

# The Grapevine

MOUTERE HILLS COMMUNITY NEWS

## Inside this issue:

- 1 New member of the team
- 2 Grapevine Information  
Grapevine Says
- 3 New member of the team  
(cont.)
- 5 Community Noticeboard
- 7 Toetoe vs. Pampas
- 9 Mike Casey in Māpua
- 11 Growing Native Forests
- 12 Moutere Hills Community  
& 13 Centre news
- 15 Birds of the Moutere
- 17 Whenua Iti
- 19 The Town & Country Mouse
- 21 Vet Helpline
- 22 Local Trade & Professional  
Service DIRECTORY

## Special points of interest:

*if you want to know more about  
alternative power supplies home  
or farm, see page 9*

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**



*Last year various members of the Grapevine editorial team came “out of the shadows” as it were, and told readers little about themselves and their involvement with “The Grapevine”. This month, I would like to introduce Fi Johnstone, a local resident for more than twenty years, and now a valued member of our team. Fi’s involvement is yet another venture in a full and interesting life.*

### **The obvious question first: when and why did you join “The Grapevine” editorial team?**

I responded to the call last year for someone to help with the layout and design of “The Grapevine”. I had some experience, and also the time: I had retired a few months earlier and was feeling a little isolated. I enjoy

working with the team, and the challenge of learning some new skills.

### **I gather that you lived overseas when you were young?**

Some of my childhood was spent in Malaysia and Singapore, interspersed with time back in New Zealand. I went to Wairarapa College in Masterton for my secondary education and then started a nursing course. However, my heart was really in the theatre and I was accepted by the New Zealand Drama School (now Toi Whakaari). At the end of my first year there, I went backstage, into lighting and stage management. I loved this work and was involved with Downstage, Circa and the establishing of Taki Rua theatre company, all in Wellington.

## 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**
  - ∞ Annual Directory Listing (back page only): **\$36p.a.**
  - ∞ 1/16 pg      portrait      44 x 55mm: **\$7**
  - ∞ 1/8 pg      landscape      90 x 55:  
/ portrait      44 x 127: **\$15**
  - ∞ 1/4 pg      portrait      90 x 127:  
/ landscape      185 x 55: **\$32**
  - ∞ 1/2 pg\*\*      landscape      185 x 127:
- \*\*limited to events and community notices.

To make payment please email:  
**umograpevineinvoices@gmail.com**

### Sending us articles of interest

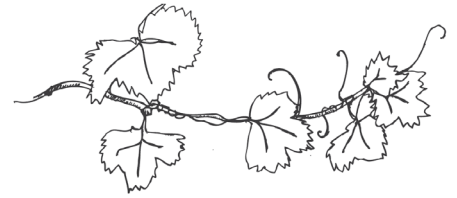
We warmly welcome contributions to The Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read! There is no cost for having your articles published if you are telling the community about a fundraising venture. However we do appreciate a donation from 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 Johnstone.

### 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...

The Sarau Community Trust would like to thank all those who volunteered over the recent Sarau Winter Sale weekend - what an amazing job you all did.

From cooking in advance, laying out tables, bringing in books and clothing and setting up to helping out over the weekend - running the cafe, operating the tills, entertaining us, and generally tidying up and helping out.

Then there are the hundreds of you who came along to support this wonderful winter gathering - we hope you have enough reading to keep you going for a year and a great new wardrobe!

Thank you, thank you.

Keep on emailing us: **umograpevine@protonmail.com**



*flowers picked for the Devonshire Teas, Sarau Fair, 2019 Fij*

## MARIRI STORAGE



New 10, 20 & 40ft containers  
available now!

Affordable storage  
from \$30 per week

**CALL SAM ON  
027 355 9316**

## FIREWOOD

**KILN DRIED  
PINE**

**\$100m3**



**Tel: 543 2822**

**What was your next venture?**

I went to Australia and ended up living there for 13 years. I realised that to get stage and production work in Sydney I needed contacts so I applied for the inaugural Production Management course at NIDA (National Institute of Dramatic Arts). This opened the door to employment as a stage manager/lighting assistant at Belvoir St Theatre. I loved this job, but the hours were long and the work intense. After a few years I felt exhausted and realised that I needed a change of pace and direction. I secured a job at the Ray Hughes Art Gallery, which was busy and interesting but not as intense as my work in theatre. Whilst working there I met many delightful people, artists and customers alike.

**What influenced you and Ivan to move back to New Zealand in 2001?**

We both wanted to see more of our mothers (who weren't getting any younger) and Ivan, in particular, was wanting a change of job. We settled on the Tasman area because good friends were moving here and we thought we would do so too. We purchased a four hectare property onto which I pro-

jected my dreams of a rural lifestyle – a few chooks, raising plants, some goats and so on. I rapidly discovered that this idyll involved much dedication, which, with my own full-time work, was more than I could manage.

**I imagine that it would have been difficult to find work in the arts field here?**

It was, so I had a complete change of direction, working in business administration/payroll at Greenwood Health in Motueka for many years and then Te Piki Oranga in the two years before my retirement last year. I also completed a BA of Arts and Media at Nelson NMIT, a course which I greatly enjoyed.

**You mentioned that Ivan has also retired (from his work in conservation for DOC). Do you have plans for the next few years?**

The property will become too large for us to manage and so we plan to shift to Motueka, probably in around 18 months. At present, we are caring for the land, for example, pruning and felling some of the exotic trees, planting endemic trees. I have more time for hobbies such as sewing with fabrics that I have collected; I am studying Te Reo, and have taken up Xi Gong, an excellent relaxation and meditation-type of programme.

**How do you feel about the prospect of living in a town again after living in a rural area for 25 years?**

We will miss the trees, birds, frogs: the space and the quiet but I'm look-

ing forward to the opportunities that Motueka offers – the proximity to a variety of activities, less car travel, and, hopefully, a swimming pool where I can enjoy my love of the water.

**What skills or strengths do you bring to the Grapevine?**

I would like to extend the use of te reo in our pages. I enjoy contributing oddly appropriate photographs if an article or space requires it. Sharp eyes may have noticed an image of a flat plastic rat, fungi, a canary in an oxygen chamber and a Federated Farmers tea-towel (Women's Institute) included in recent issues. There are a pair of goldfishes in this issue.

*Many thanks for your time Fi, and for becoming a member of "The Grapevine" team. We appreciate your creativity and range of skills.*

**Massage  
@Home**

*Seated massage for  
women  
head, neck, shoulders,  
arms, hands, feet*

50 minutes, \$50  
**Ann 0210 299 6402**

**CARAVAN RENTAL**

Local business offering great value, good quality, well equipped UK caravans available for short and long term rental. Can be delivered and set up to a campsite location of your choice. Short term holiday rates from \$50 a day. Long term static hire from \$100 pw.

[www.kinacampers.co.nz](http://www.kinacampers.co.nz)

Email: [info@kinacampers.co.nz](mailto:info@kinacampers.co.nz)

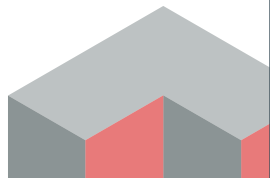




# JasonFrater

BUILDERS LTD

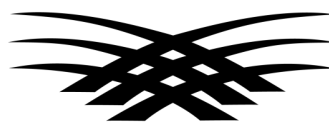
BUILDING  
OUTSIDE  
THE BOX



021 743 497  
www.jasonfraterbuilders.co.nz  
info@jasonfraterbuilders.co.nz

**Beautiful Homes and Creative Spaces**

## KAHURANGI ESTATE



**Locally Made**

**Moutere** is where our winemaking roots run deep.

For **27 years**, we've proudly crafted premium wines in the Nelson region.

Our wines are available at leading liquor retailers, all Foodstuffs Supermarkets, and locally at The Junction Cheese Shop.

Visit us and shop online at

[www.kahurangiwine.com](http://www.kahurangiwine.com)



**TROUT VALLEY**  
NEW ZEALAND WINE



## Excellent, friendly legal assistance at a reasonable fee

Buying, selling or refinancing residential, rural or commercial properties? Needing Wills, Enduring Powers of Attorney, Estate Administration or help with Relationship Property matters? Trusts? Give us a call.

With a Legal Executive based in the Moutere, we can often even save you the trip into Nelson - *at no additional cost!*

### Lawyers

Josh Boyce - Robert Styles  
Michelle Byczkow - Rebecca Webber

### Registered Legal Executives

Yvonne Watson – Jade Scott

## THE LEGAL HOUSE

33 Trafalgar Street, Nelson  
03 548 7839  
www.thelegalhouse.co.nz

FABRICATION  
CUSTOMISATION  
CREATION  
REJUVENATION  
DUPLICATION

# MAKES & MODS

## Workshop

# JOE HADDON

## 021 142 5251

JOE@MAKESANDMODS.CO.NZ

/ MAKESANDMODS

www.MAKESANDMODS.CO.NZ

ENGINEERING CABINETRY METALWORK WOODWORK ELECTRONICS LEATHERWORK CANVAS



# 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](mailto:Moutereplaygroup@gmail.com)

**DOVEDALE COMMUNITY MARKET** Buy, sell, swap, giveaway. 10am-1pm every 2nd Sunday monthly. Enquiries: [margi@redmagpie.co.nz](mailto:margi@redmagpie.co.nz)

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

**TASMAN TALKERS** 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, Motueka. Supper provided. Ph: Tristan 020 4099 4255 / Che 022 318 9396

**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](mailto:book/mapuawheels@gmail.com), 24hrs notice.

**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.

**MIKE CASEY: ALTERNATIVE ENERGY** Mike is giving a talk at the Māpua Community Hall on Wednesday 2 September at 7.00 pm. \$10 to attend, more details and booking link on page 9.



**SELL YOUR HOME SMARTER**

- ✓ 2% +GST Commission\*
- ✓ No Upfront Costs
- ✓ No Sale, No Fee

**Vanessa Puklowski**  
027 203 4727

Arizto Ltd. Licensed REAA 2008 | \*Admin Fee + T&C's Apply





Quality pre-loved womans clothing.  
Top tables including Augustine, Trelise Cooper, Jane Daniels, WORLD to name a few...

*Sustainable shopping in a beautiful setting*

**NEW LOCATION**  
5 Iwa Street, Mapua (next to the fire station on the wharf). P. 027 346 4071



**Vinyasa Flow Yoga Classes**  
*Breath - Movement - Flow*

.....

**Tuesdays & Fridays**  
**9.30am - 10.45am**

At Riverside Community Hall,  
289 Main Road, Lower Moutere

.....

**ENQUIRIES CONTACT JO @ Breathe Yoga**  
p: 0211709495  
e: [breatheyogaNZ@gmail.com](mailto:breatheyogaNZ@gmail.com)



**RED MAGPIE**  
SUPPLIES

**Your local rural supplies hub in Neudorf Rd, Upper Moutere!**

**...Now with a massive range of ORGANIC bird and animal feeds!**

Earthing / Grounding products  
EMF protection - Weston & Osgro stock & poultry feeds  
Raw bush honey - Apple juice  
Bamboo toilet paper and much more...

Contact Lance or Margi  
**[supplies@redmagpie.co.nz](mailto:supplies@redmagpie.co.nz) or**  
**Ph 027 737 3774**

**Large Section Wanted**

Retired couple looking for 1/2 - 2-acre lot.

Bare land or established with old house in Motueka/ Tasman area.

Cash buyers.

Email: [upstream@myyahoo.com](mailto:upstream@myyahoo.com)



## NZ-MADE BIODEGRADABLE PLANT GUARDS

Your local supplier.



**FREE DELIVERY**  
in the Moutere Catchment  
during July & August  
when you mention this ad.



PLANTGUARDS.NZ

**CONTOUR**  
LAND CARE  
CALL OR TEXT JASON  
021 119 4914  
STEEP GROUND. NO PROBLEM.

### STEEP GROUND. NO PROBLEM.

PROFESSIONAL SLOPE MOWING & LAND MANAGEMENT SERVICES IN THE NELSON/TASMAN REGION

**FREE SITE ASSESSMENT & QUOTES**

We'll assess your property, discuss your goals and provide honest advice and a no-obligation quote – fast and free.

**REGULAR MOWING. LASTING RESULTS.**

Our scheduled mowing service breaks the weed cycle and prevents regrowth, so weeds stop coming back and your land stays healthier and easier to manage.

|                                                                                                                                               |                                                                                                                                                                                  |                                                                                                                                                      |                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <p><b>MOW SECTIONS UP TO 25 DEGREES</b></p> <p>The perfect machine for steep and hard-to-reach areas where other ride-on mowers can't go.</p> | <p><b>BREAK THE WEED CYCLE WITHOUT CHEMICALS</b></p> <p>Mows and mulches woody weeds such as broom, blackberry, and bracken, helping to stop regrowth and improve your land.</p> | <p><b>PREPARE SLOPED PASTURE</b></p> <p>Create a clean, even finish that encourages fresh growth and gets your pasture ready for spring grazing.</p> | <p><b>REDUCE YOUR FIRE RISK</b></p> <p>Remove dry grass, weeds and undergrowth to lower fuel loads and protect your property.</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|

**IDEAL FOR:**

- ✓ Lifestyle sections
- ✓ Rural properties
- ✓ Overgrown areas & sections
- ✓ Regular property maintenance

*Perfect for year-round property care.*

*Local, reliable & fully insured*

CALL OR TEXT JASON  
**021 119 4914**  
info@contourlandcare.com  
contourlandcare.com

STEEP GROUND. NO PROBLEM.

Ross Anderson  
**INSIDE OUT**  
PAINTER

Interior & exterior  
Reasonable rates  
Domestic, light commercial & heritage  
Call Ross for a free estimate  
**021 400 973**  
f

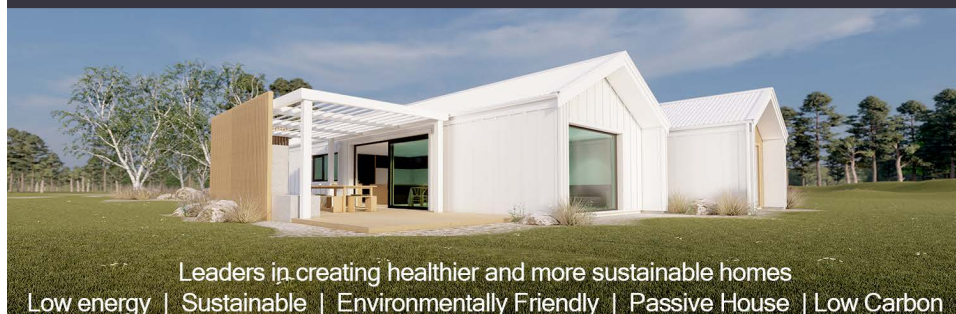
## Hillside Storage

Safe, secure, enclosed, dry, undercover long term storage for Campervans and Caravans in the Moutere area.

For more details phone Kirsty on 0276303447 or Dave on 021482766  
Or email [kirstyvanderwerff@gmail.com](mailto:kirstyvanderwerff@gmail.com)

MAC Architecture Ltd

Building **Better Homes** with  
Passive House Principles



Leaders in creating healthier and more sustainable homes  
Low energy | Sustainable | Environmentally Friendly | Passive House | Low Carbon

**Jason Macquet**



[www.macarchitecture.nz](http://www.macarchitecture.nz)  
[jason@macarchitecture.nz](mailto:jason@macarchitecture.nz)  
027 384 9746



# Toetoe (Native) vs. Pampas (Invasive)



unmistakable curling fronds of dead pampas leaves clustered around the base of the plant. photo: FiJ



unmistakable gently drooping plumes of toetoe (*Austroderia fulvia*)  
photo: CMKM Stephens (Christopher Stephens, downloaded iNaturalist 20.7.26)

***Telling these two massive tussock grasses apart is crucial for conservation in New Zealand. While they look very similar from a distance, their impact on the local environment is vastly different.***

## Key Differences

- **Flower Plumes:** Toetoe plumes are delicate, drooping, and cream-coloured, blooming in spring and early summer. Pampas plumes are dense, very erect, and fluffy, often flowering from late summer to autumn. Pampas flowers can be cream or purple.
- **The Base:** Pampas is notorious for its "wood shaving" effect—dead, curly dry leaves accumulate thickly at the plant's base. Toetoe does not have this.
- **Leaves:** If you give a toetoe leaf a firm tug, it won't break. Pampas leaves are brittle and will snap easily. Toetoe leaves also have distinct parallel veins between the midrib and the edge.
- **Habitat:** Toetoe is New Zealand's largest native tussock, naturally found in wetlands, sand dunes, and stream margins. Pampas is a highly invasive weed that takes over disturbed ground, roadsides, and open farmland. Distressing-

ly this is becoming widely spread in the Moutere/Tasman areas – along roadsides and invading plantations.

Toetoe is protected and an asset, whereas pampas grass produces up to 100,000 wind-blown seeds per plume and is now illegal to propagate, sell, or distribute.

**If you find pampas on your property it is highly recommended you control it:**

1. **Spray with a knapsack** at any growth stage – glyphosate is cheapest and easiest and very effective. There are other grass-specific sprays available.
2. **Cut and Paste:** Cut the plant back to 10-20 cm from the roots and immediately apply a cut-paste gel (such as Weed Weapon Invade Gel or glyphosate) to the exposed leaves and stems.
3. **Digging:** Smaller pampas plants can be completely dug out by the roots.
4. **Bagging:** If the pampas has flowered, cut off the seed heads and bag them so seeds don't blow across the region.



**TBSL** tasman bay  
**SCAFFOLDING LTD**

**THE ONLY  
MOTUEKA BASED  
SCAFFOLDING  
COMPANY**

**Give us a call 021 436 832  
or email [tasmanbayscaffolding@gmail.com](mailto:tasmanbayscaffolding@gmail.com)  
today to discuss all your scaffold requirements**

*scaffolding hire for all budgets*



Sole Supplier of  
**Dr. Hauschka**  
Products  
in Motueka.



Open 7 Days



177 High Street, Motueka

Ph: 03 528 7262

E: [greenworldhealthandlifestyle@gmail.com](mailto:greenworldhealthandlifestyle@gmail.com)



## Get a Dynamic Balance for Life

Find your balance. Build real strength. Move freely.

Get a whole-body workout and enjoy personalised, world-class instruction in our fully-equipped Pilates studio.

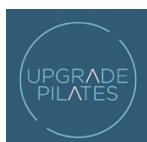
At Upgrade Pilates in Redwood Valley, you choose your class size: small group (max 4), semi-private or a private session. Every class is tailored to you.

Start now, you'll love the difference.

Email: [info@upgradepilates.co](mailto:info@upgradepilates.co)

or call Elaine 027 9498901.

[www.upgradepilates.co](http://www.upgradepilates.co)



## OUR STORY

**YOUR FAMILY STORY,  
IN A LOVINGLY CRAFTED VIDEO**



Preserve your families memories in an 'Our Story' video for generations to come.



"This unique and **personal gift** brought me tears and laughter, the whole experience was truly very special." Elaine Thompson



**WATCH A FULL SAMPLE VIDEO ON OUR WEBSITE**



Locally based in Upper Moutere.

Go to **[www.tellourstory.co.nz](http://www.tellourstory.co.nz)**

to find out more and to book today!





# Renewable Electricity Expert Mike Casey speaking in Māpua

*National energy expert to speak in Māpua on cutting household and business energy costs.*



As New Zealanders continue to face rising energy costs, one of the country's leading advocates for home and business electrification is coming to Māpua to explain how modern electric technologies can reduce bills, improve comfort and increase energy resilience.

Mike Casey, Chief Executive of Rewiring Aotearoa and owner of the world's first fully electric commercial cherry orchard, will present an evening talk at the Māpua Community Hall on Wednesday 2 September at 7.00 pm.

Casey has become one of New Zealand's best-known voices on practical electrification. Rather than focusing on climate change alone, his presentations demonstrate how technologies such as rooftop solar, home batteries, heat pumps, induction cooking, electric vehicles and smart hot water systems can help households and businesses save money while reducing dependence on increasingly expensive fossil fuels.

The presentation will explore which technologies currently offer the greatest financial benefits, common myths about electrification, and how New Zealand's largely renewable electricity system is changing the economics of energy for homes, farms and businesses.

The event is being organised by Local Matters, a volunteer group of local residents concerned about the wellbeing of both people and the planet. Although these volunteers are Green Party members, the Local Matters events are intended

to talk about issues, not politics. Organisers say the evening is intended to provide practical, evidence-based information that helps people make informed decisions about future energy investments. Entry is \$10. Tickets can be purchased online on Humanitix.com and door sales will be available if the event is not sold out. Supper included.

A question-and-answer session will follow the presentation, giving attendees the opportunity to discuss their own circumstances with Casey.

*The Motueka/Māpua Local Matters team*

Whole Barley  
25kg bags  
\$22 per bag

Phone: Mark 021 454 000  
or Anne 021 454 731



**mouteremotors**

**Ph 543 2707**

workshop@mouteremotors.co.nz  
1390 Main Road, Upper Moutere

**WOF | Vehicle Servicing | Tractors  
Loan Cars | 24hr Diesel & Petrol**



## Massage, Ayurveda & Yoga

Gentle & Restorative Yoga Classes in Ruby Bay  
Deep Tissue and Relaxation Massage  
Abhyanga Ayurvedic Oil Massage  
Ayurvedic Therapies and Health Consultations  
Custom Half and Multi Day Packages

With Rati, an experienced Yoga Teacher,  
Ayurvedic Practitioner and trained Naturopath  
Massage and Ayurveda sessions in Seaton Valley, Mapua

**To book: [www.rasaayurvedic.com](http://www.rasaayurvedic.com)**




Contact us for all your hardscaping needs: paving, fencing, stairs, retaining and decks. Jeff can build just about anything you want for the best outdoor living and entertainment.

We also can do mass native plantings in hard-to-reach areas.

Based in Neudorf Road, we work all over the region from Wakefield to Atawhai.

Jeff: 021 08222 501  
Debbie: 021 0818 4524




Yoga Classes in Mapua/Ruby Bay

## Holistic Yoga Classes



Thursdays 5 – 6pm, \$15  
@ Ruby Retreat, 155 Stafford Drive, Ruby Bay

Yoga for fitness and more. Cultivate strength, flexibility, balanced health and peace of mind.

All levels welcome, booking preferred but drop-ins welcome.

## Deep Rest & Restorative Yoga

Tuesdays 5 – 6.15pm, \$20  
@ Ruby Retreat, 155 Stafford Drive, Ruby Bay  
Props provided – Booking Essential

Delicious, supported restorative yoga poses with yogic techniques for deep rest to create a powerful rest and reboot for your body and mind.  
All bodies welcome!



Classes with Rati, an experienced Yoga Teacher, Ayurvedic Practitioner and trained Naturopath  
To book: [www.rasaayurvedic.com](http://www.rasaayurvedic.com)  
or txt 021 124 1591




## CHOPS FENCING

Complete Fencing Services



Post driving  
Rural fencing  
Residential fencing  
Fence & Farm maintenance

To view our work visit Chops Fencing on Facebook

Andrew Prouting - Chops  
M 027 305 2412  
E [chopsagri@gmail.com](mailto:chopsagri@gmail.com)



## TASMAN VIEW

Accommodation

903 Tasman View Road  
Lower Moutere  
021 119 2239  
[www.tasmanview.co.nz](http://www.tasmanview.co.nz)





## Firewood

Gum \$750/5.4m<sup>3</sup>  
Pine : \$ 600/ 5.4m<sup>3</sup>



Phone: Bill - 0272473533





## Growing Native Forests

### Tree of the month

# Pink pine

*(Halocarpus biformis)*

Pink pine is endemic to Aotearoa New Zealand – it's only found here. Pink pine is common throughout the country in montane to sub alpine regions. It grows to sea level on Stewart Island. The species is probably less well-known than others due to where it grows and its small size.

Pink pine is one of several New Zealand conifers. It gets its name from the colour of the wood, which has a pinkish hue. It has spreading branches and a rounded crown. The juvenile leaves are distinctly different from the adult foliage.

Pink pine doesn't have a common Māori name. This is possibly because it grows in areas that Māori didn't traditionally visit.

### Growth needs and rates

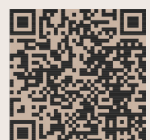
Pink pine is a slow growing species. In exposed places, like mountain slopes, it often grows as a shrub. But on good sites, it can grow to 10 metres and can reach very old ages – perhaps over 1000 years.

### Timber properties

Pink pine's timber is extremely durable and is easily worked by turners. The timber was used by early Europeans for fence posts, sleepers, and house piles.

### Did you know that...

The most notable feature of this tree is the wood's scent. Pink pine produces manool – a valuable ingredient used to make woody, amber notes in the fragrance industry. Pink pine produces more manool than any other plant.





moutere hills  
community centre


 tasman  
district council

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                                                                                                                             | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Strength &amp; Fitness Circuit</b><br>6:00am – 6:45am<br><br><b>Re-Activate</b><br>9:00am – 9:45am<br><br><b>Playgroup</b><br>10:00 – 1:00pm <br><br><b>Sit &amp; Be Fit</b><br>10:30 – 11:30am<br>\$5 or free for FC members<br><br><b>Kids Ballroom / Latin Dance</b><br>For 6 – 9 yrs <br>1:30pm – 2:30pm<br>Private Lesson<br>2:30pm – 3:15pm<br><br><b>Creative Barefoot &amp; Ballet Classes</b><br>3:30pm – 7:00pm<br><br><b>Junior Tennis Coaching</b><br>4:20 – 5:50pm <br><br><b>Pilates with Kris</b><br>5:00pm– 5:45pm<br>6:00pm – 6:45pm<br><br><b>Yoga with Kris</b> <br>7:00 – 8:15pm<br><br><b>Social Netball</b><br>7:15pm – 8:30pm<br>For all ages/ abilities  | <b>Energise Group Fitness</b> <br>5:30 – 6:30am<br><br><b>Pilates with Bex</b><br>8:00 – 8:45am<br><br><b>Stretch &amp; Flex</b><br>9:00 – 9:45am <br><br><b>Tennis Coaching</b><br>9:00 – 10:30am <br><br><b>Quirky Quilters</b><br>9:00am - 3:00pm<br><br><b>Dungeons n Dragons</b><br>9:30am – 11:30am<br><br><b>Pickleball</b><br>10:00am – 11:30am<br>For all ages/abilities, \$3<br><br><b>Aerial Silks</b><br>3:30pm – 4:30pm<br>4:30pm – 5:30pm<br><br><b>Dance Classes Ballroom / Latin</b><br>5:30 – 6:30pm private<br>6:30 – 7:15pm Beginner<br>7:15 – 8:00pm Improver<br>8pm – 9pm private | <b>Pilates with Kris</b><br>8:00 – 8:45am<br><br><b>Powerhooping</b> <br>8:45 – 9:45am<br><br><b>Pilates with Kris</b><br>9:00 – 9:45am<br><br><b>Yoga with Kris</b> <br>10:00 – 11:15am<br><br><b>Legacy Dance</b><br>Classes from<br>3:45pm – 7:00pm<br><br><b>Core Focus</b><br>5:30 – 6:15pm<br><br><b>Walking Football</b><br>6:00 – 7:00pm<br>Starts back 5 <sup>th</sup> August<br><br><b>Adults Social Table Tennis</b> <br>7:15 – 9:00pm<br>Cost: \$3<br><br><b>Life Drawing</b><br>6:30 – 8:30pm | <b>Energise Group Fitness</b> <br>5:30 – 6:30am<br><br><b>Tennis Coaching</b><br>9:00 – 10:30am <br><br><b>Re-Activate</b><br>8:30 – 9:15am<br><br><b>Sit &amp; Be Fit</b><br>10:30 – 11:30am<br>\$5 or free for FC members <br><br><b>Ballroom</b><br>Homeschool class<br>10:30am – 12:00pm<br>Private Lesson<br>10:00am – 10:30am<br>12:00pm – 1:00pm<br><br><b>Aerial Silks</b><br>3:30pm – 4:30pm<br>4:30pm – 5:30pm<br>5:30pm – 6:30pm<br><br><b>Junior Tennis Coaching</b> <br>3:00 – 6:00pm<br><br><b>Adults Volleyball Competitive Grade</b> <br>7:00 – 9:30pm<br>Cost: \$3 | <b>Metafit</b><br>8:15 – 9:00am<br><br><b>Pilates with Kris</b><br>9:00 – 9:45am<br><br><b>Playgroup</b> <br>10:00 – 1:00pm<br><br><b>Yoga with Kris</b> <br>10:00 – 11:15am | <b>Strength &amp; Fitness Circuit</b><br>8:00am – 8:45am<br><br><b>Club Tennis Session</b><br>9:30am – 11:00am<br>Upper Moutere Tennis<br>All welcome<br><br><b>Dance Classes Ballroom / Latin</b><br>6:00 – 8:00pm<br>Contact Becks for info.<br>LAST Sunday each month<br>Private Lessons<br>3pm – 7pm Weekly<br><br><b>Ballroom / Latin Dance</b><br>Becks 021482263<br><br><b>Creative Barefoot / Ballet</b><br>Bex 021 0271 8035<br>Studiobex.co.nz<br><br><b>Playgroup</b><br><a href="mailto:moutereplaygroup@gmail.com">moutereplaygroup@gmail.com</a><br><br><b>Social Touch</b><br>Mark 027 4229949<br><br><b>Tennis Coaching</b><br>Vanessa 0224600320<br><br><b>Yoga with Kris / Pilates</b><br>Kris 0275252814<br><br>All other activities, contact MHCC 03 543 2516 | <b>Energise Group Fitness</b><br>Cindus 0273587233<br><br><b>Legacy Dance- Annie</b><br><a href="mailto:legacydancenz@gmail.com">legacydancenz@gmail.com</a><br><br><b>Powerhooping</b><br>Sara 0210697522<br><br><b>Tasman Aerial Silks</b><br>Ilka 022 085 5970<br><br><b>Walking Football</b><br><a href="mailto:clarky.walkingfootball@gmail.com">clarky.walkingfootball@gmail.com</a><br><br><b>Life Drawing</b><br>Alistair 027 45 9554 |

# CONTEMPORARY DANCE CLASSES

**Moutere Hills Community Centre**  
**COUNTRY**  
**Christmas Market**



**moutrou hills**  
community centre





# MOUTERE HILLS COMMUNITY CENTRE



## FROM THE MHCC BOARD AND MANAGEMENT .....

Thank you to everyone who completed our community survey. From the information received from this and discussion with facility users and staff, we have now set our operational plan for the next two financial years. If you wish to view this please visit our website [www.mouterehills.org.nz/about-us/](http://www.mouterehills.org.nz/about-us/)

## FITNESS CENTRE EXPANSION

We are still awaiting the final go ahead from the Tasman District Council as land owner and owner of the main building. This has been a challenging and ongoing process. We received the building consent at the beginning of March. We are pushing hard to continue the positive partnership that we have always experienced with the TDC and thank our local councilor, Mike Kininmonth, who has been supporting us through this challenge. We are continuing to work behind the scenes so that we are able to start the build process as soon as possible. This development wouldn't be possible without community support and we are extremely grateful to John Collins from BearLion Ventures who has offered to manage the project free of charge. Thank you so much John! If anyone else has skills or services that they would be able to offer to help get this project completed then we would love to hear from you. Please contact Katrina on 0275118825 or email [katrina@mouterehills.org.nz](mailto:katrina@mouterehills.org.nz)



## FUNDRAISING:

Due to the success of our last fundraising raffle, we are running one again in September. The cost of the raffle is \$20 per ticket and you are entered into 30 draws, one for each day of September. Tickets can be purchased in the centre or by emailing [fitness@mouterehills.org.nz](mailto:fitness@mouterehills.org.nz) **Thank you for your support.**

moutere hills  
community centre



# Thank You! ♥

## BEARLION VENTURES

for supporting the Moutere Hills Community Fitness Centre expansion through the generous **donation of project management.**

Your expertise and support are helping us bring this exciting project to life and create an inclusive, accessible space that will benefit our whole community now and for generations to come.

*Stronger Together. Building for our Community.*



**BearLion  
Ventures**



Construction and  
Project Management



Residential, Retail  
and Commercial



Operational  
Management



Event  
Management



Concept to  
Completion

*Concept to Completion*



tel: +64 27 253 6758



email: [john@bearlionventures.nz](mailto:john@bearlionventures.nz)



[www.bearlionventures.nz](http://www.bearlionventures.nz)



Thank you for investing your skills in our community. *We truly appreciate your support!*



Phone: 543 2516

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

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



**0 2 1 0 7 3 2 2 9 8**

Your friendly local  
builder.  
No job too small.



Max Francis



Renovations  
Repairs  
Maintenance  
Decks  
Fences  
Outdoor structures  
Granny flats  
And more just ask!

Licensed and qualified builder.

0210732298

Contact Max for your free no obligation  
site consultation and quote.  
Neudorf Road, Upper Moutere.

**francisbuilders.co.nz**

max.francis.builders@gmail.com



**Motueka/Tasman**

**Auto/Marine Upholstery & Outdoor  
Shade Solutions.**

Caleb Hill- 18 years industry experience.  
0273620048  
acanvasltd@gmail.com  
2529 Moutere Highway, Lower Moutere 7175.

**TASMAN BAY  
CHRISTIAN SCHOOL**



WHERE FAITH, SHAPES FUTURES



Our mission at TBCS is to provide a transformative Christ-centred education for Year 1-8 students, aligned with the New Zealand Curriculum.

**ENROLMENTS OPEN NOW!**

03 526 6855 / 021 036 8133

office@tasbaychristian.school.nz

www.tasbaychristian.school.nz



Free transport for whānau living in Motueka, Moutere Hills and Māpua

**Eagle Eye Odey**



Copy editor  
Proofreader  
Typist  
021 1822354

**www.eagleeyeodey.co.nz**

**NICOLE HANNAH | BEAUTY**

QUALIFIED BEAUTY THERAPIST

BY APPOINTMENT ONLY  
297 CENTRAL ROAD, LOWER MOUTERE  
027 393 6236

FACIALS | WAXING | EYE ENHANCEMENTS | NAILS | SPRAY TANS | SKIN TREATMENTS

**Alex Bint**  
0800 444 343

027 542 4329  
alex@mypersonalplumber.co.nz  
www.mypersonalplumber.co.nz

1366 Moutere Highway,  
RD1, Upper Moutere, 7173



# Ngā Manu o Moutere: Birds of the Moutere...

## Kōtare/king fisher



It is simply not possible to drive for any distance in the district without seeing the familiar silhouette of the kōtare perched on a powerline. In fact it is the very introduction of these structures along with fenceposts that have ensured kōtare have thrived to the extent of having the conservation status “not threatened”. It’s not hard to guess why they are seen on these structures - they provide a superb spot from which to swoop on prey.

Exclusively carnivorous, kōtare eat larger invertebrates - wētā, cicadas, worms, dragonflies and smaller vertebrates - skinks, mice and even small birds like waxeyes. In coastal or wetland situations they are fond of crabs, small fish and tadpoles. They are notorious for filching goldfish from garden ponds. Anything bony or spiny is given a good threshing before being swallowed whole. Indigestible bits are regurgitated as pellets, much like owls.

The kōtare is a New Zealand subspecies of *Todiramphus sanctus*, a widespread species found in many parts of Australia, the Pacific and South East Asia. The sanctus part of their name points to the fact that in parts of the

Pacific, as recorded by early European visitors, the birds were held in a degree of veneration, hence they are known to many as sacred kingfishers.

Their colour scheme is dramatic - arguably our most colourful native bird. Electric shades of turquoise, ultramarine and metallic green prevail with the throat and underparts having shades of buff. Females are overall greener. The colours appear more vivid when in flight.

A kōtare pair cooperate both in the building of the nest and the raising of their young. Although some nests are made in old soft trees, their favoured approach, particularly in the Moutere, is a hole excavated into a clay bank. Hard work for a small bird but the kōtare has a shock absorbing skull paired with a powerful bill - good for diving headfirst into water as well as pounding a hole in a clay bank. A clutch of usually five eggs is laid in Spring. They will defend their nest vigorously with swooping and their “kek kek kek” alarm call.

If they seem more common in at this time of year that’s probably because they are. Inland and upland birds will head towards the coast for winter.

They are not the only kingfisher in New Zealand. Kookaburras were introduced to several locations, including Nelson, in the 1860s. (Why!) The Kawau Island population stuck and they have since naturalised in parts of Northland. There are odd sightings outside Northland, including Ngatimoti, of kookaburras wandering about, either from Northland or Australia.

If you want to know more about a specific bird, please email: [ivanrogers.moutere@gmail.com](mailto:ivanrogers.moutere@gmail.com)

*image of kingfisher downloaded on 21/7/26 from:*  
<https://www.doc.govt.nz/nature/native-animals/birds/birds-a-z/kingfisher-kotare/>



**FRAEMOHS  
HOMES**

Solid Timber and Conventional Homes  
Fixed Contracts  
Fully Built or Kitset Supply  
Local Franchise based in Tasman

[fraemohs.co.nz](http://fraemohs.co.nz)  
[info@fraemohstasman.co.nz](mailto:info@fraemohstasman.co.nz)  
027 2616464



## BACH TO RENT IN GOLDEN BAY

"Wainui Getaway"

\*3-bedrm comfortable bach \* Take own linen

For bookings and/or more information

email Sharon on: s.beuke@gmail.com

or text 027 432 8145

## Planning a holiday? Get it right from the start.

A well-designed itinerary creates a holiday that flows effortlessly from start to finish.



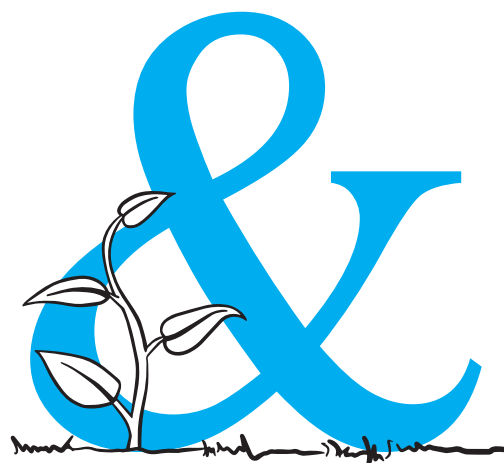
- I take your ideas and turn them into a clear, well-structured journey.
- With the right routing, timing and experiences, everything works exactly as it should.
- No guesswork, no hours of research, and no missed details.
- Start with a quick conversation and I'll shape it properly from the start.



Travel with Becks

rebecca@travelwithbecks.co.nz 0210-260-7333

## We can help your business grow



### PITT & MOORE

LAWYERS AND NOTARIES PUBLIC

Nelson: 78 Selwyn Place, Nelson 7010 Ph: +64 3 548 8349

Richmond: 66 Oxford Street, Richmond 7020 Ph: +64 3 543 9090

[www.pittandmoore.co.nz](http://www.pittandmoore.co.nz)



## MOUTERE CARAVANS

*Your one stop place for all your caravan needs!*



Corinne Frank Lukas Matt

**SHOP & WORKSHOP: OPEN  
TUESDAY to SATURDAY, 9am to 5pm**

**219 Old Coach Road, Mahana,  
Upper Moutere  
Phone: 03 5432668  
info@mouterecaravans.co.nz  
www.mouterecaravans.co.nz**

# Heine's

## Cartage and Contractors

We have trucks, excavators, a dozer, a grader, and the expertise to do all your cartage, drainage, building site & foundation, roading, and subdivision work.



40 years of local knowledge



and experience in the transport and contracting industry

Phone Wayne on 03 5432 788

or 027 430 2725

Or call in at our workshop and office:

1455 Moutere Highway

(by the firestation)

UPPER MOUTERE



# Our latest news & adventures



## Networking & Youth Film Evening - come along!

Thursday 27 August | 5:30 pm - 7:30 pm

We have partnered with Mahitahi Colab in Māpua to host an inspiring evening that will include a special screening of films from our Youth Outdoor Film Competition, followed by networking over a glass of wine and some nibbles. It's free to attend. You can register via the Nelson Tasman Chamber of Commerce website ([commerce.org.nz](http://commerce.org.nz)) or email us and we'll send you a link.

## Shop at Macpac to support Whenua Iti Outdoors

Next time you are heading outdoors and need the right gear, head to Macpac and ask to **support the Whenua Iti Outdoors MAP fund**. You'll get 30% off RRP **AND** 5% of your total purchase will go into a fund for Whenua Iti Outdoors as part of the Macpac Adventure Programme. This fund will help us to buy gear for participants on our programmes when they need it. A big part of what we do is ensure our participants can turn up having never experienced the outdoors before and we can kit them out - thanks Macpac!



Students pause to take in the view at the Farewell Spit Farm Park

## Students help out at Farewell Spit

Students who took part in our Environmental Sustainability Trades Programme gave back to one of the places we love by supporting conservation work of the HealthPost Nature Trust. They were rewarded with a sighting of young shearwaters, as they checked and relocated traplines, released young trees from competing growth and helped maintain predator control efforts. If this sounds like your sort of learning, you can enrol on our Trades Programmes for 2027 through your local high school. They're free to attend.

## Keen to work at Whenua Iti Outdoors?

We're currently hiring new instructors to start in October and are also on the hunt for a super star support in our office as a Programme & Systems Coordinator. For full role descriptions, the jobs are list on [nz.seek.com](http://nz.seek.com) and we'd love to hear from you.

We'll see you out there!

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



### MIND, BODY n BALANCE

### Healing Through Your Body



**ALEXANDRA PARTINGTON**  
Somatic Practitioner  
Educational Kinesiologist  
Equine Assisted Therapist

#### BALANCING FOR LIFE RESHAPING YOUR NERVOUS SYSTEM

- Trauma healing
- Nervous system health
- Noticing your sensations and emotions
- Consciously relating to yourself and others
- Setting healthy boundaries
- Life transitions

TRAUMA INFORMED

020 4192 7724 - [mind.bodynbalance@gmail.com](mailto:mind.bodynbalance@gmail.com) - [mindbodybalance.co.nz](http://mindbodybalance.co.nz)

## water

### FILTRATION & PUMPS

**Frans van de Loo**  
**0275 281 366**

[frans.wfp@gmail.com](mailto:frans.wfp@gmail.com)  
[waterfiltrationpumps@gmail.com](mailto:waterfiltrationpumps@gmail.com)



MISSION CREEK LANDSCAPING



## PREMIUM LANDSCAPING

### OUR SERVICES

- ✓ DECKING, PAVING, LAWNS
- ✓ FULL LANDSCAPES
- ✓ WEEDING, PRUNING
- ✓ ALL GARDEN MAINTENANCE

**BRING YOUR GARDEN DREAMS TO LIFE WITH MISSION CREEK LANDSCAPING**

At Mission Creek, we're a locally based, family-owned team passionate about transforming your outdoor space. Whether you need expert garden maintenance or quality hard landscaping, we have the expertise and dedication to make your garden vision a reality. Let us help enhance your space today!

**Book Now**

027 489 5549- Matt for Hard Landscaping  
021 120 7891 - Meg for Garden Maintenance

Email  
missioncreek@xtra.co.nz

**FOLLOW US ON FACEBOOK & INSTAGRAM**  
**MISSION CREEK LANDSCAPING**



RIVER RUSTICS  
OUTDOOR FURNITURE




Scan Me  
follow us on social media

**We craft quality outdoor furniture, made to order. All our products are made from locally sourced macrocarpa.**

**Levi Henderson: 020 4132 6949**  
**Find us at: [riverrustics.co.nz](http://riverrustics.co.nz) or Facebook**



**Tasman Bay Chiropractic**  
Keeping you in the game since 2002

Monday-Saturday  
03 544 4554  
64 Oxford St Richmond



**Referrals, families and all new patients welcome**

**Visit our website or call for more information**

**Find us on**  

[tasmanbaychiropractic.co.nz](http://tasmanbaychiropractic.co.nz)



**TASMAN**  
EARTHWORKS & CONSTRUCTION



**CONTACT US TODAY**  
**021 119 2239**

Tasman Earthworks & Construction operate throughout the greater Nelson Tasman region, offering a wide range of excavation and construction services.

[www.tasmanearthworks.co.nz](http://www.tasmanearthworks.co.nz)  

## Mark Carey CONTRACTING LTD

Apple tree planting, land development, cultivation, direct drilling, re-grassing, mulching, maize planting, round and medium square baleage/medium square hay production and sales.

**Mark: 021 454 000**  
Email: [mark.carey@xtra.co.nz](mailto:mark.carey@xtra.co.nz)  
28 Holdaway Rd, RD2 Upper Moutere, Nelson, 7175



## Horse Cover & Gear Repairs

**Horse Cover Washing**  
**Prompt Service**  
**Good Rates**  
**Contact Lawrie**  
**1350 Moutere Highway**

**Ph: 021 208 2192**





# The Town Mouse and the Country Mouse

A Town Mouse once visited a relative who lived in the country. For lunch the Country Mouse served wheat stalks, roots, and acorns, with a dash of cold water for drink. The Town Mouse ate very sparingly, nibbling a little of this and a little of that, and by her manner making it very plain that she ate the simple food only to be polite.

After the meal the friends had a long talk, or rather the Town Mouse talked about her life in the city while the Country Mouse listened. They then went to bed in a cozy nest in the hedgerow and slept in quiet and comfort until morning. In her sleep the Country Mouse dreamed she was a Town Mouse with all the luxuries and delights of city life that her friend had described for her. So the next day when the Town Mouse asked the Country Mouse to go home with her to the city, she gladly said yes.

When they reached the mansion in which the Town Mouse lived, they found on the table in the dining



room the leavings of a very fine banquet. There were sweetmeats and jellies, pastries, delicious cheeses, indeed, the most tempting foods that a Mouse can imagine. But just as the Country Mouse was about to nibble a dainty bit of pastry, she heard a Cat mew loudly and scratch at

the door. In great fear the Mice scurried to a hiding place, where they lay quite still for a long time, hardly daring to breathe. When at last they ventured back to the feast, the door opened suddenly and in came the servants to clear the table, followed by the House Dog. The Country Mouse stopped in the Town Mouse's den only long enough to pick up her carpet bag and umbrella.

"You may have luxuries and dainties that I have not," she said as she hurried away, "but I prefer my plain food and simple life in the country with the peace and security that go with it."

*Moral: Poverty with security is better than plenty in the midst of fear and uncertainty.*



**Tree Central**  
ARBORIST SERVICES

- Winter Pruning
- Removals/Dismantling
- Planting • Mulching
- Tree Related Advice

Fully Qualified & Insured

treecentral.co.nz ☎  
0272 545 664 ☎  
admin@treecentral.co.nz ☎

**PGG Wrightson Real Estate**

## Introducing Doug Smith

I have been living and working locally since 2008.  
Use my experience, honesty, integrity and work ethic to deliver you the highest value for your number one asset.  
Competitive commission and marketing tailor made to your individual requirements.

I welcome your call for a no obligation appraisal and any advice I can give you.

**Professionalism  
Knowledge  
Competitive Pricing**



M 027 543 2280  
douglassjcsmith@pggwrightson.co.nz

www.pggwre.co.nz Licensed REAA 2008

Helping grow the country



**TOWN & COUNTRY  
VET**

*"...for all creatures great & small..."*

**Regular Moutere visits  
discounted mileage  
T&Cs apply**

**Ph 544 1200**

info@tcvet.co.nz \* www.tcvet.co.nz

**25 Edward Street, Wakefield**

3 Brock Way, Lower Queen Street, Richmond



**24 hour emergency vet**

**AGWORKS  
TASMAN**

**HAY & BALEAGE**

**GRAVEL DELIVERY**

**ROUND BALING**

**TRUCK & DIGGER**

**CONVENTIONAL  
BALING**

**FARM TRACKS**

**MOWING**

**GROUND &  
EARTH WORK**

**MULCHING**

**TREE &  
HEDGE REMOVAL**

**DISCING**

**LAND CLEARING**

**PHONE HEATH  
022 648 5436**

Email Agworkstasman@yahoo.com

**Bay Pools  
NELSON**

**NEW POOLS  
or REFURBISHMENTS**

CONTACT Craig on 021 569 040  
info@baypoolsnelson.co.nz

**Mayfair  
POOLS & SPAS**

**POOL VALET  
and MAINTENANCE**

CONTACT Brad on 021 569 795  
info@baypoolsnelson.co.nz

mayfairpools.co.nz



# Vet Helpline

## *Do pets improve heart health?*



**ANIMAL EVAC.NZ**  
KARAREHE WHAKAWATEA



*If you immediately feel happy when you see your dog or pat your cat, it might actually be a good thing for your long term health and not just a passing feeling.*

Recently I read an article from the NZ Heart Foundation about the link between pets and heart health. The April 2026 blog “Can a pet improve heart health?” and the studies referred to can be found on their website [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz).

There are more and more studies indicating that pet ownership (especially dog ownership) is associated with a lower risk of heart disease and a lower risk of death from heart disease.

Researchers have also looked at why there could be reduced heart disease if you own a dog (or cat or fish or horse...) and they came up with a few key points:

- dog owners on average walk more than people without dogs and are more likely to be on their feet during the day because of their dog than non-owners (no offence intended to all the fit and active non-dog owners!)

- people with pets showed smaller spikes in heart rate and blood pressure when put under stress and recovered faster when the stress was removed.

- possibly lower blood pressure – there isn't proof that having a pet prevents high blood pressure but if someone has high blood pressure, having a pet can improve control of it, for example lower doses of heart medication.

- there is evidence that pet owners are likely to live longer after a heart or stroke event than non-pet owners.

According to the article, you don't have to own a pet to get some benefits. You can walk someone else's dog or spend time with your friend's cat or help out at an animal shelter. Pet-sitting is very common nowadays and you can either do it at home or why not have a holiday somewhere else while you house and petsit?!

It is believed that alongside being active and eating well, it's the connection with other people, animals and community that helps to keep our hearts healthy.

But remember, getting a pet doesn't

replace the need for heart medications and regular checkups with your doctor.

And please don't go and get a pet if you don't really want one!

If you enjoy the companionship of a pet and the responsibility that comes with it, the heart benefits can be an extra bonus.

Brenda  
T&C Vet

### TOWN & COUNTRY VET

#### RICHMOND



*Dog Wash K9000*

**Coin and note operated**

**Open 24 hours**

**7 days**

## LOCAL Trade and Professional Services Directory

*Please understand that listing priority is given to regular advertisers and /or those with Annual Directory Listings...*

| What                                               | Who                                                                                                  | Contact Details                                                             |
|----------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| Accommodation                                      | Tasman View Accommodation                                                                            | <a href="http://www.tasmanview.co.nz">www.tasmanview.co.nz</a> 021 119 2239 |
| Accommodation                                      | Wainui Getaway, Golden Bay - Sharon                                                                  | 027 432 8145                                                                |
| Agricultural incl. Barley, Hay, Baleage Production | Mark Carey Contracting Ltd.                                                                          | 021 454 000 Mark 021 454 731 Anne                                           |
| Agricultural incl. Hay and Baleage Production      | AgWorks Tasman - Heath                                                                               | 022 648 5436                                                                |
| Arborist                                           | Tree Central - Callum Mitchell <a href="mailto:admin@treecentral.co.nz">admin@treecentral.co.nz</a>  | 027 254 5664                                                                |
| Architectural Designer                             | MAC Architecture Ltd. - Jason Macquet                                                                | 027 384 9746                                                                |
| Beauty                                             | Nicole Hannah Beauty                                                                                 | 027 393 6236                                                                |
| Bespoke Projects                                   | Makes & Mods Workshop - Joe Haddon                                                                   | 021 142 5251                                                                |
| Builder                                            | Fraemohs Homes Tasman - Kathy Jessop                                                                 | 027 261 6464                                                                |
| Builder                                            | Francis Builders - Max Francis                                                                       | 021 073 2298                                                                |
| Builder                                            | Jason Frater Builders Ltd.                                                                           | 021 743 497                                                                 |
| Bus -Motueka - Richmond                            | Group or charter bookings - <a href="mailto:marketing.ntctt@gmail.com">marketing.ntctt@gmail.com</a> | 03-528 6543                                                                 |
| Caravans                                           | Kina Campers - <a href="mailto:info@kinacampers.co.nz">info@kinacampers.co.nz</a>                    | <a href="http://www.kinacampers.co.nz">www.kinacampers.co.nz</a>            |
| Caravans                                           | Moutere Caravans                                                                                     | 03 543 2668                                                                 |
| Child Care/Early Childhood Education               | Country Kids Manager - Nickie                                                                        | <a href="http://www.countrykids.org.nz">www.countrykids.org.nz</a>          |
| Clothing                                           | Pre-loved Jacqui's and More                                                                          | 027 346 4071                                                                |
| Contractor & Builder                               | Tasman Earthworks & Construction                                                                     | 021 119 2239 or 027 385 5998                                                |
| Contractor & Cartage                               | Heine's Cartage & Contractors - Wayne Heine                                                          | 027 430 2725 AH: 03 543 2788                                                |
| Draftsperson                                       | Draftx Design & Drafting Services - Matthes Bender                                                   | 021 116 1767                                                                |
| Family Videos                                      | Tasman Bay Media - Kate or Simon                                                                     | 03 543 2806                                                                 |
| Fencing                                            | Chops Fencing - Andrew Prouting <a href="mailto:chopsagri@gmail.com">chopsagri@gmail.com</a>         | 027 305 2412                                                                |
| Firewood                                           | Bill Hughes                                                                                          | 027 247 3533                                                                |
| Firewood                                           | David Higgins                                                                                        | 03 543 2822                                                                 |
| Food and Wine                                      | Food for Community - Kai Collective                                                                  | 021 262 6675                                                                |
| Food and Wine                                      | Kahurangi Wine - shop online                                                                         | <a href="http://www.kahurangiwine.com">www.kahurangiwine.com</a>            |
| Food and Wine                                      | Vineyard & Art - Flaxmore, 24 Flaxmore Rd, UMO.                                                      | 027 527 8284 <a href="mailto:wine@flaxmore.co.nz">wine@flaxmore.co.nz</a>   |
| Health & Wellbeing                                 | Chiropractor - Tasman Bay Chiropractic                                                               | 03 544 4554                                                                 |
| Health & Wellbeing                                 | Greenworld Health & Lifestyle                                                                        | 03 528 7262                                                                 |
| Health & Wellbeing                                 | Omnis Cura Natural Therapy & Meditation - Maree                                                      | 027 270 4772                                                                |
| Health & Wellbeing                                 | Rasa Massage, Ayurveda, Naturopathy and Yoga                                                         | 021 124 1591                                                                |
| Health & Wellbeing                                 | Ann - for women only, Massage at your Home                                                           | 021 0299 6402                                                               |
| Health & Wellbeing                                 | Somatic Practitioner - Alexandra Partington                                                          | 020 4192 7724                                                               |
| Health & Wellbeing                                 | Upgrade Pilates - Elaine - <a href="mailto:info@upgradepilates.co">info@upgradepilates.co</a>        | 027 949 8901                                                                |
| Health & Wellbeing                                 | Vinyasa Flow Yoga - Jo <a href="mailto:breatheyogaNZ@gmail.com">breatheyogaNZ@gmail.com</a>          | 021 170 9495                                                                |
| Horse Cover & Gear Repairs                         | Lawrie, 1350 Moutere Highway                                                                         | 03 543 2234 or 021 208 2192                                                 |
| Justice of the Peace                               | Cathy Ellis                                                                                          | 021 158 2890                                                                |
| Landscaping                                        | Longbrook Landscapes - Debbie Brooks                                                                 | 021 081 84524                                                               |
| Landscaping                                        | Mission Creek - Design (Matt) or Maintenance (Meg)                                                   | <a href="mailto:missioncreek@xtra.co.nz">missioncreek@xtra.co.nz</a>        |
| Lawyer/Legal Services                              | Pitt & Moore                                                                                         | 03 543 9090                                                                 |
| Lawyer/Legal Services                              | The Legal House - Yvonne Watson                                                                      | 03 548 7839                                                                 |
| Mechanic                                           | Moutere Motors, Main Road, Upper Moutere                                                             | 03 543 2707                                                                 |
| Outdoor Furniture, locally sourced macrocarpa      | Levi Henderson <a href="http://www.riverrustics.co.nz">www.riverrustics.co.nz</a>                    | 020 413 26949                                                               |
| Painting                                           | Inside Out Painter - Ross Anderson                                                                   | 021 400 973 <a href="mailto:ross@inlight.nz">ross@inlight.nz</a>            |
| Painting, Tiling, Plastering                       | Vision - Glen                                                                                        | 020 409 17929                                                               |
| Play Group                                         | Anna or Kaitlin <a href="mailto:moutereplaygroup@gmail.com">moutereplaygroup@gmail.com</a>           | 027 451 3695                                                                |
| Plumber                                            | My Personal Plumber - Alex Bint                                                                      | 0800 444 343 or 027 542 4329                                                |
| Proofreading, Typing, Copy Editing                 | Eagle Eye Odey - Odette Wards                                                                        | 021 182 2354                                                                |
| Real Estate                                        | PGG Wrightson - Doug Smith                                                                           | 027 543 2280                                                                |
| Real Estate                                        | Arizto - Vanessa Puklowski                                                                           | 027 203 4727                                                                |
| Recreation Centre                                  | Moutere Hills Community Centre                                                                       | 03 543 2516                                                                 |
| Rural Supplies Hub                                 | Red Magpie Supplies - <a href="mailto:supplies@redmagpie.co.nz">supplies@redmagpie.co.nz</a>         | 027 737 3774                                                                |
| Scaffolding                                        | Tasman Bay Scaffolding Ltd.                                                                          | 021 436 832                                                                 |
| Shade Solutions, Auto/Marine Upholstery            | Adventure Canvas, Auto / Marine - Caleb Hill                                                         | 027 362 0048                                                                |
| Slope Mowing                                       | Contour Land Care - Jason <a href="mailto:info@contourlandcare.com">info@contourlandcare.com</a>     | 021 119 4914                                                                |
| Storage                                            | Hillside Storage - <a href="mailto:kirstyvanderwerff@gmail.com">kirstyvanderwerff@gmail.com</a>      | 027 630 3447                                                                |
| Storage                                            | Mariri Storage and Best Island yards - Sam Leith                                                     | 027 355 9316                                                                |
| Swimming Pools - new and maintenance               | Bay Pools - Craig - <a href="mailto:info@baypoolsnelson.co.nz">info@baypoolsnelson.co.nz</a>         | 021 569 040                                                                 |
| Travel                                             | Rebecca MacFadyen <a href="mailto:rebecca@travelwithbecks.co.nz">rebecca@travelwithbecks.co.nz</a>   | 021 026 07333                                                               |
| Vet and Dog Wash                                   | Town & Country Vet                                                                                   | 03 544 1200                                                                 |
| Water Filtration & Pumps                           | Frans van de Loo                                                                                     | 0275 281 366                                                                |
| Wedding and Private Function Venue                 | The Mudcastle <a href="mailto:glenys@themudcastle.co.nz">glenys@themudcastle.co.nz</a>               | 03 543 2113                                                                 |
| Youth Group                                        | Tessa Werner                                                                                         | 022 101 2276                                                                |