The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

Sarau Festival is looking for volunteers to help create this amazing event. See page 28.

New schedule from Moutere Hills Community Centre out now see pages 4-5.

Thank you for reading the Grapevine and for supporting the advertisers



Topaz, diamonds, citrine and pearls. These are just some initially working out of a studio in an old church and of the gemstones Stacey Whale uses to make vibrant later at Cockpit Arts in Holborn, an 'incubator' for pieces of jewellery for men and women in her new emerging artists close to the famous jewellery hub of workshop at Upper Moutere's Old Post Office.

you to take a closer look. Fascinated by magnification earrings and pendants using loose gems set in attention. fragments of gold, cupped beneath a sapphire lens to appear as if floating in water.

Other pieces use spherical stones resembling bright, clear raindrops suspended in precious metal settings. Native New Zealand plants are another source of inspiration for her jewellery, with flower pods in silver or gold clasping colourful centres of peridot, labradorite and blue diamonds.

Her unique collections and innovative stone setting techniques won Stacey four major awards during time "We went to London in 2001 on a two-year working pieces to commission." holiday and stayed for nearly 10 years," she says.

art and craft design at Whitireia New Zealand, Stacey began the first chapter of her jewellery career in 2005, her next.

Hatton Garden.

She describes her pieces as modern classics that entice It was a heady time, she says, with thousands of visitors coming through the studio at twice-yearly public and the architectural detail of natural forms when openings and her jewellery designs selling through viewed through a microscope, Stacey creates rings, exhibitions and galleries and attracting international

> The couple's return to their hometown of Wellington in 2010 coincided with the arrival of the first of their two boys, now 7 and 10. Then, two years ago, they decided to make the move to the South Island in search of the rural lifestyle and a whole new family adventure.

Stacey's workshop opened just a few weeks ago, and she is excited to be working in this bright, colourful space to extend her existing collections and develop new ideas. Using transparently sourced yellow gold and sterling silver, oxidised silver and plated black gold, spent in the UK with husband Craig, who's a builder. she'll also be working at her jewellery bench to make

With her artistic eye taking in the intricacies of the local Using jewellery design skills learned through studying landscape that Stacey and her family now call home, it will be fascinating to see where her imagination takes

Editorial contributions to the December 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 November 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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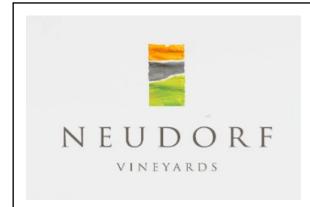
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We would love to have a couple of relief cellar door staff to help out for functions and days when our team need a day off. If you would like to dip a toe into the wonderful world of wine, email reuben@neudorf.co.nz. Work would include some weekends and school holidays. Warm personality and an interest in wine needed.

Motueka Vehicle Testing Station

Drive in – WOF – Drive out

25 Huffam street

No Booking Required

Turn into Old Wharf Rd and left into

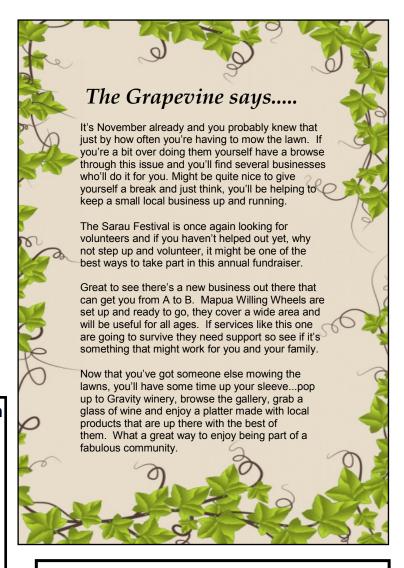
Huffam Street.











Moutere Volunteer Fire Brigade

Call outs for September—just the one which is fantastic!

- Vegetation fire on stagecoach Road

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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

It has been great to see so many Community Members and local businesses utilizing our great facility. We thank you all for your continued support. Planning is well underway for Christmas so if you are wanting a great venue for your annual Christmas Function then feel free to give us a call to discuss your needs. We continue to have many great activities and sports on offer here at Moutere Hills Community Centre so check them out on our website www.mouterehills.org.nz

Kind Regards Katrina, Adele, Keith, Cindus and Heather



Not to be missed, put the date in your diary now!

With over 50 stalls there will be a unique array of gift ideas. From crafts to gourmet delights to natural beauty products, you will be spoilt for choice!

Bar open, delicious food options and entertainment all in a relaxing setting.

We still have a few spaces left for stall holders or food vendors so if you are interested get in touch today.

Christmas Luncheon

Come along with family, friends and neighbours to enjoy a lovely Christmas Luncheon in a relaxed and peaceful setting.

Thursday 17th December
Doors open 11:30am / Buffet Lunch served from 12 noon
\$20 per person

The Bar will be open and garden games will be available for your enjoyment.

Bookings essential so contact us on 5432516 or email enquiries@mouterehills.org.nz



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE





MOUTERE HILLS COMMUNITY FITNESS CENTRE

SUMMER STUDENT SPECIAL



Join the Fitness Centre for 3 months between November and February and pay just \$100 with no joining fee!

To qualify you must be 14 years of age or older and be enrolled at a Secondary School or Tertiary Institute. An additional charge of \$30 will apply to 14 - 15 year old's or should you require a fitness programme. All other usual terms and conditions apply.

For more information or to sign up in person contact Adele by emailing adele@mouterehills.org.nz or phone 0275118826 or sign up and book your safety induction online at www.mouterehills.org.nz/fitness-centre-sign-up/



Take your High Intensity Interval Training to the next level with new Speed, Agility and Quickness drills!

New 4-week block starting Monday 16 November

Cost is just \$20 for the 4 weeks.

Advanced class: 5:30-6:15pm, Beginners class: 6:30-7:15pm To secure your spot email adele@mouterehills.org.nz

Social Sports

Come along and try something new this Spring. Social Sports are a great way to meet new people and keep your body and mind active.

All Social Sports are just \$3 per person, per session.

Mondays 7:30-9:00pm
Beginners Social Volleyball
Tuesdays 8:00-9:30pm
Social Badminton
Wednesdays 7:15-9:00pm
Social Table Tennis
Thursdays 7:00-9:30pm
Competitive Volleyball



SOCIAL VOLLEYBALL

New Beginners Social Volleyball here at MHCC in term 4!

Mondays from 7:30-9:00pm Cost is just \$3

No bookings are required, just show up and have some fun!

If you've ever just wanted to give Volleyball a go in a fun and supportive environment or are keen to get back into it after a while away, this session is for you!



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





Job Opportunities

We are looking for motivated people to join our team in the following roles for the upcoming apple and pear harvest season. Both roles will require good interpersonal skills, a positive 'can-do' attitude and a keen eye for detail...

Packhouse Quality Supervisor

Applicants must have previous industry experience

Phytosanitary Inspector/Quality Control

Prior quality control or pipfruit packing experience preferred

Work will commence mid-February and finish late May/early June. Hours of work are generally 7.30am to 5.00pm, Monday - Friday

We are in Nile Road, just of the Coastal Highway, approx. 3km from Mapua

For more information or to apply see www.thawley.co.nz or email admin@thawley.co.nz Est. 1850

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1st Thursday – Folk Night from 7pm 2nd Thursday – Quiz Night, 7pm sharp!

<u>Last Thursday</u> – **Whisky & Cigar Evening** from 7pm <u>Every Wednesday</u> – **Steak Wednesday** & pub raffle from 5pm



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Local Winery Opens Doors to Local Artists

Local artists from the top of the South Island now have a new space to show their work, thanks to a blossoming partnership with a community -focused wine company.

Gravity Gallery, located at the Gravity Winery in Mahana, has been specially created for local artists, who work in rotation to occupy the space and exhibit their work.

The Nelson region is rich in creative talent and the team at Gravity are intent on showcasing everything it has to offer. In the future they hope to also host artisan markets, giving locals another opportunity to share their produce.

Gravity is part of Kiwi owned Booster Wine Group. Director, Allan Yeo, says a dedicated space for artists was just one way the company was able to get involved and support the local community.

"For us, it's not new to support local, it's always been about supporting local. Like many of New Zealand's special sites, Gravity could have been lost to

foreign ownership. We've kept it in New Zealand hands, and we want this place to be a community asset and a focal point for both locals and visitors to the region.

"It's a small start to something we hope can grow," said Yeo. "Our ethos is one of partnership. When we work together, we create opportunities for everyone to benefit."



Gravity Gallery











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WHAT'S BEEN HAPPENING.... Macpac Fund Recipient & Award Finalist

We're very excited to be the recipients of the Macpac Fund for Good, which means we will be able to upgrade some of our specialist outdoors gear. An important part of what we do at WIO is removing barriers to accessing the outdoors. Providing good equipment and gear is a big part of that – so thanks Macpac! We are proud to have been named as a finalist in the Sustainable Business Awards, which is truly an acknowledgement of our partners, funders & the community who supports us. We love working together with the amazing schools and community groups in our region to have a positive impact in building a sustainable community & environment, so thank you!

WHAT'S COMING UP.... Can Your Business Support Local Youth?

We are currently developing opportunities to further promote work readiness in our youth and establish pathways into local employment. WIO will work with youth to develop their essential employability skills and connect them with local employers offering work placements and/or training. The Motueka Vocational Pathways Programme will be running in November and we are looking for businesses to be involved. If you are a local business or employer who would be interested in supporting such initiatives through work placements, training or future employment opportunities, please get in touch! We'd love to hear from you: info@wio.org.nz. There will be more information at the Pop Up Employment & Training Expo at Motueka Public Library on Thurs 15 October, 10am – 4pm - a chance to connect with Work Brokers, Training Providers & Employers. For event info call Janine, 03 543 7240.

FOCUS ON.... Making a Difference

The Ignite Programme is a great example of how one person can look to make a difference in their community. This 3 year programme has been established in a local high school after it was noted by the sponsor that there weren't as many boys on stage receiving awards. How come? What could be done about it? From initial discussions, the Ignite youth development programme was created to provide a positive stimulus in the crucial mid-teen years, designed to encourage a step-up in skills, leadership and personal development. The lasting benefits for these tama will be felt in the school, whānau and community. You can see photos from their latest adventures on our Facebook Page: facebook.com/WhenualtiOutdoors/

OUTDOOR WANDERINGS.... The Riuwaka Resergence

Getting outside is such an integral part of our wellbeing, and with Mental Health Awareness Week having just been, this month is a reminder to head outside for a walk with your whānau or friends, fill your lungs with fresh air, take time to notice the spring changes around you and appreciate where we live! Our pick would be a picnic and stroll at the Riuwaka Resurgence, where the healing waters of Te Puna ō Riuwaka, a sacred place for local Māori, provides the perfect place for both spiritual and physical nourishment.



New gear is on it's way - thanks Macpac!



A great lunch spot for the Ignite Year 10 crew on their latest expedition in the Kahurangi

We'll see you out there!

⊕ ⊘ v www.wio.org.nz

Experiential Learning Inspiring Postive Change





Upper Moutere Tennis Club

SOCIAL TENNIS

Come and join us for some social tennis this summer! We're a friendly club - new players always welcome. (Weather permitting)

Friday Night Hits: 5.30pm

A fun practice night for our B Grade Men's Team. Gold Coin entry for non-members. Everyone welcome.

Sunday Morning Social: 9.30am

A regular social hit for our adult members. Gold Coin entry for non-members. Everyone welcome.



News from Mapua Bowls Club

The wonderful Opening Day in September promised months of good bowling ahead. Little did we know of the drama that was about to befall that would shut the Club and demand patience and understanding from club members.

Less than a week after Opening Day a tap on an external wall abutting the domain was accidentally or deliberately broken. This resulted in a broken internal pipe and water in freefall. The flood and damage could have been so much worse if three of our members hadn't been passing by chance and were able to take immediate action. A very disappointing start to the season as we wait for new vinyl floor coverings, new skirting boards, new cupboards and repairs to the carpet. Unfortunately some historic documents were beyond salvage.

Insurance cover came to the rescue, apart from the excess that needed to be paid. However, the Sprig and Fern kindly offered the Club a quiz night slot and a very successful evening on Wednesday 7th October helped to redress the balance.

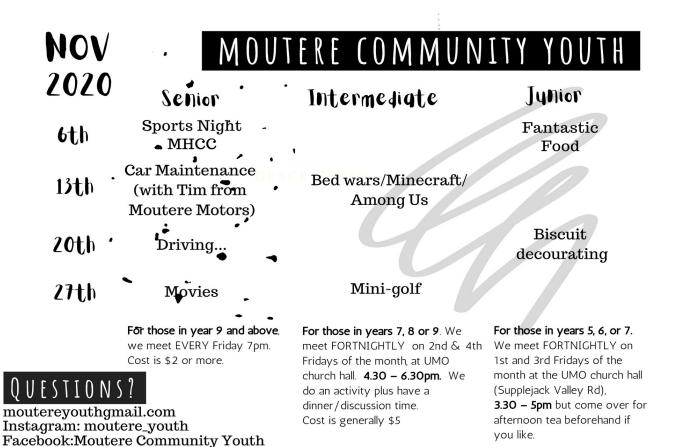
Order is nearly restored and the Club is open again for bowling. Now it is the turn of the rain to keep us indoors but we are an optimistic bunch and will soon be outside again on roll-up days, Tuesdays, Thursdays and Saturdays. The popular 3/5 format, often seen televised, is being played on Friday evenings and I'm very pleased to announce the re-opening of Leisure Bowls on Monday evenings. This is a lot of fun and open to anyone who would like to come along and have a go. Snacks and drinks are available as are sets of bowls that can be borrowed.

LEISURE BOWLS

Mondays, 6 p.m. starting Monday 2nd November.

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

Sue England





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EASY DO-ABLE GAMES AND ACTIVITIES TO HELP BUILD BEAUTIFUL RELATIONSHIPS

By Debbie Ball

Here are a few more ideas shared from my "Adventures in Natural Learning Handbook"

EYE FIND

When your child is busy in another room, hide a favourite little object somewhere in the room you're in. Ensure that a small piece of the item is visible. Call the child into the room and tell them to fin the item only using their eyes – no hands!

TOE TOUCHING

Players lie down on grass, feet to feet. Try to roll along keeping toes touching all the time. Make a start and finish line. See if each time you can get a little faster.

NEWSPAPER GLIDE

Using one piece of newspaper per foot try to glide along in your socks, on the newspaper without losing it. Have a start and finish line. If the paper rips you need to continue with what you have left! Try this on different surfaces. If you try it with bare feet the paper might stick to your feet and you can run!

NAME THREE THINGS

Ask your child to name three things from these categories. If you have a few children you can call out a category and then toss a beanbag to someone to answer. It's also a great car game.

(Here are a few suggestions from the long list in the Handbook):

- things you wear on your head
- things you wear on your feet
- things that fly in the sky
- oceans
- places you'd like to go
 - days of the week

- favourite games to play
- people you like
- foods you really don't like
- breeds of dog
- · types of sea creatures

PLAY OFFICES

Collect old equipment or make telephones, computer keyboard, typewriter, pad and pencil, clipboards, shelves, envelopes. Some children delight in setting this up rather than playing and that's ok. Let them do whatever they prefer. Have a box for small items to be stored in so they can come out and be played with another day – or the child can initiate the game themselves.

Some children require "clients" to come into the office to make appointments, pay bills etc. Depending on the child's own personal recollection of an office you might need to expand their knowledge by adding your own personal recollections of times you have been in an office.

ALPHABET BOOK

Use an unlined exercise book, or "Project Book", and write one letter per age – upper case and lower case. Either draw a picture relevant to each letter, or cut out a picture (or pictures) from magazines to suit.

NUMBER BOOK

Same as above, but glue pictures on the page that represent the number you've written at the top of the page.

These books are fun if you're able to make them personal to the child with items they're interested in.

These ideas are not just for children - many adults enjoy them, and they're excellent for professional team-building sessions!

For more ideas on easy, do-able games and activities for all ages check out the next issue of Grapevine!

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.willowcottagenz.com. Locals can save themselves a trip into town for supplies, and save on postage. Just email me first before you choose the contactless "pickup" option at the checkout.

We are excited to be getting new stock especially for the MOUTERE HILLS COMMUNITY CENTRE CHRISTMAS MARKET on Saturday the 5th of December.

Please come and say hello if you are at the market!

Деввіе



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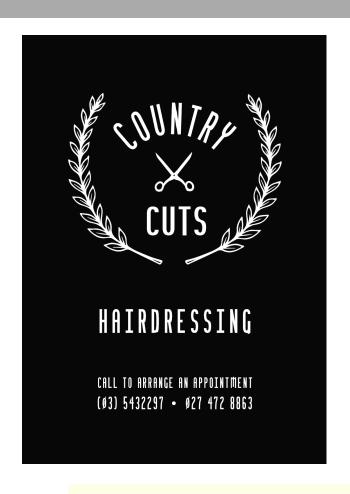
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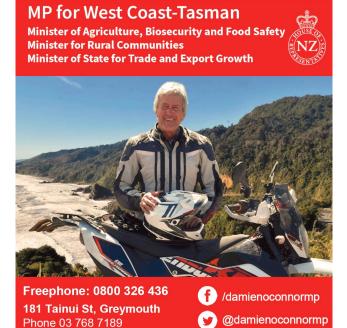
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Since Glenys stepped down as our indomitable team leader, members of PANZ Nelson put their heads together to develop new systems and shared responsibilities to keep the group alive and kicking. And it is working well. The atmosphere on Tuesday mornings is the same as ever with plenty of ideas and mutual support being exchanged. The programme of activities beyond the routine painting session continues.

A number of members made the journey to Riwaka at the end of September to paint in the great outdoors. Glen had offered her new home on the estuary as a base and it provided plenty of inspiration to be creative; a far cry from the security of painting indoors using photographs. It was a very enjoyable day and a lot of thanks to Glen for the refreshments and use of her lovely house.

Tuesday 13 October, 'Big Picture' day. Sue had

chosen 'The Pool of London' by André Derain as the secret painting. Marian had organised a photocopy and cut it into eighteen equal portions. So our happy punters had no idea what they were creating until all the sections were pasted together at the end of the morning. The original and the worthy effort are both attached and I hope you are struggling to differentiate! This is always a popular challenge and also a lot of fun for the organisers scanning art books to find a suitable painting.



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RECIPE

Salads are on the menu again at Soo Gee's house, this one's good enough on it's own or have it with some of that delicious locally made ciabatta.

Asparagus and Watercress Salad with Sherry Dressing

2 bunches of asparagus trimmed, 100g blue cheese crumbled, ½ cup toasted walnuts or flaked almonds, 1 bunch of watercress leaves.

Cut asparagus into 3 and blanch in boiling water with a little salt added. Cook for two minutes or until just tender. Drain and cool. Wash water cress and pat dry or use one of those salad spinners. Combine all ingredients and drizzle with the following dressing and toss well.

Dressing: Mix together 3 tablespoons of quality olive oil or nut oil if you have it, 1 tablespoon sherry vinegar, salt and pepper to taste.

TOWN & COUNTRY VET

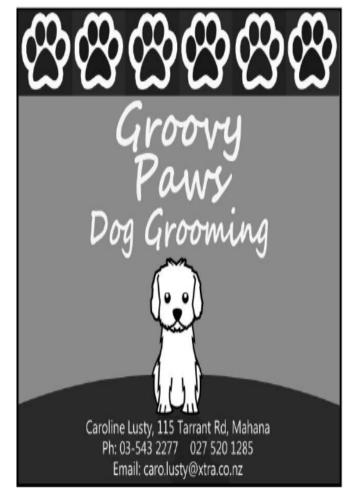


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FEEDING FUSSING FELINES

Cat owners often find mealtimes a battle of wills. Many people tell us that their cats are fussy and they'll love a brand food for a few days then turn their noses up at it (usually straight after the purchase of a big bag!)

Below are some feeding tips if you have a fussy feline:

- Use an activity feeder rather than making it easy for your cat and simply plonking their food into a bowl, an activity feeder makes feeding time more interesting for your cat and can be either bought or homemade from toilet rolls and containers. Activity feeders also help reduce overconsumption and obesity
- Consider feeding your cat in several different places so they have to go looking for it. Scattering biscuits across a patio or garden (or if you can cope with it, even the kitchen floor!) means they have to find it and incidentally do some exercise!
- Cats prefer to eat small amounts often rather than having set mealtimes as they have evolved to eat when they have hunted and caught prey. They expend energy from the hunt and then replace it by eating the prey. There is not much energy used in walking up to a bowl full of food!
- Although your cat will tell you otherwise, they don't need a lot of different foods. They don't have a lot of variety out in the wild and only expect options because we provide them! A single main food (complete and balanced) with occasional small amounts of novel food items is all they need.

On the other end of the spectrum, rather than being fussy, we are seeing more and more obese cats in our clinic. Just like humans, this impacts on their health in many ways and often reduces their lifespan. Many people feed their cats to show them affection or to stop them yowling for food!

Instead of offering food, distract them with play – even older cats find it hard to resist a ball made out of tin foil or a feathery cat wand or a moving torch light. It only takes a few minutes and you can even sit on the couch while you play with them!

And did you know it is possible to teach cats tricks?

Cats are just as capable as dogs of learning but having an untrained cat around is not nearly as crazy and tiresome as an untrained dog so not many people think about training their cat. You can teach them useful stuff like getting into a cat carrier cage voluntarily or just fun stuff. Several of our staff have taught their cats to beg, roll over, play dead, fetch and high five. Super yummy food treats are the best training rewards. Pick a time when your cat is already in play mode and keep sessions really short, don't force your cat to be trained if it's not in the mood. Adding in these interactions not only makes life more interesting for your cat but strengthens your bond and improves your relationship. If you want a cat to hang out with you, play with it!

And on a completely different subject...orders and repeat prescriptions

- It is very helpful for our staff and much more efficient for everyone if clients ring ahead for orders and prescriptions.
- We can then get everything ready to go and you can pick up your goodies from our collection station without having to wait
- This is even more important with Covid-19 still lurking around we also have the QR code to scan and hand sanitiser at the door

Thanks for your understanding.













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Provided in partnership by :

Nelson Tasman Community Transport Trust (NTCTT) & Māpua & Districts Community Association (MDCA) & funded by the Community Connect MSD funding/grant as part of the NTCTT / Māpua Project





Home for Summer Rental

We're looking to rent our house out while we're away for 4 ½ weeks over the summer holidays; 20th Dec to mid/late Jan.

- Harakeke, mid-Moutere valley
- \$350 per week
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Sunday 31 January 2021

To make this another fabulous Moutere event we need your help and support

The festival is entirely volunteer run and not for profit, and we get 5,000 or so coming to the festival each year - it's a lot of fun!

Please let us know if you would like to get involved in:

 Running the photographic competition and / or judging it

- Making food for the volunteers on the 3 days around the event
- Organising the entertainment
- Setting up Sat 30 Jan, packing down Mon 1 Feb
- Small jobs there's plenty for everyone in the run up and on the Day

The money raised goes straight back into the Moutere community via The Sarau Community Trust. It supports a huge array of our sports, activities and community organisations, including our Moutere Hills Community Centre.

Please contact us at sarau@saraufestival.co.nz to let us know you'd like to be involved and kept up to date with our meetings