

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

Page 11 to see how and where
to recycle Tetra Paks.

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

**Gold coin
donation to
Moutere Motors,
Tasteology or
Moutere Store
appreciated.**

FREE DELIVERY



Inspirational couple who have empowered many

I recently had the pleasure of talking to Martin Hartman and Cornelia Baumgartner about their lives in New Zealand – mostly in George Harvey Road, Mahana - since they arrived here from Switzerland in 1987. Their story is yet another example of the diversity and richness of culture that newcomers have brought to our local community and why this is such an interesting area in which to live.

To start at the beginning: how did you two come to settle in New Zealand?

Initially, by chance! We had travelled

from Switzerland to Japan to practise Aikido in which we were both involved back home. Cornelia becoming pregnant led to a re-thinking of our plans: it was too expensive to fly home via Brazil where Cornelia had relatives, so why not pop into New Zealand for a short time? Cornelia said that the moment they got off the plane she felt “Wow – this country feels so good!”

It must have been a big step from the “positive feelings” to settling in New Zealand permanently.

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

The following prices apply for advertising:

∞ Births, marriages, deaths, group or giveaway notices on the community noticeboard (25 words):	FREE
∞ 1/16 pg portrait 44 x 55mm:	\$7
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Sending us articles of interest

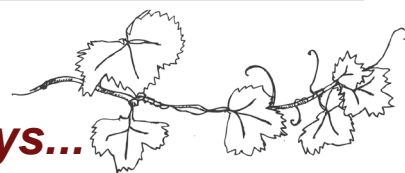
We warmly welcome contributions to The Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read! There is no cost for having your articles published if you are telling the community about a fundraising venture. However we do appreciate a donation from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

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...



Welcome to our Long Summer edition!

We wish all our readers a Mere Kirihimete and a very happy festive season. Don't forget to support the MHCC Country Christmas market on December 2nd - an important fundraiser for the community and a great chance to find "that little something different".

This issue will cover Dec / Jan / Feb. Our March, April, and May editions will be compiled remotely and communication may be a little delayed so we need you all to be really conscious of the 15th of the month deadlines.

We'll see you back in March for more local news!



Enquiries: umograpevine@protonmail.com

Moutere Volunteer Fire Brigade

Callouts for the month of October 2023

5th October: Freezer fire, Ruby Bay
6th October: House fire, Seaton Valley Rd
19th October: 111 response, Win Valley Rd

THE COASTAL BUS MOUTERE HILLS SERVICE

Bookings essential

Phone Motueka iSite: 03 528 6543

TIMETABLE:	Depart/Return
Departs Motueka iSite:	9.30am/3.00pm
Lower Moutere Store:	9.40am/2.50pm
Riverside:	9.43am/2.49pm
Flaxmore Road:	9.50am/2.42pm
Moutere Hills Recreation Centre:	9.55am/2.40pm
Upper Moutere General Store:	9.57am/2.35pm
TDC - Queen St. Richmond:	10.20am/2.13pm
Sundial Square Richmond:	10.22am/2.10pm
Aquatic Centre:	10.30am/2.00pm
(Please note: times are approximate and may vary, *other stops by arrangement when booking)	

Yes, it was. At first, there was a lot of uncertainty as we didn't know if we wanted to get residency, or even if we would be granted it. However, it didn't take long before we realised that we wanted to stay. "With backpacks on our backs, we travelled to Motueka where Martin got a job at Infield Engineering as a tool maker." Cornelia said that the "nesting instinct" kicked in and they purchased some land in George Harvey Road in 1988. Like many other newcomers to Aotearoa they were baffled by the "bring a plate" request (Cornelia's response to that was: "and some cutlery too?") They loved the way that children were part of life here and the supportive pioneering spirit. The Moutere playgroup was a great way to meet the locals and both Martin and Cornelia enjoyed living in a rural community.

And did you continue your interest in Aikido?

Yes, we set up Aikido clubs in Motueka and Tahunanui. For the uninitiated, Cornelia explained that in aikido participants "blend" with the opponent's momentum - they step to the side if someone attacks and use that momentum. Cornelia describes aikido as "like dancing". Aikido is close to judo but without the competitive element - there are no competitions and it is used only if someone attacks you. The aikido classes are still going and Cornelia takes a couple a week. "It is great that children take part too and there are fitness and many other benefits for everyone." Cornelia attends international Aikido seminars in New Zealand to keep up-to-date with her practice and is currently organising a seminar with seven other high ranked women instructors from across NZ.

Many years ago, I attended – and was impressed by – a self defence course for women that you ran in the local church hall at Upper Moutere. How did you get involved in that activity, Cornelia?

I travelled a lot (also visiting those relatives in Brazil!) and felt that - as a smallish female travelling on

her own - I was disadvantaged and vulnerable. I attended a course in Switzerland on self-defence, took part in an instructor's course in the United States and in 1993, with the blessing of the local police, set up a non-profit franchise here. This "Empowerment Trust" grew and now includes a range of programmes: "Kidpower", "Teenpower" and "Fullpower" for adults. These courses include self-defence but also confidence -building skills which are just as important. "We teach in ways that are non-scary for children." Comments such as "you changed my life" made by a woman 25 years after she attended a self-defence course, are very affirming and show the impact and benefits that thousands of women have received by attending these courses. The movement has grown: Cornelia is now an adviser to the Trust that operates from Christchurch and Auckland as well as Tasman.

How about funding for the courses?

We do a lot of fund-raising and NBS is sponsoring our work in Early Childhood Centres.

So you can't start too early?

No, but there is nothing physical in our work with young children. We teach and practise skills such as developing awareness of their environment, how to get help, how to remove themselves and boundary setting: this is all very important work in helping children to keep themselves safe

Martin, I have heard very positive things about your yoga classes and have noticed your Woolshed Yoga studio when driving along George Harvey Road. Can you tell me a little about how you got involved in another area of physical activity?

Cornelia started yoga when she was 19 and I was influenced by her. My body sometimes felt stiff so around 17 years ago I started attending Mechthild Laufkötter's Iyengar yoga classes in Ngatimoti. I went on from there to attending classes several times a week in Mapua with Anna Timms and

when she shifted - I went several times to Australia for yoga teacher training - took over some of her classes. I've now been teaching yoga in Mapua for around 5 years and recently set up a yoga studio in the old woolshed on our property.

You are both very busy. Any other interests in your "free" time? Future plans?

Yes! We love singing and are in a choir; we recently built a new house right next door to our grandchildren who pop in regularly. And, of course there is the maintenance of our property and of the several houses which we lease out. In addition, Cornelia is currently finishing a facilitator's guide for Kidpower instructors and school teachers. She might also get "her teeth into" the construction of a cycle way to the nearby Mahana school. Overall though, "life is definitely easier now than when we had young children, were building up the Trust and working 70 hours a week."

I was very impressed by the positivity and good health radiated by both Cornelia and Martin – testimony to lives well led, and of helping others. Cornelia was about to leave for Westport to lead a "De-escalation" course for social workers in Westport soon after my talk to them. We will give the last word to Martin. He replied in the affirmative when I asked him if yoga had indeed relieved his stiffness, but then sent me a text in which he added: "I am doing some yoga right now and was thinking of the interview you did this morning and the benefits of yoga for me: not only did I get much more flexible, I got stronger, healthier, more aware of my body, more content and happier."

Contact details:

Cornelia 021 039 2340;
cornbaum@gmail.com or
safeNZ@empowermenttrust.nz or
www.empowermenttrust.nz

Martin 027 614 5936;
www.yogawithmartin.nz



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Well Done Moutere Catchment Community



Wow! Over 375,000 funded plants planted in the Moutere Catchment since 2020. And over 500,000 native plants in total. The scale of our plantings is truly inspiring and we as a community should be proud of this epic achievement. A massive thank you! And well done, to the hundreds of people who have been and are continuing to put in the hard mahi of planting, fencing, maintaining, and supporting all this fantastic work.

Our 1 Billion Trees funding is coming to an end with 2023 being the final planting year via this funding– Elliot Easton will remain employed and be able to provide Moutere Landowners with advice and support until at least May 2024 – if you have any questions or projects you would like advice or support with please contact - ellioteaston@tet.org.nz

We have managed to secure 7000 trees via Trees That Count for the Moutere Catchment Community for the 2024

planting season, and fingers crossed that more funding opportunities to arise!

Now looking to the future

Early results from our future focused survey tell us that the community has plans for over 300,000 more native plants to be planted during the next five years. We will be better positioned to apply successfully for funding if we know what YOU, the Moutere Catchment Community, want to achieve in the future...

Please complete this survey to let us know. <https://www.surveymonkey.com/r/Mouterefuture23>



The survey aims to prepare the Moutere Catchment Group for

possible future opportunities and drive the direction of the next few years.

Whether you have been engaged with the “Restoring the Moutere” project or not, if you live in or are connected to the Moutere Catchment we want to hear from you!

All those completing the survey will be invited to discuss the results and the potential future opportunities at our next governance meeting. The information collected from this survey will be held by the project manager - Elliot Easton (Tasman Environmental Trust) and individual data will not be shared with anyone without your permission.



Early Childhood Education & Care

We are looking for a cleaner to ensure our centre sparkles. Are you passionate, knowledgeable and superb at cleaning.

We have a permanent cleaning position available 12 hours per week. Experience required.

If this sounds like you please contact me for further details or send your CV and covering letter to nickie@countrykids.org.nz

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Community Noticeboard

JUSTICE OF THE PEACE Upper Moutere. Contact Cathy Ellis 021 158 2890

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

MOTUEKA COASTAL BUS operates Tuesdays & Thursdays, leaves Motueka i-SITE via Upper Moutere, to Richmond CBD & Pool. Pre-booking essential Motueka i-SITE 03 528 6543.

DOVEDALE COMMUNITY MARKET Buy, sell, swap, giveaway. 10am-12noon every 2nd Sunday monthly. Enquires: margicreed@gmail.com

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.

MHCC COUNTRY CHRISTMAS MARKET 2nd December 10.30 - 3 at the Moutere Hills Community Centre, Upper Moutere. Over 80 Stalls! FREE entry, on wet or shine.



Art Exhibition

29 December 2023
To
7 January 2024

MAPUA ART GROUP

Original art work by 30+ members of the Mapua Art Group and art books for sale

Mapua Community Hall, 72 Aranui Road

Friday 29 December 2023
to Sunday 7 January 2024

Open daily – 10 am to 5 pm
Admission free

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.

For details email reneate@fairyalley.net

Motueka community kai distributors

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The Salvation Army - 0272159134

Tuesday

Motueka Community House - 0273372209
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Weka Peckers Recycling - 0211260051

Wednesday

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FoodShare Motueka - 0284366407

Thursday

Motueka Community House - 0273372209
St Vincent de Paul - 0273372209
Weka Peckers Recycling - 0211260051

Friday

Motueka Community House - 0273372209
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Please get in touch for support

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ART WALK

TREWAVAS STREET, MOTUEKA

SATURDAY 2 DEC 2023, 10AM-3PM

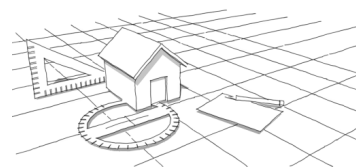
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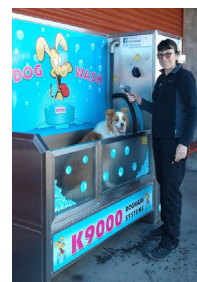
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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Thank you for your support this year. We are excited to be able to host so many wonderful activities and events at the centre and wish to thank everyone who is involved in making them possible. We have a fantastic team of volunteers who donate their time, from being on the board, running a social sport, being involved in a support organization, running the local clubs and providing community opportunities. We wish to thank you all for your contribution to the centre and our community, it is much appreciated. A new programme of activities will be distributed towards the end of January so if you are wanting to offer a class or activity or if there is something you would like to see happen here then please get in touch.

We are also hoping to see some more work carried out on the outdoor community recreation space, specifically the BBQ, so we will keep you informed on facebook. The centre office will close on Thursday 21st December and re-open on Monday 15th January. The fitness centre will remain open to all members over this time. We would like to wish yourselves and your families a very Merry Christmas and Happy New Year and look forward to seeing you all back after the summer break.

Kind Regards Katrina, Josh, Keith, Cindus, Vicki and Kris.

FROM THE MHCC BOARD

We are pleased to form you that at our first meeting since the AGM the following people were elected into positions:

Tim Greenhough - Board Chair
Stephanie Drewery - Secretary
Grant Bryan - Treasurer

Thank you all for your support of Mouere Hills Community Centre this past year. We would like to wish you all a safe and happy Christmas and New Year.

Tim Greenhough
MHCC Chair

Student Summer Memberships

2023-2024

\$120 For 3 Months For Students

\$140 For 14 & 15 Years

Must sign up during the month of November. For More Information Contact
Josh at Fitness@mouerehills.org.nz or 0275118826

Fitness Classes

Re-activate	Monday 11:15 am & Thursday 8:30am
Box n Burn	Monday 7:15pm
Stretch & Flex	Tuesday 9:30am & Thursday 9:30am
Pilates	Monday 5:00pm, Tuesday 6:00pm & Wednesday 9:00am
Metafit	Wednesday 6:30pm and Friday 9:00am

Included with Fitness Centre membership,
\$60 for a 10 class concession card or \$10 for casual.

**PLEASE NOTE CLASSES WILL FINISH ON 21 DECEMBER
WITH A NEW SCHEDULE RELEASED FOR 2024**

UPPER MOUTERE PLAYGROUP CHRISTMAS PARTY

JOIN US FOR OUR END OF TERM CHRISTMAS PARTY.
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Mouere Hills Community Centre COUNTRY Christmas Market

2nd December 10:30am - 3:00pm

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- * Garden supplies
- * Food Carts

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Website: www.mouerehills.org.nz





St Paul's Lutheran Community Church and Friends would like to invite you to join us in celebrating the birth of Jesus this Summer.

December 17th Carols in the Vineyard

Join us at Neudorf Vineyards **at 6pm** for an evening of Carolling. You are welcome to bring picnic snacks and the cellar door will be open. (Please don't BYO wine and beer)

Christmas Eve at St Paul's

7pm Kids and Carols Our local children will present the Christmas story in their own entertaining and unique way. There will also be another opportunity to dust off the singing voice and carol with us.

11:15pm Reflective Service The late night slow down, quiet, calm and candle lit. It's a perfect time to stop and reflect on the year and the meaning of Jesus' birth.

Christmas Day at St Paul's

10am With the presents opened and the breakfast bubbles supped you are welcome to join us in celebrating the birth of Jesus, quite literally God's gift to the world!

Wherever you may be and with whomever you spend these Holy-days with, may your time be blessed, your relationships strengthened and your hearts, minds and spirits be refreshed. Merry Christmas and God's blessing to you all from St Paul's Lutheran Community Church.



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They're open Tuesday - Sunday 9 - 4pm. Phone 03 526 7000.

Don't bin me, recycle me

Only clearly marked plastic lids. If in doubt, leave if out!

no. 2 plastic lids e.g. milk bottles	no. 5 plastic lids e.g. ice cream tubs, yoghurt tubs	aluminium lids e.g. wine bottles, soda screw lids	steel lids, e.g. beer caps, jam jar lids
Please keep different types of lids separate so they can be recycled and won't go to landfill!		To cover freight and labour costs please support our efforts with a gold coin donation, thank you!	

Food and Beverage Cartons (LPB) packaging (Tetra Pak and similar cartons)

Recycled by saveBOARD to create
low carbon building materials

- 01

Flip the four corners and flatten the box

*Note: Leave the cap attached
- 02

Cut into a corner and up one side
- 03

Rip open along top and bottom and open out flat
- 04

Clean and dry

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News from Māpua Bowling Club

There is plenty of activity in the bowling world now the season is underway. The first Māpua tournament, sponsored by Mike Greer Homes, took place on Monday 13th November and it was lovely to see all the rinks in action and plenty of visiting teams from around the area taking part. As always, the catering crew served up some delicious sandwiches and savouries.

The Saturday morning President's Trophy is well underway and Māpua has recorded some wins and some losses. This trophy could be described as competitive fun and is very much enjoyed by the Club members that take part.

Club championships are also underway with some of the singles matches already played. More competitive fun!

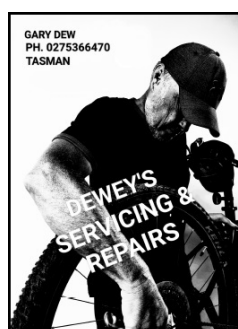
Teams are taking part in two other inter-centre tournaments, the men's fours on Tuesday afternoons and junior and senior 2-4-2 pairs on Wednesday evenings. Again there has been some success and some failure but it is so good for Māpua to be taking part; good work Mike Day and Barbara Adcock, the junior pair and the squad of senior pairs, Warren Keith, Ian Benbow, Jayden Menzies, Dave Dillon and Sean McBride.

Have-a-go day always seems to be doomed and it was no different on Sunday 15th October – rain! So there was no action out on the green but some enquiries and I'm pleased to report that three of those people are now taking part in the group coaching sessions. Will we get some new members? I hope so!

The 6-week group coaching programme on Wednesday afternoons is proving to be popular and successful. Three sessions have been completed and it is hoped that the weather will remain favourable for the remaining three to take place before Christmas.

For any information about bowling, coaching, the Friendship Group 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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Our latest news & adventures

ENROL NOW! on Summer Holiday Programmes

We're looking forward to a summer full of adventuring at Whenua Iti, with holiday programmes available for ages 7 to 18yrs. All our holiday programmes are run by the same awesome instructors that run our school programmes during the year. The holiday programmes are a great way for kids to try something new, make a whole group of new friends and get out adventuring in the summer. To enrol, visit our website: www.wio.org.nz

Celebrating our high achieving students

We have loved celebrating our students at the recent Trades Academy Top Student Awards in Blenheim, Nelson & Greymouth. To see the personal development in terms of confidence and communication that shine from these students always gives us a lift! Thanks to the amazing schools, teachers and parents that support students to attend our programmes. If you're interested to find out programmes that support NCEA achievement you can visit our website - there are still places left for 2024!



Year 10 Ignite students above the Cobb Reservoir in the Kahurangi National Park



What are 'power skills'?

Often referred to as 'soft skills' according to a recent Forbes article, these are the new 'power skills' that employers are looking for. In our experience, there is a direct link between outdoor education and the development of these skills - in fact our programmes are intentional in building these exact skills in our students. So what are they? And how are they developed? Mark, our CE, has written a blog on our website all about it - check it out!

Congratulations to our Ignite Students

In partnership with **Motueka High School** we have been running the **Ignite** programme for Year 9- Year 11 boys to build skills that will help set them up to be leaders and good decision-makers in their later years at high school and beyond. Generously funded by a local donor, the boys love these opportunities to form bonds in the outdoors, outside of the classroom and we LOVE these programmes for seeing how much it means to the students.



Summer holiday programme fun on SUPs from last summer's Go Wild day adventure programme.

We'll see you out there!

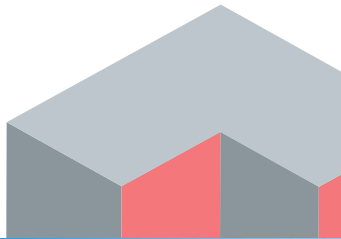
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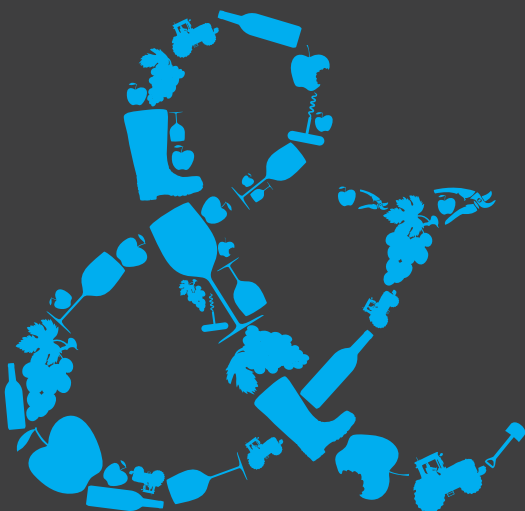
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Spring Fair at Motueka Steiner School



Fair poster



Outlook from produce stall



2nd hand stall

After the last Spring Fair at the Steiner School, set for September 17, was heavy-heartedly postponed due to strong winds and adverse weather conditions, the new date on November 19 stood under much more benevolent stars. The sun gradually seeped through early morning grey haze and turned the day into a brilliant, not too hot shiny day, so that all the efforts that had already been poured into preparations for the first date could now be rekindled and turn the day into a full-on success on all levels.

The premises were used well, so that after having parked their cars, newcomers were greeted at the entrance level, with tables and food and the music on a stage.. Some stalls with native trees and fruit produce

were located on that ground level and so purchases could easily be transported to the cars in the parking lot.

People could then make their way up to the next level with lots of activities for children of different ages, be they puppet shows or fishing games, dragon fights in a 'medieval castle' grinding herb salt mixtures or participating at a silent auction.

Browsing through old documents and photos gave people impressions of the beginning stages of the Steiner School 20 years ago. A big used books and clothing stall invited people to find preloved treasures.

Another setting could be explored by crossing over a little stream and

walking into the Outdoor Classroom, which was transformed into a "Popcornery" where the children could cook popcorn over open fire – serious matters!

More serious matters could be experienced by moving more into the farm area and meeting the ponies, who were ready to carry children around their little pasture. Many happy smiling faces were shining.

That could be said all around. The Spring Fair was a special adventure, well managed and considerate of the individual needs, children and adults of different ages and abilities.

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'Medieval Castle'



Popcornery



Pony rides

Into the future

The Steiner School will probably provide more opportunities to share further developments throughout the year. The new kindergarten is almost

finished, the old kindergarten in Wallace Street is on the market and a farewell is planned there towards the end of this term!

The general public can be curious of changes to come.

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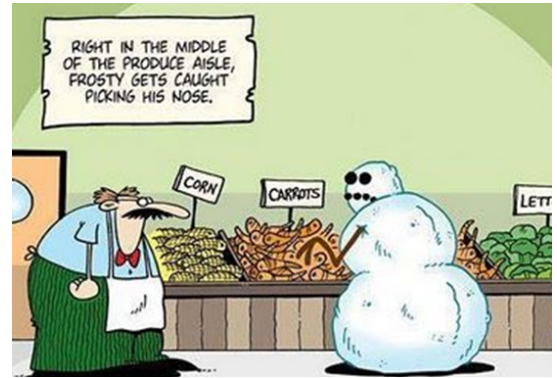
Yippee, summer is here! Here are some things to think about for our pets to avoid any unexpected complications and enjoy the summer:

- If you are going away, are your pets' vaccinations up to date? Vaccinations for respiratory viruses in cats, and Parvovirus plus Canine Cough in dogs must be up to date in order to stay in boarding facilities. Call us for advice if you're not sure and don't leave it until the last minute!
- If you are going away leave contact numbers for your vet as well as your mobile phone number with your pet carer. Have a chat so it's clear what your expectations are for your pet if something goes wrong, especially if you are not able to be contacted. Phone us if you would like to add any details to your client record. If you are taking your pet with you, remember all their bits and pieces including any medication.
- Most of us know that chocolate is poisonous for dogs. If your dog eats chocolate, phone us promptly for advice. Remember dogs are very good at finding the wrapped chocolate under the tree!
- Beware of novel objects which could be swallowed by your pets such as Christmas tinsel, strings



**Little do people know,
Santa first tried cats**

- from the roast, kebab sticks from the barbecue, fish hooks/fishing line (often attached to a fish!) and potentially obstructive food such as chop bones, corn cobs and peach stones.
- Take care giving your dog leftovers from the BBQ or roast – bones, large amounts of fat and onions can all cause serious internal problems for dogs.
- Grapes, raisins and sultanas can be poisonous for dogs so no Christmas cake either!
- Another food-related hazard is old food that your pet might find in compost heaps, rubbish bins and out on walks. There are millions of weird microbes growing in these places that if eaten by your pet (especially dogs) can cause all sorts of symptoms from tummy upsets through to poisoning and seizures.
- Toxic algae are a warm weather hazard in our rivers. It's safest to avoid the rivers in summer and head to the beach instead.
- Heatstroke is common over summer especially in short-nosed dogs. NEVER leave dogs in the car on a hot day, even in the shade with windows down. Offer frequent drinks/stops on journeys. Restrict exercise to cooler parts of the day. Limit the length of walks especially for young energetic dogs, old dogs and dogs with medical problems. Provide shade for dog kennels and rabbit/guinea pig cages.
- Clipping long haired pets can prevent problems such as overheating, soiling, skin infections and grass seed problems. We often clip the underside/belly of long haired cats, and advise clipping under ears and around the feet of



long haired dogs. Some long haired dogs which aren't traditionally clipped (e.g. Border Collies) are much more comfortable and active, even if they do look a bit odd!

- Check your dog's paws, ears, 'armpits' and groin daily for grass seeds. This is particularly important for fluffy dogs especially spaniels, poodles and all their crosses. It may seem a hassle to do this but it can be an expensive, time-consuming and painful process to find grass seeds once they are inside your dog!
- Warm weather accelerates development of flea eggs and larvae so flea prevention is important. We have many products available to suit your pets and their lifestyle. Some products now last six months or more so it's easy to keep your pet and house flea-free.

Merry Christmas and a happy new year from all of us at Town and Country Vets.

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