

The Grapevine

OCTOBER 2022

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

Need help with your newly planted natives? Join the Moutere Catchment Revegetation Project for a practical session on the impact of grass - see pg. 9

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Neudorf

1970 was a new beginning. Lynley McDowell became known as Lynley Clouston. Her place of residence was to be at Neudorf, (new place), no longer at Puni, (resting place).

After 52 years of my new life I share my recollections of those early days, of memorable highlights, of changes I have observed and my thoughts of the future. My first visit to the Neudorf Valley was almost one hundred years after the establishing of a "new place" to be known as Neudorf. The visit was to the Beuke family. I could not imagine that four years later I would be welcomed by the same family to their valley and to be considered a friend as well as close neighbour.

I settled at Neudorf as the wife of Ian Clouston. I hit the ground running. Two days after arriving, my teaching job at Neudorf School was to begin.

That meant time preparing the classroom and the learning programme.

After the school day there were tobacco plants to prick out for planting and after an early tea there was planting to do, making full use of the available daylight hours. The seasonal tasks continued meaning that weekends and evenings were filled too, at times, overflowing. I recall when I was six months pregnant, we found ourselves in the situation of having to raise extra money for our new tobacco kiln. At the time possum skins seemed to be a lucrative way to raise the necessary extra finance. Many trips over the Takaka Hill were embarked on at the end of school on a Friday afternoon.

Teaching at Neudorf School was a special time with many warm memories. I still smile about one young lass, who after a few weeks at school balked at

cont. pg3

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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, Jenny Leith, Sharon Beuke, Edith Bulle, Bessie Adie, Kirsty Vanderwerff and Sue McGregor.

Disclaimer

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Grapevine Says...

So - what did you do on the Queen's holiday to celebrate this latest Elizabethan period? As I write this on Monday 26 September, we have just returned from a Royal picnic with cucumber sandwiches, tea and scones up in the hills. Tweed jackets and kilts, pearls and hats...

Our next public holiday is Labour day and, on that weekend, The Moutere Artisans open their doors and invite you to experience 'really, really nice stuff' in our very special village. Find out more about the Moutere Artisans Open Day, Sunday 23rd October 2022, 10am - 4pm on page 11 or at: www.moutereartisans.co.nz

Finally, from the Grapevine editors this month: we would like to remind you to think ahead about advertising your event. We publish the Grapevine as near to the 1st Thursday of each month as your volunteer team can manage, and this month it will be delivered on Thursday 6 October. When sending us material to publish for November, please remember that although we need copy by 15 October, the Grapevine will not be released until 3 November, and so on through the year. We do not publish in January so anything for December, January, and early February will need to reach us by 15 November. Clear as mud? Have a great month anyway and we would love to hear about your school holiday activities...

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returning. Her mother made enquiries if anything untoward was happening during school time. Further questioning gave the response 'you said that I would learn to read and write when I went to school. Well, I can't so there is no use going to school, so I'm not.' She came back and learnt to read and write.

Another memory was my promise that if it snowed on a school day a trip to the top of the Takaka Hill would be organized. One of the dads took time out of tobacco grading to make toboggans for that trip. An unforgettable "snow" day was had. Some relationships formed during those years still endure.

After the birth of my firstborn, Gina, my role changed to parent and farm worker. During this phase of life opportunities arose to become involved in community activities e.g. WDFP (now known as Rural Women), Rangers Rugby Club Social committee, the Domain Board (now known as the Mouere Hills Community Board), and deputy chair of the Tasman electorate of the National Party. Another baby girl was added to our family unit – Yvette, and the busy existence continued until the first encounter with melanoma. On my doctor's advice I returned to teaching with the rider "but don't get tired!". That was a joke! That was at the time of 3 terms per year. After relieving for Term 2 at Neudorf School, followed by Term 3

at Dovedale, I became a commuter to Richmond School for the next thirty years.

The natural beauty of the valley throughout its seasonal changes constantly touches my heart. Visitors to our home always comment on the beauty of the view. After a testing day at work my spirits would be lifted on arrival to the Neudorf Valley.

One of the highlights of my life here would be the three day "HAPPENING" that I organized. It encompassed the schools and communities of Neudorf, Dovedale, Mahana and Upper Mouere. The children and adults participated in a wide range of activities over those three days. The event culminated with a "Wine and Cheese" evening that was quite memorable to say the least! The Principal of the Nelson Community College requested the right to use the planning to take with him to Australia. Another was a "HAIR and WEAR" evening. Several locals were the models sashaying down the cat walk much to the delight of an appreciative audience that filled the Mouere Hall. The funds raised at this evening were shared between the WDFP and the participating Hairdressers group.

With progress there inevitably is change. However, for me it was disappointing when it was decreed, due to government policy, that Neudorf School was to be removed and amal-

gamated with Upper Mouere School. A tangible focal point of the community was gone. The social events at the local hall had also waned as the Upper Mouere Hall became the hub of such activities.

When first living here the term 'at Neudorf' indicated one's place of residence, now it is a number on Neudorf Road. Many of the families living here when I arrived were descendants of original settlers and many interrelated. They worked the land for their income. Nowadays many of the residents are newcomers and commute out of the valley to their places of work. Recently while driving past where the school used to be I commented to Ian, "It is almost a village". How special it would be that the ideas of those who set to establish "A new village", NEUDORF, in 1865 transpire. The small land lots first surveyed are once again about to have homes on them.

For many years I had the feeling of being the interloper in the closeknit community. The bystander looking on as the community moved to its own natural rhythm. The decades of working out of the district created a physical and social disconnect. After retirement the chance to reconnect came through my involvement in the various activities of our grandsons, Joshua and Benjamin.

'Home is where the heart is'. Neudorf is my home.

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16/8 MVA Neudorf Road
17/8 Alarm activation, stateside imports, Mouere highway

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Sarau Community Trust

The Sarau Community Trustees invite local organisations to apply for funding assistance. There is no application form, but we require a letter of application sent to jennyleith@gmail.com before the deadline of 22 October 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

The Trustees and a great band of volunteers have worked hard to raise funds through Sprig & Fern quiz nights and the Sarau Winter Sale weekend and are looking to provide limited funds back out into the community as a result of these efforts.

We cannot necessarily meet all requests, but we do give priority to those organisations who help out the Trust.

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.

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Community Noticeboard

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VINYASA FLOW CLASSES 1st Class is Free Tuesdays and Fridays 9.30am - 10.45am at the Riverside Community centre, Lower Moutere. Contact Jo Wilcox 021 170 9495



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Steiner Spring Fair

We were hoping for sunny weather for the Spring Fair and the weather actually did play along with the big event, despite a few showers during the night. All the stalls had been well protected so there was no water damage reported, and the fun could begin by 9 am.

People were beginning to stream into the school grounds and meandered up the hill for an array of activities and stalls, be that a wide variety of plants, old and new books in some way connected with spiritual science and education, (most of them were actually sold out by the end of the day!). Activities to join in included, making herb salt, plus a whole children's craft section sheltered behind the classrooms. There were craft stands for dipping candles, growing seeds, puppet theatre, and other crafts for children to create small toys; for older children there was music and active games. For all ages - the music, food stalls, food for thought, and meeting of old acquaintances all took place side by side. The atmosphere was full of joy and laughter and tight squeezes between many people.

So all in all, this first Spring Fair after the lockdown with the chance to just meet again - without mouth pieces - and have some fun together, it was an event to remember, an event to consolidate the community and give the participants an opportunity to experience the effects of a shared group effort, a mission to create this school and build it up further. This project will continue to require all the strength a community can muster, being surprised by their own potential for success after such a joint effort. Michele A. who took upon herself to organise the whole affair, grew with the task and managed to bring people together, by creating some pressure here and there, but by carrying conviction and goodwill to get everything done in time. She showed untiring leadership and used her years of experience within the Steiner community, knowing the individual skills of many, to contact them directly and find ways to get things done.

Financially this fair must have been a success to be sure, even though the



stakeholders have not received any details or numbers as of today. The parents and helpers are asked to be patient until amounts from everybody have come together. In this community, many people must be heard, which always takes a bit longer. But everybody must be on the same wavelength and processes must be transparent. That is sometimes a steep learning curve in itself!

The impressions of this Spring Fair 2022 will remain with people and will serve as a foundation for years to come, not only for the adults, but especially for the children. Seeds for the future have been planted. May they flourish!!

Edith Bulle



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Moutere Catchment Revegetation Project



Saturday 5 November

Speaker: Impact of grass both above and below ground on native tree growth and survival.

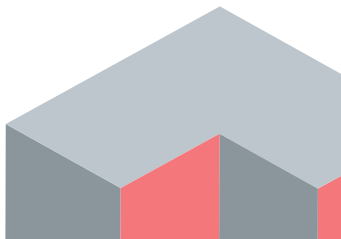
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- Methods of reducing grass and weed competition for native plantings.
- Spray, mechanical and mulching (bark, wool, matts). Pros and cons of each.
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Venue and time to be advised. Keep an eye out for a Moutere catchment email or the Moutere Catchment Facebook page for more details and to register.

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October 2022

Daylight savings is back, we just all seem to feel better about things when the days are longer and warmer. We hope this newsletter finds you well and looking forward to the coming summer.

MDBA DIRECTORY EDITION 2023/24

It's that time again, we have formed a sub-committee to create the new local directory. If you would like to be included get in early to book your space! Email Kirsten at mdba@mapua.co.nz with your print ad ready to go. We will be contacting everyone with pricing, ad sizes and deadlines as per usual. Spaces are limited, with it being a biannual publication if you want to be seen and known around our region make sure you don't miss out. Realised in our region in early 2023.

SOCIAL MEDIA

If you want us to share your social media posts remember to message or email Kirsten. We are always wanting to support, comment and share our members posts.

TUESDAY OCT 18 - MAPUA LUNCH & LEARN

Mapua Community Hall, 12.15 - 1.30pm

Leah Keown - Beyond your Numbers and member of the MDBA talks about having an Action Plan to Business Success! Networking afterwards so bring your business cards.

Cheers MDBA.

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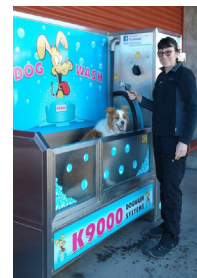
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The Moutere Artisans invite you to their village to experience really, really, nice stuff.


This now bi-annual event brings people from all over the province to taste the new olive oil, the new release wines, to experience some of the country's finest cheeses and talk to talented artists – people who make baskets, sculpture, jewellery and ceramics; we also have a new member, Jo Smith Peonies. It is a superb day out.

The artisans work together to celebrate life in one of the most picturesque villages in the country.

The Moutere Hills Community Centre will be functioning as a central information and facilities hub for the event. All the artisans will be operating from their own home locations as per normal.

At the MHCC you will find maps, parking, information signboards, toilet facilities & water. Visit the Hub, meet up with friends, and plan your fantastic day out! Note that not all artisans are open so map is essential.


To help ease congestion, consider carpooling with friends or family to make the day an even more social occasion! Carpool parking available at the Moutere Hills Community Centre and Neudorf Black (92 Neudorf Road).



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News from Māpua Bowls Club

THE WRITE BIAS

With spring upon us and favourable weather conditions, the cotula seeds sown last month are germinating and our new green does look green instead of a flat canvas of brown. It is still not ready for play but the members are anticipating getting back outside for some friendly games of bowls in another month or so. It is a time that calls for some patience but the end result will be well worth the wait.



The fundraising events for Ukraine were a big success and the target of \$1,000 was well and truly exceeded. \$820 was sent to the Kiev Children's Hospital and another \$820 went to Relief Aid, NZ on the Ground. We are so grateful to everyone who supported us by buying cakes, sausages and raffle tickets, donating money and produce and helping with sausage sizzle at the Bowls Club and the cake sale at Māpua Wharf. It was a battle against a lot of very wet weather but very well worth doing with a successful outcome. Thank you Everyone.

With the green unavailable Saturday October 1st has been designated as an unofficial Opening Day so that members can get together for some indoor games, share an afternoon tea and check the programme for the year. Club championships will go ahead and members will be encouraged to sign up for some of the matches.

For any information about bowling, coaching, indoor winter socials or booking the club-house 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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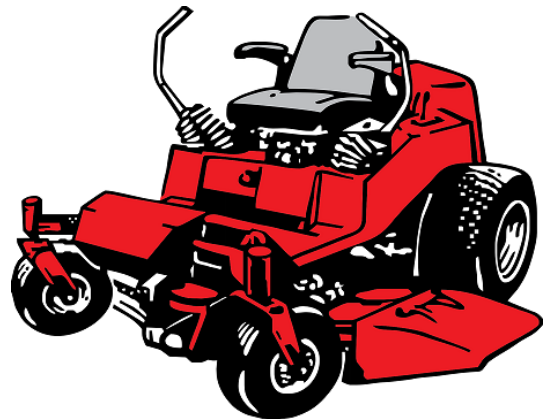
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Our latest news & adventures

Our hearts go out to all the schools and whānau affected by the recent flooding event. For the first time in recent memory, we were unable to reach our Marlborough students and are getting creative with alternative options to support those impacted. Haere mai, hoki mai ki te rā - we are welcoming the return of the sunshine - and the daffodils!

Igniting Leadership in youth at Motueka High School

Instructors had a great first trip with the new intake of Ignite students from Motueka High School. This leadership programme is in its 4th year now, thanks to generous funding from a local donor who is supportive of promoting positive outcomes for young men while at high school. The Ignite students will work with Whenua Iti for their first 3 years, with mentoring within schools and a series of adventure camps used as a platform for positive change. The first week for the new students was spent rock climbing, abseiling and tramping in the Hacket Valley - a fantastic week that challenged the boys and set the tone for future trips. We look forward to working with these students in the coming years.

Helping students to re-engage with school

Following the success of adventure therapy as an approach for students, longer-term Ākonga Programmes (ākonga meaning student) have been initiated this year with local secondary schools, using time in the outdoors as a vehicle to provide the confidence and resilience boost many students need following the disruption of Covid-19 lockdowns. The programmes centre on building whanaungatanga - the relationships that are built through shared experiences to build a sense of belonging - and we are already seeing positive ripples of confidence through the students attending. Ngā mihi nui to the schools involved for their support of these programmes, and to the funding from **Ministry of Youth Development, Nelson City Council** and **Oranga Tamariki**.

Scholarships in 2022

So far this year over \$4000 of scholarship support has been provided to 11 young people to attend our programmes. Thanks to **Motueka Community Board, Fresh Choice Community Fund, Sarau Community Grant, McKee Charitable Trust** and generous local donors for investing in local tamariki and rangatahi who would otherwise encounter financial barriers to participation. If you are keen to support children to attend, or know of someone in need of financial assistance who may benefit from our programmes, please get in touch - info@wio.org.nz

The Team at Whenua Iti.



Ignite Year 9 students on their first trip up the Hacket Valley



Kaiarahi students made it to Bushline Hut!

We'll see you out there!

www.wio.org.nz



CRAFT & CONNECT

Would you like to join our CRAFT & CONNECT group for a social afternoon? We meet every 2nd and 4th Thursday of the month from 1.30-3.30 pm at the Moutere Pub. Everyone tinkers with her own project. Any kind of craft is welcome.

Car pooling from Motueka is possible.
For details email renate@fairyvalley.net



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Stomach ulcers in horses cont...

'Management' of stomach ulcers in horses is continued here from last months article...

A recap... Stomach ulcers are painful sores that form in the stomach lining. The stomach of a horse is quite small considering the size of the animal. As a result horses need to be able to graze for long periods to take in their daily energy needs. At the same time the stomach is producing stomach acid 24 hours a day – up to 42 litres daily! When allowed to graze freely on hay and grass, the stomach acid is neutralised. However when grazing is restricted and horses are fed hard feed, the stomach is left for long periods with nothing to do. Exercise on top of excess stomach acid splashing around results in damage to the vulnerable stomach lining, bottom end of the throat and upper small intestine.

Other factors can also contribute to stomach ulceration such as stress from transporting, confinement, isolation, pain and medications.

Management: The harder your horse works and the longer it is in work, the more likely it is to have gastric ulcers.

- Decreasing the number of times per week that a horse works may be useful
- The more hay/grass in a horse's diet, the less likely it is to develop ulcers.
- Horses should have access to hay or grass 24/7
- It is essential a horse is fed prior to exercise or travel. This includes walking exercise.
- A pre-work feed should contain hay or roughage to absorb any free gastric fluid but also provide a physical barrier to acid splash.
- Horses should have some physical contact with other horses in addition to visual contact.
- Any other source of pain or chronic stress also needs to be managed.

Fireworks

Some animals are not bothered by fireworks but others can be extremely stressed. If you have a pet that's freaked out by fireworks, it is more effective to prevent (or at least reduce) their exposure to noise and lights than trying to calm them when they are panicking. Move your pet into a familiar room and close curtains before sunset. Then play music or turn on the TV before fireworks start. Having another pet in the room that isn't fearful can help a scared pet relax. And if possible, it is better to remain relaxed and matter-of-fact yourself rather than stressing about your

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pet's behaviour and behaving anxiously.

If you plan ahead, Adaptil and Feliway are very helpful for reducing stress but have to be started at least a week or two before they're needed. Rescue Remedy, Calmex and similar remedies may also help when started ahead of time. Thundershirts are effective for many pets. Sometimes we prescribe medication to help calm pets – this requires a checkup in the clinic and should also be done ahead of time.

If you have any questions about stomach ulcers in horses or would like to know more about scoping your horse, or you would like help with your pet and fireworks please phone the Richmond clinic on 544 1200.



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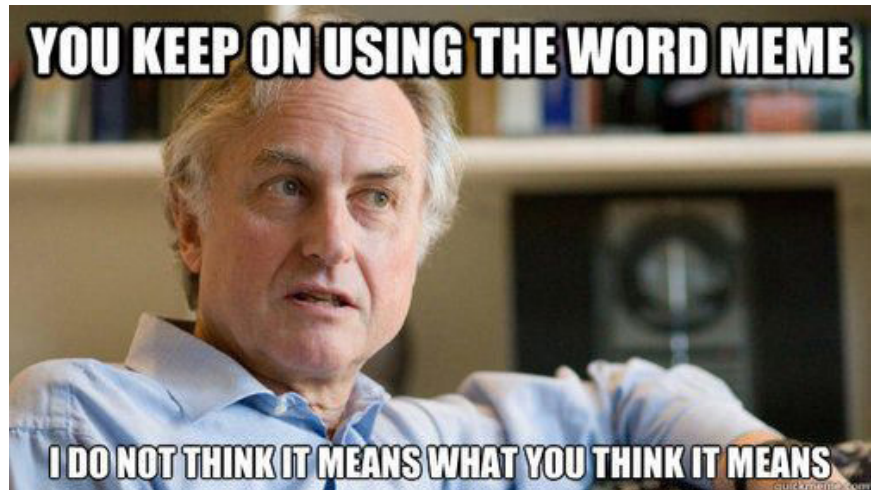
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That's interesting, I wonder, is it true?

It's likely you have heard of internet memes, videos and marketing campaigns going viral. I wasn't sure if I should write about how this applies to ideas and beliefs as I suspect that you, the reader, is pretty fed up with hearing and reading about viruses. This article is not about actual viruses, it's meant as another way to think about how ideas and beliefs spread.

When Richard Dawkins coined the term 'meme', in his 1976 book *The Selfish Gene*, he was looking for something analogous to a gene, referring to cultural rather than biological information. Genes are replicated with occasional mutations and combined to make the instructions for all of life; a meme is a metaphor for units of information that can replicate, combine, and mutate to form ideas, beliefs, and cultural practices. Although internet memes are a similar concept, they are not quite the same. Internet memes requires someone to deliberately create and spread them, whereas Dawkins's meme is a broader concept that allows for ideas to change and spread without deliberate intervention.

In the 1991 essay, *Viruses of the Mind*, Dawkins developed the idea to include systems of belief acting as mental infections. Catching a cold results in behavioural changes such as coughing, blowing your nose and inadvertently becoming a vector (spreader) of the illness. Accepting a belief can also affect behaviour e.g., for the person who has joined a cult, their thinking, communication, and actions are altered by the new set of beliefs. The true believer tries to convert other people to their worldview and thereby becomes a vector. Ironically, to an extent, I'm doing this right now. In Dawkins's model, such a person is infected by a mind virus.



In Andy Norman's book *Mental Immunity* (2021), he puts forward the case that as the body has an immune system that recognises and fights back against pathogens to prevent ill health, the mind has an immune system which, when functioning well, protects against bad ideas. One of the key components of our immune system are antibodies, which are proteins that bind to viruses, bacteria, and parasites. In this analogy the antibodies of the mind are doubts.

When we encounter a new idea, a well-functioning mental immune system does not immediately accept and incorporate it. The new idea, particularly if it's important, needs to be scrutinized before being accepted into the collection of things that we think are probably true. Again, like an immune system our mental antibodies can be overactive and become detrimental. A mind that doubts everything and never accepts new information is one that quickly becomes dysfunctional and unable to learn. I'm not advocating rejecting every new idea, news, or piece of information that we encounter. I am advocating pausing and asking ourselves; "that's interesting, I wonder if it's true?"

I think if we all paused and questioned new ideas rather than just believing what fits with our current views, we might get a little closer to what is actually true. We might also boost our own mental immune system in the process. Whether or not you choose to incorporate these ideas may only be partially due to how well I have explained them, and it may also be partially due to how your mental immune system functions.

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