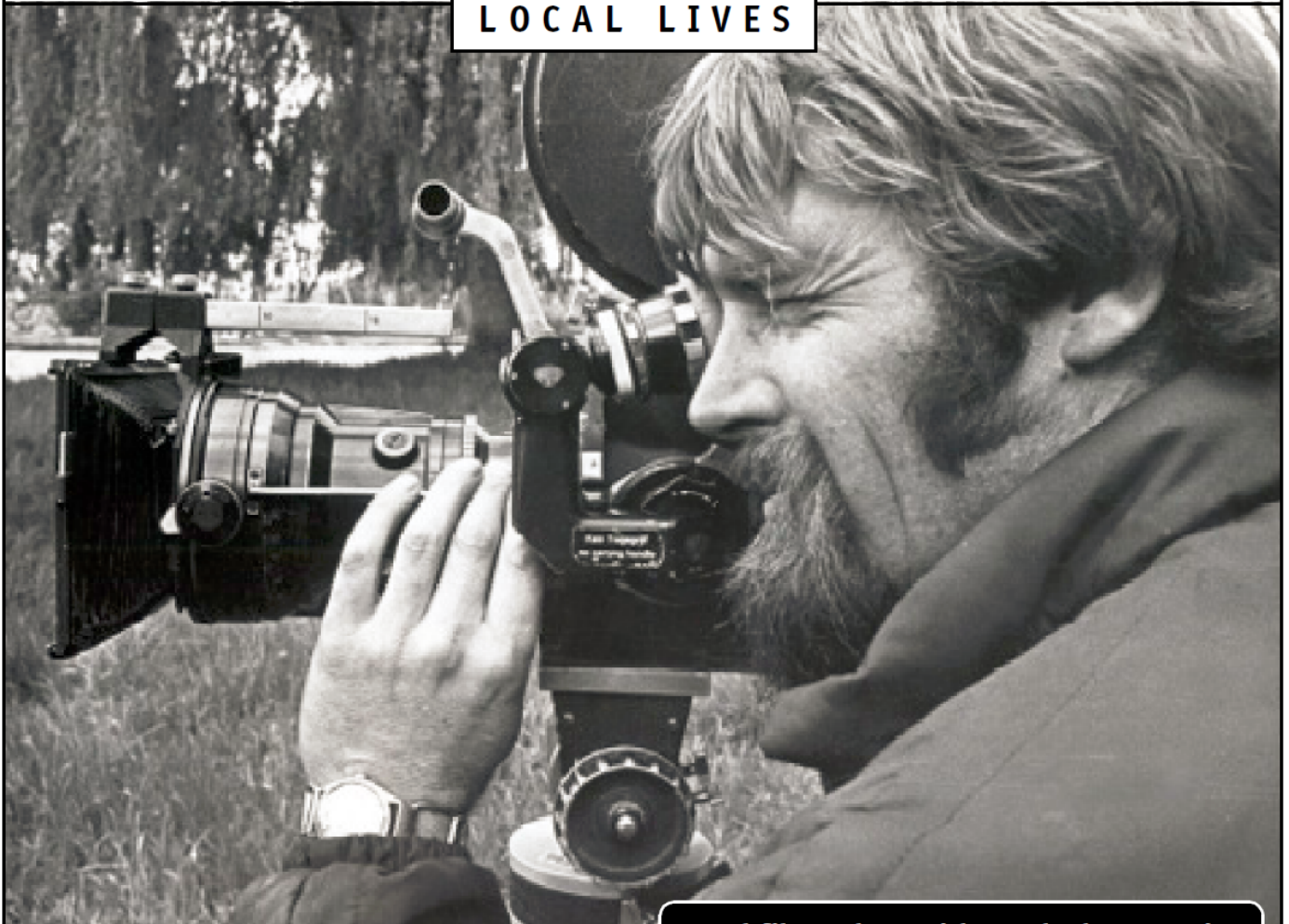


# PEARLS OF WISDOM

## LOCAL LIVES



**K**eith Hawke recently filmed a series of short, 1-2 minute videos featuring women in positions of power and influence. The views they express are “feisty, controversial, enlightened and wise as well as opinionated, argumentative, funny and full of insight,” he says.

The aim of the videos is to inspire and inform girls leaving school for the workforce, and to encourage women thinking of returning to work after having a family.

Keith (pictured here in his youth!) is now seeking funding to develop a smartphone app that will give New Zealand women free access to these videos, with their “inspirational nuggets of wisdom, advice and humour” from females who have made a difference.

Among the women Keith has filmed to date are Upper Moutere-based Dot Kettle, CEO of the Nelson Tasman Chamber of Commerce, and Dr Fran Halford, Senior Medical Officer Accident & Emergency at Nelson Hospital.

Others include Cathy Knight, Commander of the Naval Volunteer Reserve in Nelson, and Miriana Stephens, a Board member of the

### Local filmmaker Keith Hawke has a project in the making – and he needs your help!

Wakatu Incorporation.

‘Pearls of Wisdom’, as the project is called, will be ongoing, with videos delivered at least once a week via the smartphone app. All videos will then be archived on a website, for which Keith is also seeking funding.

Subjects to be discussed in future videos include: applying for jobs, setting goals, the changing role of women, binge drinking in young women, family relationships, the glass ceiling, and much more besides.

“The project will be promoted through schools, newspapers, Facebook, LinkedIn, businesses and word of mouth,” says Keith, who will continue to interview, film, edit and manage the project when it gets fully underway.

*If you would like to donate to this worthwhile cause, please go to <https://givealittle.co.nz/cause/pearlsofwisdom>*



**Hon Damien O'CONNOR**  
MP for West Coast/Tasman

0800 DAMIEN (0800 326 436)  
Facebook: damienoconnormp  
damien.o'connor@parliament.govt.nz

 **Labour**

Authorised by Damien O'Connor MP, Parliament Buildings, Wellington



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Thank you for advertising in the Grapevine – you help us cover the cost of producing and delivering this free community newsletter each month.

**The deadline for each issue is 15<sup>th</sup> of the month.**

Please email your print-ready ad to [umograpevine@hotmail.com](mailto:umograpevine@hotmail.com) or provide paper-based, print-ready copy to the Upper Moutere Store.

**The following prices apply for advertising:**

- ⊙ Births, marriages, deaths and giveaway notices: Free
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- ⊙ 1/4 page advertisement: \$25
- ⊙ 1/2 page advertisement: \$50
- ⊙ Full page advertisement: \$95 (if space available)

Please deposit payment (and identify it with your name) to our account: NBS 03 1354 0229034 16

We warmly welcome editorial contributions to the Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read!

There is no cost to having your articles published, but if you are telling the community about a commercial or fundraising venture, we do appreciate a small donation to help us cover our costs (see above for bank details).

**The deadline for each issue is 15<sup>th</sup> of the month.**

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# MOUTERE HILLS COMMUNITY CENTRE



## Dear Community

*What fantastic weather we have been having recently. It is hard to believe winter is nearly upon us and planning is well underway for the Winter Sports Season. Rangers Rugby and Football have both held their registration days with fantastic numbers and are looking forward to another great season involving our local players. Rangers Netball again have two adult teams organized to play in the Motueka competition. If any of your family is interested in playing any of these sports for Rangers this season then more details are available on our website or you are welcome to contact us at the Centre.*

*Unfortunately due to a decrease in funding and a reduction in numbers we are no longer able to offer a school holiday programme. We wish to apologise to the families that regularly utilized this service and thank you for your support. We will still be offering some holiday activities but not full time care. Look out for the up-coming programme of activities on our website [www.mouterehills.org.nz](http://www.mouterehills.org.nz)*

*Kind Regards Katrina and Vanessa*

## Housie Evening

Come and join us for a fun night out with your family, friends and neighbours.

**Friday 27th May at 7pm**

**Cost \$15 per person (includes nibbles and supper)**



To purchase tickets for the evening phone us on 543 2516, email on [enquiries@mouterehills.org.nz](mailto:enquiries@mouterehills.org.nz) or pop into the office.

**NEW**

## Metafit with Carol Cooper

**INTRODUCTION CLASSES**

**FRIDAY 8TH AND FRIDAY 15TH APRIL**

**9:00AM—9:45AM**

**\$7 per session (free for fitness centre members)**

*Metafit is designed to work the whole body and last for over 24 hours. This workout will burn fat, boost metabolism and improve strength, speed and cardiovascular fitness!*



**Brand new to  
the Moutere!**



**TAI CHI  
Beginners Class**

**Tuesday's 7:00—8:30pm**

**Everyone is welcome!**

**Phone Julie 543 2233 to book a space or  
for further details**

**Seeking a new team member .....**

## FUNCTION CO-ORDINATOR

Moutere Hills Community Centre is seeking an experienced function co-ordinator to organise the various functions and events that take place at the facility. The position will involve both evening and weekend work and is part-time (15 hours per week) with variable hours. We require a good team member with excellent organisational and time management skills. Must have experience in catering and bar work. Marketing and ICT skills would be an advantage.

For a full job description and application form please contact Katrina on 5432516.

**Applications close Wednesday 8<sup>th</sup> April at 5pm**



**Phone: 543 2516**

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

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





## Moutere Youth April

**Senior Youth/Fridays/6.30-9.30pm-ish/Year 8-13/\$2**

1 April - cancelled

8 April - Sports & run around, meet at Moutere Hills Community Centre

15 April - Popcorn & movie night.

During the school holidays Senior Youth will be working hard fundraising to raise some money to attend an awesome outdoor adventure camp in the central north island.

**Junior Youth/Fridays/3.30-5.50pm/Age 10 to Year 8\*/\$2**

Youth Group 'officially' starts at 3.30pm but if kids want to come over directly after school we will be there to supervise and feed (for a gold coin donation). We'll try and catch up with parents of this age to determine what time/week day works best for junior yth. We are flexible to suit the majority... \* Year 8's can attend Junior or Senior or both.

1 April - 'April Fools...'

8 April - Dovedale Discovery

15 April - Popcorn & Movie

During the school holidays there will be a potential event! We will keep you posted.

Come along and bring a friend or three! Occasionally our events get switched about so if you don't get txt/email reminders drop us a line to confirm plans.

**QUESTIONS?** Billy - 021 027 28825 / Tessa - 022 101 2276 / moutereyouth@gmail.com

## MOUTERE INN



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- Live music
- Evening Dining
- Rooms

EST<sup>D</sup> 1850

*All welcome*

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### COMING EVENTS AT THE MOUTERE INN

- ❖ **LIVE MUSIC 7 pm Friday 22<sup>nd</sup> April "Will Wood and Tourettes"**  
In a somewhat strange pairing, country troubadour **Will Wood** and working class poet **Tourettes** are coming together for a nationwide tour. The month-long jaunt will see the two men regale audiences with their well-crafted tales of heartbreak and despair. Wood will be playing songs from his upcoming second album **Magpie Brain & Other Stories**, while Tourettes will perform poetry that strikes at the core of society with its damning social commentary.
- ❖ **FINE DINING EVENING SAT 30<sup>th</sup> April 7pm \$50**  
We will be offering a relaxing evening of fine dining over five courses. Bookings essential, check our website for menu details.
- ❖ **DON'T FORGET**  
Raffle every Wed 6pm with Chase the Ace and Steak Wed.  
1<sup>st</sup> Thurs Folk Night. This month the 7th.  
2<sup>nd</sup> Thurs Quiz Night. This month the 14th.

**THE MOUTERE INN**  
THE CENTRE OF THE MOUTERE

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

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**PH 5432 234**

**The Social Group** meets at the Sunday School Hall (Upper Moutere Lutheran Church) on **Thursday afternoons at 1.30pm** each fortnight.

Join in games and cards. Enjoy our afternoon of fun and fellowship. All welcome.

**Contact Brian or Lois Eggers ph 5432 871.**





## Upper Moutere Volunteer Fire Brigade Call Outs

16th Feb - 15th March

18th Feb permitted rubbish fire, Carolyns Road

22nd Feb grass fire, Davey Road

27th Feb Ambulance call, Blackbird Valley Road

1st March Permitted fire, Stafford Drive Mapua

7th March Alarm activation, Upper Moutere School

7th March Alarm activation, Upper Moutere School

7th March Grass fire Wills Road/Central Road

14th March Alarm activation, Mapua School

**Remember to check your smoke  
alarms on the 3rd of April when  
you put your clocks back one hour**



## Rural Women NZ

In the last publication of "The Grapevine" Pat Moore reported on two issues discussed at the National Conference of RWNZ. To both issues we had answers from the Ministries.

To the issue of by-laws re to the installation of rainwater tanks the associate Minister of Local Government replied: **"Local authorities operate independently of central government within legal constraints and councils are accountable to their communities rather than to Ministers. Councils have the power to make by-laws appropriate to specific health and safety requirements."**

As answer to this a further letter was sent to the Ministry and we are awaiting a reply.

To the introduction of speed limits past schools at certain times the Associate Minister replied: **"As schools are situated on different types of roads, with varying degrees of risk, a 'one size fits all' approach is not the most effective solution. Road controlling authorities are best placed to evaluate the unique situation at schools and take appropriate action to ensure the safety of road users."**

In terms of rural schools in higher speed zones, the NZTA has informed the Hon. Craig Foss (Associate Minister of Transport) that a 60km/h speed limit is the preferred approach..."

It makes you wonder why the 'one size fits all' approach works in other countries. And you can be sure that RWNZ will keep asking questions regarding the speed limit past schools.

Gabriele Abeltshauser



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## Relay for Life 2016

A team of women put on their cowgirl hats and got into Western mode as they marked the end of their fundraising efforts at the Relay for Life. Having raised nearly \$2000 for the Cancer Society, the Wiggle & Jiggle team took part in the biennial event held at Saxton Field on March 5 and 6. With members from Upper Moutere, Mapua, Richmond and Nelson, the women dressed up in many shades of purple - they won a prize for most purple tent at the relay - and had a herd of hobby horses as they took it in turns to pace around a track for 16 hours.

The relay followed months of fundraising by the team. Among the events they organised to generate cash was a movie night at State Cinema in Motueka, a children's quiz held at Upper Moutere School and a raffle with paintings donated by local artist Marian Painter as prizes. The raffle was drawn during a learning celebration at Upper Moutere School on February 26 and the winners were JI Taylor, Lorraine and Charm. One of the final activities to boost the charity coffers was a Crazy Hat Day at Mahana School in February, where children created a variety of colourful and unusual headpieces and had the chance to win prizes. The pupils donated a gold coin for their creations, which thoroughly impressed the judges, and raised \$140.

The Wiggle & Jiggle team also sold "Up-a-moo-tree" tea towels that were designed by team captain Sam Lowe and a past team member, Anny de Groot. Tea towels are still available from team members for \$12 with all profits going to the Cancer Society.

**The Wiggle & Jiggle team would like to thank everyone who contributed to the fundraising, the many organisations and people who donated prizes or helped its events to be a success, and to family members who supported them along the way, including some who also joined in the fun at the relay.**

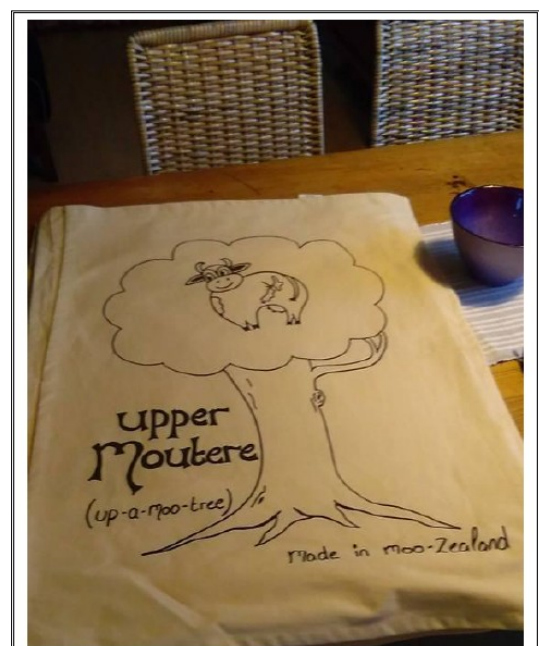
**To buy an Up-a-moo-tree tea towel phone Sam on 5432512**



The Wiggle & Jiggle team at the Relay for Life at Saxton Field.



Children at Mahana School show off some their creative headpieces for Crazy Hat Day.





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## **Fog Lights Are For FOG Not Bling!!**

**Watch The Videos:**  
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Summer's nearly over and the nights are starting to draw in.

I recently had my closest near miss ever!

It was dark and I was travelling home with my daughter following a car along the highway. I saw the loom of the approaching vehicle but wasn't prepared for what came next.

From around the bend came a car with lights ablaze. They weren't set to high beam but it was sporting the all too familiar sight on New Zealand's roads of headlights plus fog lights.

As my eyes readjusted I realised to my horror that the car I was following had braked to turn right. I reacted immediately, swerved and passed it by a hair's breadth.

Now, I know that when dazzled you need to slow, which I did to a degree but we don't always, especially on a clear highway.

Unfortunately, for some unfathomable reason I see drivers lighting up the night, every night. It's not just the boy racers either, I see people of all ages and genders.

Either, they think a bank of lights looks cool or they feel they deserve a better view of the road, regardless of others travelling in the opposite direction.

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Front or rear fog lights are NOT driving lights. They can be up to 10x brighter than normal lights and therefore reserved for only the poorest of driving conditions. It's actually illegal to drive with them on at any other time.

When rear fog lights are illuminated they are so bright that they obscure the brake lights.

When front lights are on, they dazzle other drivers.

It's easy to tell if your fog lights are on because you're alerted by a light on the dashboard.

It's not cool and it's certainly not clever having an assortment of lights in any conditions other than pea soup is it?

Till next time stay safe!

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[Kidzklubafter3@gmail.com](mailto:Kidzklubafter3@gmail.com)

WE WILL BE RUNNING OUR MAPUA MASSIVE HOLIDAY FUN  
SCHOOL HOLIDAY PROGRAMME FROM APRIL 18 - 29  
CONTACT US FOR A COPY OF OUR PROGRAMME FLYER

## A big thank you on behalf of Brooke Perry's family.

We would like to thank the Upper Moutere community for all the support and care, fundraising, sponsorship given at this challenging time.

Jess is our saviour and hero. Brooke's treatment at this stage is looking promising.

George Perry



Free picking of Taylor's Gold and Beurre Bosc pears  
2077 Moutere Highway April 2 and 3.

Donations accepted for Moutere Youth Group

Greetings for 2016.

Tasman School would like to introduce Tim Hikuroa – our new Deputy Principal and teacher in the senior class (Years 6-8). Tim has come to us from Brightwater School and has settled in well with his "new" class.

All students have been engaged in some summer sporting event during Term One – swimming sports for all ages and the inter-school summer sports tournament for the senior school.

And, it is that time of the year again for our major (and much anticipated) school fundraiser – Muddy Buddy. This is being held on Sunday April 3<sup>rd</sup> and is a great day out. So, grab some friends or family and head on down to Tasman School – sign in time is between 9:30 – 10:30 am. See you there!





## News from your Preschool in The Moutere

By the time you are sitting back with a cuppa and reading this month's Grapevine Easter will almost be like a distant memory. For our Harakeke Whanau this is a time for us all to gather and share a meal, great company and for our children, the long awaited Easter Egg Hunt. Our centre is decorated with colourfully decorated eggs that hang from a beautiful Easter tree. Who can remember blowing eggs as a child and then getting creative with crayons and dye? Lucky for us we get to relive these memories every year with our children. Hopefully a tradition that the tamariki may take home and use for their own future Easter celebrations.

For a large number of families this year's Easter will be their very first Harakeke Whanau Social gathering, a wonderful opportunity to get to know new people and form new relationships. They will no doubt meet some of our 'old' families too because the connections children and parents alike have with us and each other doesn't necessarily end just because the children leave to continue their learning journey elsewhere.

A couple of weeks ago a couple of our teachers attended a course by the international presenter Joseph Driessen on Learning and Wellbeing for Boys in Early Childhood Education. Here are a few things we wanted to share with you all:

- Give our boys the opportunities to practise their nurturing. Pets are great for this. Pets are also a great way to help a child with empathy. Nurture in itself creates empathy.
- Accept and promote "Superhero Play" - in a positive way ... rules, costumes, beliefs. It is a part of their development. A next step.
- More male role models are required! Boys need male role models for their development. Male role models need to model how to be a good man and how to learn. So get granddads, uncles, neighbours, church members etc involved in your sons' lives. These men need to be who you think would be a positive influence in your sons' life. So feel free to pop in

Until next time - ka kite  
Your Harakeke Teaching Team



The Mapua Country Store, located at the entrance to Mapua in the building which was previously the Mapua Tavern. The concept is based loosely on an old fashioned general store from our earlier generations with a new twist and is based around providing a wide range of quality, fresh, seasonal food and beverage items.

Kirsten has never taken for granted the local artisans who work hard to grow, produce and market quality food and beverage from the land. She supports local farmer's markets in the area and would like to provide another outlet for producers so locals are able to purchase and enjoy quality seasonal products from the region.

The values behind the Mapua Country Store include supporting and collaborating with local producers wherever possible and the local community, being sustainable, including reducing the use of plastic shopping bags and placing importance on great customer service.

Available at the store will be range of fresh, seasonal products including fruit and vegetables, flowers, honey, olive oils, meats, deli items, fresh bread, cheeses, quality pet food. Where available products will be local and Kirsten invites new artisan food and beverage producers to contact her to trial their products range in store. She wants to support and help grow local artisans in the community.

The Mapua Country Store will also host cooking classes, cheese-making classes and other food based workshops and tastings. The Store will have places to tie up your dogs, park your bikes and inside for customers a communal table to rest while enjoying a slow brewed coffee.

Pop in and say hi to the team who are all local food lovers and are only too happy to help with ideas for brunch, lunch or your evening meal. The store is open seven days a week from April 1<sup>st</sup> they look forward to welcoming you soon.

**Contact Details:** W: [www.mapuacountrystore.co.nz](http://www.mapuacountrystore.co.nz) P: 03 540 2581

E: [info@mapuacountrystore.co.nz](mailto:info@mapuacountrystore.co.nz) Facebook: [www.facebook.com/MapuaCountryStore](https://www.facebook.com/MapuaCountryStore)

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## ANIMALS

Hello Animal lovers

Well after a very hot few months at last the weather appears to be changing. There is definitely a nip in the air at night and early morning and if you have felt it it is certain your animals have too. Not only the temperature but the available amount of daylight has reduced as well,. Add to that the finish of daylight saving and it is no wonder it affects our animals. Animals are used to a gradual change of seasons, their coats gradually increase in preparation for winter and they start to seek shelter to protect themselves. It particularly affects older animals. Cats are very good at finding nice dry warm places but when it gets colder they start getting under things or seeking a heat source in the home. Dogs do too but in a different way, depending on their breed and the thickness and length of their coat they also seek warmth and protection. The farm animals are more hardy as they are used to being outside all year, however they do not like strong winds and driving rain and will seek shelter.

Weather is not a major issue for animals unless it is extreme but daylight length is. Animals have no idea about daylight saving all they know is that their food arrives at a different time (if they are fed by the owner) and their owner has a different time schedule. It can take them a while to adjust to this but they do eventually. However the amount of daylight has a significant affect on coat growth, the shorter the daylight the longer and thicker the coat. Many horse owners notice this and elect to have their horse clipped to minimise sweating when in work however if the horse is clipped it must have supplementary rugs to compensate for the loss of coat. If a horse is cold it will be restless and distressed which will affect its performance under saddle. In extreme cases the horse will shiver in an attempt to keep warm. Cattle and sheep tend to cluster to gain warmth from each other. It is one of nature's oddities that lambs are born right at the coldest time of year which can be disastrous for them. They do not have enough wool or fat to protect them and sadly many are lost if the mother has not led them to cover. Many cat owners think their cat has become very affectionate in cold weather as it seeks to rub up and down the owner or sit on their knee, however the truth is that it is just seeking heat and comfort. Outdoor dogs can whine and howl if too cold or curl up in a ball to avoid any heat loss.


It is a fact that older and very young animals, like people are more affected by the changing seasons and it can affect their behaviour however with awareness by the owners our animals will be fine.

Always happy to answer any animal behaviour questions, I deliberately keep my comments broad in my articles to help as many as possible but if you have a specific problem let me know.

Sue Mott

Animal Behaviourist

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## Do you have healthy Chickens?



This month it's all about chickens. Like rabbits, getting the diet and environment right goes a long way towards having healthy chickens. Illness in chickens is often related to environmental conditions such as mouldy food, dirty living conditions, high temperatures, boredom or overpopulation.

### Nutrition

Free-range chickens gather some of their food: seeds, berries, plants, worms, snails, insects etc. However it is recommended that a good quality commercial mix is also fed. These mixes provide the right balance of nutrients necessary for good production. Grit is important for laying hens. Always feed according to the instructions on the bag. Overweight hens don't lay well so don't over-feed them. Always store the food dry and in a vermin-proof spot.

FRESH water is essential. Check the supply every day and regularly clean the water container. Use a container that chickens can't tip over.

### Housing

Even if chickens are "free-range", they like to have a clean, safe area for laying their eggs and spending the night. A good hen house has a night compartment and a nest area for egg-laying. If your chickens are not free-range, they will need attached outdoors space too. The size of the area depends on the quantity and size of the chickens, e.g. approximately 2-3 bantams per square metre.

Chickens need protection from all-day sun and heat, wind and rain. Good ventilation is important. Chickens can bear some cold as long as there's no draught or high moisture content in the air. In fact, chickens tolerate cold better than heat.

Most breeds (but not all) like to perch at night. The night compartment must be cleaned regularly, therefore a perch height you can reach easily is recommended. Cleaning will be necessary weekly to monthly depending on the number and size of chickens.

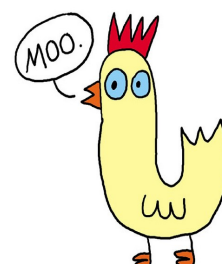
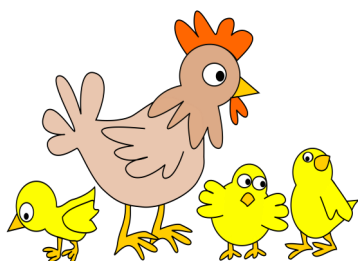
Protection from predators such as rats, wild birds, dogs and cats is also an important function of the hen house, so access should only be through a chicken-sized door and a human-sized door, both of which are shut at night.

### Basic disease management

Prevention is always best. Check your chickens regularly and get to know their normal behavior. Reduced food and/or water intake reduced laying, changes in behavior or activity, abnormal feathers and abnormal droppings can be signs of more serious disease. Once a chicken looks fluffed up and sick, it is usually very sick and can deteriorate rapidly.

Common diseases include coccidiosis, worms, mites, lice, fleas and bacterial/viral infections. Smite powder is a safe product for treating external parasites on chickens. Aviverm is a licensed poultry wormer – we recommend worming at least two times a year.

Don't hesitate to call us if you have any questions. While a vet visit may cost you more than the chicken, it might help prevent further illness in your chickens at home.





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## Situation Vacant

In order to keep the Grapevine as a regular community newsletter we are looking for someone to job share doing the layout of the Grapevine. It is an unpaid voluntary position and would ideally suit someone who has knowledge of cutting and pasting and/or MS Publisher and MS Word or similar.

If you don't have any experience but are keen to help, with a bit of training we can bring you up to speed. You do need to be organised and able to meet monthly deadlines but so far I have never missed one and it can be done any time of the day or night.

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## ‘Make a Child’s Toy Competition’

The cooler days are here and that means it’s time for craftspeople to start thinking about working on an entry for the Motueka Arts Council annual craft competition.

After having a resounding success in 2015 with tea cosies, this year the Council is focusing on children’s toys. Categories cater for all mediums of craft from creative wool, inspired fabric, wood, metal, found objects, to most innovative where just about anything goes. There is also a class for a person aged under 16 years.

With increasing interest in our competition a selection of the toys will be displayed in shop windows in Motueka; then they will all be on display in a weekend long exhibition. This will be held in the Motueka Memorial Hall on Saturday 7<sup>th</sup> August and Sunday 8<sup>th</sup> August with the prize giving held later on the Sunday afternoon.

Arrangements have been made for entrants who wish to do so to donate their toy to the annual Salvation Army Christmas Toy Appeal.

All information about the competition, prizes and our wonderful sponsors are on the entry form, a copy of which is attached.

Entry forms can be picked up from Potters Patch in Motueka, Cushla’s Village Fabrics in Mapua, Cruella’s Boutique Fabrics in Nelson or by emailing [motuekaartscouncil@gmail.com](mailto:motuekaartscouncil@gmail.com)



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## PANZ - Pastel Artists of New Zealand

The final fundraiser in support of the National Art Awards was a movie night, "Dad's Army" seen at Motueka State Cinema on Friday 19<sup>th</sup> February. Not the greatest film in the world but a full house, plenty of happy faces and some more welcome funds for the coffers. We are grateful to everyone who bought tickets for the movie and the raffle and to the Cinema for allowing us to host the event.

It is going to be a busy weekend in Mapua for members of Nelson PANZ as they host visitors from around the country at the Convention on the 16<sup>th</sup> and 17<sup>th</sup> of April. Registrations are excellent, double that of the previous Convention held in Wellington last year. The lure of Mapua! Over 100 new and vibrant artworks by local and national artists have been accepted for the exhibition.

We invite members of the public to join us for the Opening Night and Presentation of Awards on Friday 15<sup>th</sup> April from 7 p.m. in Mapua Community Hall. The exhibition will continue throughout April in the Hall closing on Sunday 1<sup>st</sup> May. As well as the paintings there will be daily demonstrations by working artists, the opportunity to place a vote for the "People's Choice Award" and, of course, raffles. These events are free of charge.

15 April: Opening Night & Awards, 7 p.m.,  
Mapua Hall

16-17 April: Members only Convention, 9  
a.m. - 4 p.m., Mapua Hall

16 April - 1 May: Art Exhibition daily 9 a.m.  
- 4 p.m., Mapua Hall

Life still goes on with our regular gatherings on Tuesday mornings. We welcomed local photographer Mike Turnbull on Tuesday 1<sup>st</sup> March who joined us to take some "action shots". Some of these will be used for promoting the Art Awards. It was fun and we appreciate his time. Coming up will be a trial run of the "Big Picture" led by Marian Painter. This challenge will be just part of the Convention along with quizzes, demonstrations, talks and the AGM.

If you want to find out more about pastels and the PANZ art group in Mapua visitors are always welcome. Just call into the Community Hall on a Tuesday morning between 9 a.m. and 12 noon when you see the PANZ board outside. Or contact Glenys Forbes on 540 3388 for more information.

*Sue England (540 2934)*



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## Rembrandt and the Old Masters drawings?

### You know them!

Well some of them. You are probably even more aware of the wonderful scenes these men painted, so full of visual story telling in characters 'faces, clothing, settings and drama.

Maybe you also know that these artists had to undergo a seven year apprenticeship to learn the many skills required of a master artist. Yes even the so-called naturally talented! There was much to learn in those years. Foundational to their craft was DRAWING. Rembrandt is quoted as saying that to be a great painter one must be a great drawer! This is still true today. All visual art begins with drawing. The wonderful truth is that every one can learn to draw! We all did it so naturally at age 3 and 4. Man has always drawn to express information (now called writing, or maps) or to teach about the environment in which he lived.

Our natural talent has not gone away. It's probably dimmed a little from lack of use, but is just waiting to be revealed.

Well before brush and paint came on to the scene were the ancient drawing tools of charcoal, graphite and ink. These last two were, and still are taken from the ground. Early man made lines on walls and so line was born!

The 'Old Masters' continued to draw lines throughout their lives, thus creating works of art which we so love today.

Learning to draw gives us an awareness of the art surrounding us and the foundational skills to express it. Those who undertake the journey discover great fulfilment and satisfaction, from the smallest item to the wider scene.

See advert. on this page for details of how you can join a class in either Upper Moutere or Motueka devoted entirely to the art of drawing. These foundational courses have been going for 11 years in Motueka and now Upper Moutere starting in late April. [drawnow2@gmail.com](mailto:drawnow2@gmail.com) for information.

## Drawing for Beginners

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So take off the gardening gloves, come inside and discover your inner artist, beginning with a FREE one-on-one session in your own home. Lets change nerves into pleasant anticipation.

Drawing for Beginners is a 9 week course in pencil , charcoal & pen, which is offered in Motueka and Upper Moutere in terms 2 & 3. Classes are small, supportive and joyful. You will surprise yourself at what you'll achieve. Learning to draw what you see is very satisfying.

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This is a useful tool for all of us as we plan for our future. Much like making a Will, completing the information on the form provides peace of mind to families when faced with bereavement.

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- A total projected rates income increase of 1% only
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- Debt \$12 million less than forecast
- Same levels of service

*Want to know more?*

*Want to ask TDC how they plan to do this?*

Come to the

**Public Community Meeting on**

**Tuesday 5 April**

**from 7:00 pm**

**at the Moutere Inn**

This will be a general community meeting and the public is very welcome. TDC will be there to present and discuss the items above. Residents are invited to raise any concerns.

Go to our website at

<http://www.mhra.org.nz/news/news-tdc/>

to find more information about the Annual Plan 2016/17

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## Upper Moutere Community Cares

As many of you may be aware, one of our gorgeous students at Upper Moutere School has recently been diagnosed with a rare condition, Aplastic Anemia.

To allow her and her family the ability to concentrate on what is important during this time of treatment and recovery there will be several fundraising/sponsorship opportunities to assist.

You can visit the [www.givealittle.co.nz/cause/help4brooke](http://www.givealittle.co.nz/cause/help4brooke)

Buy a 'badge for Brooke' @ \$3 each from the school or from The Post Office.

Also, one of our local mum's will be running the Alpine Lodge Loop the Lake in April in support. All sponsorship above and that received towards the run will go towards assisting the family during this challenging time.

If you would like to find out how to sponsor the run please contact

Jane on 027 405 4892 / [jspenno@hotmail.com](mailto:jspenno@hotmail.com) or

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1 cup sunflower seeds, ½ cup flax seeds, ½ cup hazelnut or almond nut flour, 1 ½ cups rolled oats, 2 tablespoons chia seeds, 4 tablespoons psyllium seed husks, 1 teaspoon salt, 1 tablespoon maple syrup (or honey), 1 ½ cups water, 3 tablespoons melted coconut oil.

Mix all dry ingredients in a bowl. Mix water, oil and maple syrup together – I use slightly warm water as it helps the liquids blend well. Add to the dry ingredients and turn into a flexi loaf tin or a metal loaf tin lined with baking paper. Cover and leave on the bench for a minimum of 2 hours, all day or even overnight.

Cook in a preheated oven at 180c for 20 minutes. Carefully remove from the tin and place on a backing rack, upside down then return to the oven and bake for a further 30-40 minutes.

Bread is done when it sounds hollowed when tapped.

Cool completely and store in a sealed container for up to a week.

I give the sunflower seeds, rolled oats, chia seeds and flax seeds a short, quick whizz, for a finer finish. I also have a tray of 8 mini loaf tins – these loaves look great served with a salad or as individual loaves with soup.

**So so easy – give it a try it could change your life!**

*Soo Gee*

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## GARDENING

Margaret introduced our guest speaker Robbie Francis from Marybank Club who demonstrated some beautiful floral arrangements.

### Guest Speaker

Robbie used a square black low container using one long piece of green flax in the centre, the second piece cut slightly shorter was curled around and stapled at the back then two large curls of flax at the base, green Kangaroo Paw and red Alstromeria finished the arrangement. Very striking.

A large piece of driftwood nailed onto a circular board with tree bark behind (dried oasis) is best for this arrangement – she had bleached Teasels in Janola making them creamy white then finished the arrangements with succulents at the base.

The wonderful arrangement done in a very large glass vase with a wide base where a small block of oasis was placed in the bottom with a pin holder, Robbie wound ladder fern inside the vase then placed bright pink Proteas, white Alstromeria and some Leucadendrons into the oasis as well as looping a small branch of hops over the side so that it hung down. Quite spectacular.

For something very simple use the lid from a jar - just place a little piece of white blue tac in the centre push in three or four small stemmed flowers into the blue tac – fill the jar with water to the top – screw the lid back on then turn upside down and you have a floating posy in water...

Another wonderful way to keep things simple is to use a small block of oasis covered with a leaf and stapled underneath then one small dahlia in the centre and three large triangles of thin Papyrus stalks pushed into the oasis this then can be placed on a saucer or small flat dish – great for decorating birthday or wedding tables.

Remember to soak your oasis well and pick your flowers ahead of time and soak in a bucket of water. Maidenhair Fern – put stems in boiling water – then in cold water.

Everybody thoroughly enjoyed watching Robbie create these arrangements so effortlessly and it also gave inspiration to members to see just how easy it is to pop a few leaves and flowers to make a lovely arrangement. Judy on behalf of the club thanked Robbie for coming and sharing her wonderful talent with us.

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### Flourless Chocolate Cake

#### Ingredients

1 1/2 cups packed almond meal  
1/3 cup cocoa powder  
1/2 teaspoon baking soda  
pinch salt  
1 1/2 cup packed pitted dates  
1/2 cup warm water  
3 eggs  
2 Tablespoons coconut oil  
2 teaspoons vanilla

#### Instructions

- Preheat oven to 175 C.
- Place the dates and coconut oil in the warm water and leave to soak while you organise the dry ingredients.
- Mix together all the dry ingredients in a bowl and set aside.
- Put the date mixture in a food processor and blend until it forms a smooth paste.
- Mix the date paste with the remaining wet ingredients (eggs and vanilla).
- Add the wet to the dry and stir until smooth.
- Grease an 8" round cake tin, and pour in the batter.
- Bake for 25-30 minutes, or until a toothpick comes out clean.

Let cool for at least 10-15 minutes before serving so that it has time to set.

Serve plain or with fresh fruit and/or coconut whipped cream.



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.

Grapevine circulation is 1300 copies. This issue has been constructed by volunteers: Susan Brennan, Tanya Doty, Beverley Sellers, Sharon Beuke, Avril Stephens, Hilary Williams and Heather Eggers.

Views expressed are not necessarily those of the voluntary editors and no responsibility is taken!

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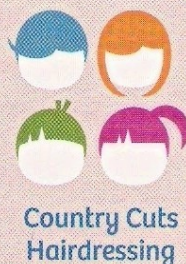
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