanted to make baskets he started making them in supple jack and then progressed to willow."

Buying and supporting other local growers and makers is something Tanya really values: "These are people who spend their lives and days making products for other people, and most makers are doing it because they love it. They're not doing it because they 'have to' - that's what other people do, they're going to jobs they don't like. We're generally going to jobs we love, and it's just so valid because it comes from the heart generally. It's what makes variety - this is where we get expressions of how people see the world. She feels that an important further step once buying locally is prioritised, is that the consumer learns to value handcrafted products that local artisans make: "I understand and totally appreciate that people spend big lumps of money - you might pay \$180 for one of my baskets, but break that down into an hourly rate and add in some materials and there's nothing there - I'm probably working for 15 dollars an hour."

Continued on page 7

MOUTERE HILLS COMMUNITY CENTRE



DANCE

WEDNESDAYS

Pre-School Dance Class 2:10—2:55pm

Develop fine and gross motor skills, balance and co-ordination through music and movement.

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4:05 - 4:50pm For 8—11 years
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Cost \$30 for 5 weeks

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

Fitness Centre Classes

Mondays:	Re-Activate with Adele	9:30am — 10:15am
Tuesdays:	Stretch & Flex with Vicki	9:30am — 10:15am
	Box'n Burn with Adele	6:00pm — 6:45pm
Wednesdays:	Metafit with Cindus	6:00pm — 6:30pm
	Core Foundations with Cindus	6:30pm — 7:15pm
Thursdays:	Stretch & Flex with Vicki	6:00pm — 6:45pm
Fridays:	Metafit with Cindus	9:00am — 9:30am
	Core Foundations with Cindus	9:30am — 10:00am

All classes are FREE for Fitness Centre members or \$7 per person, per class. Concession cards also available: \$50 for 10 classes. Class bookings are essential. Visit www.mouterehills.org.nz/fitness-centre-calender to book and for more information.

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Phone: 543 2516

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Continued from page 5

Tanya Doty / Heartstone Baskets

Working at the Old Post Office store in Upper Moutere provides her with many opportunities to immerse herself in the world of supporting locals and community. Joanne Coster, of the Old Post Office, was the first person to sell Tanya's baskets, and is a longtime advocate of supporting locals in launching and selling their products, and their beautiful wares decorate the shelves and walls there. "It's a very cool place to work as you get to see everyone from the community, which is quite wide-spread. You also get to meet lots of people coming from other parts of the country and you get to say, 'Hey, this is us, and this is what we do!'. And it's really cool, being able to showcase your area, I think."

In describing her own work, Tanya says her baskets are generally finer and more intricate than some of the traditional, more purely functional type baskets. "I'd like to think that I can make beautiful baskets. Because if you're going to have something that's working for you, you want it to be good looking as well. She is more intrigued by the European styles of baskets, which in her opinion are more decorative than the English style of basket making. "English basket-making is very functional basket making generally. When I first started, all I knew was pretty much English style basketry. At first I thought, that's what basket making is. Now I realise that the world's your oyster and there are a lot of different options, all based on the same techniques.

You know, there are not that many weaves. It's how you put it together and the materials you choose. "I like to have a play with different materials and incorporate them. Everyone brings something different to their craft or their art, you have this element of yourself in

Her work space is a retro caravan nestled at the back of her property, which catches gorgeous sunsets and opens out onto her backyard, where she also grows some of her own materials, such as vines and willow. "Generally I enjoy just experimenting and playing with fibres. I love to work with willow, because it's strong and it's a lot more permanent than some materials. Willow smells good too, it has quite a distinctive, sweet smell when it's fresh. I also work with pine needles and seagrass and I've been playing with bullrush a bit this year because that's quite strong and it's got a wee bit of flexibility." A lot of basket making and weaving from New Zealand is centred around harakeke (a traditional Maori method of weaving with flax). Tanya tried this but found it didn't have the same permanence and strength that she values in basket making with materials such as willow. "When you make a basket, it's almost like building. It's a real construction of a thing. You have to understand your materials and have strength because you're almost having to fight against it, you're having to make it work the way you want it to.

That's why the harakeke, being softer and not holding such a stronger shape wasn't quite what I was looking for. I guess my practical side likes

building stuff. I like to be able to 'build' and 'make', that's quite satisfying." A new creative outlet that she has been devoting a lot more time to recently has been coming from her 'blessing stones', which have proven to be very popular. Whilst browsing online looking for different styles of handle-wrapping, she came across a maker who was using the technique on stones, who had a tutorial on YouTube which sparked Tanya's curiosity: "I started playing and I really didn't know what I was going to do with the blessing stones. I just loved making them because it totally connects you to nature. That's the thing about making baskets, you can take something from the ground and make something that is super useful and that can often last a lifetime and is totally sustainable." After having made a few blessing stones, she took them into the Old Post Office to gauge people's reactions. They weren't for sale, but a customer came in, seeking a commemorative piece to mark where her late mother's ashes were going to be interred and found a blessing stone to be exactly what she'd been searching for. Tanya gladly gave her the stone and from that occasion it made her really think about them: "Some people just see them as beautiful

decor pieces and that's fine. I see them as markers for people for significant moments in their lives, or something that just reminds us of nature and our connections. Or just of how lucky we are in our lives because I just think that we always need to remember the good bits of our lives, because when things get bad, it always gets better." She started to reconsider the pieces and realised that if they were going to be markers for significant moments in people's lives, they needed her to be treating them with reverence from the start. "Now I always make sure that I'm focused when I'm gathering stones to work with. Then I take myself off to the caravan and make it all nice and clean and tidy. I put on some meditation to listen to and I sit there and I start with really good intent. It puts me in a very nice place, I get to meditate and then I usually listen to nice music, and it makes for a cool space and a really good day. And then I can start making."

People seeking a commissioned piece can contact her by phone, email, Instagram and Facebook. "It's always interesting doing a commission because you hope that what you make is what the customer wants, but also I go in with the thought that well, you know, I'm not a machine and we're not just stamping this stuff out here. So there has to be a wee bit of leeway there. I've not ever heard anyone say, 'Oh, that's not what I want' or, 'I don't like it' or anything like that. Maybe I will one day. I try to not get caught up thinking, 'is this something they will like?' but instead I kind of look at it like, 'Well, you've asked me, and this is my interpretation of what I feel you'd like'. So it's an interesting process."

Tanya will be showcasing her work and teaching some willow stripping techniques during the Moutere Artisans open day. The Old Post Office, Labour Weekend, Sunday 25th October 2020. You can also keep up to date with her newest baskets for sale and follow her work on: Instagram: [instagram.com/heartstonewillow](https://www.instagram.com/heartstonewillow) Facebook: [facebook.com/heartstonebaskets](https://www.facebook.com/heartstonebaskets) Contact via email: 84baskets@gmail.com Her blessing stones are currently available at: Bloom Café, Motueka The Old Post Office, Upper Moutere Te Papa Museum shop, Wellington The Garden Party, Ponsonby, Auckland.



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Renovations begin on St Pauli Cellar Door

The St Pauli
hop-kiln
before restoration
works
began.



The iconic hop-kiln and adjacent shed located in the heart of Upper Moutere, at the entrance of St Pauli Vineyard, is having a much needed restoration. The beautiful concrete hop-kiln which was built in the early 1900's has long sat derelict at the entrance of the vineyard. Robyn and Gareth Evans have made the exciting decision to restore the hop-kiln and create a cellar door.

Despite their best efforts the wooden shed attached to the hop-kiln was not structurally safe and sadly had to be taken down. The restoration will be gradual process and completed in two phases. The concrete hop-kiln will be restored first and will be open for this coming summer. The second phase will be the rebuild the wooden shed to match what was once there.

Robyn and Gareth cant wait to welcome you all to St Pauli's cellar door which is due to open on the 21st of December 2020.

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AUGUST / SEPTEMBER 2020



WHAT'S BEEN HAPPENING....

The Mini Adventurers programmes for tamariki in Years 1-4 have been filling the site with activity & laughter recently. Great to see so many schools being able to access these fun programmes - a special thank you to **Māpua Ruby Bay Community Trust, McKee Trust, Whenua Iti Trust & Pic's Peanut Butter** for their funding and sponsorship. The first weeks of the new Predator Control & Conservation programme saw students venture into the Abel Tasman to learn about the area's unique biodiversity and how to protect it. Students (and instructors) are really excited about what the coming weeks have in store! Motueka High School Adventure Racing team were on site honing their skills on our new Obstacle Course – great to see their mahi tahi (teamwork) put to the test and a big **THANK YOU to Tasman District Council** and the local donations that have contributed to getting this course into operation!

WHAT'S COMING UP.... *Planting Anyone?*

We're really excited to be working with the Moutere Catchment Group (facilitated by Landcare Trust) in the planting of over 20,000 natives in our local river catchment. It's part of a plan to enhance and restore the biodiversity of the whole region. The group aims to plant 271,000 trees from 2020-23, creating several jobs over the course of the project. We are super enthusiastic about this and have been planting on our site too. The project ties in nicely with our Mini Environmental Adventurers programme and has created the opportunity for school children to contribute to planting, potting of seedlings & composting. A great way to nurture the next generation of kaitiaki!

FOCUS ON.... *Leadership*

Leadership skills are developed in each and every programme delivered at Whenua Iti. We run a successful Year 8 Leadership programme for local schools, and thanks to funding from both Nelson City & Tasman District Councils, we offered an Inspiring Leaders programme to Year 12 students for the first time. Often, it is only those who put up their hand that are considered for leadership roles. If we can build the confidence, resilience and leadership skills in our rangatahi, more will raise their hand. The benefits go beyond the individual - schools will have a stronger group of leaders as will the wider community. Read about the Inspiring Leaders Programme on our website: www.wio.org.nz.

OUTDOOR WANDERINGS.... *The Brook Waimārama Sanctuary*

While writing this it is Conservation Week - which brings the Brook Waimārama Sanctuary front of mind! The sanctuary is the largest fenced haven for endangered plants and creatures in the South Island, with walks ranging from 30min to 5hrs to choose from, all close to Nelson's centre. Look for weta, insects & native birds, meet Gordon the Gecko at the visitor centre, treasure hunt for our native plants and walk past streams & waterfalls. The entry fee (\$20 per local family) goes entirely into the continued conservation effort including the introduction of kiwi! Find out more at www.brooksanctuary.org.nz



The awesome 'Inspiring Leaders' crew!



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Contributions from students at Upper Moutere School

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deep, rocky, ~~stye~~ mucky
running, squealing, eating
dirty smelly
Pig

By Hope yr 3



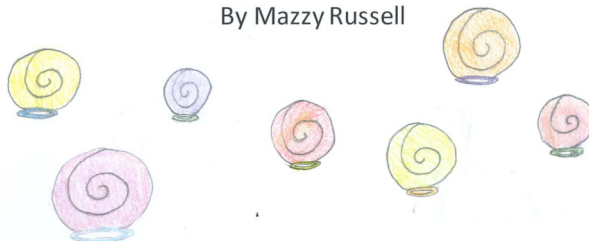
Wobbly Wobble

Ok you seem like a very boring person, but I can fix that. All you must do is buy this extremely rare Wobbly Wobble for \$1000. It may sound expensive, but this isn't just an ordinary wobbly hat, there are many more features to it that I will explain to you right now.

When you put the Wobbly Wobble hat on, you'll get a cool new personality. Wait for it... wait for it... *weird and crazy.* NO MORE BORING PEOPLE!

When wearing the hat, you can also wish for anything you want like long hair, short hair, eight legs, four fingers. There's nothing in the world quite like it. If you buy at the right time of year, you'll get a discount of zero dollars and zero cents so the price over all will be only \$1000!

By Mazzy Russell



The Lizerack

Whenever it's dark and you're sleeping,
a creature slithers through the night and crawls into your dreams and turns them into nightmares.

Its name is the Lizerack. It lives where the plants don't grow and the leaves will rot and everything is dead. To defeat it you will have to cross Magma Canyon and go through Ivy Grove and over Lava Mountain to grab the infinity sword.

By Cullen Manly yr 3

Smudge

His fur is black like a waterfall of shadows streaming across his back
His eyes are green like the headlights of a car because he's always out at night
His ears are pointy like spears
His heart is curious like people to a cliff hanger ending.

By Isla yr 3

Happy

Happy is a rainbow
Like being in Candy Land and also like a parade
It makes me feel fuzzy in my tummy
It makes me want to do fun things.

By Marcus Norsworthy yr 2

Sad

Sad is black like a black cloud in the sky
It makes me feel like I've woken up and my mum's not there
Like I've made something and someone broke it
Like going to the shop and getting lost
Like waking up and falling out of nowhere

By Harrison Wood Yr 2

JUNIOR TENNIS OPEN DAY



SATURDAY 19th September
(postponement date Sunday 20th September)

Upper Moutere Tennis Club

FREE sessions for the following schools:

1.00pm - 2.00pm Upper Moutere, Mahana
2.00pm - 3.00pm Tasman, Tasman Bay Christian School
3.00pm - 4.00pm Lower Moutere, Ngatimoti, Dovedale

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Congratulations Tricia



Tricia was nominated by our club and received a volunteer award at the NBTA prizegiving. She is an outstanding volunteer at the UMO Club - not only is she a captain but she is an enthusiastic volunteer at all club activities. For the Breast Cancer fundraiser last year she came wearing a pink wig and carrying a box of pink items for others to wear - her enthusiasm was infectious and provided an excellent kick start to the event. On Sunday mornings you will find Tricia at the club running the club tennis session. Having run the club's Lodestone tournament for the past 10 years Tricia is the kind of volunteer every club dreams of. We, at UMO, know we are very lucky to have Tricia as part of our club.

Please join us for

Tennis Open Day SAT 12 SEPT 1pm - 4pm

Tennis registration & information for the
2020/ 21 season ahead.

We will play a fun round of doubles matches
for the 'Ferrick Cup' - everyone is invited to
play - all abilities welcome.

Upper Moutere Tennis Club

September 2020 MOUTERE COMMUNITY YOUTH

	Senior	Intermediate	Junior
4th	Sports Night at MHCC		Foot party
11th	First Impressions	Crazy Spoon Head	
18th	Bored Games?		Competition Contests & Cooperation
25th	Moutere Youth has Got Talent!		

For those in year 9 and above,
we meet EVERY Friday 7pm.
Cost is \$2 or more.

For those in years 7, 8 or 9. We
meet FORTNIGHTLY on 2nd & 4th
Fridays of the month, at UMO
church hall. **4.30 - 6.30pm.** We
do an activity plus have a
dinner/discussion time.
Cost is generally \$5

For those in years 5, 6, or 7.
We meet FORTNIGHTLY on
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.

QUESTIONS?

moutereyouth@gmail.com
Instagram: moutere_youth
Facebook: Moutere Community Youth



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Recipe

Soo Gees No Knead Bread

Spring's coming, who's got time for baking? This'll help...

1 tablespoon dried yeast granules,
2 teaspoons golden syrup,
300ml warm water.

Put these three ingredients into a bowl in a warm place and leave until frothy.

In a large bowl put:

4 cups white flour,
2 cups wholemeal flour
1 ¾ cups dried fruit, 2 teaspoons salt
½ cup of seeds
600ml warm water

Add yeast mix and combine all ingredients until just wetted. At this stage add 2 tablespoons natural yoghurt. Divide between two lightly oiled pans, set in a warm place for 20 - 30 minutes.

Bake in a preheated oven 180c for about 40-50 minutes. Tip out and cool.

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A couple of years ago I set myself a goal to finish writing my book – “The Adventures In Natural Learning Handbook”. It had been years in the making – gathering, sorting, testing and collating ideas for games and activities (many of which are free or extremely cost-effective) – actual do-able games and activities for families, carers, teachers etc and the children in their care.

And I did it – finished and published when the youngest of my seven children was just 1 year old!

Since my first tentative print-run of 100 books I've gone on to sell several hundred copies to parents, teachers, grandparents, libraries and carers all over New Zealand.

Some of the ideas are so simple you might wonder why I've included them in the book – it's because in times of stress, or deep in the parenting journey we can actually forget the nice, simple ideas – like using a big paintbrush to paint rocks with water, or paint the concrete path or deck. Or using chalk on concrete to make a road for toy cars – or the game where you write a very long word at the top of a piece of paper, and set a timer so teams (or individuals) can see how many smaller words they can get out of that long word.

The ideas in the book suit very little children right through to adults! There are games to play in the car, pen and pencil games, recipes for home made paint, ideas for games like “shops” or “post office” – all explained briefly to give you the gist of the idea. That's how I've managed to fit over 400 in the one book!

I'd like to share some of the ideas in the book with all my “neighbours” here via the Grapevine.

How to choose ... with over 400 games and activities, that's tricky – so I'll start at the beginning!

CARDBOARD CUT-OUTS

Encourage your child (through example) to draw simple objects onto cardboard and cut them out. Then give your child a shoe-box to keep all their cut-outs in. Some children love to get them out and play with them – arranging them all on a table-top. Ideas for cut-outs: bulldozers, diggers, cars, trucks, houses, people, shops, trees, aeroplanes, animals, rockets, pirate ships, characters from a story you're reading – whatever your child is interested in. These are wonderful to keep and look back on when the children are older.

HOMEMADE BOARD GAMES

Make board games and use flat pebbles as counters. Game could be going along a path to get somewhere. Could have move ahead squares and miss turn squares, also squares to sing a song, recite a poem, say scripture, run and touch something, pat head and rub tummy or other activity.

ALPHABET LISTS

Rule a piece of paper into about 6 columns across the page. Down the side of the page put the following categories: boy's name, girl's name, plant, animal, place, food, colour.

Someone calls out a letter. Write that letter at the top of the first column. You must then fill in each category with something that starts with that letter.

E.g. If someone calls out F then for boy's name it could be Frank, for girl's name Frances, plant could be fir, animal could be fish etc.

I WENT TO THE MARKET

Each player takes a turn to say what they bought at the imaginary market. But you don't say what YOU bought until you have remembered what everyone else before you bought. Each item is accompanied by a miming action – this is fun and it also helps fix the items in your mind!

Example:

1st player: I went to the market and I bought a rabbit (mime rabbit ears).

2nd player: I went to the market and I bought a rabbit (mime), and a shovel (mime digging).

3rd player: I went to the market and I bought a rabbit (mime), a shovel (mime) and a hat (mime putting on a hat).

1st player again: I went to the market and I bought a rabbit (mime), shovel (mime), hat (mime) and a hankie (mime blowing nose).

Etc

SING, SING, SING

Give two players a well-known simple song each. Have them face each other, looking right at each other and on the count of three they should start singing their own song, trying hard not to laugh, forget their song, or miss anything out. See if they can both get to the end of their song successfully.

WORKING AROUND THE WORLD

Use an alphabet card for those who can't remember the alphabet – or scrabble tiles lined up.

Take turns as follows:

A I'm going to Alaska to allocate armies.

B I'm going to Beirut to buy a burger.

C I'm going to Canada to cook some currants.

D I'm going to Denmark to delve into droppings.

Etc

If you'd like to purchase a copy of the Adventures In Natural Learning Handbook, or any of the educational goods, carefully chosen art and craft supplies, gifts, toys, games or sensory items in my online shop please go to www.willowcottage.co.nz. Locals can save themselves a trip into town for supplies, and save on postage (email me first before you choose the contact-less “pickup” option at the checkout.
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Our children are settled at Dovedale school, we work locally and we need to vacate our current home very soon. If you can help please give me a call.

Stacey 027 975 9204

Nelson Tasman Climate Forum Community Events

The Nelson Tasman Climate Forum is pleased to share some fantastic community events coming up. The Forum's purpose is to weave our communities together around urgent, strategic action on climate change. We welcome anyone who is interested to join the Forum or attend our free community events. The best way to join the Forum and keep up to date with our events is to go

to www.nelsontasmanclimateforum.org and subscribe to our mailing list.

Upcoming events:

Ending oil & gas dependency with Dr Terrence Loomis: 10th September, 7pm, Earth Hub 235 Haven Road, Nelson.

Dr Terrence Loomis is an economic anthropologist specialising in the political economy of the oil and gas industry. He was Professor of Development Studies at Waikato University before becoming a senior policy advisor under successive National and Labour governments. At this event, Dr Loomis will be discussing his research on the petroleum industry's 'predatory delay' campaign at Nelson's Earth Hub. Entry by koha/donation.

September Forum Hui: 11th September 7.30pm - 9.30pm online

Subscribe to our mailing list at www.nelsontasmanclimateforum.org for more details on how to join the Hui.

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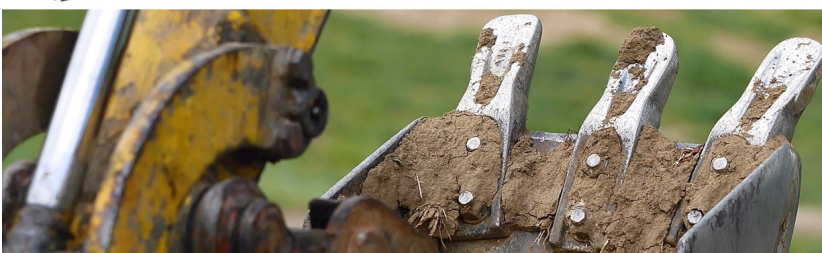
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Moutere Catchment Tree Planting Underway

It's a makeover on a massive scale—270,000 new trees will be planted in the Moutere catchment area over the next three years, thanks to a \$1.9 million grant from the One Billion Trees initiative.

Plantings will be a mixture of natives and exotics, and will also include shrubs, grasses and sedges.

The Tasman Environmental Trust (TET) secured the funding on behalf of the Moutere Catchment Group (MCG). Trust manager, Sky Davies, says the grant will help create new jobs, with a part-time project management position currently being advertised (details below).

The project is also being supported by TDC and New Zealand Landcare Trust.

A community nursery has been established at Whenua Iti Outdoor Centre to support the project, with another under construction at Upper Moutere School.

This makeover will not only make a huge impact on the visual environment but it will also support cleaner waterways and promote biodiversity in our region—a total win-win!



Upper Moutere school children planting in Upper Moutere at Lancewood Villa.

How to get involved

If you're a landowner wanting to plant waterways or degraded land, start by completing the MCG's online survey: <https://www.surveymonkey.com/r/YSGMNL7>. You'll need to create a Farm Environment Plan or planting plan. There's help on how to do that here: <https://www.landcare.org.nz/regional-news-item/moutere-catchment-group>

If you have experience with native plants, put your name forward to become a "planting mentor" for others who may need advice.

Collect local Moutere seeds (see the MCG website for seed collection resources) to supply to community nurseries or the wider commercial nurseries, as demand for trees will be high.

Apply for TET's project manager position. This role is for three days per week. Applications close on 24 August. Details here: <https://www.facebook.com/TasmanEnvironmentalTrust>

For more info

Visit the MCG Facebook page: <https://www.facebook.com/Moutere-Catchment-Group-114831493586529>

Community Pot up day at Whenua Iti Outdoors

Community Pot up day at Whenua ITI Outdoors organised by Barbara Nicholas, the Tasman subcatchment leader. 2000 plants were potted up in 2 hours!



Barbara taping up reused root trainers inside the nursery at Whenua ITI outdoors

Many hands
make
light work



Manuka seedlings resting after being pricked out.

DESIGN HELP WANTED

The Grapevine is run by a group of keen volunteers.

We would love to give our community newsletter a makeover. Is there anyone out there who could help us?

Feel free to get in touch at umograpevine@hotmail.com



For more info
Visit the MCG Facebook page:

[https://www.facebook.com/
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Plants were picked up from 6 nurseries by a fleet of utes and trailers and Man with a van

Thank you Moutere
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the wonderful mahi you
are doing. We
encourage as many
people to get involved
as possible. We will all
enjoy the benefits of
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Florabundance

Gardening tips for September

It's spring and time to prepare your garden for planting

September is the last opportunity to prep your soil ready for spring planting, the soil isn't too wet so you don't destroy the structure when digging and raking. Once the soil is turned over and fed with manure crops and or compost it is time to think about how to maintain your planting without too much labour.

Mulching

- a) help with moisture retention in the summer,
- b) warm soil reduce frost damage in winter
- c) improve soil health and structure long term.
- d) aid with weed reduction.

There are many different mediums to use as a mulch on your gardens. There are two basic kinds of mulch: organic and inorganic.

Wood chips-sawdust or shredded leaves - You can buy bags or scoops of mulch from a local garden centre. For a less expensive option, call your local tree-care or utility company to see if they have any extra wood chips on hand.

If you have trees on your property, shredding the fallen leaves creates a nutrient-rich mulch at no added cost. You don't need a special machine either: a lawn mower with a bagger will collect leaves and cut them into the perfect size for mulching or head to your local sawmill for untreated sawdust.

Grass Clippings -Grass clippings are another readily available mulch, although it's a good idea to only use a thin layer as they can become slimy. When you have remaining grass clippings, use them as nitrogen-rich mulch in the veggie patch.

Compost -Give your compost another purpose: If you have extra to spare, use it as mulch. It will enrich the soil and make plants happy, but keep in mind that when any kind of mulch is dry, it's not a hospitable place for plant roots. That means, you may want to reserve your compost to spread as a thin layer around plants and top it with another mulch, such as chopped leaves. This allows the compost to stay moist and biologically active, providing maximum benefit for your vegetables, fruits, or flowers.

Straw or Hay -If you're planting a vegetable garden, consider covering it with barley straw, pea straw or seed free hay. Not only does it look clean and crisp, but this type of mulch retains soil moisture, prevents weeds, and adds organic matter to the soil when it breaks down. Just make sure you opt for a seed-free hay, and avoid piling it around stems of vegetable or fruit tree trunks to prevent slug and rodent damage, But ensure the layer is deep enough on the bare soil to discourage weeds.

Inorganic options

Plastic Sheets—Mulching a vegetable garden with sheets of black plastic although not very environmentally friendly, can do wonders. When it's spread tightly over a smooth soil surface, black plastic transmits the sun's heat to the soil beneath, creating a microclimate about three degrees warmer than an unmulched garden. Because the plastic film remains warm and dry, it protects the fruits of vining crops such as strawberries, melons, and cucumbers from rotting. And, of course, the mulch prevents weed growth and retains soil moisture. **Tip** Lay soaker hoses or drip

hoses on the soil surface before you lay down a sheet of plastic over the entire bed. Bury it at the edges or weigh the plastic down with rocks. Then punch holes in it and fill with plants or seeds.

Negatives to using plastic – be careful not to use mulch under shrubs, especially since plastic destroys the shrubs' long-term health. Because water and air cannot penetrate the plastic, roots grow very close to the soil surface seeking moisture and oxygen. The shallow roots suffer from lack of oxygen and moisture, and extreme temperature changes. Over time, the plants decline and die and the soil can be left stale.

Landscape Fabrics this lets air and water through to the soil beneath while keeping weeds from coming up. But still, there are some drawbacks: when exposed to light, geotextiles degrade over time. To make them last longer, cover them with a second mulch (they're ugly, so you'd want to, anyway). Similar to plastic mulch, keep geotextiles away from shrubs. Shrub roots and weeds grow up into the landscape fabric, which means you'll have to rip the landscape fabric upon their removal.

How to mulch effectively

There are two cardinal rules for using mulch to combat weeds. First, lay the mulch down on soil that is already weeded, and second, lay down a thick-enough layer to discourage new weeds from coming up through it. A 100mm layer of mulch will discourage weeds.

Keep deep mulch pulled back minimum 50mm from trunks.

Jobs to keep you busy after the mulching is done

- Sow vegetable seeds and seedlings
Asparagus, beetroot, bok choy, broccoli, cabbage, carrot, cauliflower, celery, coriander, kale, lettuce, mesclun, onion, parsley, parsnip, peas, pumpkin and squash, radish, rhubarb, rocket, silverbeet, spinach, spring onions, sweetcorn, tomatoes.
- Planning a new lawn? It's time to sow seed
- Prepare and plant your herb garden
- Time to refresh and replenish your pots and top-dress with fertiliser
- Continue to plant seed potatoes
- Plant and feed strawberries
- Continue to plant trees, shrubs and hedges.
- Plan your garden colour, plant seeds, seedlings and perennials for summer colour
- Winter flowering shrubs such as daphne, winter sweet, some hebes and luculia can be pruned to shape once the majority of the flowers are finished.
- Division of perennials is still possible but care must be taken with plants that have already begun their growth.
- Have stakes in position for supporting soft new growth from plants such as delphiniums and dahlias, over the next two months as the equinoctial winds blow.

Happy Gardening

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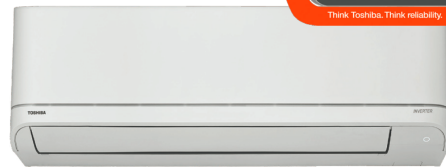
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News From Mapua Bowling Club

Our Friday evening social gatherings are now taking place every week instead of fortnightly and we have our new Catering Manager, Julie Booth, to thank for some delicious suppers. As a vegetarian I'm delighted by the non-meat options.

Supper is not the only reason to visit the Bowling Club on Fridays. Carpet bowls is a lot of fun and although there is nothing at stake, it is sometimes quite competitive.

The principles of indoor, carpet bowls are the same as outdoors. It is also known as short mat bowls and really is an excellent way to learn about bowling before tackling the large green outside. The bowls themselves are much smaller than outdoor bowls but still have bias and track on a curve.

If you have never bowled and would like to give short mat bowls a try, come and join us on a Friday evening. We have all the equipment you will need. If you would prefer a one-to-one session, that can also be arranged. Just give me a call on 03 540 2934 and a session can be organised.

Club members are enjoying the social contact of our winter meetings but with a sense of spring in the air, there is plenty of anticipation for getting back on the green for the outdoor season. Opening Day is Saturday 12th September and new members are always welcome.

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

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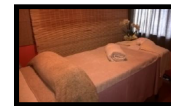
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Shops, restaurants and services are all visible and readily available in our beautiful village of Mapua but scratch the surface and you will discover a whole host of activities that you might not realise do exist. The Coastal News, our village newsletter, is testament to this. Our pastel painting group quietly gets on with life, tucking itself away every Tuesday morning in the Community Hall. Not highly visible but we have been discovered nonetheless. Individual visitors pop in regularly when they see our signboard outside and PANZ members love it when the children from playcentres come calling. The children are so inquisitive and can hardly wait to get their hands in amongst the many boxes of pastels. The Community Library also calls on us. Several members of PANZ Nelson have displayed their artwork on the walls of the Library; exhibitions that add another dimension to the library service. Any group or individual who would like to learn about pastel painting or just be inquisitive, like the children, will be made

very welcome. We are in the hall from 9 a.m. until 12 noon and are very happy to be interrupted. Tea, coffee and biscuits on tap! A critique session is always scheduled for the first Tuesday of each month and a mystery challenge or activity on the third Tuesday. But personal painting is every Tuesday; come and see for yourself. Be surprised at just one of the many groups that beavers away in Mapua. For any information about our pastel group please contact





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Wow we're back into lambing and calving already – where has the year gone?! So here are some tips on calf and lamb rearing...

Calves - The majority of death and disease occurs in the first few weeks of life. The key to successful calf rearing is good hygiene.

Make sure the calf pen/shed is freshly cleaned and sanitized before putting any calves in it. Many microbes that cause disease can stay in the environment for a long time so make sure they are cleaned away before calves are exposed. Get rid of old hay, bedding and spray with Vetsan which is an effective, economic sanitizer and also is safe for calves and people. Continue to spray Vetsan weekly.

If you breed your own calves, make sure you spray the navel with 10% iodine as soon as possible after birth. And colostrum is extremely important – if a calf has not had a good feed from mum, then it should be given 2 litres of colostrum in the first 12-24 hours - the earlier the better. Freeze-dried colostrum is available if you can't get it from a cow. If you have bought calves, it will be too late for colostrum but still check the navel to make sure it is clean and dry.

Provide clean, fresh water at all times. And keep any calf feeding equipment clean and hygienic with regular hot washes.

Make sure there's enough space for calves to spread out – at least 1.5m square each. This helps to reduce chance of sickness and spread of disease.

Make sure the shed/pen is ventilated but not draughty. Lots of hay makes great warm bedding and jackets are great for keeping calves warm.

Wearing gloves and disinfecting boots before entering and after leaving the calf pen can help to keep calves disease-free.

Scours – most often milk/feeding related e.g. overfeeding, feeding too fast (check teat speed – milk should drip when a bottle is held upside down), new type of milk, different concentration, temperature. Scours can also be caused by infection – often viral. Scouring calves die of dehydration and lack of energy. Electrolytes alone will cure 95% of scouring. We usually alternate electrolyte drinks with milk feeds so calories are still going in.

If you have really sick calves, high temperatures, blood in faeces or other symptoms such as head tilts, swollen joints, breathing problems, conjunctivitis, call us for advice or a visit.

Lambs - The same general rules apply for lambs:

Colostrum is very important, ideally within 12 hours of birth. Freeze-dried colostrum powder can be used. Lamb revivers or stomach tubes can save the life of lambs that are too weak to drink.

Spray the navel with 10% iodine as soon as possible after birth.

Make sure lambs are warmed up and kept warm. They will use up all their energy trying to warm up. Bring them inside near a fire or heater but don't overheat them. Lamb jackets are available. It is important that lambs are fed before warming them up.

Common problems are navel and joint infections and pneumonia. Check navel, joints and breathing and rectal temperature regularly. Phone us for advice if you need help.





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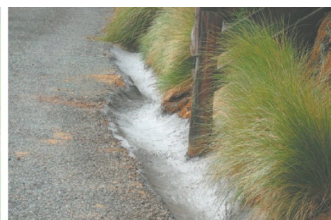
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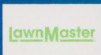
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