

# RURAL MATTERS

## LOCAL LIVES



**Set up 90 years ago to support women in remote communities, Rural Women NZ still has a strong voice, as Moutere branch treasurer Pat Moore explains.**

**I**t's a sign of the times that Rural Women New Zealand is now on Facebook and Twitter. This organisation, which has been supporting rural communities since 1925, still has its place in the 21st century.

Pat Moore, treasurer of the Moutere branch, has been in Upper Moutere for 50 years, and lives with husband Ray on a 1000-acre sheep and cattle farm, now managed by their son Peter. A former member of the National Council, she now enjoys the regular contact of local meetings. On the last Wednesday of each month, Pat and fellow members get together at each other's houses to discuss topics, with a focus on health, education, environment and social issues.

Originally known as the Women's Division of the Farmer's Union, Rural Women was set up by a group of farmers' wives who were on holiday in Wellington while their husbands attended conference. "They heard of the hard, lonely lives of many farm women," says the website. "But what really touched their hearts were the stories of backblock women, of their loneliness and illness and the lack of help."

Times have changed, particularly in the Nelson region, with so many rural farms being turned into lifestyle blocks, and people becoming far more mobile, but there's still a need to speak up for our communities, says Pat. "We advocate for the same services to be provided in rural areas as in town. For example, we've been working on having equal access to cellphones and the internet. Tapawera is just getting cellphone coverage now, and some areas still have no internet access. Farmers increasingly rely on the internet, so better access is quite important."

The group also want to ensure that rural children have the same schooling opportunities as those in urban areas, having seen a number of rural schools closing down over the years. Their latest

drive in the educational field has been for a 20km speed limit around school bus stops for children's safety.

Ensuring people have easy access to healthcare is another cause they're advocating for, with people in areas like Murchison finding it hard to get hold of prescriptions. In the environmental arena, freedom camping has been on the lobbying agenda, in a bid to keep the countryside clean and tidy.

Over the years, Rural Women has championed several causes that have been taken up by the government. "We still have quite a bit to do with the Access Homehealth support service that provides carers and support workers for people with an illness or disability, or who are recovering from an accident or an operation," says Pat. "Until the 1990s, this service was offered by volunteers.

"We also started a mobile library service that took books by bus and truck to people in remote areas." This service was also taken on by the government, with book vans serving isolated communities until the late 1980s.

The Nelson region may not be as active as some – such as the Waikato and over in Golden Bay – where farming is still predominant, and where women now often run farms in their own right. However, Pat believes there are plenty of ways to help rural communities everywhere. "We're more of a social group, but we continue to look at the wider work of Rural Women New Zealand, and where we have something to contribute, we forward that to the national society."

*If you're interested in joining Rural Women, give Pat a call on 03 543 2743.*



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Further details contact Chris

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**Mob: 021 022 909 20**



## **PLACING AN ADVERTISEMENT**

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

**The deadline for each issue is 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
- Ⓞ 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

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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## RECREATION



### UPPER MOUTERE TENNIS CLUB

*Mission: To be a friendly community tennis club that promotes and encourages participation for fun, fitness and achievement for all ages and levels*

#### UPDATE – MAY 2015

The winter chill has arrived abruptly this year, but even though the air temperature has dropped – conditions are perfect for tennis.

Upper Moutere Tennis Club offers an extensive programme for both junior and senior players over the cooler months. Whether you are keen to start playing or currently play, choose from the many sessions on offer:

- **Adult group coaching** – Wednesday & Thursday mornings from 9:00am
- **Cardio Tennis** – Tuesday mornings: 9:00 – 10:00am
- **Social Club Tennis** – Sunday mornings from 9:00am
- **Social Family Tennis** – Sunday afternoons from 3:00pm
- **Senior Inter-Club Competition** – Thursday nights from 7:00pm
- **Junior Coaching** – Thursday after school

**We hope you can join us!**

For Coaching, Contact Vanessa Mairs 543 2332  
Individual coaching also available

To join Upper Moutere Tennis go to:  
<http://www.mouterehills.org.nz/clubs/upper-moutere-tennis-club/>  
for our 2014/15 Membership Form  
or email

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

We look forward to seeing you on court



## Tasman Gymnastics Club



**Term 2 starts on Monday 4<sup>th</sup> May**

**This term we will focus on our display routines.**

**Display dates are: Sat 27<sup>th</sup> & Sun 28<sup>th</sup> June.**

**Term 2 is 7 weeks long plus two dress rehearsals and two performances, that's 11 sessions for the price of 7.**

**Enrolment:** All classes must be booked in advance, by enrolling your child you are committed to pay the full term fees on or by the first week of term.

#### Mondays @ Upper Moutere Community Centre



Pre school	2 ½ - 5yrs	1.45 - 2.30pm	\$70
Gym Fun	5 - 6 yrs	3.15 - 4.10pm	\$90
Gym minis	7 - 9 yrs	4.15 - 5.10pm	\$90
Gym Stars	9+ yrs**	5.15 - 6.30pm	\$95

#### Wednesday @ Motueka Recreation Centre

Tumble tots	10 months – 2 ½ yrs	11 - 11.45pm	\$20 a term or \$4 a session
Pre school	2 ½ - 4 yrs	12.15 – 1pm	\$70
Pre school	3 ½ - 5 yrs	1.15 - 2pm	\$70
Assisted learning	5 – 10 yrs	2.15 – 3pm	\$65 <b>NEW FOR 2015</b>
Gym fun	5 – 6 yrs	3.15 - 4.10pm	\$90
Gym minis	7 – 9 yrs	4.15 - 5.10pm	\$90
Gym Stars	9+ yrs**	5.15 - 6.30pm	\$95

For more information contact Sam on: (03) 5432512 or  
[samantha\\_slade@hotmail.com](mailto:samantha_slade@hotmail.com)

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



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Tuesday-Saturday



## Swim @ Mapua Chalets

From just \$15 per hour enjoy private use of our **heated indoor pool**. 30 degrees + even if it's freezing outside! Perfect for some private exercise, a family swim, or a children's party.

Did you know our indoor and outdoor pools are now open to the community throughout the year?



**Book your private pool experience instantly on our website at [www.activekidzswimschool.co.nz](http://www.activekidzswimschool.co.nz) or call 03 540 3310**



# Rangers Rugby RFC

## **RANGERS JAB RUGBY**

### **YOUR KIDS KEEN TO PLAY JAB RUGBY – YOU CAN STILL JOIN US!**

This season we have 5 JAB teams U6, 2x U7 teams (U7 Orange & U7 Black), U8 and U10. Due to there being not quite enough numbers to form a strong U9 team we have merged these players into our U8 and U10 teams. Our JAB numbers have increased by 25% and we are looking forward to the first JAB games on the 2 May. Your children can still join us if they want to play rugby - bring them down to our JAB training at the MHCC on a Thursday afternoon after school and get them to have a go.

## **RANGERS SENIOR B**

Our senior team has had 3 games so far this season and although we lost our first 2 games to Tapawera and Huia, we had a close game against Murchison and pulled off a win with all the action happening in the last 2 minutes of the game! In May we have 4 home games so come down and support us. The bar is open and we have a great club rooms at the MHCC that looks out over the playing field. Our home games for May are:

**16 May vs Riwaka**

**9 May vs Marist**

**16 May vs Wanderers**

**30 May vs Nelson**

Training for seniors is on Tuesdays and Thursdays at 6pm at the MHCC

## **RANGERS RUGBY DATES FOR YOUR DIARY**

### **9 May – CLUB DAY**

All our teams play at home today and we get to get together to celebrate being a family based rugby club. The day is great fun, and we encourage everyone from the community to come down and join us, whether you are a past, present or future Ranger Rugby supporter. The bar will be open, we will have meat on the spit, and fun activities for the kids, as well as some great grassroots rugby to watch.

### **23 May – QUIZ NIGHT**

Our annual fundraiser!! A great night out and everyone gets a prize - \$10 a ticket, 7pm MHCC

### **20 June – 60<sup>TH</sup> SEASON CELEBRATION CABARET**

To celebrate our 60<sup>th</sup> season as a club we are going to eat, drink, dance, and be merry! We want you to join us – book the babysitter! Further details next month!

***Don't forget to keep up to date with what is happening with the club, our draws and any other news we may have by checking out our facebook page **RANGERS RUGBY CLUB**.***

*For more info about our club you can contact Cindus 03 543 2033/ (027) 358 7233*



# MOUTERE HILLS COMMUNITY CENTRE



## A WORD FROM KATRINA

Gosh didn't Term One just fly by! Thank you to everyone who supported all the activities on offer at the Centre. It is fantastic to have so many different sports, activities and events happening here. Term Two has even more happening with several new exercise classes and sporting activities on offer. We will also be running our first ever housie evening which should prove to be a great night out so we hope you can come along and support it.

Winter Sport is now in full swing so why not come on down on a Saturday morning and support our young Rugby and Football players or come along and have a drink while you are entertained by the Rangers Rugby Senior team on a Saturday afternoon. To check out what weeks they have a home game visit our website [www.mouterehills.org.nz](http://www.mouterehills.org.nz)

We have a great venue for meetings, social occasions, birthday parties, functions and events so if you would like to find out more then please feel free to give me a call or just pop in.

*Kind Regards Katrina*

## Housie Evening

A fun Community night out with all funds raised going towards the development of our outdoor recreation space here at Moutere Hills Community Centre.

**Friday 5th June**

**7pm**

**Moutere Hills Community Centre**

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

Tickets available at Moutere Hills Community Centre office—you are welcome to book out a table for your own group.



## New Core/Floor & Strength Class

Join Tracey on **Monday evenings at 7:30pm** for this brand new class which aims to increase flexibility and core strength while improving posture and spinal mobility.

Free for Fitness Centre Members! (\$7 for non-members)

**Starts: Monday 4th May**

## Indoor Netball

Keen to get back on the indoor netball court and keep up your fitness levels?

Join us on **Tuesdays from 6.45pm—7.30pm** for some fun, social netball. Simply turn up and we'll arrange the teams on the night!

\$3 a session with no commitment required

**Starts: Tuesday 28<sup>th</sup> April**



## Footsal (Indoor Football)

Join us for some Footsal skills and drills and then we will put you teams for a games.

**Tuesdays 3:45pm—4:45pm**

**For ages 5 years plus - Cost \$2 per session - Starts 28th April**



**Office hours for Term Two: Monday, Wednesday, Thursday, Friday 9am—3pm**



**Phone: 543 2516**

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

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



## Is Yoga Messy?

Yoga has a reputation for being some kind of bliss-inducing, twisty, contortionist technique for bendy people wearing snazzy tights. 'I can't do yoga because I'm too stiff' is a common response when yoga comes up in conversation.

The truth is that if you can breathe you can do yoga. It is an age-old practice to help bring awareness to the body in order that we can look after our physical vehicle with a little more care. And yes, yoga can be messy. The postures aren't in perfect alignment and it can feel weird and awkward...just like life! It is a never ending learning process as we gently lengthen and strengthen the body, often taking it in directions that it is not used to visiting!

In my Ashtanga yoga classes I emphasise the *exploration* process. We create a calm space, connect with our breath and then begin some simple movements. We feel what is happening in our body, and learn to modify for our own particular needs. In each class we start at the same place, repeat the same movements and over time build the sequence up. There is no hurry and no expectation of an outcome. We just explore and soon realise that a tiny effort can bring a result no matter how flexible you are.

Classes are held in a beautiful wooden yoga room at Lancewood Villa in Kelling Road, Upper Moutere. A 5 week beginners course starts on May 19th running on Tuesdays from 5-6pm. This is suitable for anyone - men and women, old and young, but spaces are limited so please book. \$70. You are also welcome if you have done some yoga and just want a gentle class.

For those who have done some yoga before, a regular 90 minute class runs on Tuesdays at 6.15pm. This class is more dynamic and flowing.

Bookings and enquiries - Ange Palmer 03 5530353 [herbalist@angepalmer.com](mailto:herbalist@angepalmer.com)  
[www.angepalmer.com](http://www.angepalmer.com)

# Yoga.

Breathe - Be still - Surrender - Be strong

**Ashtanga Yoga is flowing and dynamic,  
integrating breath with movement**

## 5 week Beginners Course

Tuesdays 5-6pm \$70 - Bookings essential.

**Regular Class Tuesdays 6.15-7.45pm \$15**

Both start May 19th. BYO yoga mat and blanket

Venue: 'The Woolshed', Lancewood Villa,  
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The Sarau Trustees are delighted to advise that they have distributed the total sum of \$13,950.00 to the Moutere community following the 2015 Sarau Festival. Given the unfortunate weather and lower than usual attendance we particularly thank those who did attend, and the generous festival sponsors.

We also note that without the outstanding contribution of Sharon and her bookstall team, and Fiona and Elaine and their team with the Sarau Cream Teas, we would have struggled to find funds to distribute.

Donations have been made to the following: Moutere youth group, Rangers JAB rugby, Rangers football, Rangers netball, Upper Moutere tennis, Moutere cricket club, Kidpower, Moutere youth trust, St Paul's community support fund, Moutere gymnastics, Upper Moutere Playgroup, and the Moutere Hills Community Centre for the proposed outdoor area.

There is also a commitment to support the publication of the Grapevine should this be necessary during the next 12 months.

Thank you all for your support and for making the 2015 such a successful Sarau Festival ensuring that we had funds to make these donations available.



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# MOUTERE INN



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## COMING EVENTS AT THE MOUTERE INN

### ❖ MOTHERS DAY LUNCH SUNDAY 10<sup>th</sup> MAY

We will be offering a special Mothers Day, set menu lunch, for \$25 per person. There will be two sittings, 12 - 2 pm and 2 - 4 pm. The first six tables booked for each sitting, will receive a complimentary bottle of the gold medal winning Kahurangi Riesling for Mum to take home. Grab a flier from the bar or see our website for full menu details. Bookings essential.

### ❖ LIVE MUSIC 7PM SAT 23<sup>rd</sup> MAY "SERGEY AND TEA TREE"

Sergey Onischenko is a vagabonder from the Ukraine who is hitch-hiking round the world spreading his indie-folk tunes. He will be joined by **TeaTree**, a local trio who play a mix of melodic indie-rock & heart-warming covers & originals.

### ❖ FINE DINING EVENING SAT 30<sup>th</sup> May 7pm \$45

We will be offering a relaxing evening, of fine dining over five courses. Focusing on produce from the Moutere Artisans we will also be matching local wine with each course. 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

**Phone 543 2759**  
[www.moutereinn.co.nz](http://www.moutereinn.co.nz)

## Michelangelo 's drawings ? You know them!

Well some of them. You will probably be even more aware of his wonderful vibrant paintings so full of life and vigour and visual story telling!

Maybe you also know that he and other great masters of painting had to undergo a seven year apprenticeship to learn the many skills required of a master artist. Even the so called naturally talented!

But the wonderful thing is that everyone can learn to draw! You did it naturally at age 3 and 4. Your natural talent has not gone away! It may have dimmed from lack of use but truly it is just waiting to be revealed.

Foundational to being a visual artist was, and is drawing! Not only learning form, but also light and dark, perspective, negative space, composition and the power of line! Well before brush and paint, the pencil, charcoal and pen skills were mastered. Yes - first came line! The masters continued to draw throughout their lives. It has remained the key art form in its own right. From mans first cave wall expressions man has found it necessary to make his mark on a surface to record his experience.

Learning to draw is more than a mere 'hobby' it is learning to see the art that is everywhere. Your individual expression of that seeing -from the smallest item to the wider scene reveals the artist within.

Email Carol today for more information about the unique and innovative course she has been joyfully teaching for over 10 years. Courses are held Thursday evenings or Saturday afternoons in Upper Moutere and or Motueka.

Just 9 weeks from 23rd July - 19th September that could change how you see your world!

Email: [drawnow2@gmail.com](mailto:drawnow2@gmail.com)

### Drawing For Beginners

Moutere Hills & Motueka

*Autumn & Winter courses*

Do you have a secret desire to draw, or would like to reignite a talent you once had, but are a bit nervous about where to start?

*2015 is a great year for you to be drawing!*

**The good news is that everyone can learn to draw! It is *not* an inherited skill! For most it is learned. Step by step we lay the foundation.**

So take off the gardening gloves, come inside and discover your inner artist this winter!!

**Drawing For Beginners** is a 9 week course in pencil, charcoal & pen, which is offered in Motueka and Upper Moutere in term 2 & 3. Classes are small, supportive and joyful. You will surprise yourself at what you achieve. Learning to draw what you see is very satisfying. Many students have said "I now see the world through new eyes!"

**Enrolling now for Term 3**

Email your interest to Carol for more details.  
[Drawnow2@gmail.com](mailto:Drawnow2@gmail.com) Testimonials available.

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Location of crash; 21/03/2015  
approx 11:20  
Honda CBF125; rego A5YKM  
Tom Froeling

My son has become the victim of a driver crossing the centre line swerving around 2 cyclists in a blind bend. My son managed to avoid the collision but ended up beside the road in the verge / berm. His bright red motor bike Honda CBF125 is badly damaged. His protective clothing has done a great job and has avoided severe injuries, but requires repair or replacement. The driver of the older style 4x4 did not stop after the accident, but the 2 male cyclists (early 30's) and a following car did stop. The lady driver of the second car (most likely from Upper Moutere) has been so kind to bring my son home.

Place of the accident: Moutere Highway between Redwood Valley Lane and Maisey Road

Date and time: Saturday 21 March 2015, around 11:20AM

Looking for witnesses who have seen the accident, or may have seen the older style 4x4 shortly thereafter or the driver who caused the accident to come forward.

Contact details: 027 29 19 209

Or contact the Nelson Police at 03 546 3840

Motor cycle crash 21 March 2015; Rego A5YKM; Moutere Highway, Redwood

## ADVERTISING DOES WORK!

You just need to do it more .than once.

We put the call out in the march issue for someone to help with the layout of the Grapevine, but alas no reply.

However there was a wonderful response to the second advertisement, with several people offering to help. Thank you to all those who offered—it is encouraging to know there is such strong support for our community newspaper.

We welcome Susan Brennan to the team.

ADVANCE NOTICE:

## SARAU BOOK STALL

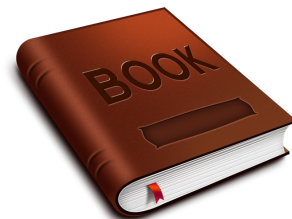
Saturday 17th July—Sunday 18th July

10am—3pm

Moutere Hills Community Centre

We had a fantastic response from Grapevine readers for the book stall at Sarau Festival in February. Books left over will be sold at this stall.

Refreshments will be available.







## COMMUNITY

### UPPER MOUTERE VOLUNTEER FIRE BRIGADE

Recent call outs:

Calls from 16th March to 15th April

**2nd April** motorcycle accident Dovedale road

**6th April** ambulance assist blackbird valley road.



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## UPPER MOUTERE YOUTH GROUP

We have a cool bunch of mostly 10-year olds attending Junior Youth - they are noisy and enthusiastic, keen to take part in any activity that we set them. The 'Treasure Hunt' involved using a map to wander around the village following clues, so the boys team did this at a sprint pace, and were very happy to climb the tree to find their treasure. Another activity - Pizza Scavenger Hunt, involved walking around the village carrying a tray with pizza dough. They were great at visiting people they knew, and parents, plus knocking on complete strangers doors and politely asking for some toppings. We got a huge marrow at one house and some of it was chopped up and put on the pizza and it was all eaten!

A memorable senior youth event was 'Bigger and Better'. Two teams were given a paper clip each with the challenge to come back with an object that was bigger and better. This required visiting friends in the district (not their own families tho) and explaining at the door what they were up to. The team that I was in progressed from paper clip - shot glass - vase - tin wheelbarrow - to a 70's red swivel chair. It's in the youth office if you want to see how comfortable it is. The other team came back with a tent and an Ab King Pro!

How fast can one  
eat a cracker then  
whistle a tune?



Egg toss - the record  
was 21 metres



Senior Yth Rock  
Climbing at Paynes  
Ford



#### JUNIOR YOUTH - 4-6PM/10-13YR OLDS

Minute To Win It \$3 - meet at Church Hall  
Kick the Bucket and more... - Church Hall

Newspaper Night - Church Hall  
Kidpower Workshop - Church hall

#### May Program

1st  
8th  
  
15th  
22nd  
29th

#### SENIOR YOUTH - 7.30PM/13-18YR OLDS

Team Building - meet at Church Hall  
Meet at Moutere Hills Community Centre - Table Tennis  
tournament \$3  
Spot Light - Church Hall  
Kidpower Workshop - at Moutere Hills Community Centre

COMBINED Junior & Senior Yth - RUGBY - Crusaders vs Hurricanes at Trafalgar Park, Nelson, meet Church Hall 6pm back at 10pm-ish  
Cost: up to 16yrs - \$5, 17yrs and over \$20 plus \$3 for transport. Limited Numbers \*BOOK NOW\*!!

Any Questions? Tessa - 022 101 2276, Billy - 021 027 28825, moutereyouth@gmail.com

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## COMMUNITY



### UPPER MOUTERE TENNIS CLUB

*Mission: To be a friendly community tennis club that promotes and encourages participation for fun, fitness and achievement for all ages and levels*

#### THE LODESTONE CLASSIC 2015

Invitation Only  
Sunday 17th May at 10am

It's that time again for some winter tennis in the Moutere sunshine!

The Upper Moutere Tennis Club will be holding its' annual interclub mixed doubles tournament, which is sponsored by Lodestone Wines.

It is also generously supported by local businesses: Brambleby Orchards; Lodestone Wines & Seeds; Moutere Gold; Moutere Inn; Moutere Motors; Neudorf Dairy; Neudorf Olives; Owen Barlett Pottery; Patisserie Royale; Peckham's Cider; Pomeroy's; Proper Crisps; Upper Moutere General Store; and the Upper Moutere Takeaways.

The tournament will take place on 17th May, starting at 10am and finishing at about 4pm. So please be advised that the public tennis court will not be available for casual use during this time. However it will be a great opportunity to watch some top doubles combinations from the Nelson region in action. Come down to the courts at 2pm if you want to catch the grand finals.

The postponement date for this tournament is 24th May 2015.

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

## Hamish.Fletcher Lawyers merge with Smythes

We officially welcome with the dawn of the new financial year our team members from Smythes Law; Ron Thomson, Emma Marshall and Yvonne Watson.

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**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.**



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MP for West Coast/Tasman

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



In my next two articles about home education I'd like to share some of the various "styles" of home ed that people use.

### PRE-PACKAGED PURCHASED CURRICULUM

This is basically buying a box/folder/set of instructions and perhaps workbooks containing pre-prepared lessons. Some include fiction/text books, others have book lists for you to source your own books. Buying books isn't as hard as it used to be thanks to the internet and sites such as Book Depository and Awesome Books.

Some curricula are teacher intensive, others are more self-teaching. Most have extremely attractive websites – often with samples of the curriculum, or overviews of content for each grade. This information alone is very valuable for the eclectic home education system (discussed later in this article).

I am not overly familiar with pre-packaged curricula as this isn't our chosen learning style, but I have consulted with other home educators on this topic to bring you some up-to-date information.

Using a curriculum can give a sense of "school at home" which suits some families. Of course a curriculum can be a spring-board for learning: rather than using it in the prescribed way a family may pick and choose topics or certain subjects from within a frame of a certain curriculum.

The word "curriculum" can be defined as *the means and materials with which students will interact for the purpose of achieving identified educational outcomes*

Having said this, if you choose to have a pre-prepared curriculum you may feel you are short-changing your children as someone else has decided what "educational outcomes" are important. Nobody knows your children like you do. Once again, home education gives you the freedom to make your own decisions based on what works best for you all.

Some names to google on this would be Sonlight, Live Education, Oak Meadow, Math-U-See, ACE Curriculum, Christopherus, Weaver, ABeka, Saxon Math, Apologia, Tapestry of Grace, Rod and Staff, My Father's World, Christian Light Education, Robinson Curriculum (self-teaching), Ambleside Online (free) and Alpha Omega Publications.

I've heard that one of the hardest things about using a curriculum is being brave enough to get rid of it if it's not working. No matter how much a parent may love a particular curriculum/resource (and no matter how much it cost), if it doesn't suit the child's learning style/tastes then the child probably won't be able to absorb and retain the information presented.

### CLASSICAL EDUCATION

There are two great resources I am familiar with for

learning about Classical Education and the Trivium – *The Well Trained Mind* by Susan Wise Bauer and Jessie Wise - and *Teaching the Trivium* by Harvey and Laurie Bluedorn.

In Classical Education three stages are recognised:

**The Knowledge Level** (or Grammar Stage) – before birth to approximately 12 years old. These are the years for receiving and gathering information.

**The Understanding Level** (or Logic Stage) – approx 13 – 15 years old. This is the age that (typically) the world becomes more arranged and information is connected in a logical order.

**The Wisdom Level** (or Rhetoric Stage) – approx 16+ where gathered information is put into practical expression.

### UNIT STUDY/NOTEBOOKING/LAPBOOK STUDIES

Basically this involves taking one subject (chosen by the child, or by the parent) such as "pirates", "trees", "pond life" or "the undersea world" etc or a book "Little House on the Prairie" or "Young Buglers" and forming a study around that. There is some cross-over here, where "unit studies" can also be used in "delight directed learning" which I will discuss in my next article.

Some of the curricula mentioned in the first part of this article work on a unit study approach. A series we have enjoyed on and off through the years is Learning Language Arts Through Literature.

Free online notebooking pages or lapbook pages are enjoyed by some children, and once again this can be used for delight directed learning.

Next month I'll let you know about eclectic learning and unschooling/delight directed or natural learning.

In the meantime I just wanted to let you know about something everyone is invited to:

Barbara Smith of Home Education Foundation (<http://hef.org.nz/>) will be in Nelson on the 9<sup>th</sup> of May to hold a Home Education conference at a venue yet to be arranged. I will hopefully be doing a presentation with the very clunky working title: Natural Home Education for All (celebrating and enjoying life with quirky children/parents: Asperger's/ anxiety/giftedness/socially awkward or other differences – diagnosed or undiagnosed)  
**Please check [hef.org.nz](http://hef.org.nz/) for details, or contact me.**

**Thanks for reading, if you have any questions drop me a line: [themummamalady@gmail.com](mailto:themummamalady@gmail.com)**

Regards  
Debbie Ball





# Country Kids Pizza Lunch

Early Childhood Education &amp; Care

April 2015

During the school holidays we had many exciting themed days. On one of these days we made pizza's! We started with half a pita pocket and then the children enjoyed their choice of toppings. They chose between spaghetti, ham, pineapple and cheese. Many of our children have done cooking before, either at home or at Country Kids; its really awesome to see the children building on their existing culinary



skills, whilst having fun too!! Everyone in the centre made one and gobbled them up for lunch. YUM!

Aimee



Term one is behind us and what a busy term it was!

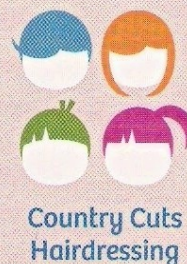
The largest event at Tasman School this term was Muddy Buddy 2015. This is the school's major fundraiser and has been run for six years now, in conjunction with Sport Tasman.

Much work was undertaken over the past year to ensure the event went ahead; all parties worked towards a revised course and conditions which would have the least impact on the environment. This was achieved and consent was given – limiting contestant numbers to 1400.

Sunday March 15<sup>th</sup> arrived and the sixth Muddy Buddy got under way. Numbers were slightly down (just under 1000), but considering the short time-frame in which to advertise the event, this was a great result! The entrants were suitably muddy and some went home with the spoils of the many spot prizes up for grabs – two bikes included.

Muddy Buddy is a real school and community event. The school stalls on the day are manned not only by school parents, but also their wider families and many from the Tasman community offer their time to help make this a successful day. We anticipate another memorable Muddy Buddy in 2016 – keep an eye out for the date.

Almost upon us is ANZAC day and Tasman School will host its usual service on Saturday April 25<sup>th</sup>, beginning at 10am. This is another example of school and community coming together, with students being involved in the service. This year will be a special one, to commemorate 100 years since the Gallipoli landings. Come along to share in this occasion.

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## UPPER MOUTERE PLAYGROUP

Upper Moutere Playgroup has a big & busy plan for Term 2. We will be focusing on Discover and explore Sea and Farm. We meet every Friday during the term (10am-12pm), for morning tea, activities and play in the Rangers Room at the Moutere Hills Community Center. We generally have an excursion each term.

We have a lot of toys for babies, toddlers and young children to play with, and provide morning tea for kids and parents. \$10/family/term. All families welcome.

Contact Kristy (0278417844) or Josi (0273748223) for more information, and check out our Facebook site (Upper Moutere Playgroup)

### Term 2 Activities (24 April - 3 July)

Making mini gardens 4 Seasons Making mini farms Visit to the Animal Farm Magnet play Vulcanos	Ferry Trip Sunken discoveries in a bottle Water & oil experiments Playdough Kaleidoscopes
--	---



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## Motueka Arts Council

### 'Make a Tea Cosy Competition'

The cooler days are here and that means its time to start thinking about getting an entry ready for the Motueka Arts Council annual craft competition.

This year we are focusing on 'tea cosies'. The classes cater for all mediums of craft from creative wool, inspired fabric to most outrageous where anything goes as long as it can be displayed on a teapot. There is also a class for a person aged under 16 years.

With increasing interest in our competition a selection of the tea cosies will be displayed in shop windows in Motueka then on the final day they will all be on display in an Exhibition with a prize giving held later in the afternoon. This will be held in the St Thomas's Auditorium on Friday 7<sup>th</sup> August.

All information about the competition, prizes and our wonderful sponsors are on the entry form which is available now.

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



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### Hello Animal Lovers

I have in previous articles mentioned fear but it is such an important aspect of animal behaviour that it is worth repeating.

All animals (including humans) are affected by fear. Adrenaline is produced and the body goes through significant physical changes. Short episodes of fear can be dealt with but when it is prolonged it can significantly contribute to deteriorating an animal's health and wellbeing. Even though animals have been domesticated for hundreds of years, they still have very ingrained behaviours when they think their life is being threatened. Many will run, others will turn and attack. It is therefore imperative that animals are made to feel safe and secure. Sadly this is very often not the case. In New Zealand and in fact throughout the world fear is used to manipulate particularly herd animals such as sheep, cattle and horses. This is done often using dogs, quad bikes or even helicopters to herd them up and drive them. The animals think they are being attacked and their lives are being threatened and just run with their herd to try to get away. It is puzzling this is done with animals that are taken to slaughter for meat as any fear response will affect the quality of that meat. Animals are often underestimated in their intelligence and sensitivity and treated in a rough manner when it really is unnecessary to handle them this way. All herd animals can be taught to come towards humans for reward and will willingly follow that person as leader. Even very large flocks of sheep and cattle can be handled in this way: provided the lead animal comes, the others will follow. It is sad to see so many being driven by fear and running blindly away from people.

In particular our pets should be treated without fear. It is far safer for the owner if there is a mutual respect. It is also much more rewarding to see animals give their trust, they will often go further and protect their owner. A recent program on tv about cats mentioned the case of an owner leaving the gas stove leaking gas and her cat waking her up in the night to warn her and let her escape. Many dogs have done similar things and one only has to look at a guide dog to see

How helpful they can be. We are currently commemorating 100 years since World War 1 and a lot has been said about the terrible conditions and the thousands that died. However, there were over 10 million horses sent to the war and only a few hundred survived. One such horse, Warrior went with his owner General Jack Seely and served the full four years on the Western Front leading the cavalry charges. One can only imagine the fear he experienced on a daily basis. Not only did Warrior survive when so many of his fellow equines did not, but he came back to England after the war and went on to live a long and productive life into his 30's. Warrior's remarkable story has been told in a book and a film made about it but what stands out is his loyalty to his owner and the way he looked after him throughout the war. Our beloved pets can be similarly loyal provided they are respected and not threatened.

Always happy to answer any animals behaviour questions.

Susan Mott  
Animal Behaviourist

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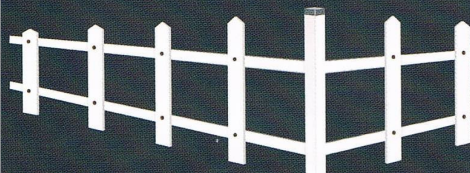
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## CHICKEN HEALTH

Chickens can make great pets, they can be very social animals, and will usually bond easily with you once they know you are the one who provides the food!

The average lifespan of a chicken is 8-15 years, so you will need to be committed to their regular daily care and attention. They are dependent on you to provide food, water, medical care and shelter.

### 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 coop. The size depends on the quantity and the size of chickens. For example, approximately 2-3 bantams per square metre.

Location of the hen house is important - 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 draft or high moisture content in the air. In fact, chickens can bear the cold better than heat.

Most breeds (but not all) like to be able to perch at night. The night compartment must be cleaned regularly, therefore a height that you can reach easily is recommended. Cleaning will be required on a weekly to monthly basis 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 and coop.

### Feeding

Free-range chickens gather some of their own 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 overfeed them. Always store the food dry and make sure no vermin can reach it.

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

### Basic Disease Management

Prevention is always best. Check your chickens regularly as illness and death can strike very rapidly.

- Reduced food and/or water intake, reduced production, changes in behaviour or activity levels, abnormal feathers and/or droppings can be signs of more serious issues.
- Illness in chickens is often related to environmental conditions such as mouldy food, boredom, high temperatures or overpopulation.
- Diseases caused by organisms can include; coccidiosis, worms, mites, lice, fleas, as well as bacterial and viral infections.
- It is recommended to worm poultry at least 2 times per year.

Keeping your chickens water clean and free of droppings, bedding clean/fresh, and making sure they are getting good nutrition is a great way to avoid problems.

Don't hesitate to call us if concerned. Whilst a visit to our vets might cost you more than the chicken, it might save the rest of your chickens at home and mean that you can continue to enjoy the pleasures of chicken ownership in the future.



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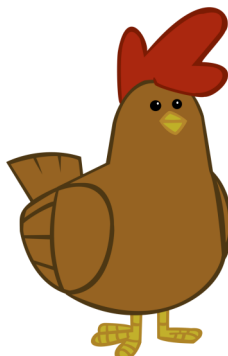


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## FOOD

### ALISON HOLST

It is with sadness I read Alison, our great New Zealand Icon is suffering from dementia. Cook and writer of many books and TV cooking programs, she set us on the right path at home cooking for the family. To follow her instructions was always met with great results. For me it was making Alison's muffins. If you don't already have one or two, seek out her books and use them, you won't be disappointed.

#### MY MUFFIN RECIPE - Rhubarb Muffins (makes 12 large)

3 ½ teaspoons baking powder, 2 ½ cups flour, ½ cup each of brown and white sugar, 1 teaspoon salt, 3 cups chopped rhubarb. Mix all these ingredients together. Beat 2 eggs, ½ cup light oil, 1 cup milk, 1 teaspoon almond essence. Add to dry ingredients, folding in until just mixed.

Fill 12 large muffin tins, grease if needed. Bake at 180c for 25 minutes or until cooked (test with a skewer). Remove from the oven and brush with sugar and lemon.

#### A LITTLE TREAT

Slice and peel two large quinces and place in an oven proof dish. Pour over one cup sugar mixed with 1 ½ cups water, a squeeze of lemon juice, a pinch of ground cloves and 1 cinnamon stick.

Bake in slow oven about 160c until soft and red. Cool and serve with icecream.

Soo Gee

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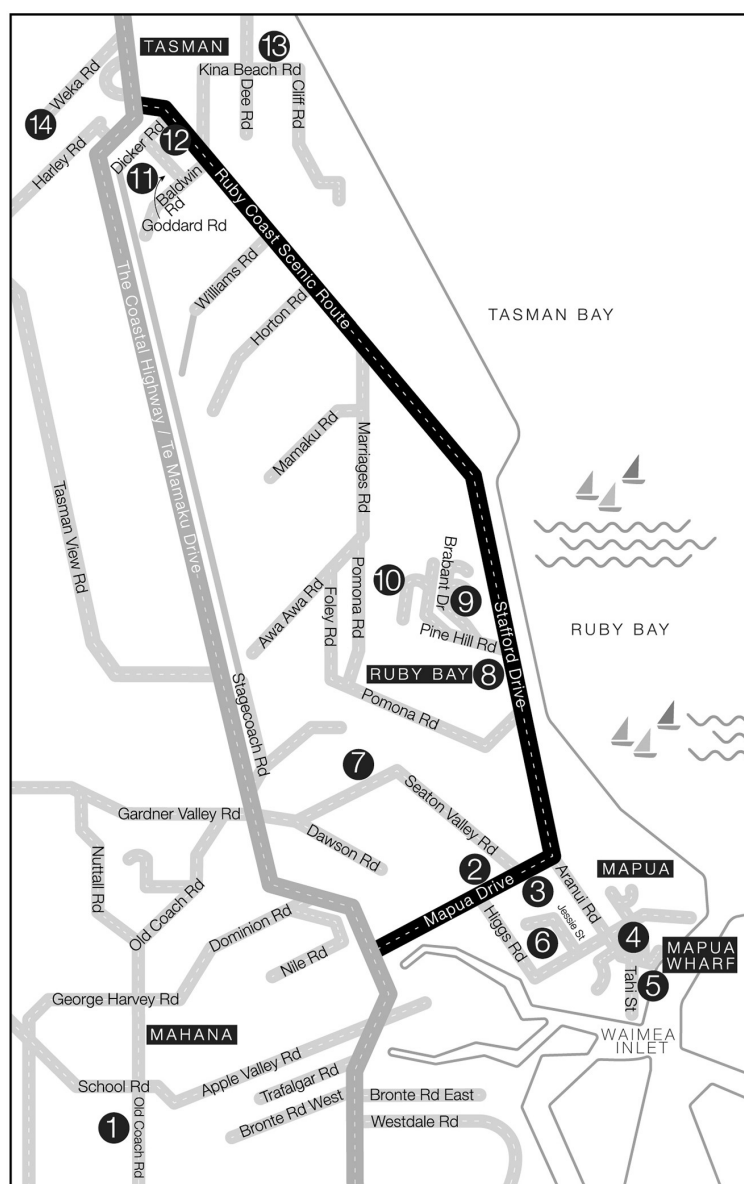
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- 3 **Rare Creations - Fine Furniture**  
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- 5 **Michael Potter - Ceramics**  
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- 6 **Chocolate Dog Studio - Painter / Photographer**  
9 Te Aroha Place, (off Jessie St), Mapua
- 7 **Lynn Price - Fused Glass**  
166B Seaton Valley Road, Mapua
- 8 **Graeme Stradling, KOREPO Gallery - Printmaker**  
169 Stafford Drive, Ruby Bay
- 9 **Maureen Ryan - Painter**  
51 Brabant Drive, Ruby Bay
- 10 **Peter Copp - Painter**  
77 Pine Hill Road, Ruby Bay
- 11 **Jane For Art - Painter**  
27 Goddard Road, Tasman Village
- 12 **JointWorks Studio - Furniture + Weaving**  
413 Aporo Road, Tasman Village
- 13 **Darryl Frost, Playing With Fire - Potter / Sculptor**  
147 Kina Beach Road, Tasman
- 14 **Sue Newitt - Ceramics**  
173 Weka Road, Tasman

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### Boost Your Immunity to ward off Colds and Flu's.

As we enter autumn and head into winter, we also enter the Cold and Flu Season.

Your immune function should always be at the top of your list of health priorities at this time of the year. A healthy immune system doesn't just keep sniffles away—it is also the body's best defense against any other illness. Your daily habits, including the foods you eat and your exercise and sleep routines, have a significant effect on your immune function. Even if your lifestyle choices are exemplary, environmental toxins, emotional stress, and the wear and tear of aging all conspire to weaken your immunity.

Your immune system never rests—24 hours a day, every day of your life, your immune system is working hard to keep you healthy. To support and protect your immune system, try these lifestyle suggestions:

- **Choose immune-boosting foods.**

-Eat a diet containing plenty of fresh vegetables and fruits, which provide a wide range of essential antioxidants and nutrients.

(Have a lemon and honey drink at the start of each day. Not too much honey).

-Eat high-quality protein foods. (Fish, chicken, red meat, eggs and legumes).

-Consume healthy fats as they repair tissues and create healthy immune cells.

(Consider Coconut oil, ghee or olive oil).

Our gut is responsible for most of our immunity so it is time to re-populate it with good bacteria. Consider commencing a 3 month course of a probiotic now.

It's also important to reduce your intake of sugar because sugar significantly lowers immunity.

- **Exercise—but not too much.**

It is known that 20- 30 minutes of exercise each day—increases immune function.

But interestingly, excessive exercise regimes can hinder immune function.

- **Reduce stress.**

Luckily, there are several easy ways to reduce stress in your day-to-day life. In addition to its immune-boosting effects, regular exercise is a potent stress reliever. So is meditation, deep relaxation exercises and massage.

.The simple process of writing a journal can aid in reducing stress and therefore improving immune function.

I am happy to recommend immune boosting supplements should you wish to take a natural approach to staying well this autumn and winter.

**Jude Twin**

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outer world until we make peace  
with ourselves.

[Dalai Lama](#)

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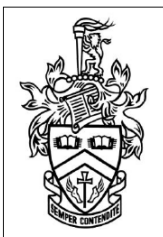
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