

# The Grapevine

MOUTERE HILLS COMMUNITY NEWS

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

**Gold coin donation to Moutere Motors, The Old Post Office, Moutere Store or Lower Moutere Store appreciated. FREE DELIVERY**



## Eagle Eye Odey

*What's in a name? Apparently, quite a lot if you advertise yourself as "Eagle Eye Odey." Our intrepid (and curious) reporter tracked down the person behind the name in "The Grapevine" advertisements each month. Below is an explanation of the name, and an introduction to a person with huge initiative, talent and creativity: Odette Wards.*

**I am intrigued by your advertising name: Can you tell me about it?**

The "eagle-eye" has two connotations: firstly, an eagle soars high in the sky and thus has a broad and comprehensive view of the world: it sees the "big picture". On the other hand, to be "eagle-eyed" means that one can read or observe closely: both aspects

of "eagle-eyed" are important skills in my work as an editor and proof-reader and also in my creative endeavours. "Odey" is an abbreviation of "Odette", my first name. "Odette" means "home lover".

**An inspired name for your business. Can you please tell me more about yourself: for example, your background, community involvement and lifestyle?**

I grew up in Rotorua and went to university in Christchurch. Following that, instead of doing the typical O.E. I instead worked all over our country doing biodiversity work from as far north as the Three Kings Islands (one-hour helicopter trip north of Cape Reinga) to Codfish Island (west of Stewart Island) in the south, with ma-

*cont. pg3*

## 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](mailto:umograpevine@protonmail.com)

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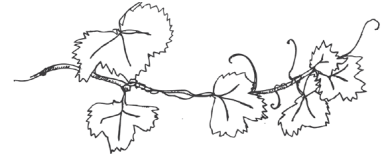
### Sending us articles of interest

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](http://www.mouterehills.org.nz/community/the-grapevine) courtesy of the Moutere Hills Community Centre staff. The Grapevine circulation is approximately 1400 copies. This issue has been constructed by volunteers: Jenny Leith, Sharon Beuke, Bessie Adie, Kirsty Vanderwerff, Sue McGregor, Glenys Johnston and Fi Johnston.

### Disclaimer

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## Grapevine Says...

*Thanks to everyone who collects and donates to the Grapevine - we appreciate you!*

*And thank you to all who have contributed articles this month, it wouldn't be community news without you.*

*Keep on emailing us: [umograpevine@protonmail.com](mailto:umograpevine@protonmail.com)*

jour stints in St Arnaud, Fiordland, and Taranaki (where I met my husband). After getting married at Totaranui we decided that indeed the Moutere is the best place in NZ so we settled here. As a “home lover”, and being fit and willing to try something new, I successfully gave birth to both babies at home! Easy logistics for the second child because the first child just stayed in bed and slept on, oblivious.

**You mentioned that when you had your baby, you wanted, as you put it, “to sit in the sun, read books, and get paid for it.” A dream for many people, but may be a hard one to implement?**

Serendipity for me: I have a friend who, back then, was managing a self-publishing company and she took me on for my editing and proofreading skills – I made sure all their books were error-free and ready for the design phase. Since then I’ve edited almost every genre you can think of, and I particularly enjoy historical fiction, NZ flora and fauna, autobiographies and children’s books. I love that every day I learn something new from these books. But between raising two kids, and the work a lifestyle block entails, I decided I needed a creative outlet / side-hustle. Some readers may have

met me at local markets and know me as the lady who creates coasters and placemats from pre-loved maps. An idea of these can be seen on my self-built website [westcoasters.co.nz](http://westcoasters.co.nz). These sell like hot cakes, especially in the months leading up to Christmas.

**I have heard that you have been, and still are, involved in various community groups. Can you tell me about some of those.**

As with many parents, I have taken on activities as my children have grown. For example, I was involved in the Upper Moutere Playgroup and later was president of the Dovedale Playgroup. I was on the School PTA and helped co-ordinate the Lifestyle Blockers’ Skills days and some people may know me as the lady who created the Dovedale place names tea towel. In the wider community, I have been a helper at the Moutere Kai Collective and a Birdsong Trust volunteer. Also, because tramping is one of my favourite past times, I set up a club for new mothers that couldn’t get out into the hills too easily – Wild(ernes) Mums Go Tramping. I believe this inspired another tramping cohort of our community... Then, when we homeschooled for a while I set up Wild Kids Go

Tramping. That was pretty fun, too.

**You certainly lead a full life, and it must be rewarding that you have been able to combine working from home with caring for your children and sharing the management of your property with Andy.**

Yes, living out in Dovedale now it is super handy to be able to work from home. My husband Andy has made it work for him too. He got sick of sitting in traffic in and out of travelling to Nelson every day so went out on his own – some readers may have seen his ute driving about – Andy Wards Ecology. With the lifestyle block we produce a lot of our own food such as meat, eggs, the orchard and garden. It is a satisfying lifestyle that works well for our family during this chapter of our lives.

*Thanks to Odette for taking the time to describe aspects of her varied and interesting life to Grapevine readers. I was impressed by her enthusiasm, creativity and positivity. People like Odette can make us reflect on our own lives and whether we could possibly put a little more “zing” into them.*

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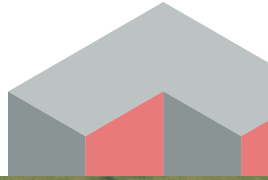
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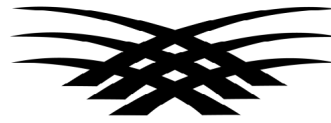
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# Community Noticeboard

**UPPER MOUTERE PLAYGROUP** We meet every Monday and Friday 10am - 1pm, Moutere Hills Community Centre, all families welcome. Contact Anna/Kaitlin: Moutereplaygroup@gmail.com

**DOVEDALE COMMUNITY MARKET** Buy, sell, swap, giveaway. 10am-1pm every 2nd Sunday monthly. Enquires: margi@redmagpie.co.nz

**PATTERN MAKERS** 10 Lessons. Courses starting mid-April & mid-July 2026. Marlene – 021 051 2424

**SARAU WINTER SALE** As well as books, we're after banana boxes, if you have a few, please contact Sharon 027 432 8145

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

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

**MOUTERE BIRDSONG** have both wooden and corflute traps available for sale and for hire. Also free bait thanks to Pics Peanut Butter. Ph 021 231 3947

**POWERTALK TASMAN** Develop your speaking & communication skills in a friendly and supportive environment. Meet 6.30pm 1st & 3rd Wed each month. St Johns rooms, Jack Inglis Hospital grounds, Courtney St, Motueka. Supper provided. Ph: Tristan 020 4099 4255 / Sue 021 533 350

**TRAPPING COURSES 2026**

Motueka: 1-2 April, St John Motueka  
 Richmond: 17-18 June, NMIT Richmond  
 NMIT Course, delivered with DOC, provides the skills to manage effective pest control programmes. Ph: 0800 422 733  
[www.nmit.ac.nz/study/short-courses/](http://www.nmit.ac.nz/study/short-courses/)

**THE MOUTERE KAI COLLECTIVE** is linked to the Motueka Food Network. If you want information about which foodbanks are open and on which days – check out the poster on the wall in the MHCC foyer.

**SUCCESSION PLANTING FIELD DAY** Saturday 11 April 9 am to 12 pm. 95 Kelling Road, Upper Moutere. Growing a forest that Lasts. Succession Planting field day.

**RIVERS, RAIN & RISKS** Thursday 23 April Tapawera. A workshop on living safely with changing rainfall patterns and river behaviour. To register: <https://www.surveymonkey.com/r/TQTLBGK>

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*NB. Kai Collective is not intended to be a food bank  
 - simply occasional help when someone is having a hard time.*

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# Letters to the Editor...

## Heightened Hoops

First and foremost, a huge thank you for the efforts of the Community Centre staff, the Sarau Trust and Tasman District Council for their time and financial assistance to ensure tomorrow's basketball champs will be able to safely practice their skills on hoops attached to backboards that have recently been adjusted to the regulation 3.05 metres above floor level.

Dunking a basketball is an achievement all players aim for and is one of the more impressive and spectacular highlights in the game – more so when co-ordinated from an “alley-oop pass” from a team-mate than when attempted on lower unstable hoops.

Ten centimetres may seem an insignificant measurement – but for budding Nelson Giants and anybody wanting

to play with reliable consistency, confidence and accuracy, aiming at hoops set at the correct height makes all the difference to their game.

Basketball is a game which provides a platform for people of all ages to exhibit physical freedom of expression and mental composure as well as providing a basis to learn individual and collective team responsibilities that can assist with opening future life-skill doors.

Feedback from those attending the Saturday social basketball has been unanimous in appreciation for the efforts of all concerned and will hopefully maintain, and indeed heighten, interest and numbers participating in shooting hoops at the Moutere Hills Community Centre.



## Vinyasa Flow Yoga Classes

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**9.30am - 10.45am**

At Riverside Community Hall,  
289 Main Road, Lower Moutere

**ENQUIRIES CONTACT JO @ Breathe Yoga**

**p: 0211709495**

**e: breatheyogaNZ@gmail.com**

## UPPER MOUTERE VOLUNTEER FIRE BRIGADE NEEDS YOUR HELP



### THANK YOU TO THOSE WHO HAVE CONTACTED US WE ARE CRITICALLY SHORT ON VOLUNTEERS

However we are still critically short  
on volunteers

If you:

- live locally
- are available during daytime hours
- want to give back to the community

Please call Fiona on 021 147 4639

## Computer support - a recommendation

I live in Tasman and have some positive news to share! I really appreciate the monthly Grapevine issue and do love getting it free into my mailbox each month.

I recently found an excellent service to help me with my computer (& mobile phone) problems. The company is GEEKS ON WHEELS & I found their details online.

I had been having lots of issues since buying a new laptop AND upgrading to Windows 11 (which is quite different to Windows 10)! I phoned GEEKS 0800 number, spoke to a helpful, friendly receptionist, got a quote (including discount for Gold Card pensioners), and made a booking.

One of Geeks' technicians, Matt, arrived at my home... as booked & on time! He was friendly, polite & knowledgeable and answered all my queries.

He was also an excellent trouble shooter and explained clearly some of the changes in Windows 11 which had been giving me major headaches!!!

I paid (as quoted) at the time, via their portable eftpos & I consider their rates to be very reasonable.

It is so refreshing to find GOOD service from REAL people. I would highly recommend them! JT



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# Emergency Preparedness

**Imagine this: an earthquake strikes, and you're left wondering where your loved ones are, how you'll access clean water, or even cook a meal. Are you ready for such a scenario?**

Recently, a group from the Moutere and Motueka catchments gathered at MHCC to tackle these very questions. Their mission? To prepare for future community disaster events and strengthen rural resilience from the ground up.

## Resilience Planning in Action:

This hands-on workshop, led by Lee Cowan from the Taranaki Catchment Collective and facilitated by Annette Litherland of NZ Landcare Trust, was part of a nationwide initiative funded by the National Emergency Management Agency. The goal was clear: equip rural communities with practical tools and strategies to face emergencies head-on.

## What made this Workshop stand out?

- **Practical Tools:** This workshop provided actionable templates to integrate emergency readiness into farm plans.
- **Collaborative Conversations:** Local emergency services like TDC, CD, MPI, FENZ, and NZ Landcare Trust shared their insights about expectations and needs during disasters.
- **Smart Strategies:** The Taranaki Catchment Collective shared formula to help farmers and catchment groups protect their homes, families, livestock, and infrastructure.

**Why Does This Matter?** When disaster strikes, rural communities often find themselves isolated, relying on their own resourcefulness and the support of neighbours. While many are already adept at stepping up, this workshop emphasised the importance of being even better prepared, adaptable, and connected.

**What Can You Do?** Now it's your turn to take action. Use your networks and local publications like the Grapevine to connect with your neighbours and start planning.

## Here are some key questions to consider:

- **Family Safety:** Do you know what to do if you're separated from family during an emergency?
- **Power Outages:** Can you manage without electricity for three or more days? Will your water pump work? Can you cook on a BBQ or fireplace?
- **Essential Documents:** Are your birth certificates, insurance papers, and passports stored securely in the

cloud or on your email?

- **Animal Care:** Do you have a plan for your pets or farm animals, including water and food supplies?
- **Grab Bag:** Is your emergency kit ready with essentials like medication, food, and water?
- **Information Sources:** Do you know where to turn for reliable emergency updates, sources such as RNZ or TDC?

Let's kickstart the momentum for more catchment-level workshops and initiatives. Think about getting your neighbours together, to create a safer, more resilient future for our families, farms, and communities.

**RANGERS RUGBY**

**AGM**

**Tuesday 12<sup>th</sup> April**  
**6:30pm**

come along and show your support to the club

**ALL WELCOME: Looking for new committee members, especially for a new secretary for our awesome JAB**

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# Walking football?

## Wednesday Nights at the Moutere Hills Community Centre

I went down to MHCC to chat to the coach, Clarky, and some players to find out about this fun, social activity.

Clarky was a keen soccer player, coaching in the UK and NZ, and was team manager of Tasman United FC. He started the first NZ Walking Football club in Nelson in 2019, after learning it's the UK's fastest growing sport! A move to Dovedale saw the Upper Moutere group started in Feb 2025. Aimed at over 40s, 12 turned up initially, now there's over 30 involved. Oldest is 82!

As the name suggests, no running is allowed! Kept simple with no off-side rule and no contact, keeping the ball below head height. Teams are 5 a side. Lots of laughter and friendly ribbing can be heard. Exertion is self regulated, with no pressure to go every week. A cup is played for nightly.

Some of the guys had never played soccer, some had at school and some as competitive adults.

They love the social and fun aspect, the benefits of exercise, fresh air, and the camaraderie of a bunch of jovial guys. (And their wives love to get them out of the house!)

Annually, the Prostate Cup is contested against Nelson teams, with players looking forward to this. Mixed and womens teams are included.

Mark reckons it's a great way to meet new people, helping with fitness for the volunteer fire brigade - it's a lot more fun than normal soccer. John, (80), enjoys the social aspect. It's been

great for his joints, flexibility, mental health, and fitness, inspiring him to exercise more. He admits to falling over a lot, but picks himself up and keeps going! Stefan gets a thrill out of nailing some great moves, loving the positivity, good attitudes and meeting others from many walks of life.

John S - the most important thing is enthusiasm. Nobody cares how good you are! Martin - it keeps him out of the pub! He enjoys kicking a ball around and it's not too competitive. Paul loves the good social fun and joking, and the "no running" aspect suits older bods. Steve's a qualified ref and was refereeing. He loves that it keeps him fitter and is a great thing to do as he gets older to get out of the office.

Considering checking it out? What do you need?



Comfy clothing, sports shoes, a water bottle – that's it! It's free to attend. A gold coin donation in winter funds the pitch lights. First Wednesday monthly is a post match drink at the Moutere Inn for those keen, and a few go on other Wednesdays. Women are welcome as players too, spectators are encouraged.

Walking football is on every Wednesday evening at Moutere Hills Community Centre, until the end of May. (June and July off). Located to the left side of the building on the grass. Arrive 5.45pm for warm up and team split for 6pm start.

Get down there and have a go, it's lots of fun!





## FITNESS CENTRE EXPANSION COMING SOON

### • PROGRESS

Building consent has been secured so the project is going out for tender.

### • FUNDRAISING

We still require \$177,000 to get this project over the line so please support our fundraising initiatives:

APRIL - Raffle, Sold during April and drawn in May

JUNE - Cabaret Evening with dancing and casino

SEPTEMBER - Quiz Night

*PRIZE DONATIONS WELCOMED!*



### • SPONSORSHIP

Are you able to donate to the expansion of the fitness centre. We welcome cash or in-kind donations. Please get in contact if you can help.

MOUTERE HILLS COMMUNITY CENTRE, 1539 MOUTERE HIGHWAY

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# MOUTERE HILLS COMMUNITY CENTRE



## Community Social Evenings

Enjoy one of our community social evenings taking place on the last Friday of each month. Put the dates in your diary and come along to enjoy a drink, food and socialise with family, neighbours and friends.

**Friday 24th April** - no event due to holiday weekends in April. **Support our Fitness Centre expansion raffle.**

Purchase from the Community Centre office.

**Friday 29th May** - Fish and Chip evening

**Friday 26th June** - Cabaret with Casino and dancing

**Friday 31st July** - Rangers Rugby Quiz Night

**Friday 28th August** - Curry Night

**Friday 25th September** - Quiz Night

**Friday 30th October** - Halloween Fun



### THANK YOU VICKI

We would like to say a huge thank you to Vicki Lewis who has run our stretch and flex classes for the past 7 years. Vicki is retiring from this role. She has made a big impact on all of those who have attended her classes and was a valued team member. We wish Vicki well and hope she has a fun, adventure filled retirement.



### Welcome to Bex



We would like to welcome Bex Claridge to the MHCC Fitness team. Bex will be taking over the Tuesday morning Stretch n Flex class from Vicki. As part of our Fitness Centre classes she will also be offering an equipment based pilates class on a Tuesday morning from 8:30am–9:15am.

## Fitness Class Timetable

Cost: \$12 casual, \$80 for 10 class concession or free for Fitness Centre Members

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Fitness Circuit 6:00am – 6:45am					
	Pilates with Bex (uses small equipment) 8:30am – 9:15am	Pilates with Kris 8:00am – 8:45am	Re-activate 8:30am – 9:15am	MetaFit 8:15am – 9:00am	Strength & Fitness Circuit 8:00am – 8:45am
Re-activate Circuit 9:00am – 9:45am	Stretch & Flex 9:30am – 10:15am	Pilates with Kris 9:00am – 9:45am		Pilates with Kris 9:00am – 9:45am	
Sit & Be Fit 10:30am – 11:30am			Sit & Be Fit 10:30am – 11:30am		
Pilates with Kris 5:00pm – 5:45pm		Core Focus 5:30pm – 6:15pm			
Pilates with Kris 6:00pm – 6:45pm					



Phone: 543 2516

Email: [enquiries@mouterehills.org.nz](mailto:enquiries@mouterehills.org.nz)

Website: [www.mouterehills.org.nz](http://www.mouterehills.org.nz)





## Nominations Open: Growing Native Forests Champions Awards

Do you know someone making an outstanding contribution to the growth and regeneration of New Zealand's native forests? Or is your organisation or community group involved in a project worthy of national recognition?

Te Uru Rākau – New Zealand Forest Service (MPI) is now accepting nominations for the **2026 Growing Native Forests Champions Awards**. These awards celebrate the remarkable achievements of individuals, mana whenua, organisations, and communities who are planting and regenerating native forests across the motu.

### Who can apply:

- Farmers, lifestyle block owners and large restoration block owners who have established native forests on their land
- Forestry companies
- Mana whenua (individuals, whānau, hapū, iwi, and groups)
- Catchment and community groups

### Why apply:

- Showcase your contribution to establishing new native forests
- Help highlight the environmental and cultural benefits of native afforestation
- Inspire others to support and expand native forest regeneration efforts

Applications opened on **9 March** and close on **17 April 2026**. Winners will be announced at a special ceremony at **Fieldays in June**.

For full details and to submit a nomination, please contact [ForestrySupport@mpi.govt.nz](mailto:ForestrySupport@mpi.govt.nz)

We encourage you to nominate someone - or apply yourself - and join us in celebrating the people helping our native forests thrive.

# Around the Traps

## April edition - Ferrets



*There has been a recent surge in ferret activity in our region. In one project alone, we have caught five inside a month – with a sixth found as road-kill.*

### IMPACT

Ferrets are the largest mustelid most people in our area will encounter. They can travel long distances across open country, orchard margins, drains, and fencelines, often covering several properties in a single night.

Ferrets favour rabbits as their main prey and if you are noticing rabbit, then you should be concerned about ferrets. They will also readily take poultry, ducks, and groundnesting birds when the opportunity presents itself. This makes them a serious pest for poultry-owners, as well as a significant threat to many of our native species of birds.

### DISPERSAL

Late summer is a typical time for young ferrets to leave their natal areas and begin ranging widely before settling into autumn and winter territories. This dispersal pushes them through lifestyle blocks, orchards, and roadside corridors and right across our region. They have been known to disperse up to 45kms distance.

### TIPS

If you are intending to trap ferrets, it is important to use a suitable trap for these large mustelids. Whilst the standard issue DOC200 is capable of catching ferrets, so far only the DOC250, the BT250, the Critter Solutions Multi-trap and the Rewild F-Bomb have passed the NAWAC guidelines for ferrets.



*Photo credit: trail-cam Upper Moutere*

We have also had success catching ferrets in live-capture cage traps, however this then requires that you check the trap daily, and ensure humane despatch of the animal when caught.

For bait, the best outcomes can be achieved using fresh rabbit meat. However dehydrated rabbit, or fresh eggs are also effective. Outcomes can be improved by scuffing up the earth at trap ends. Grass must be managed at trap entrances as it will discourage ferrets from entering traps.

Prioritise areas that will channel the ferret to the trap site. Consider setting traps at intersections of routes, or bottlenecks, such as bridges, or where a track narrows and runs up against a bluff. Logs or branches can be used to create a natural funnel, guiding a ferret's path towards a trap entrance.

For a full guide to trapping ferrets from Predator Free 2050, visit <http://bit.ly/4uBM5CL>

### Beuke's Bush volunteering

Beuke's Bush would like to expand its trapping lines. Please get in touch if you are interested in helping – even a few hours once a month would make a big difference.

### Contact:

Subsidised traps and bait: [mouterebirdsong@gmail.com](mailto:mouterebirdsong@gmail.com) / 021 231 3947

Volunteering or trapping advice: [blackbirdvalleypestcontrol@gmail.com](mailto:blackbirdvalleypestcontrol@gmail.com)



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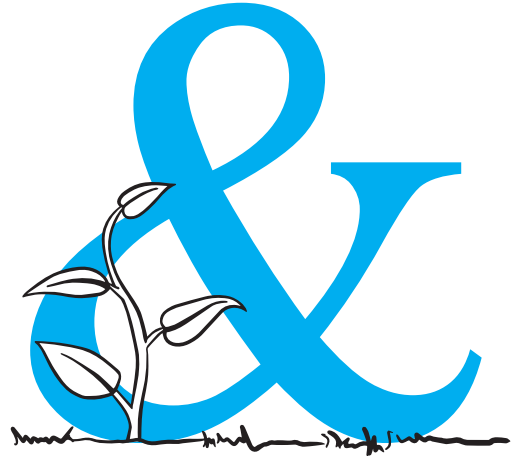
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# Our latest news & adventures



## Celebrating 25 years of service

Charlie Martin recently marked an extraordinary milestone: 25 years with Whenua Iti Outdoors (WIO). Charlie has become a familiar and trusted presence for thousands of young people who have taken part in WIO's programmes.

Since joining WIO, Charlie has helped guide generations of rangatahi through experiences that build confidence, resilience and connection with the natural world. From early mornings in the mountains to long days on the coast or deep in the caves, he has played a vital role in creating safe and supportive environments where young people can challenge themselves and discover what they are capable of.

Reaching a 25 year anniversary is a rare achievement and a testament to Charlie's dedication to the young people and communities Whenua Iti serves.



Charlie Martin with Whenua Iti founder Hazel Nash

## April School Holiday Programmes

Parents, don't forget to book your kids on our ever popular holiday programmes. You can find more information on our website or email [info@wio.org.nz](mailto:info@wio.org.nz) to enquire.

### Key dates:

April 13-17 'Go Wild', 7-10 year olds

## Climbing Centre Opens

WIO opened a new purpose-built climbing centre recently which marks a major milestone in our 40th year of operation. Funding for stage one was generously provided by Tūpiki Trust, Tasman District Council, the Lotteries Commission through the Department of Internal Affairs, the Whenua Iti Outdoors Trust and private donors. The Climbing Centre has been developed to support growing demand for high quality outdoor climbing experiences across our programmes, while also laying the groundwork for greater community access in the future.



View from the top of the newly opened Climbing Centre

We'll see you out there!

[wio.org.nz](http://wio.org.nz)



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# THE WRITE BIAS

## News from the Māpua Bowling Club



Māpua was privileged to host the Junior Ladies Regional Development tournament on Saturday 28th February and Sunday 1st March. Teams from Nelson, the West Coast, Buller, Canterbury and Marlborough took part and some astounding bowls was played. In this context junior means bowlers with experience of eight years or less. The green, facility, and hosting were all very highly praised, putting little ole Māpua Bowling Club on the map!

It was a busy few days with a home tournament sponsored by Day's Funeral Services on Monday 2nd March. Although it was a cold and windy day, it was a full house and more excellent bowls to be seen. Teams from Motueka took first and third places, with Richmond sneaking in to take second.

Leisure bowls on Monday evening will continue until daylight saving ends, but League bowls on Thursday evenings has now concluded. Well done to the 'Rolling Thunder', the winning League team at the end of the season. Children from Māpua School have been enjoying coaching sessions on Wednesday afternoons and it has been a pleasure to host four groups of twenty children over a six-week period.

Club championships are all but completed with plenty of our winners going forward to Champ of Champs.

And a shout out to club member Alfie Linn who was a great advocate for NZ table tennis at the recent ITTF World Futures Table Tennis event on the Gold Coast. He played some great matches. He didn't win medals, but he did win hearts. Well done, Alfie.

For information about bowling, coaching or booking the Clubhouse and facilities please call:  
 Secretary Di Blanchet 021 0773 445  
 Email: [blanchet.tadmor@xtra.co.nz](mailto:blanchet.tadmor@xtra.co.nz)  
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# Vet Helpline

## Beware of raisins...and grapes...

*A couple of reminders about potential poisons at Easter time and any time!...and a welcome to our new vets*

### Grapes and raisins –and fruit-cake and hot cross buns

Did you know that grapes and all their dried versions can be extremely poisonous for some dogs? Some dogs can eat one grape or sultana and get irreversible kidney failure! But it's a bit tricky because some dogs can eat grapes all day without any problem. The cause is not yet proven but tartaric acid in grapes plays a role. And there is probably a genetic component in dogs.

**The safest approach** is to not let your dog eat grapes or dried grape products as we don't know which dogs will be ok and which ones won't. If your dog eats grapes/sultanas/raisins it's best to make them vomit and run a follow up blood test to check their kidneys.

If your dog has eaten grapes previously and been ok, it's probably still safest to prevent further access, after all they don't need them!

### Chocolate

Many of us know dogs that have eaten chocolate and been fine but it is a fact that eating chocolate can be fatal for dogs. There are specific compounds in chocolate that dogs cannot process if they eat too much at once.

The smaller the dog and the darker the chocolate, the higher the risk.

For example a labrador could probably eat half a king size bar of milk chocolate and just feel a bit sick and have diarrhoea. If it was dark chocolate, they could have an irregular

heart rate and potentially seizures. A whole king size bar of dark chocolate would be fatal if not treated. A chihuahua could die if it ate 6 pieces of dark chocolate.

If it's too late to make a dog vomit up all the chocolate they've eaten, treatment is aimed at managing their symptoms with medications and iv fluids in hospital.

So if your dog finds some chocolate, it's best to phone us immediately for treatment advice based on their weight and how much of what type of chocolate they have eaten. If they have eaten a toxic dose, a trip to the vet clinic to make them do a big chocolatey vomit is a quick way to fix the problem (and usually put most people off chocolate for a while!).

### Our new vets

We have two new graduate vets in the Town and Country clinics. We love having new graduate vets as they are full of great new ideas and enthusiasm. Emily and Maddie are no exception!

Emily is from North Canterbury and Maddie is from the Waikato. Both are going to be doing mixed practice vet work so you'll be seeing them out on the farms as well as in the clinics. In their downtime they are both looking forward to making the most of our great outdoors in Nelson and Tasman. Welcome Emily and Maddie!!

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Maddie



Emily

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