

The Grapevine

APRIL 2022

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

We have started a **Community Noticeboard** page, see page 19.

Thank you for reading the Grapevine and for supporting the advertisers.

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**MOUTERE
ARTISANS**



You're Invited

Do your friends and acquaintances tilt their heads and ask "Where??" When you tell them you live in Upper Moutere? Or have you driven past signs with a Moutere Artisans logo and wondered what they do in there? And what is this Moutere Artisans Open Day all about?

On Anzac weekend you have the opportunity to find the answers to these questions.

This is the first year the Moutere Artisans are opening their doors to the public in April - this is in addition to our established Labour Weekend event every October. Being a long weekend you might have some extra time on **Sunday 24th** to find out more about the artisans who supply their products to galleries and retailers throughout the country.

At some places it's an opportunity to meet the makers, a chance to take a peek behind the scenes and learn more about their product or process. Some will offer tastings and some will be there operating as they do on a normal day. Some keep it close to home and you'll only find their products right here in the Moutere but all of them all take pride in the fact their goods are unique and quality made. Feature writers of lifestyle magazines write about this group of artisans as if they were a cut above the rest - yes there are ordinary people doing extraordinary things in your neck of the woods. These are the people that live just down the road or around the corner and visitors to our area make a beeline to them. Did you know that most of the artisans on Neudorf Road have featured on TV's Country Cal-

cont. pg3

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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 advert (JPG, PDF, or PNG preferable) to: umograpevine@protonmail.com

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Sending us articles of interest

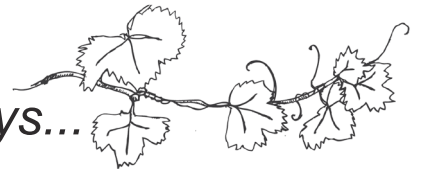
We warmly welcome contributions to The Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read! There is no cost for having your articles published if you are telling the community about a fundraising venture. However we do appreciate a donation from commercial ventures to help us cover our printing costs—see email address above to get 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 1400 copies. This issue has been constructed by volunteers: Rachel Field, Edith Bulle, Beverly Sellers, Jenny Leith, Sharon Beuke, Bessie Adie, Kirsty Vanderwerff and Tanya Doty.

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. All adverts are required to present a name or contact details so that people can respond directly should they have any queries or concerns. Publication of advertising material implies no endorsement of either a product or a service.

Grapevine Says...



Thank you to everyone who has supported our move to downsize The Grapevine by reducing their advertisement sizes. We're down to 22 pages this month – kinder on the environment! Please remember that you can also read your Grapevine or look up back copies by going to the Moutere Hills Community Centre website.

We still want to include lots of local articles to keep up the variety – thanks to those who have sent them in this month. Please send us your stories about tramps, gardens, bike rides, books, crafts, community groups and local issues – or your recent trip to Antarctica!

We have now started a **Community Noticeboard** page. If you have any club or group notices 25 words or less, or a small run-on request, please email them to us to include for FREE; see pg 19.

Did you know?

Disposable masks, which we've been advised to throw out after each wear, can actually be washed and reworn up to 10 times, a group of New Zealand researchers has found.

Nelson-based infectious disease specialist physician and microbiologist Richard Everts said “massaging the mask in warm water would remove biological material, such as mucus and saliva, and hanging it up to dry overnight was what disinfected it. If you were planning to share the mask with someone else, you should submerge it in boiling water for a few minutes before hanging it to dry... using soap, dishwashing liquid or bleach affected the electrostatic charge on a mask's middle layer, making it less effective but still better than cloth masks.”

<https://www.consumer.org.nz/articles/wash-your-disposable-masks-experts-say>



endar? That Our wineries win international accolades regularly. That pieces produced by our crafts-people are sought after?

The mysteries of the Moutere are many and since it really is a fun day out, why not bring a friend or two. As one of the artisans said at a recent meeting, “this could be the day out

you didn’t know you needed until you did it.”

You can pick up a map at Moutere Hills Community Centre and turn down that road you haven’t explored yet or pop into that place you’ve always driven past so that next time someone says “Where??” You can say “come on I’m going to show you what

makes this a very cool community to be part of.”

Open from 10 am until 4 pm on Sunday 24th April, look for the Artisan Logo and flags, you will be warmly welcomed and leave feeling stimulated and satiated.

Sarau COMMUNITY TRUST

The Sarau Community Trustees invite local organisations to apply for funding assistance for the coming year. There is no application form, but we require a letter of application sent to jenny@saraufestival.co.nz before the deadline of **1 May 2022**. Your letter should tell us:

- what you want the money for;
- how many people and what ages are involved in your activity;
- where else you are receiving funding from; and
- how much you would like to receive.

You may also want to mention any involvement your group has with assisting in raising funds for the Trust.

You will all know that there was no 2022 Sarau Festival and so our funds are more limited this year – however the Trustees and a great band of volunteers do work hard to raise funds through quiz nights and the Sarau Winter Sale weekend.

We cannot necessarily meet all requests, but we do give priority to those organisations who help to plan and run Sarau Festival or the Sarau Winter Sale from where the majority of our funds come. If you wish to make sure you are considered next year, then make sure your team volunteers at the 2022 Sarau Sale weekend – 30-31 July 2022, and the 2023 Sarau Festival.

The Sarau Scholarship: the Sarau Trustees will accept an application from any person representing New Zealand in any endeavour. Please apply by telling us in a letter what you do, and what you require financial assistance for. Applications to jenny@saraufestival.co.nz by **1 May 2022**.

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David and Claire - Mapua, Tasman

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APRIL 2022

MOUTERE COMMUNITY YOUTH



The Moutere Community Youth Trust would like to introduce the new youth group van and acknowledge the support from many generous donors to help buy it: Sarau Trust, Network Tasman Charitable Trust, St Paul's Lutheran Community Church, Lutheran Church of NZ, and supporters. This spacious 12-seater Toyota Hiace van will help us get to our adventures and is available to this community to hire (79cents/km) - to get to your adventures!

QUESTIONS?

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

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Moutere Volunteer Fire Brigade

Callouts for the month of February 2022

3/2 Alarm activation at Mapua School
11/2 Alarm activation at Upper Moutere School
13/2 Security alarm at Upper Moutere fire station
20/2 Car fire, Apple Valley Road
23/2 Medical, Redwood Valley

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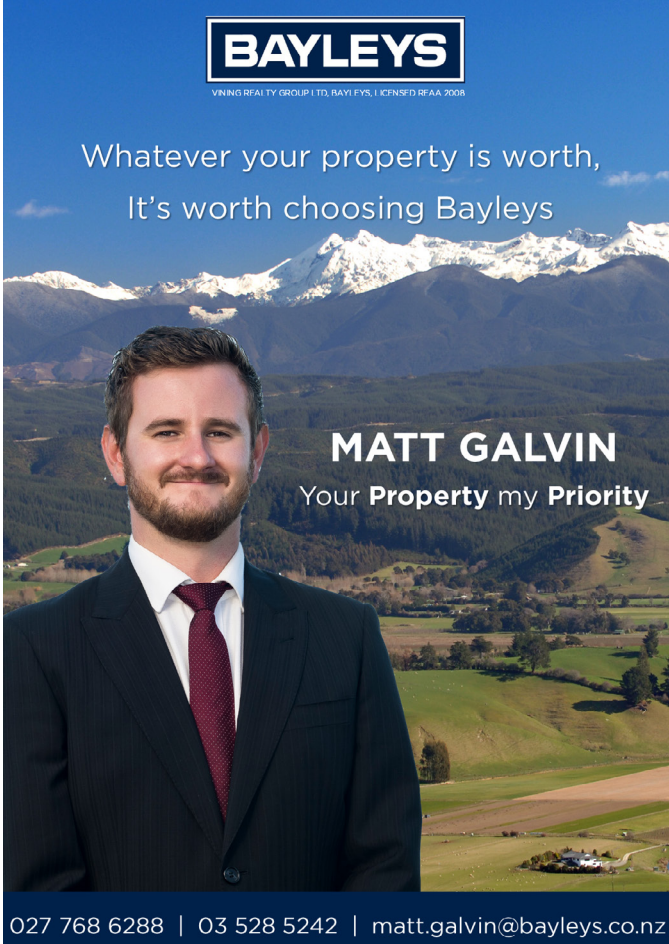
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Just one thing -

CARBON CUTTING / LOW WASTE LIVING

Refilleries + food stalls

Buying food from a refillery is 'just one thing' you could choose to do to reduce your ecological impact. Purchasing local and /or organic / spray free goods from stalls on your way past? Even better...

We're so lucky to have a great abundance of food and plant stalls in N.Z.. We can pick up \$5 free range eggs, \$3 paper bags of plums, beautiful flowers and seedlings on our regular Moutere drive-by route home... note to self, must top up change in wallet. Not to mention, we have a pretty decent selection of refilleries in Nelson and Tasman, I can think of five in Tasman and three in Nelson, any more?

BeetRoot on High Street Motueka is one of our weekly go-to refillery shops. We've been buying over half our groceries from Beetroot since it opened; it feels good to support smaller local businesses, especially knowing how much of a dry old bone large supermarkets have been giving suppliers for far too long. Raj, the owner (former owner-chef of Simply Indian), is passionate about food and minimal waste. This is one of his favourite, go to recipes using package-free organic ingredients from his refillery store, alongside fresh seasonal ingredients. Enjoy!

Bessie Adie

What are your low waste living hacks/ ideas / stories / questions? Email us...



Masoor Dal 'Indian Style'

Time - 20 minutes

Serve - 3

Ingredients:

1 cup	Red split lentils	1/4 tsp	Turmeric powder
2 tbsp	Cooking Oil or Ghee	1/2 tsp	Chilli powder
1/4 cup	Chopped onion	1 tsp	Brown mustard seed
1 tsp	Finely chopped ginger	3-4	Little pieces of cinnamon stick
1 tsp	Finely chopped garlic	6	Curry leaves (dry or fresh)
4	Dry red chilli whole (optional)		Salt to taste
1 tbsp	Finely chopped coriander leaves (optional)		

Method:

1. Wash the lentils and keep them aside.
2. Heat the oil in a pot and add mustard seeds when it's ready.
3. Once they start bursting add whole red chilli, cinnamon stick and curry leaves.
4. Right after add garlic and then after about 15 seconds add chopped onions and ginger.
5. Cook whilst stirring until onions are golden brown, then add turmeric powder, chilli powder and salt.
6. Cook for another 2 minutes then add lentils and two cups of hot water to it.
7. Cover the pot and cook at boiling point until lentils are cooked (about 10-15 minutes). You can taste the lentils and see if they're fully cooked or not.
8. Serve with rice, naan, roti or bread on the side.
9. Green salad and yoghurt is a great side dish.



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The Puāwai Cooperative: a new co-operative offering support in the region

Jane Hopkinson (Honey Jane) started the Puāwai Cooperative as an incorporated business as well as a charitable trust, together with six other women committed to make a difference to the earth and people in need of healing. Growing food according to moon cycles and traditional knowledge of permaculture and indigenous lore is being actively shared with different social agencies, ranging from kindergartens and schools to Youth Nelson and the Ministry of Inspiration. Four garden beds are planted following bio-dynamic and permaculture principles such as companion planting and crop rotation, with the aim of raising awareness about food production with young people and their teachers. Which part of a plant do we actually eat when we eat lettuce, carrots or silver beet? What conditions do plants need to grow well, and which plants do they like to grow together with? How can we know the answers to such questions? Why are these answers actually important to people to learn more about?

The Puāwai Cooperative does not only work with teachers and students;



they also offer educational courses and lectures to the public. Permaculture Design Courses will be on offer, connected with literacy and numeracy courses in which students can earn credits for their formal education. The cooperative is mobile and can visit schools in different locations; it also offers support and education around self-employment, Mirimiri and Rongoa- Maori healing modalities.

Implementation of the Puāwai business model is in the very early stages



but it is expanding rapidly. At present, it is based around a Permaculture Design Course, garden planting and community building on a wider scale, using connections to local whanau.

For further information contact Jane Hopkinson (0272089869) or request access to the Puawai facebook page

Edith Bulle



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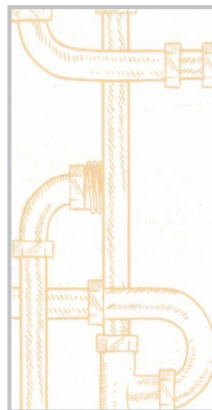
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ANZAC DAY

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Monday 25th April

10am

LEST WE FORGET



A date for your diary

HARVEST MARKET

"From the land, for the land"

Sunday 15th May

10am – 2pm

Do you produce products from the land or for the land? If so book your stall at our new Harvest Market. Sites only \$25 each. On wet or fine!

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New Activity

PICKLE BALL

Come along and join in the fun of this new social sport

Pickleball is a simple paddle game played with a baseball sized wiffleball over a tennis type net on a badminton size court!

Wednesday's 10:30am—11:30am

\$3 per person, all equipment provided!



New Classes

RE-ACTIVATE

Offering a second session of this popular Fitness class.

Wednesday's from 9:30am—10:15am (starting 2nd May)

Free for fitness centre members, \$5 for concession card holders or \$7 casual



FAM FIT

A fun fitness class where parents are able to bring their children along while they participate in a full body workout. Children can join in or play with the toys provided.

Wednesdays

Booking is for an 8 week block (11th May- 29th June)

Cost \$60 or \$20 for Fitness Centre members.

Numbers are limited so contact Adele (adele@mouterehills.org.nz) to secure your place.



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Happy Easter! We could write about long weekends and chocolate but it's also a good time of year to think about rabbits!

Rabbits are popular pets and preventative health care is very important. If you get the diet and environment right, many common and potentially serious problems can be avoided.

DIET

Rabbits need a very high fibre diet to keep their teeth and gut healthy. Rabbits' teeth grow throughout their lives so the high fibre diet prevents teeth overgrowing and uneven wear. Rabbits with overgrown teeth can't chew effectively so can lose weight, have diarrhoea and develop tooth root abscesses which are difficult to treat. Rabbits also need lots of fibre for their digestive tract to work properly - a low fibre diet such as lots of pellets and bread increases the chances of diarrhoea and flystrike.

The diet should consist of:

- Good quality hay available all the time
- Grass and grass clippings
- Green, leafy veges – about 1 cup/kg/day e.g. dandelions, parsley, silverbeet, carrot tops
- Branches from trees such as willow, apple, poplar or other untreated wood for chewing on
- Clean, fresh water all the time preferably from a sippy bottle
- Treats such as carrots and apple should be no more than 1 teaspoon/kg/day
- Rabbits should not be offered cereals, grains, bread, biscuits, crackers etc

Pellets are not essential and should only comprise about 10-20% of the diet or about 1/8th cup/kg/day. Even if they are your rabbit's favourite, they

are high in calories and do not provide enough fibre. They are also better fed in 'treat balls' to provide some mental and physical exercise.

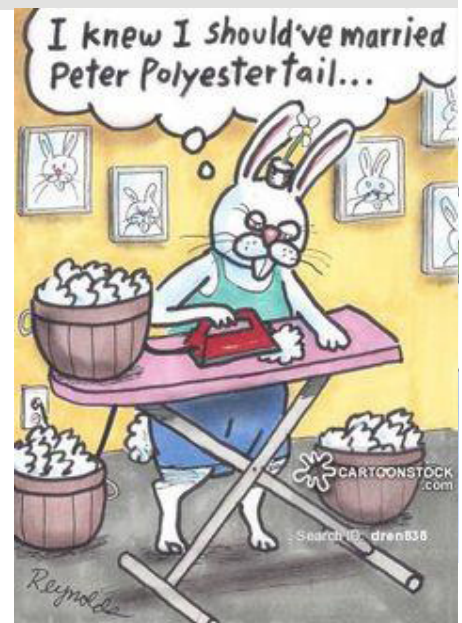
POO

Rabbits have two sorts of droppings – hard fibrous pellets and soft green caecotropes. Rabbits will re-ingest their caecotropes but usually do this at night. This is a normal and important part of a rabbit's digestion and does not indicate ill health. However diarrhoea is always abnormal and needs to be sorted quickly before fly strike occurs.

ENVIRONMENT

Ideally rabbits should be free-range within a rabbit-proofed area so they can live and behave like rabbits! They are social, busy animals that do well the more interaction they get. Nowadays many pet rabbits are allowed inside and hang out with the family like cats and dogs do – they can be house-trained, litter-tray trained and cat-flap trained. Just make sure wires and cables are rabbit-proofed!

But if you want to keep your rabbit outside in a hutch, bigger is better for mental and physical health. Rabbits need to be able to stand up and stretch and hop about. Two storeys are a good idea for separate sleep and play areas. Straw and shredded paper are good bedding options and need to be partly or fully changed regularly. Make sure there is shade. Entertainment should



be provided e.g. treat balls, a digging area, cardboard or old newspaper for shredding, wood for chewing. Allow your rabbit supervised time out of the hutch and handle them a lot.

GROOMING

Rabbits should be checked daily and have a full hands-on checkover once or twice a week. Long-haired/fluffy rabbits need to be groomed several times a week and this should start at an early age. If the fur is left to become badly knotted, we can shave them under sedation which is an expensive and often fairly ugly haircut! Sometimes rabbits need to have their nails clipped.

VACCINATION

Rabbit calicivirus disease is also known as haemorrhagic viral disease. There are several strains of this virus in NZ. Calicivirus is highly infectious and spread by ingestion or breathing in virus from infected faeces or urine. Insects can also carry the virus, so do your shoes or clothing so isolation from other rabbits is not enough to prevent your rabbit from the disease. It's best to vaccinate.

If you have any bunny questions, phone us on 544 1200.

Also remember to keep your chocolate easter treats out of your dog's reach!

Brenda Halliwell
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Our latest news & adventures

Ngāti Koata Wānanga Series helping to develop future leaders

He haerenga mīharo (an amazing journey) with the Ngāti Koata Trust rangatahi and Waka Abel Tasman recently. Complete with a visit from dolphins, some awesome kai, reconnecting with the whenua and building whanaungatanga (sense of connection). We love being part of this important kaupapa to grow our rangatahi leaders. Ngā mihi maioha ki a **Nelson City Council** me te **Rātā Foundation** for supporting this wānanga. This waka journey is part of a wānanga series for Ngāti Koata whānau - get in touch if you want to find out more - info@wio.org.nz

Upcoming Holiday Programmes

There are two holiday programmes running in the first week of April, both shortened to 4 days to accommodate Easter, from 19th-22nd April, with the cost reduced accordingly to \$250 per child. **Go Wild** is for our younger adventurers (7-10yr olds) and **Kaitiaki Kids** for intermediate ages (10-12yr olds). Places are filling up quickly so we suggest you head online to pop an application in! www.wio.org.nz

An array of funded opportunities for our local primary schools

The 2022 calendar is looking jam-packed with fantastic opportunities for local primary schools to access experiential learning days at Whenua Iti. As well as the Mini Adventurers Programmes, School Camps and EOTC days, new programmes have been developed with the support of funders, including **Rā Ora**, a wellbeing day to uplift our tamariki through fun adventurous, cultural & environmental activities (funded thanks to the Lotteries Community Fund) and **Tamariki Tiaki** (ngā mihi nui to Jobs for Nature funding) which takes learning to a significant local environment for a mix of science, exploration, cultural learning and of course fun! Head to our website to find out more: www.wio.org.nz

Looking for Inspiration?

Look no further than our patron, and local multi-sporter Nathan Fa'avae! Another epic win on the recent Godzone adventure race, did you know that Nathan started off as a young fella on a course at Whenua Iti Outdoors, wondering where he was going in life. Now a world champion 10 times over, he continues to inspire us and a number of local young adventurers. Two of our awesome wāhine instructors also took part in the Godzone race and had everyone at work dot-watching! You never know where that first trip into the hills might truly take you....

The Team at Whenua Iti.



Ngāti Koata rangatahi on a waka journey as part of a leadership development wānanga series



We've quite enjoyed more outdoor hui! It's still important to come together as a team.

We'll see you out there!

www.wio.org.nz



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News from Mapua Bowls Club

THE WRITE BIAS

There has been plenty of bowling action at this latter end of the season. A popular tournament sponsored by the Car Company was held on Monday 28th February, popular not only for the bowling but also for the full roast lunch that the Club provided. It went down a treat. Teams from Richmond Bowling Club took first and third places with Pohara splitting the difference.

The ongoing friendly battle for the Rose Bowl between Māpua and Riwaka took place on Sunday 6th March. Several of the Club's newer members played in this event and did themselves proud. Good bowling, good food, plenty of banter and a very enjoyable afternoon.

Every year Māpua Bowling Club holds a Memorial Day tournament, a chance for current bowlers to remember and respect past members. This year, on Sunday 13th March, the competition also included the Enstone Trophy, a historic link with the Blind Association of New Zealand. This trophy is held permanently in the Clubhouse and a donation from the day sent to the Association.

Championship matches have been concluded and several of the winners have gone forward to play in the Champ of Champs events organised by Nelson Centre. We are very proud our club member, Jean Daubney, who won the Champ of Champs Ladies' Veteran Singles. Well done, Jean.

We are now approaching the end of the bowling season, which heralds plenty of hard work ahead as the green is to be renovated during the winter months. This will be hard and expensive work but necessary; without the green there is no club.

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/māpuabowls

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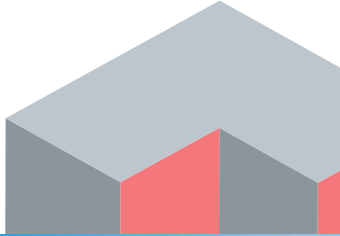
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Community Noticeboard

MOUTERE ARTISANS OPEN DAY is back! 10am - 4pm, Sunday 24th April. Look for the Artisan Logo and flags, you will be warmly welcomed in the Moutere.

RURAL CONNECTIONS Sunday 10th April, 5pm. Crock pot meals & Tim King: \$12 p/adult \$6 p/child. To book: nelsonfedfarm@gmail.com

LOOKING FOR RIPE ELDERBERRIES, if anyone has a surplus we'd love to come and pick them. Contact Cisca 0211709148

SECOND CHANCE TASMAN will be rehoming 12 puppies in 7wks time. Lockley mix breed. \$350 a puppy; includes flea, worming, 3x vaccinations, microchipped and desexed when of age. Follow on FB for photos/queries, or contact Sinéad 0212777422

UPPER MOUTERE BABY PLAYGROUP is on hold -watch this space- baby group will be back.

NEED A LIFT? Māpua Willing Wheels Volunteer Drivers, transport around Māpua, Motueka, Richmond, Nelson (no airport runs). Tel 022 6822 373 to book / mapuawheels@gmail.com, 24hrs notice required.

MOTUEKA COASTAL BUS operates Tuesdays, Thursdays & Saturdays, leaves Motueka i-SITE 9.30am to Tasman, Māpua, Richmond CBD & Pool, returns 1pm. Pre-booking essential Motueka i-SITE 03 528 6543.

ASTROLOGER Claire Voyant and her family have been struck by covid and she pleads with everyone to get vaccinated, if you haven't already.



Want to get in touch?

Email us at:

mdba@mapua.co.nz

April 2022

It's April already! Easter is just around the corner, the sun is still shining so don't forget to take advantage of the long weekends coming up. Buy and shop local, support each other and enjoy Aotearoa. To keep yourself up to date with the local happenings like our Facebook page @mapuabusiness and check our website: www.mapua.co.nz

NEW LOCAL MAP IS OUT

If you don't have a copy of the NEW local map yet stop by Rimu Wine Bar Cellar Door on the wharf to grab some. It's a great tool to show your visitors, friends and family around our region.

SURVEY 2022—WE NEED YOUR FEEDBACK

A survey will be communicated soon to our members so we can understand where everyone is at and how we can do things better according to ever changing needs. Please take a few minutes to complete it, that would be very helpful so we can support you and your business in the coming year.

JELLYFISH IS HIBERNATING

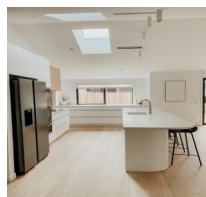
A massive thank you to Debbie from Jellyfish Restaurant and Bar who has spent many years supporting our area via her business and her commitment to the MDBA as vice chair and active committee member. As you already know, the Jellyfish Restaurant and Bar has sadly entered into hibernation which in these difficult times, is a necessary step towards a brighter future. Our thoughts are with Simon, Debbie and their amazing team, may the comeback be spectacular!

All the best from the MDBA.

MEMBER BUSINESS UPDATE

A warm welcome to our new members: Milnes Beatson Accountants, Powermac Electrical & Drain Pro Plumbing all on board this month. Check them out on their Facebook pages.

NEW MEMBER PROFILE



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THE MOUTERE
Kai
Collective



The year is off to a good start for the Moutere Kai Collective. We've recently restocked the freezers with our hearty Cottage Pie. We've been able to produce these meals with a very generous donation of ingredients from the Field family - Thank you Hayley for supporting us!

We've also recently received additional funding from **NBS Motueka** which will help us to continue meeting the high demand alongside rising food costs. The team at NBS Motueka often come along to help out at cook-ups, lending a hand as volunteers *and* they continue to fund all of our fantastic bamboo packaging.

We use Ecoware bamboo packaging for our meals because they're truly versatile. Ecoware is a NZ company and their containers hold-up really well in the freezer, microwave and oven. When you take them out of the freezer you can simply microwave them to defrost them. After that, they can be popped straight into the oven. The bamboo doesn't burn or flavour the food and by putting our meals in the oven to finish cooking, it gives the topping a nice crispy finish. After the meal is done the containers can be composted in a home compost or easily burnt (they make great kindling apparently!) Basically they're an all round eco-friendly and user-friendly solution that we're really proud to use.

For those new to the Kai Collective concept, we're a group of locals who get together every 6 weeks, to produce nourishing meals for our community. We then encourage locals to come and collect the meals and gift them on to their neighbour, friend, or a family member who may be 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. We also supply the Motueka Maternity Unit and various other community out-reach locations with our frozen meals. We're entirely volunteer co-ordinated and run.

How do I use the Kai Collective?

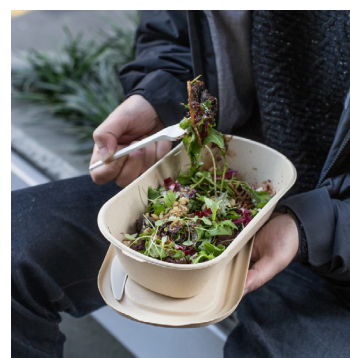
1. Identify someone in need of love and support
2. Collect a meal or two from MHCC (also available from Country Kids, the Church Hall)
3. Deliver the meal to your friend and make the world a little kinder...

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 email Anna - haddonanna@gmail.com



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