

The Grapevine MOUTERE HILLS COMMUNITY NEWS

NOV 2013

PICTURE THIS



some of the many subjects that feature in Polly Whimp's imaginative children's book illustrations. Polly, who moved with partner Greg from Puhoi, a village north of Auckland, to Upper Moutere three months ago, says they are loving their new surroundings.

"I'm a graphic designer by training and I've always worked from home, so can be based anywhere. I've always wanted to be in the South Island and my sister lives here already, so when Greg got a computer programming job in Nelson, we moved lock, stock and smoking barrel."

Polly uses both traditional and digital styles in her cartoonstyle artwork, sometimes combining the two. One project may use colour pencils and magic markers on watercolour paper, while the next uses black and white ink, lead pencils or pastels. She spends around 20 hours each week coming up with ideas and illustrations for the likes of children's first reader books.

"I'm currently doing 10 book illustrations for a guy in the States who saw my work on my pawprints.co.nz website and liked my style," she says. American children's publications can be particularly PC, Polly adds, and she is often given specific instructions about being all-inclusive when drawing children.

"Usually, the publisher will send me the story and layout, and give me a brief for the illustrations. I'll make some suggestions, do a bunch of roughs and send them back for comment.

and motorcycle fiend.

"Every animal I've ever owned has been used for reference, as have friends' kids. One girl, Molly, was perfect with her long hair and glasses, and she was rapt to appear in print. I've been doing illustrations for over 30 years, and she's 17 now!"

Hands are particularly hard to draw, says Polly, so reference material is essential for those - but most of what spills onto the page is made up in her head.

When she's not dreaming up illustrations, she keeps up with the graphic design. As luck would have it, 99% of her current clients are already in the South Island, and she says she does the lot, from brochures and catalogues to business cards, logos and

Most recently, though, Polly's been extremely busy helping her 90-year-old mother move into a local rest home, completing the family's shift south. "When we've settled down a bit, Greg and I will get back on our motorcycles, which is how we met and what we love to do," she says. With a grunty BMW and Buell parked up in their new garage, they can't wait to get out on weekends and any spare time to explore the scenic roadways of the South Island.

Some day, Polly says she might even try her hand at writing and illustrating a book all of her own. "I have actually written three stories but not done anything with them yet." Perhaps Upper Moutere is the place...

Article by Beverly Sellers, ph: 03 543 2008



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 15th of the month.

Please email your copy to: umograpevine@hotmail.com

Grapevine circulation is 1300 copies. This issue has been constructed by volunteers:

Tanya Doty, Beverley Sellers, Sharon Beuke, Avril Stephens, Viv Sellers and Heather Eggers.

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 15th of the month.

Please email your print-ready ad to 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
- Business card size advertisement: \$12
- **⊙** 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







MOUTERE HILLS COMMUNITY CENTRE



It is fantastic to see the work has begun on the rebuild of the Community Centre. The work is being undertaken by IMB builders and project management by Arthouse Architecture. The process to award these contracts was lead by the insurance company. The timeframe for the rebuild has the Function Room, Hyatt Room, Kitchen, Bar and



Community Room completed by the end of December. There are several planned upgrades to this area which include sound proofing, air conditioning, foyer lighting, history wall, office extension and Community Room upgrade. These improvements have been made possible due to wonderful community support and donations from the Tasman District Council, Sarau Trust and Canterbury Community Trust.

At present the Moutere Hills Community Centre Board are looking into the possibility of developing a community fitness centre. This would involve an 18m x 5.5m extension off the external wall of the NBS Sports Hall. Support for this project has been extremely positive and we believe it will be a valuable addition to the Community Centre. Before anything can proceed however, we will need to source funding, including sponsorship, and seek Tasman District Council approval. If you would like to see the plans for this and have any feedback on this proposal then please visit our website www.mouterehills.org.nz

We are also working with the Tasman District Council to develop a landscape plan to enhance the outdoor area around the playgrounds to better cater for the recreational needs of the Community. We hope to develop picnic, BBQ and 'interest' spaces to make the area more attractive and practical for Community use. We intend to develop a Landscaping Committee to provide direction and leadership with this project. The Committee will be lead by Malcolm Mairs but we would love to hear from any interested local who would be keen to be a part of this group. If you are interested then please call Katrina on 543 2516 or email katrina@mouterehills.org.nz

Event, programme, activity and meeting bookings are now being taken for 2014. If you would like any information then please do not hesitate to contact us on 543 2516 or email enquiries@mouterehills.org.nz

SOCIAL SPORT

Why not have a go at some of the social sports taking place this term!! To find out more give Vanessa a call.

SOCIAL TOUCH Tuesday's 6pm—7pm at Moutere Hills Community Centre

All ages welcome - gold coin donation Organised by Rangers Rugby Club



CRICKET



A group of locals have organised a cricket team to play in the 20/20 competition.

The team will be based at Moutere Hills Community Centre

Games played on Saturday's

TABLE TENNIS Thursday's 7:30pm—9:00pm currently at Upper Moutere School Hall

All abilities welcome—\$3 per session



WALKING GROUP T

Tuesday's 9am

Leaves from Moutere Hills Community Centre

We will also be running a series of Christmas Art, Craft and Baking workshops. More details will be available soon on our website and in the next Grapevine.



Phone: 5432 516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz



MOUTERE HILLS COMMUNITY CENTRE

MOUTERE HILLS COMMUNITY CENTRE INC would like to thank all our supporters, most especially:

- The Moutere Inn, Dave and Andrew for generously hosting and sponsoring the event for us, the Chef Tony Robson Burrell and Jared Cook his assistant, for producing an exciting menu and the finest dining the Moutere has ever seen.
- · Neudorf Mushrooms for producing a delicious paté
- Sealord
- Tasman Bay Herbs for flavours and garnishes
- Wangapeka Dairy for Clotted Cream
- Meat Solutions
- Prime NZ Lamb Philip & Jenny Leith
- Wine from the Moutere Artisans:-Harakeke Farm, Neudorf Winery, Woollaston Estates, Kahurangi Estate, Sunset Valley Vineyard, Moutere Hills Vineyard
- Ian & Linda Morris tables and linen Flowers by Mary Shaw
- . Staff on the night: Rebecca Rae, Lydia Peckham, James Dicks, Jordan Goodwin, Matt Dicks
- . Jan Heine & Brendan McBride distributing the advertising & The Grapevine







moutere hills







Very Local Prime New Zealand Lamb MEAT SOLUTIONS

A VERY BIG THANK YOU TO EVERYONE THAT CAME AND ENJOYED THE EVENING
WE RAISED \$2,700





A CUP OF KINDNESS

A humble tradition that began in Naples, Italy 100 years ago has re-emerged as a massive global trend, suggesting values such as kindness and solidarity are very much on the up.

The custom of 'caffè sospeso' or 'suspended coffee' is when a customer pays for an extra cup of coffee, which someone in need can claim later. It's a graceful and easy way of showing generosity, as donors and beneficiaries never meet.

The tradition waned over the past decades but has now made a comeback. It re-emerged in Bulgaria, Spain and other European countries ravaged by the economic crisis some years ago, and is now spreading all over the world thanks to the internet and social media. The website www.coffeesharing.com lists 181 participating coffee shops in 128 cities and 19 countries, but that's just a small sample.

Jenny Lomas, the British chef at Riverside who lived in London up until 2011, brought the idea to the community where it was quickly adopted. When in London, Jenny came to think of her local Italian coffee shop as valuable refuge from the hustle and bustle of the city, and believes the ritual of a daily coffee in a peaceful environment is more precious than its face value. This is probably why the Suspended Coffee movement is such a hit – it's an inexpensive way to make someone else's day

Jenny says "Last week we had a gentleman come in to Riverside Café who had driven quite a long way to treat himself to some quiet time in our garden with a cappuccino, but on arrival he realized he had forgotten his wallet. There were 6 Suspended Coffees on offer on the blackboard at that time, and when we offered him one it absolutely made his day." Interestingly, it seems that it's often those who have experienced the kindness of others who are most likely to pay it forward. "We all feel the positive effects of practising generosity, it's like a spiral upwards" says Jenny, "and who wouldn't want to be involved in that?!"

PUT THE MOUTERE ON THE MAP!



Show friends and family the beauty & variety

of the area where we live

An ideal Christmas / New Year Gift
"Made in the Moutere" Calendar 2014
(with envelope) \$12 each

All funds will be used to support

The Moutere Hills Community Centre

Available from:

Moutere Gold Store, Upper Moutere

Moutere Hills C.C. Office UM School

Country Trading Co. Mapua

The Great Christmas Market, Nelson



THE WRITE BIAS



The start of the bowling season has been decidedly soggy and we have had more cancellations due to rain than actual play. But bowlers are a resilient bunch and still smiling optimistically for good things ahead.

A delayed Opening Day was enjoyed by plenty of club members and some friends from Motueka Bowling Club who forayed out to be part of the action

With a flooded green resembling a swimming pool, the first home tournament, due to be sponsored by Lynda Mabin of Holistic Health & Training, had to be cancelled. This was very disappointing as it was also in support of the NZ Blind Association. Hopefully we can do something for the Charity later in the year.

Some of our members have put their heads above the parapet and signed up for Nelson Centre competitions. We wish Ben Whitten and Julina Ismail good luck as they embark on seven rounds of 2-4-2 Junior Pairs. And Sue England, Judy March and Julina Ismail will do their best in the 2-day Ladies Triples. It is great for Mapua that we can compete at Centre level.

We have lost some friends as they depart for pastures new but also gained some new members. Happy bowling to them all wherever they may play.

For information about bowling, coaching or booking the clubhouse and facilities please call Secretary Jean Daubney (543 2765) or President Dave England (540 2934) or email s1ad2as3@xtra.co.nz

Sue England









MAPUA MAKERS MARKET

a contemporary craft fair

Sunday 8th December 2013 Sunday 26th January 2014

10am - 3pm Mapua Hall FREE ENTRY

www.facebook.com/MapuaMakersMarket email: mapuamakersmarket@gmail.com

MMM... handmade for summer

It's time to sign up for a new season of tennis. For the juniors, we offer a comprehensive programme for those aged 5 years and older. Lessons are suited to the needs and ability of each individual player in a group environment. Lessons will run on Thursdays starting week 1 of Term 4. Spaces are limited so be in quick! To register or for more information, contact

Vanessa<u>claybrookestate@xtra.co.nz</u>

For the adults, we offer a great range of social and competitive tennis. We can cater for all your needs with coaching available either individually or in groups. So why not join up and become part of our friendly, welcoming club - we would love to see you on court. For registration or any other inquiries please contact umotennis@gmail.com

LEIGH BRIARS ARCHITECTURE

03 543 2667 021 215 0946 briars@ts.co.nz

RD 2 Upper Moutere

Nelson 7175





DOROTHEA TEBBENHOFF

HEILPRAKTIKERIN
LICENSED ACUPUNCTURIST

25 GREENWOOD ST MOTUEKA

WWW.TASMANACUPUNCTURE.CO.NZ

03 528 6239

MNZRA, ACC PROVIDER

Acupuncture
Chinese Herbal Medicine





In September the Nelson Provincial of RW celebrated its 80th birthday and the Moutere Branch celebrated its 80th birthday last year.

Looking back we were reminded that Women's Division Federated Farmers (now Rural Women New Zealand)came into being to support and improve conditions for families in rural areas. This is still our core business.

We advocate on health issues - for services in rural areas, supporting and helping those in disaster areas; advocating for areas like Murchison whose health services have been down graded and for homecare workers in rural areas. Some of the issues we have addressed and are still addressing are leptospirosis research, breast cancer research and prostate cancer research. Our Y Front Up campaign is running until mid - November (information and donation box at the Moutere Garage).

Rural Women has long advocated for our children to get to and from school safely. That's why we are still campaigning for flashing 20km/h signs in school buses and speed limits past schools. We provide bursaries (including boarding bursaries) for rural children.

We still battle the need for better cell phone coverage and even basic computer service in many rural areas.

These are just some of the issues Rural Women NZ is interested in and is addressing.

BUT we also like to get together for fun and fellowship. Our October meeting will be on the 30th October and in November we will meet on the 27th for our yearly Christmas lunch.

Pat Moore. Rosedale.







It is natural for kids to want to pick flowers. Who can blame them as it is hard to resist the beautiful and bright colourful flowers that are starting to bloom all around us. They are at the park, school, on the side of the road, as well as in our gardens!! A vase of flowers in a house can add some vibrance and colour to any room. As flowers do not last long once picked we decided at Kidz Klub to press some of this seasons flowers, so we can use them in our art and craft activities later in the year when flowers are scarce. It is very easy, and below is some simple instructions on how to press flowers for later use.

COLLECTING YOUR FLOWERS TO PRESS

It is best to use only the newest and freshest flowers for pressing and it is best to pick them on a dry day. The drier the flowers are, the better they will press. The best time to pick flowers for pressing is in the morning after the dew has dried from on them, or in the early evening before it returns. If you do not use dry flowers to press, you will open up your press to find some not so nice mouldy flowers in it!! It is also important to get picked flowers into the press as soon as possible for the best pressed result, before they start to wilt.

HOW TO PRESS YOUR FLOWERS

- Gather the flowers you want to press, along with some plain paper, cardboard, white tissue paper, a heavy book, and a large brick or rock.
- First set out a piece of cardboard that is almost the same size as your book, lay a piece of paper (about the same size of your cardboard piece) on top of that, followed by a piece of tissue paper (also about the same size as your cardboard piece).
- Place the flowers face down on the tissue paper making sure the petals are spread out (you can gently use your finger to press the flower flat first if it helps to keep it in place). Ensure that none of the flowers touch each other or hang over the side of the tissue paper.
- Cover the flowers with another piece of tissue paper, then more paper, and then cardboard.
- 5. You can continue this process, one on top of the other, until all your flowers are prepared.
- 6. Once your stack is done, top it off with your heavy book and the brick or stone.

This method usually takes 2 - 4 weeks. Every few days check your flowers and change the plain paper if necessary - leaving the flowers in the original tissue paper when transferring.

MICROWAVE PRESSING

If you have no patience, or if you want quick results (kids usually do), and you cannot wait for your flowers to press naturally, then you can give them a bit of a hurry up in the microwave.

Make sure you are using a plain book (not with gold or silver embossing on it). Place your flowers between 2 sheets of plain paper inside the book. Close firmly and then zap in short 30-40 second bursts. Open the page to let the vapour escape and let the book cool in-between the microwave bursts. Repeat this about 10 times. Now put the flowers into another book, or follow the natural pressing process as above, and leave for about 2-3 days.

Here are some extra helpful tips to think about when pressing flowers:

- . Try pressing flowers on different angles (eg daisies can look nice pressed side on)
- Experiment with all sorts of different flowers some will look great and hold their colour, and others will not.
 It is fun for kids to figure this out on their own!!
- Fat flowers (eg Roses) may not press so well but try pressing the petals separately.
- Press some leaves and grasses as well as these can look nice when used in art and craft too.
- Pressed flowers do fade, so if you are not using them straight away, store them in a sealed container out of
 the light, and in a cool place. Also you can seal the flowers by painting over them with watered down PVA glue
 or modge podge.

Well have fun and I hope you enjoy trying out pressing flowers with your kids!!

To see our pressed flowers check out our facebook page 'Kidz Klub After 3'.

Country Kids spaces available in our Under 2's programme

Country Kids is a family focused childcare centre which provides a fun, nurturing environment for young children.

At the moment we are especially focusing on self-help skills, this will enable our children to become more independent and confident. These skills are important in their learning journey so that they are able to become responsible for their well being.







A key principle of our programme is to support and guide our young children as they develop new relationships outside of the home environment.









Presently we have spaces available in our Pikopiko room/programme that is especially designed for children 0-2 yrs old. We provide a purpose built inside and outside environment for our infants and toddlers, but there are also plenty of opportunities for this age group to interact with their older peers and siblings.

We provide qualified, registered teachers to nurture and support your child as they become competent and confident learners. With Country Kids being situated in a rural environment this gives us the opportunity to provide plenty of outside 'play' and exploration with nature.

Please feel free to call in and visit us







News from your Preschool

in the Moutere



It's good to hear from members of our community that our contribution to the Grapevine is read with interest and missed if it is not there. Our apologies for the empty spot in the last issue, but honestly, I have no idea what makes time fly by...mind you, we have been very busy people. Isn't there a saying that time flies when you are having fun!

So what have we been up to? Well...we've been seriously exploring our wider community. As a follow up and extension of the children's interest in the animal kingdom we had a visit to Natureland and would like to thank and congratulate the staff and volunteers there for sharing their knowledge and letting us touch and feel some quite amazing creatures (did you ever hold a 2 day old mouse and feel the oh so soft first fur covering of their siblings that are only a little older?).

On the way to Natureland we stopped at Petmart where we traded some of our rescued fish – no doubt you all read the story about that adventure in September and by the way, their initiative and learning earned our children recognition in the form of a Tasman Nelson Environment Award Certificate, a nature based book and a kowhai tree.

We also followed the invitation to Mahana School's pet day where we were able to watch the milking of a goat and had a wee taste as well. We were impressed by some really cool obedience displays, especially the one involving the police dogs. Establishing close relationships with our local schools is very important to us. It supports children's transition to school and helps parents to decide on the 'right' school for their child.

Talking pets - yes, we recently extended our Harakeke whānau and now have Licorice and Marshmallow, 2 cute little bunnies sharing our space and are eagerly awaiting the birth of 102's (one of our Highlander ladies) calf.

That's it in terms of animals for now (except of course for our 1,2,3,4,5,6,7.....lots of tadpoles, whose metamorphosis we are closely observing and learning about).

Excursions into the community? Yes, there was one more. Just a couple of weeks ago we had a super fun day in Mapua, bike riding, enjoying the playground and having lunch with an important member of the Harakeke whānau who recently moved there. In the afternoon we visited the Mapua library, registered as members and hope to be able to utilise this great place as often as possible with small groups of our children.

The teaching team had their own excursion – a weekend away, recharging in Golden bay, team building and networking with other Enviroschool Early Learning Centres.

Before I close I'd like to mention that as part of our art education programme delivered by Johnna's Little Picasso Art School at Harakeke weekly we are planning an Art Exhibition and Open Day, possibly early in December - so please watch



Vet Talk with Tasman Bay Vets

400D High Street, Motueka 69 Aranui Road, Mapua www.tasmanbayvets.co.nz

Laminitis in horses

With all the lush grass about at the moment horse owners need to be careful to prevent laminitis. Certain individual animals appear predisposed to recurrent pasture-associated laminitis. These are being a pony, being female, increased age and obesity but laminitis can affect any horse, of any age or sex, at any time of the year.

What is laminitis?

Laminitis is one of the most serious, crippling diseases of horses, ponies and donkeys. Laminitis is a painful inflammatory condition of the tissues (laminae) that bond the hoof wall to the pedal (coffin) bone in the horses hoof. Laminitis is caused by weakening of the supporting lamina within the hoof, leading to painful tearing of the support structure suspending the pedal bone within the hoof. If laminitis is not treated promptly, the pedal bone drops (founder). The level of pain a horse demonstrates does not necessarily indicate either laminitis or founder. Some horses show tremendous pain while they are laminitic, and others show very little. The same may be true for foundering horses.

Diagnosis

The diagnosis of laminitis is usually based on the clinical signs which include lameness affecting two or more limbs, characteristic stance of leaning back on the heels and taking weight off toes, bounding digital pulses, increased hoof wall temperature, pain on hoof tester pressure at the region of the point of the frog and possibly a palpable depression at the coronary band.

Further tests are performed in those cases where an underlying endocrine abnormality is suspected such as equine cushings and radiographs are taken in those cases where movement of the pedal bone is suspected.

What to do if your pony/horse has laminitis

- ★ Laminitis is an emergency. Call us for advice
- igspace Initial treatment is critical and can dramatically reduce the likelihood of founder
- ♦ Do not exercise your pony.
- ★ After examining your pony we may give painkillers, a vasodilator, fit frog supports and give other treatment if appropriate.
- → Do not starve your pony as hyperlipaemia (a severe metabolic disorder which occurs in response to a negative energy balance, the end result is multi-organ failure as lipid is deposited in the liver and kidneys) may develop. We will advise you on an appropriate diet; this will normally consist of limited forage and high fibre, low starch chopped feeds with plenty of fluids.



Let us offer you a personalised ride for you, your friends and family in the beautiful Neudorf countryside!

We offer one to four hour farm rides for all ages. We ride over up to three working farms, over gently rolling hills, along country roads or, depending on the season, ride in forestry. All rides feature stunning views of the surrounding countryside, Mt Arthur, the Western Ranges and Tasman Bay.

We cater to all levels of experience in small groups of one to four riders, numbers dependent on rider experience. Basic safety and riding instruction starts each ride and safety helmets are provided. We suggest long pants for riding, a jersey or sweatshirt is good to have for the breezy tops, and sturdy footwear is a must.

\$60 for the first hour per rider, two hours \$100 per rider!
Call or email us for rates for longer rides

115 Blackbird Valley Road - off Neudorf Road
Just follow the signs from Price's Corner - Bookings Essential
543-2992 027-248-6001 <u>kathy@blackbirdvly.co.nz</u>
Kathy and Ron Geiger www.blackbirdvly.co.nz





BRAND NEW BROADLINE topical flea and worm treatment for cats. Available in single syringes.

69 Aranui Road, Mapua, ph 540 2329 Mapua clinic open 8am-12pm and 3pm – 6pm weekdays www.tasmanbayvets.co.nz





Jeanette A, Garrett B.H.S.I., Ad. Dip. Ed.
Registered Equestrian Sports NZ Performance
Coach & Coach Educator
www.clickwithhorses.co
ph: 03 528 7123

Horse Cover & Gear Repairs

- + Horse Cover Washing
- + Prompt Service
- + Good Rates

Contact Lawrie

1350 Moutere Highway

PH 5432 234

Endurance spraying

All types of weed spraying Gorse and Brushweed Control

Commercial • Residential Forestry Road Spraying Moss treatment for lawns, concrete areas and decks.



Contact Pete Hughes
021-194 2654 A/H 03 544 2654
Growsafe certified •
Approved Handler

Hello Animal Lovers

Now that it's spring its not just humans that get affected by the pollens and spring growth. Horses in particular can be significantly affected by spring rye grass. The entophytes in rye grass can produce mycotoxins which affect the nervous system to the extent that some horses (and cattle, sheep and alpacas) get the staggers and have difficulty coordinating their legs. They can also tremble, shake their head can be spooky and feel generally irritated; this varies with each horse but should be taken seriously. It is a time to be patient, as your horse can be affected intermittently. There are a few things that can be done to try to control the effects of the grass. Feeding small amounts of magnesium daily can help. In really chronic and severe cases the horse should be removed from the pasture until the grass dies back which is usually in summer.

In addition to the grass effects many entire horses (mares and stallions) will be affected by spring. Mares come into season frequently and can be 'moody' or hard to handle due to their hormones. Stallions are aware of mares being in season and get distracted. It does not mean that horses can't be ridden or used during spring, it just needs owners and riders to be aware they could be more sensitive and unpredictable. So stay consistent and calm and don't be too upset if you have a 'bad' day. Horses should not be punished for this just given greater understanding.

I am always happy to answer any animal behaviour questions you may have: 0212664211.

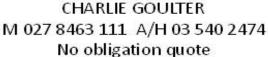
Susan Mott

Animal Behaviourist

MOUTERE MOWING & FENCING

MAPUA BASED

- Lifestyle block mowing
- Park Mowing
- Rural Fencing
- Residential Fencing



Growing Project Seeks Five Families

A dream to see everyone have easy access to fresh vegetables is the inspiration behind the Joyful Soil Project. It is a brand new venture started by Pania Robinson of Lower Moutere.



With a diploma in nutrition, and as a Dirt Doctor gardening workshop presenter, Pania has a real passion for

vegetables - "They're my favourite food and a real love. I love to grow them, photograph them, eat them and cook them.

Pania is looking for 5 people to work with; people who have families to feed and could really use some extra nourishment in their lives. They might be having financial challenges and looking for ways for their family to eat healthy meals together without having to spend lots of money on food. Importantly they will be keen to learn how to grow vegetables!

In Pania's words, "Research shows that nearly one third of New Zealanders aren't eating their recommended daily serving of fruit and vegetables. Vegetables are so important for a healthy diet and much vitality can be added to people's lives through eating more vegetables; even more so if they are actively growing them too."

Through her nutrition studies Pania realised her passion for growing food and also that people often simply don't eat enough vegetables, whether because they don't realise the health benefits, don't have access to them, or don't know how to prepare them.

"I started the Joyful Soil Project with the intention of growing food for sale, and teaching workshops along the way. But I recently realised that as the main purpose of this project is to help people have more knowledge about vegetables, then I need to start working with people!"

Pania intends to meet once a week with these 5 people. mostly in Motueka or Lower Moutere. As a group, they will all learn how to grow vegetables and will help each other put that into practice in their own gardens, or shared gardens. As they start to grow and harvest vegetables, they will learn some healthy meal ideas together and ways to use fresh seasonal produce.

All going well with the first 5 families, Pania will consider another 5 applicants and so on, with the aim of 20 families being able to grow and eat fresh healthy vegetables, within 20 months.

> Please call Pania on 03 526 7166 or email paniarobinson@gmail.com if you are:

- Interested in applying to be one of the families for the project (Pania will send you application guidelines)
- know of people or organisations who might be interested
- would like to get involved in the project in another way and volunteer your knowledge, resources or help

For more info see: www.joyfulsoil.co.nz

The highly anticipated sequel

HUNGER GAMES: CATCHING FIRE

Arrives in cinemas worldwide on 21st Nov.

Get a ticket for the Upper Moutere Tennis Club Movie Night and be in the crowd seeing the film on its release!



UMOTennis Club Movie Night Fundraiser 21 November 2013 State Cinema, Motueka

> 8:00pm \$13.50

Contact Barbara Brown (03) 543 2440 for ticket purchase information or email <u>UMOTennis@gmail.com</u>

Don't delay. The tickets are sure to be in demand.



NOVEMBER 2013 – ENTERTAINMENT CALENDAR

Sun, Nov 3 – 3:00p **SOUL D** Sun, Nov 10 - 3:00p JOHNNIE CAMERON

Sun, Nov 17 - 3:00p MARLEY RICHARDS

Sun, Nov 24 – 3:00p ELISHA HOBBS

FREE CONCERTS AND NO SURCHARGES!

12 Aranui Road, Mapua ● ph 03.540.3210 ● www.goldenbearbrewing.com



October Coastal Garden Club Report



President Adrian opened the second meeting back at the Mapua Hall.

Members were reminded to compare this venue with the Tasman Church Hall where meetings were held while the Mapua Hall was under going renovation. At our November meeting a written voting form will be issued to members so that the venue for subsequent meetings can be decided on.

Treasurer Marilyn presented her report and detailed the funds for specific areas raised at the Spring Flower Show. Many folk in the community commented on the success of the Spring Show and feed-back forms were distributed to members.

Rachael Stringer's resignation from the committee was received with regret. She was presented with a flowering shrub and the splendid work she has done both as a secretary and a very hard working committee member was noted. A huge thank you from us all Rachael. Great to know we'll still see you at meetings.

Our speaker was the delightful teacher Keitha King: Her hanging baskets around their home are superb so who better to demonstrate the best way to plant 24 little plants. [impatiens in this case.]

With her basket liner sitting on an inverted pot she set sail, noting that it takes her a mere 10 minutes from go to woe! The oval discs that husband Brian makes from corrugated cardboard form a little cocoon for the plant and with potting mix filled just below the first set of holes the little plants went from inside to out in a trice then onto the next plant. { I had done the operation in reverse with a liner full of mix and wondered why my little plants looked rather battered at the end of the process] The next layer is added to the second set of holes and then the third and finally three plants are added on top. Having revealed her secrets, members were strongly instructed to add a little plant, and we did!

There is nothing better than 'having a go' and by the end of the session even the initially reluctant members were taking a turn .Our thanks too for the completed basket that Keitha contributed as a raffle prize.

An entertaining and informative session . Great stuff Keitha.

After the tea break, knowledgeable member Margaret Satherley discussed spring blooms on the display table, and Brian King showed us some of his amazing orchids.

Another happy gathering of gardeners finished on time at 3.30pm.



MOUTERE INN



THE CENTRE OF THE MOUTERE SINCE 1850

- Craft Beer
 Real Ale
- Local winesBar mealsLive musicEvening Dining
- Lounge bar
 Rooms

EST^D 1850

All welcome

COMING EVENTS AT THE MOUTERE INN

❖ LIVE MUSIC SAT 16th November 7:30pm "Bryce Wastney" Fresh from a nationwide tour with Paul Ulbana Jones and looking forward to playing at the Queenstown International Jazz and Blues Festival Bryce will be at the Moutere Inn on Nov 16th. He will be performing a mix of songs taken from his first two albums and captivating versions of some unique covers. Bryce's music traverses folk, country, rock and pop, and is always soulful whatever the genre.

❖ FINE DINING EVENING 30th November 7pm

Following the success of the fund raising dinner for the Moutere Hills Community Centre we will be offering a relaxing evening, of fine dining over five courses. Focusing on produce from the Moutere Artisans we have asked five local wineries to match a wine with each course. Bookings essential, check our website for menu details and prices.

❖ DON'T FORGET

Raffle every Wed 6pm with Chase the Ace and Steak Wednesday. 1^{st} Thurs Folk Night. This month 7th. 2^{nd} Thurs Quiz Night. This month 14th. Last Thurs \$20 Ribs Night. This month 28th.

THE MOUTERE INN THE CENTRE OF THE MOUTERE

Phone 543 2759 www.moutereinn.co.nz

PEA STRAW

"The ideal garden mulch"

Suppliers of quality Pea Straw for the past 15 yrs

1290 Main Road, Upper Moutere

\$12

Please phone to arrange collection Ph: 03 5432890 or 021 496 557



Water Features
Paving
Rock Work
Irrigation
General Landscaping

Michael Hardy **Ph: 021 443 908**A/H: 03 543 2555



BENEFITS OF SHEEP MILK PRODUCTS

SHEEP MILK is higher in total solids than either cow or goat milk. Containing up to twice as many minerals such as calcium, phosphorus, iron and zinc, it also contains more of A, E, C, D and B complex vitamins than cow's milk.

Are you dairy intolerant? An intolerance to dairy usually only indicates that you are intolerant to cow's milk. Sheep milk is a great alternative!

Are you lactose intolerant? Much of the lactose in sheep milk goes out with the whey when making cheese. Evidence shows lactose in sheep milk is more readily tolerated and easier to digest than other milk.

Do you have asthma, eczema, and skin problems? Studies recommend replacing cow milk with sheep milk to aid the treatment of these and other related problems due to the high levels of iron and zinc.

Sheep Milk free of A1 protein! Research shows that milk from sheep and goats is free from the A1 protein found in milk from most cows. The A1 beta-casein protein has been linked to heart disease, diabetes type 1 and various mental illnesses.

All Neudorf Dairy sheep milk cheese and yoghurt are suitable for vegetarians, halal friendly and gluten free! For more information visit www.neudorfdairy.co.nz



Spring is here with the great longer evenings. Make the most of them with some delicious home made goodies and a long cool drink.

Thyme and Brandy Pate

10g butter, 1 teaspoon olive oil, a small onion chopped, 1 clove garlic crushed, 300grams chicken livers, timed, 2 tablespoons brandy, 50grams extra butter softened, 1/3 cup of cream. 2 teaspoons fresh thyme leaves, salt and pepper, extra thyme sprigs to serve.

Heat 10grams of butter the oil in a pan, add onion and garlic, cook until soft, add chicken livers cook for 1 minute then add brandy. Cook until liquid has evaporated.

Place it all in a blender and blend with the extra butter and cream and thyme leaves until smooth . Add seasonings and spoon into 2 pate cups (smallish).

You can now make a consommé topping: 1/2 cup good chicken stock, 1 teaspoon gelatine. Heat stock, sprinkle the teaspoon of gelatine into the stock and stir until dissolved. Cool then pour stock carefully over the pate, place a thyme sprig on top, place in fridge to firm up.

Serve with rye bread, crackers etc.

Spiced nuts

Place 2 teaspoons vegetable oil in a saucepan, add 1 teaspoon salt, 3/4 teaspoon paprika, 1/2 teaspoon ground cumin, 1/2 teaspoon pepper, 1/4 teaspoon chilli powder. Heat over a low heat until fragrant.

Add 1 cup each of almonds, peanuts and cashews. Stir to coat, cook 3 minutes. Serve warm or cold. Change spices to suit yourself, but they must be fresh!

cont over...

Olde World Furniture_Design_Decor

Looking for furniture with style? Then come and see our large range located in the Upper Moutere



Viewing by appointment 021 665 147 or order online today at www.oldeworld.co.nz

Blue Cheese pan sandwiches

Spread sliced baguette or good bread with fruit paste (quince paste is good) add a slice of blue cheese and top with another slice of bread, brush with melted butter. Heat fry pan over low heat. Place in pan and cook each side approximately 1 minute or until crisp and golden.

Long Cool Drink!!

In a jar place 2 3/4 cups vodka, 2 sliced blood or navel oranges and 2 cinnamon sticks; seal and set aside for at least 24 hours.

Serve over ice or with tonic water. Get some local cheese, chutney and olives and you're sorted!

Soo Gee.

FROZEN BERRYFRUIT \$4.00 per kg.

Boysenberry and Karaka. 1kg packs.

- Free flow (ideal for desserts, baking, smoothies, ice-cream, etc.
- Jam packs (ie.not free flow).

Phone 5432888



COUNTRY CUTS HAIRDRESSING

COUNTRY CUTS WILL BE OPENING IN KELLING ROAD IN THE NEW YEAR OFFERING A COMPLETE AND PROFESSIONAL HAIRDRESSING SERVICE TO THE COMMUNITY OF UPPER MOLITERE!

I AM A FULLY QUALIFIED AND EXPERIENCED HAIRDRESSER.

ALL CUTTING, COLOURING AND PERMANENT WAVING SERVICES WILL BE AVAILABLE.

AN EYELASH/EYEBROW TINTING AND FACIAL WAXING SERVICE WILL ALSO BE AVAILABLE.

UNTIL THE SALON IS OPEN, I AM AVAILABLE TO COME TO YOU (BY ARRANGEMENT) TO ATTEND YOUR HAIRDRESSING NEEDS!

PLEASE PHONE KAREN ON (03) 5432297

AND LEAVE A MESSAGE. THANK YOU



Who had a great time at the Code Cracker Camp? We had an absolute blast! Who was game enough to do the water slide in the torrential, freezing rain? How did the girls crack the code so easily? Are they just incredibly brainy? Must say a special thank you to Chef Andy Marr, and also to Julia Young.... and their families, too! Big hugs and kisses!

Friday Night Youth – Year 7+ 6:30pm-8:30pm @ the church hall.

Friday 1 November Flour Games

Friday 8 November Marshmallow Games

Saturday 16 November Red Carpet Extravaganza

Friday 22 November No Youth Group

Friday 29 November Photo Chase

Senior Youth - Year 9+

For the rest of this term all year 8's are invited to join Senior Youth. It's heaps of fun, so come along.

Saturday 2 November Flour Bombing & Flour Soccer

Saturday 9 November Crazy Golf

Saturday 16 November Red Carpet Extravaganza

Saturday 23 November Beach Arvo - Soccer, Frisbee, & Sausage Sizzle

Jelly Wars Saturday 30 November

Bubbles & Cupcakes Grand Tour

The Grand Tour begins on Monday 18 November through to Monday 2 December. We will be touring the district - beginning with an icecream at Mapua Wharf, and ending with a hot chocolate at the maze on Redwood Straight. It is going to be extraordinary!

Bubbles & Cupcakes will cost \$25 and will run from 3:15pm-4:30pm on four consecutive Mondays, beginning 18 November. Contact Abbey for details: 027 2434364, or 5432949.

Community Youth Workers

5432949 Andy & Abbey Bensemann

Andy 0212245178

Abbey 0272434364

PAYLESS ELECTRICAL SER

professional service guaranteed



0800 772 794

021 277 2794

Free Quotes

- · New build homes and renovations
- Rewiring, switchboard upgrades
- Lighting, power points, heating
- Home entertainment installations
- LED lighting specialist
- · Electrical Safety Checks COMMERCIAL
- Building maintenance and fault finding
- Complete fit out of new shops, offices, showrooms and warehouses
- Lighting and power design
- Data wiring
- Electrical Safety Checks

w: paylesselectricalservices.co.nz

No Job too Small

e: paylesselectricalservices@gmail.com

Nelson



Give us a ring for:

- Excavating (2.6.12.20 ton)
- Gravel/rock supply



- **Driveway construction & maintenance**
- Agriculture contracting

Barry: 021 533 118 or 543 3771

DEBBIE WATSON

Licensed Real Estate Salesperson (REAA 2008)

Phone 03 544 5488 / 021 462 629

Your best interest is my priority so feel free to call me with any queries - I'd love to hear from you.



COMMISSION 2.95%

+ \$500 Base Fee + GST on the first \$400,000 and thereafter by negotiation.





Lydia Peckham, recipient of the Sarau Scholarship 2013, has recently returned from the Globe theatre and Cornwall



The plane touched down on English territory. We were at our destination, months of hard work were finally put into perspective. The 24 YSC members erupted with claps and cheers. We spent the first day exploring London - buzzing with music, buskers, laughter, smells, food, markets, cafés, theatre. The place was alive with energy and creativity.

Next we met the tutors and mentors at the Globe theatre with whom we were privileged enough to work. They thrived on exploring and discussing ideas, themes, messages in theatre. "The most important thing is it be interesting; you should find out more about what you don't know" Glynn McDonald stated in her first workshop. The tutors were fun, quirky, intelligent, exciting people to be around. They poured out information and we absorbed it like sponges.

A theatre exploration with Dr Derek Dunne: this meant our first step into the Globe itself. Walking through the doors and entering a building with so much history, value, relevance and energy was extremely special. Watching our first of many Globe performances: as groundlings at *A Midsummer Nights Dream*. The talent on stage and off stage was like nothing I had seen before. The directing and acting were superb, as were the set, the movement, the costumes. To stand in the same place for three hours was also an experience. The feet were sore and tired, yet the eyes and mind were energized, entertained, entranced. As the dim dusk of night slowly crept in, torches started to burn taking the place of the sun. It was a spectacular and magical performance, never to be forgotten.

After an intense, rewarding and rich ten days working with our director and tutors it was time for our own performance of *A Midsummer Night's Dream*. Performing on the Globe stage was an incredible experience. The empowerment that the theatre gave you, the audience literally at your fingertips, the vulnerability of the open space, the endless dark sky above you. Around 300 people attended our midnight performance; this showed the real sense of support for 'us Kiwis'. The NZ High Commissioner for the UK, Sir Lockwood Smith was there, many relatives from both New Zealand and England, our Globe mentors, tutors and even members of the public.

A few days in Stratford upon Avon, soaking up more Shakespeare plays and history, before three of us travelled south to Cornwall, for a YSC 'extension project'. We spent a week touring with our 3 person, 40 minute version of *The Tempest*, performing to children's homes, school groups, a wedding, around camp fires on beaches, and, with utmost privilege, to the general public at the amazing Minack Theatre - an amphitheatre hewn out of rock on the cliff coast of Cornwall. This was the culmination of weeks of tuition and Skype rehearsals here in NZ with the incredible Stuart Devenie, who gave hours of his time to work with us, for the love of Shakespeare and the theatre.

My trip was a life changing experience; I can't even begin to describe how much I have learnt and brought back to New Zealand to use in my future and to pass on to others. I am so grateful to all those who supported and helped me, and in particular a huge thank you for the Sarau Scholarship. Without it, I wouldn't have been able to experience such a life enhancing opportunity.



Sarau Festival 2014 is coming up!!

Sunday 2 February 2014

LOCAL MIDWIFE CLARE SPRATT

Ring Clare for friendly professional maternity care and advice.



I offer full 24 hr maternity care from conception through to 6 weeks post natal, home/hospital and water births, birthing pool available, natural remedies, free pregnancy testing, breastfeeding support and much more.

> T: 03 526 7764 M: 0273324929 E: midwifeclarespratt@me.com





UNIQUE SMALL GROUP TOURS TO SOUTH AMERICA & EUROPE

WALKING - CULTURE - WILDLIFE - SCENERY - WINE & FOOD

COSTA RICA, CUBA & MEXICO or COSTA RICA & GALAPAGOS

Superb wildlife and cultural experiences - 21 and 20 days
Departs 10th June 2014

PERU & GALAPAGOS ADVENTURE

The Inca Trail, Colca Canyon & Lake Titicaca, matched with the enchanted islands of the Galapagos - 25 days

Departs 22nd May, 31st July and 14th August 2014

EUROPEAN ALPS WALKING TOUR

Alpine meadows, the towering dolomites, Cinque Terre & more.
23 days in Switzerland, Italy & Austria - departs 16th June 2014
**Hurry early bird airfares are out now!!!

www.southernexposuretours.co.nz email sil@southernexposuretours.co.nz
Or call Mondo Travel Motueka 0800 804 737

School Holidays - Dec and Jan-

Limited places so please get in quick. Journeys start 9th Dec ,16th Dec, and 19th Jan – 6 days 5 nights - \$290 Junior Journeys start 20th Jan – 5 days and 4 nights - \$190





Iournevs of discovery - Whenua Iti Youth Holiday Programmes.

4 days, 3 nights or 6 days, 5 nights, fully-guided, all-inclusive Outdoor Adventure Experiences. Ages 11-18, Dec and Jan holidays. Please get in early as we are always well over subscribed.

What is the Journey?

The purpose of the Journey is to provide young people with challenging experiences in the outdoors. Using Whenua Iti's philosophy of <u>"challenge by choice"</u> young people are encouraged to try different activities and to go as far as they can. Many are surprised at what they can achieve. The Journey Programmes are full of action-packed outdoor adventure!



Which Journey is for me?

Journeys are offered in two formats, one for younger groups and one for older groups.

Option 1 - The Junior Journey (ideally suited for ages 11-13)

4 days, 3 nights. \$190 all inclusive

Option 2 - The Journey (ideally suited for ages 13-17)

6 days, 5 nights. \$290 all inclusive

(includes all food, equipment, safety gear, fully qualified instructors and transport).

Mission Statement – "To encourage the holistic development of individuals through outdoor experience"

How Do I register?

Please call us on 0800 379842 or visit www.whenuaiti.org.nz We will be holding information evenings in November for youth, parents and families. Limited places available. Application forms are available on our website.



The Playhouse Cafe What's On Guide NOVEMBER 2013 OPEN 7 DAYS Monday to Wednesday 11am till 4pm Thursday to Sunday 11am till late

V	W			5	3
NOW O	PEN 7 C	DAYS	Open 11am till 4pm Private Function	CLOSED FOR WEDDING	Open 11am till late
Dec 27th: The Roc	ıs	how	Wklectics Hospice fundraiser, \$5 Show 8pm Dinner from 6pm	RUMOUR HAS IT live band FREE	Open 11am till late
Jan 1st: Ubana doe Jan 2nd: The Mike Jan 3rd: The Andre Jan 4th: Oakley Gr Jan 6th: New Town Jan 9th: Gary McCo	Field Quintet ew London Trio enell n Rock Steady	14	Open 11am till late	Open 11am till 4pm CLOSED FOR PRIVATE FUNCTION	Open 11am till 4pm
Paul U The legendary S \$25 pre-sale, \$95 fo	20 YEARS EVE with bana Jones Singer and guitar plans on Show and 4 cours on, Show from 830	layer se meal,		NIGHT, \$20	5
Dec 28th: SALN SOUND S Tickets from salmone Jan 4th: Pa	ALL SHOWS	— 11ama till	MURDER X MYSTERY NIGHT SOLD OUT	ADEASE AND TIN MAS BURLES W/ Lilly Loca (Al and Sun City Burlesque, \$2 Show 8pm Dinner 6pm Group discount vailable, Call 540 Great idea for you	SAL QUE Open (L) 11am till late 0 ts 2985 our

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

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.**



MUSIC & MOVEMENT

Music and Movement for under 5s. Monday's at 9.30am

(for about 30 - 40 mins) in the church hall, Upper Moutere. Everyone welcome—\$2 per child. Phone Debbie for more info 5432 915

KIDZ KLUB AFTER 3

OSCAR ACTIVITY PROGRAMMES

'WHERE KIDS HAVE FUN'



We provide CYF approved quality OSCAR after school and school holiday programmes in Mapua and an after school programme in Upper Moutere.

For more information contact Cindus 03 543 2033 / 027 358 7233 Kidzklubbafter3@gmail.com'

CHECK OUT OUR FACEBOOK PAGE TO SEE WHAT THE KIDS HAVE BEEN UP TO LATELY!!

Need some sawdust for your garden? Carbon for your compost?

On Saturday 2 November from 9 - 11am we will have a loader at our sawdust heap to load your trailer or truck - Harley Road,

Upper Moutere - look for the sign.

This is a fundraiser for the Moutere Hills Community Centre Recovery Fund - please give a donation for each trailer load taken.



Callouts from 16th Sep - 15 Oct

23rd September Flaxmore Road— smouldering pile

1st October - MVA Neudorf Road



A reminder—if you didn't replace your smoke alarm battery when the clocks changed over at the start of daylight saving, it would be a good idea to do it now.

MOUTERE MASSAGE ROOMS

Sports, Deep Tissue, Injury Repair, Bowen Therapy, Foot Reflexology, Pregnancy Massage.

- * Qualified & Professional
- * Gift Vouchers
- * Monthly Specials
- * Affordable Rates
- * Avail. Saturdays & Evenings
- Treating neck & back pain, Sciatica,
 Sports Injury,Pre & Post Comp. sessions.

Ph 03 526 7107 for an appointment.

Upper Moutere School Car boot Fundraiser

Sunday 3rd November 10am—1pm

Sites \$10

Contact Saree at school office Ph 5432 798

* note change of date from previous advertisement*



Hon Damien O'CONNOR MP for West Coast - Tasman

Freephone 0800 Damlen (0800 326 436) damlenoconnor.mp@parllament.govt.nz facebook.com/damlenoconnormp



