

FEBRUARY 2023

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

Thinking about moving your body more in 2023? See pg 7 for the MHCC Term 1 schedule.

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A Simple Philosophy

Whaia Te iti Kahurangi
Ki te tūohu koe
Me he maunga teitei

‘Be persistent in your seeking of what is truly important to you and your well-being. Do not let obstacles stop you achieving this’

Bruce and Betty Eggers share this simple philosophy of life, based on an old Māori proverb that’s been handed down from Betty’s ancestors, through generations.

They met in the Moutere pub in 1968, he a local lad and she a nurse from the Eastern Bay of Plenty on her first OE – across the Cook Strait! Fifty-four years later they still reckon the old proverb pretty much ‘sums it up’.

Betty was born into a dairy farming family in Ōpōtiki, an area with a predominantly Māori population. They spoke Māori, tikanga, and their life revolved around the local marae and all things Māori - parenting, provision of food, whānau. She is one of seven

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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∞ Births, marriages, deaths, group or giveaway notices on the community noticeboard (25 words):	FREE
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*if available - limited listing.	
**limited to events and community notices.	

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Sending us articles of interest

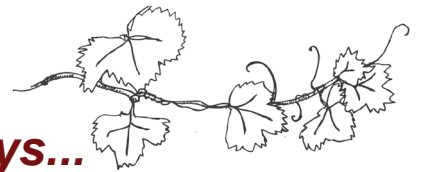
We warmly welcome contributions to The Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read! There is no cost for having your articles published if you are telling the community about a fundraising venture. However we do appreciate a donation from 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 approximately 1400 copies. This issue has been constructed by volunteers: Rachel Field, Jenny Leith, Sharon Beuke, Bessie Adie, Kirsty Vanderwerff and Sue McGregor.

Disclaimer

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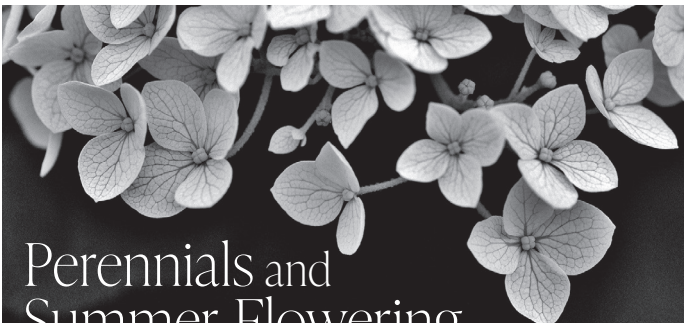
Grapevine Says...

As we edit this issue of the Moutere Grapevine we are running up to Nelson anniversary weekend – for 14 years the weekend when so many in the community volunteered year after year to ensure that the Sarau Festival was an astounding success drawing festival growers from the local area, the wider Nelson area, throughout New Zealand and for 6 years in a row drawing a couple from Wexford, Ireland, to this, the only Blackcurrant Festival in the world! We miss that wonderful feeling of fellowship, do you?

As we head into the new year – thank you to all those who continue to volunteer their time in so many ways in the Moutere. Those who run classes, sports and Play-group at the MHCC. Those who cook or run errands for neighbours. Those who look out for our tamariki. Those who contribute to ensuring the Grapevine comes out each month!

To you all – keep those interesting articles coming in and have a fun-filled 2023

Email us: umograpevine@protonmail.com



Perennials and
Summer Flowering
Bulbs 85 POMONA ROAD, RUBY BAY | OPEN 7 DAYS

Moutere Volunteer Fire Brigade

Callouts for the month of Nov - Dec 2022

8/11 Light aircraft crash, Motueka Aerodrome
10/11 Alarm activation, Gravity Cellar Door Mahana
14/11 Investigate smoke, Sunset Valley Upper Moutere
28/11 Cardiac Arrest, Martin Conway Rd, Redwood Valley
5/12 Assistance with controlled burn, Thorn Road, Dovedale
26/12 Campfire on river bank, Wai-iti Domain.

BRIGADE OPEN EVENING

The brigade would like to invite people from the community, who are interested in what we do at trainings and or are thinking of joining, we will be having an open evening on the 20th Feb 7.30pm onwards. Any enquires phone Fred Ewers 0210316615 or Fiona Bryan 0211474639.

Come along and have a look!

siblings, but recalls always having extra foster kids, whom they regarded as brothers and sisters – ‘a revolving family’, and their everyday lives were all about whānau. The children were all very dedicated to school, and even when the roads were flooded, they would ride a horse, a rope halter, with up to 3 kids on a sack on its back or hitch a ride on a tractor rather than miss a day. They loved their sports, which included bullrush, hula-hoop, skipping, double dutch and knucklebones.

She recalls great years at Ōpōtiki High – the young people often gathered at the local hall to dance and jive or go to movies. Interestingly she says there was a lot of trust between parents and young people, and the majority of families didn’t drink, alcohol was not a part of her immediate whānau. Betty’s teenage years were memorable and fun, albeit somewhat ‘sheltered.’

She had always liked nursing, and was initially drawn to theatre work, but fainted during her first experience! She trained at the local hospital but had her own ideas about the future and knew she didn’t want to remain in Optitiki. So, she and two friends took a break, and planned their OE – to the South Island - to embolden them for heading to Fiji. They wanted something different and to go and see the world. They came to the Moutere as part of a Labour Department work scheme, to work on a tobacco farm in

Thorpe. When the three girls walked into the Moutere pub one night, Bruce Eggers noticed Betty, he went over for a chat and as they say the rest is history.....(although Betty hasn’t made it to Fiji yet)

Bruce had grown up in the Moutere, his father was a farmer, but Bruce also spent time on the West Coast logging with some of his uncles. At that point he saw his future in logging, not farming, but when his father suffered a stroke he borrowed the money and bought the farm. He and Betty married in 1970 and some tough years ensued. They worked hard and purchased more land, took risks, and welcomed three children. A busy life, but Bruce and Betty shared a vision and after about ten years things improved, and theirs became the largest hop farm in Nelson. They took their first overseas trip together in 1979 to Australia.

Betty found support from the local women, a close-knit valley group and joined the rural womens group, and was of course involved with school stuff, and they supported the fire brigade and the rugby club. In the early 1990’s they bought a pig hunting block in the Owen River, which took Bruce back to his love of logging. Over the years they’ve dabbled in stock farming, berries, orcharding, before selling the bulk of the farm, and building a forever home on a hill overlooking their remaining property.

Bruce is still involved with cattle and

forestry and has undertaken a major landscaping project at home, mainly natives, although Betty said she sneaks in some exotics from time to time. Betty still likes to go home to the East Cape and Ōpōtiki to visit her whānau, but it’s not long before she is homesick and wants to come back! She regularly looks after her grandchildren, and helps out at the Kai Collective, a local initiative for providing baking and meals to those who need them, and is involved with the Moutere Gold Te Reo group, who meet once a week. Betty offers support and helps with practicing everyday conversation - and who better?

And while, as she says, life may not always be an easy road, her advice is to make the best of it and carry on, take whatever comes, one day at a time. And remember the old Maori proverb...

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Ki te tūohu koe
Me he maunga teitei

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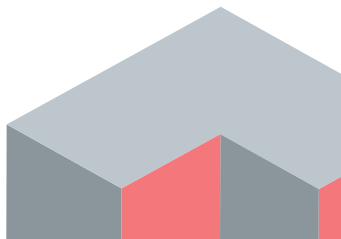
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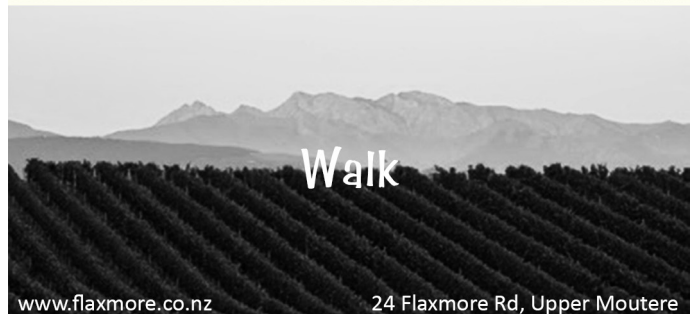


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Dear Community

We are excited with how 2023 is shaping up with a variety of new social sports, fitness classes, social events and recreational activities on offer. Please check out our new schedule for an up to date timetable and further details. There are also some exciting events/activities coming up so check them out below. If you would like further details about any of the activities, book a meeting or event, or join the gym then please do not hesitate to contact us.

Kind Regards Katrina, Keith, Josh and Cindus

FRIDAY NIGHT BINGO

"All the 1's Legs Eleven"



Come along and bring your friends for a fun night out!
Lots of prizes to be won and who knows you might even win the Superhouse round

Friday 17th February 2023
Doors open 6.30pm / Bingo Starts at 7.00pm

Bar Open / Snack Food Available / All Ages Welcome
\$5 Per Card to play

FROM THE MHCC BOARD

We hope you had a lovely Christmas and New Year. We are currently in the process of planning for 2023 and beyond and are looking forward to the new opportunities and challenges that this brings.

We are intending to offer a series of Community Social occasions this year which will kick off with a fun bingo evening on Friday 17th February. Many board and staff will be present and we look forward to catching up with you in this fun and relaxed social setting. Hope you can join us.

If you wish to communicate directly with the board at any time then you are welcome to email us at board@mouerehills.org.nz

Tim Greenhough,
Chairperson

Social Futsal

Join Josh at Futsal, a new social sport that has been added to our schedule. Come along and join other football fans in this fun indoor version of the game. Skills and drills and games.



Tuesdays 4:00pm – 5:15pm

Only \$2 per person per session
Suitable for 10 years old and above

Yoga Flow with Valentina

This grounding Vinyasa flow class will help you feel strong and centred, so you can start your day with full presence and awareness.

Saturdays 8:15am – 9:15am

Starting on 4th February so contact Valentina to book your spot. Email vale.alvarez.z@gmail.com



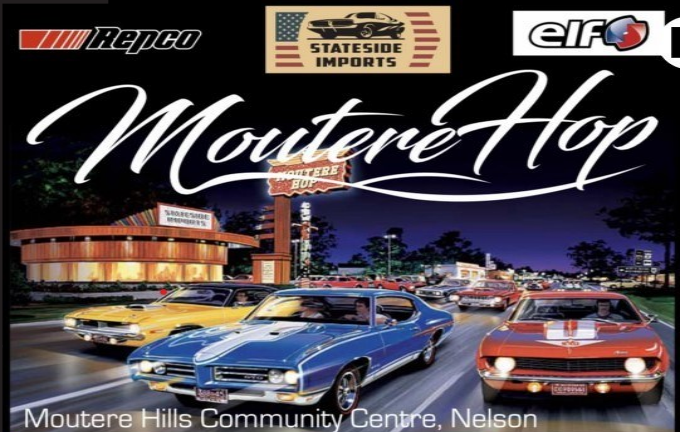
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FRIDAY 24TH FEBRUARY 2023

MTF Registration between 3pm - 5:30pm
Cruise through Motueka, Ruby Bay & Mapua
Drive in movie (snack food available)

SATURDAY 25TH FEBRUARY 2023

Car show & entertainment
Retro caravans, Auctions
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Drive In Movie

As part of the Mouere Hop there will be a drive in movie "Cannonball Run" on Friday 24th February
Movie will screen on sunset
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What's on at Moutere Hills Community Centre



Term 1 Schedule: 30 January – 6 April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Pre-School Music & Movement 9:30 – 10:30am \$2 per child STARTS 13TH FEB	Energise Group Fitness 5:30 – 6:30am Bookings essential	Powerhooping 8:45 – 9:45am Casual \$12 (includes powerhoop) STARTS 8TH FEB	Energise Group Fitness 5:30 – 6:30am Bookings essential	Metafit and Core with Cindus 9:00 – 9:45am
Re-Activate with Josh 11:15am – 12:00pm	Stretch & Flex with Vicki 9:30 – 10:15am	Pilates with Kris 9:00 – 9:45am STARTS 1ST MARCH	Midweek Tennis Coaching 9:00 – 10:30am Upper Moutere Tennis Contact Vanessa for info. STARTS 9TH FEB	Playgroup 9:30 – 12:00pm STARTS 3RD FEB
Gymnastics 2:30 – 3:00pm (Age 3-4 years) 3:15 – 4:00pm (Age 5-6 years) 4:00 – 5:00pm (Age 7-8 years) 5:00 – 6:30pm (Age 9+ years) A unique combination of dance, rhythmic gymnastics, gymnastics, and acrobatics. Contact Tanya for more info. or to book. STARTS 13TH FEB	Quirky Quilters 10:00am – 2:00pm Contact the MHCC office for more info.	Yoga with Kris 10:00 – 11:15am Contact Kris for more info. or to book your spot. STARTS 1ST MARCH	Re-Activate with Josh 8:30 – 9:15am STARTS 2 FEB	Yoga with Kris 10:00 – 11:15am Contact Kris for more info. or to book your spot. STARTS 3RD MARCH
Guitar with Brett 3:00 – 6:30pm All abilities Contact Brett for more info. or to book.	Social Futsal (for ages 10 yrs +) 4:00 – 5:15pm All abilities Contact Josh for more info. \$2 per child STARTS 7TH FEB	Prodigy Dance 2:15 – 2:55pm (Preschooler) 3:15 – 4:00pm (Age 5-6 years) 4:05-4:50pm (Age 7-9 years) 4:55-5:40pm (Age 10+ years) Bookings essential, contact Amy-Rose STARTS 8TH FEB	Junior Tennis Coaching 3:00 – 5:30pm Ages 5+. UMO Tennis Contact Vanessa for more info. STARTS 16TH FEB	Youth Dungeons & Dragons 11:30am Contact Bron for further details STARTS 3RD FEB
Yoga with Kris 6:00 – 7:15pm Contact Kris for more info. or to book your spot. STARTS 27TH FEB	Social Touch 6:00 – 7:00pm Gold coin donation	MetaPro Hybrid with Cindus 6:00 – 7:00pm	Stretch & Flex with Vicki 9:30 – 10:15am	Yoga Flow With Valentina 8:15am – 9:15am STARTS 4TH FEB
Box' n Burn with Josh 7:00 – 7:45pm	Pilates with Kris 6:00 – 6:45pm STARTS 28TH FEB	Youth Coding Club 6.30pm start Contact Bron for further details STARTS 25TH JAN	Prodigy Dance 4:00 – 4:45pm (Conditioning) 4:45 – 5:45pm (Open) 5:45 – 6:45pm (Technique) Contact Amy-Rose to book STARTS 9TH FEB	Youth/ Adults Social Basketball 1:30 – 3:00pm All abilities welcome. Cost: \$3
		Adults Social Table Tennis 7:15 – 9:00pm Cost: \$3 STARTS 2ND FEB	Adults Volleyball Competitive Grade 7:00 – 9:30pm Cost: \$3	Club Tennis Session 9:30am – 11:00am Upper Moutere Tennis All welcome

All Fitness Centre classes (shaded in grey) are free for Fitness Centre members, \$10 for casual attendance or \$60 for a concession card (10 class). To attend book advance at <https://www.mouterehills.org.nz/fitness-centre-calendar/>

Energise Group Fitness
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 Cindus 0273587233

Social Touch
 Mark 02724229949

Social Table Tennis
 Peter 03 9298256

Tennis Coaching
 Vanessa 0224600320
claybrookestate@xtra.co.nz

Volleyball
 Gordon 0212467366

Playgroup
 Karen 0212522657
uppermouterepg@gmail.com

Quilting Pre-School Music
 Katrina at MHCC 03 5432516

Stretch & Flex/ Mobility
 Vicki 021543216

Yoga with Kris / Pilates
 Kris 0275252814
jkwilsonkeen@gmail.com

Social Basketball
 Jayden 0275179488

Powerhooping
 Sara 0210697522
powerhoopnelson@gmail.com

Re-Activate/ Box'n Burn
 Josh at MHCC 03 5432516

Youth Coding & D&D
 Bron 027 5729781

Prodigy Dance
 Amy-Rose 0212207299
prodigydanceconz@gmail.com

Stretch & Flex
 Vicki at MHCC 03 5432516

Fusion Gymnastics
 Tanya 0274548024
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Community Noticeboard

UPPER MOUTERE PLAY-GROUP we meet every Friday 10am - 12pm at the Moutere Hills Community Centre, all families welcome.
Contact Karen 021 252 2657

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.

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For more information or to apply please call or email.

Kem 0276577525 or Mike (03) 5432350, info@eggershops.com

CRAFT & CONNECT

Would you like to join our group
for a social afternoon?

Crafting is not obligatory, you can enjoy a cuppa/glass with lovely ladies at the Moutere Pub where we meet every Thursday from 1.30 – 3.30 pm.

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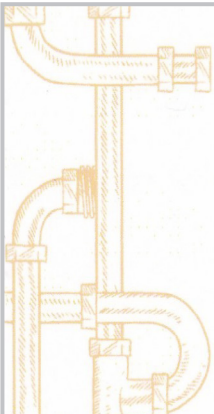
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Our latest news & adventures

150+ attend Summer Holiday Programmes

We are straight into 2023 with a full complement of summer holiday programmes underway for tamariki aged 7 through to 16. They have been camping out under flies, learning to cook over fires, building rafts at the beach, learning key adventure leadership skills, making new friends and creating unforgettable memories. We are super grateful to the funding support from **Lotteries, Sport Tasman, W.R. Kettle Trust and the McKee Charitable Trust** that has helped to enable over 150 children to attend holiday programmes this summer! If you are keen to hear about upcoming holiday programmes we suggest you sign up to receive our newsletter via the homepage of our website: www.wio.org.nz.

Ngā mihi nui to Sarau Community Trust

We'd like to say a huge thank you to the support from the Sarau Community Trust who have provided scholarships onto our Kaitiaki Kids summer holiday programmes. Steffen, our lead instructor was impressed with how they took on the variety of challenges - "It was a great experience for these tamariki to build their confidence, they seemed to enjoy the different activities and did really well on the overnight trip to Flora Hut."

NEW Environmental Sustainability Programme for Secondary Students

This new Level 3 NCEA Trades Programme starts in April - there is still time to enrol through your Trades Coordinator at school! The programme will help build students' understanding of NZ's biodiversity from both Western and te ao Māori perspectives on the environment. They will head into the field for environmental investigations, community projects and exploration to develop hands on practical skills for environmental management while exploring local wilderness locations and having the chance to connect with people working in the field. Find out more on our website or chat to your Dean or Trades Coordinator at school!

Rongoa Garden Planting on site

Rosie put her green thumbs to use last year and started planting out the rongoa garden on site to provide another great learning space for participants attending our programmes. It's looking great! Thanks to funding from **WWF** we are able to enhance the environmental education opportunities on programmes with support to extend our nursery, provide activities and create a paid role to keep this mahi going!

Ngā mihi o te tau hou Pākehā, The Team at Whenua Iti.



Getting packed up ready to leave camp and walk to Wainui Hut on the Junior Journey programme



Students will get hands-on experience supporting conservation efforts on the new Trades programme

We'll see you out there!

www.wio.org.nz





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News from Māpua Bowls Club

THE WRITE BIAS

What a difficult season it has been.

As the newly refurbished green wasn't quite ready, our Opening Day was much delayed. Add to this all the rain, particularly leading up to Christmas, the Board felt that the green still wasn't up to the necessary standard to welcome outside bowlers to Māpua tournaments. Consequently all the planned tournaments for the season were cancelled and with them, an income stream.

With the cost of renovating the green and some unexpected, serious expenses the Club was facing some difficult decisions. One of these costs was for the replacement of the sewage pump, which had sadly pumped its last! Thinking outside the box, the Board decided to turn to the members with the 'Sump Pump Appeal'. And our members came up trumps with some generous donations to help us through this financially tricky patch. It reflects the tremendous spirit within Māpua Bowling Club.

That same spirit is also reflected on the green, where club play continues throughout the week along with championship matches despite some bare patches and a few bumps here and there. The green is improving daily and will be in perfect shape for next season and a full programme of tournaments. Full credit must go to our greenkeepers, Ian Benbow and Murray Blanchet, who have worked tirelessly to achieve a green that will make us proud.

Some club championships have been completed and the rest are well underway. Several members have played away from home in Centre events and tournaments at our sister clubs. Group coaching sessions have been affected by rain but four of the six planned sessions have happened and it's good to see members turning up and enjoying the opportunity.

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

Sue England

Have a go day

Vanessa Mairs, our Club Coach ran the Have a Go Day at our courts at the Moutere Hills Community Centre in September. Children from the Moutere cluster schools' enjoyed an afternoon of free coaching, hitting on the ball machine, games and more.





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Want to get in touch?
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February 2023

Greetings to you all. We hope your year has started well whether you have been working through the summer season in retail, the accommodation or hospitality sectors. We hope it has been a prosperous one for you to date. Or perhaps you were lucky enough to have some time out to recharge and have some fun in the sun.

It has been great to see holiday makers around our region enjoying what we get to all year round, how lucky we are to live in this part of New Zealand with so much on offer. There is something for everyone, hiking; water sports; cycling; galleries; retail therapy; markets; cafes; restaurants and bars; wineries; two national parks to explore; Golden Bay; Nelson Lakes and everywhere in between. Sometimes we do have to just stop, stay local, and remind ourselves what is right here in our backyard, paradise.

MDBA Social Media/Website

A reminder if you would like Kirsten to promote your business via social media and /or have your business on the MDBA website send an email with your details to mdba@mapua.co.nz. We are here to promote your business on these platforms, so remember to use us.

Cheers from the MDBA.

NEW MDBA COMMITTEE MEMBERS NEEDED

NEW MDBA COMMITTEE MEMBERS NEEDED

We are excited, a new year, a new committee. If you are in business, live and work locally, are passionate about your community and want to be a part of the local business association, become a committee member for the MDBA in 2023.

WE ARE LOOKING FOR GREAT PEOPLE WHO ARE...

- ♦ Passionate about the local business community.
- ♦ Have fresh ideas on how to build on what there is.
- ♦ A willingness to commit to a monthly committee meeting and a project or two through the year. Approx 2-3 hours per month.
- ♦ New ideas on networking and supporting our members.
- ♦ Have business contacts to engage and grow the MDBA.

Email Kirsten - mdba@mapua.co.nz or phone 027 327 6010 to register your interest. **First committee meeting for 2023 is on Tuesday 7 February, 6.30pm at Rimu Wine Bar Cellar Door.**

Need any current MDBA directories or maps? Jared from Mapua Fruit & Veg has kindly offered to have these available for collection from his great store. Jared is open seven days a week 8am till 6pm. Thank you Jared for doing this for us.



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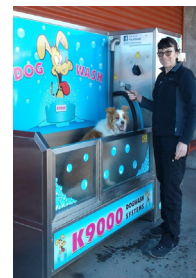
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Lumps and bumps

We quite often discover lumps on our animals, especially as they get older. Some lumps are temporary such as abscesses and enlarged glands. But some lumps are permanent and may remain the same or may change over time. Any of these permanent lumps are considered to be tumours but not all of them need to cause concern. A benign tumour tends to grow slowly by pushing other types of cells out of the way and doesn't damage other parts of the body. Malignant tumours are the ones we worry about as they can invade nearby organs and spread to other parts of the body. Malignant tumours are what we refer to as cancer.

Sometimes we can identify a lump just by looking at it but, if not, the first step is to do a simple needle biopsy. This gives us a sample of cells which we identify under the microscope. We can usually tell which sort of cells they are and whether they are cancerous. So this helps us decide whether it's necessary to surgically remove the lump or not. A lump should definitely be checked out if:

- It is growing rapidly
- It suddenly gets bigger after being the same size for a long time
- It goes up and down in size
- It changes in appearance e.g. was smooth but is now knobbly, or was soft and is now hard
- It starts to bleed or annoy the animal.

We sometimes surgically remove benign tumours too. The main reasons would be if the tumour is in an awkward place such as on an eyelid, in the 'armpit', under a collar, or it's getting knocked about by the animal.

If we do decide to remove a lump for whatever reason, early is better. A smaller lump means shorter surgery, less expense and less pain for your animal.

Does your pet have arthritis?

This cold time of year is when those stiff old joints can become more obviously painful. Sometimes we see stiffness especially after rest, difficulty on steps and getting into/out of the car, slowing down on walks. But often pets just do less – dogs will watch you go to the washing line rather than go with you and cats will stop jumping up to the windowsill or other favourite high spots.

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NB Animals with arthritis almost never whimper, whine or complain about being in pain, so don't rely on this as a symptom. If your pet is limping, it is usually due to pain. There is no cure but arthritic pain and inflammation can be minimised by managing your pet's weight, exercise and treatment.

If you have a pet that's struggling on its legs, bring them in for a checkup and we can help you help them to have an enjoyable, pain-free life.

Brenda Halliwell, T & C Vet

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