

The Grapevine

MOUTERE HILLS COMMUNITY NEWS

AUGUST
2015

MAHANA SCHOOL CELEBRATING 100 YEARS



It's not often that you get to celebrate a 100th birthday, but from the 11th to the 13th of September, we get to do just that, because this year Mahana School turns 100! A century of education in the Mahana community is a very significant milestone and we plan to have a very special birthday party.

Through talking to past-pupils it is obvious that Mahana School has always been a special place. In the build up to our celebrations it has been a privilege to talk to many people who attended Mahana and who have gone on to live happy and successful lives locally or far away. They talk of the teachers and of the principals, they talk of the fun times such as pet days and swimming in the Archibald's orchard tank, and they talk of their friends and what they used to get up to.

But most of all they talk of the sense of identity and community attending Mahana gave them. From the beginning there seems to have been a strong notion of community involvement. People cared greatly for the education of their children, so they gave freely of their time and skill to make the school a place that everyone could be proud of. This is all strongly evident when you glance across the many old photographs accumulating at school at the moment. Children who attended Mahana belong to a very unique place, and they carry this with them wherever they go.

To celebrate, we are opening up our school to past pupils so that they can get to know the school as it is now. We think it is important to involve our current students in the celebrations, and what better learning than to talk and ask questions with those who have been there and done that? The current students are organising interviews with our most 'experienced' past pupils, and they are

turning what they learn into a school production that they will perform as part of the celebrations. In line with the community theme, the core of the performance has been put together by current school parents.

We are also holding a traditional mix and mingle afternoon tea, along with decade photos that will preserve this occasion for the future. Saturday evening will see us enjoying a delicious dinner at Woollaston Estates, followed by a dance where you can expect a variety of music and a fantastic time. During our evening, people will have the chance to share their experiences of Mahana School, and I'm sure that by mid evening the stories will begin to flow!

Sunday will see us enjoying a bus trip around the many places both well known and not-so-well known in the Mahana area. We'll end our celebrations with a tree planting and plaque unveiling by some of the oldest and the youngest of the Mahana School community.

We hope that our celebrations will reflect the special and unique qualities of Mahana School. Our registrations are coming in fast, and we hope to have as many people as possible to celebrate with us, the more the merrier. If you are interested in attending, go to our school website (www.mahana.school.nz) where you can either register online or download a registration form, or ring the school (5432887) or email office@mahana.school.nz and ask for a registration form to be sent to you.

Happy 100th birthday Mahana School!



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

The deadline for each issue is 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

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.

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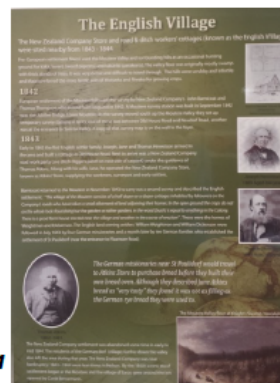
A WORD FROM KATRINA

Well we have certainly been having a few really chilly days. Have you considered coming on down to the Centre and participating in some of the great activities we have happening here—they would certainly warm you up! Our new schedule is now out or available to view on our website. You should check it out as there is plenty on offer.

We must acknowledge some wonderful people in our community who donated a lot of their time to develop some fantastic history displays to be on show here at Moutere Hills Community Centre. We will be erecting some outdoor history panels in our new garden area outside the Community Room. Also inside the building there is a new interactive history display in the foyer. Thanks to Jenny Leith, Jenny Briars, Eileen Thawley, Tim Finn, Merlene Bensemann, Keith Best, and Matthes Bender for all their hard work. A special mention also to Simon Buckland from Signs n Graphics for his help and support.

Remember the Centre is available to hire for meetings, events, birthdays, sporting activities and functions so please give us a call if you would like any further information.

Kind Regards Katrina



NEW ACTIVITIES AT MOUTERE HILLS

Tumble Tots Gymnastics with Sam - Mondays at 11am (10mths—2 years)



Yoga with Jill - Thursday 11.30am—1pm

Social Touch with Mark - Tuesdays 6 - 7pm



Seniors Rugby Training - Thursdays at 6pm (for Sevens in Sept/Oct)

Have you considered joining our Community Fitness Centre?

Quality equipment out of US, access from 4am—11pm daily, free classes, affordable membership fees!

The following fun and motivating classes are available **FREE OF CHARGE** to all Fitness Centre Members or \$7 for non-members

CORE FOUNDATIONS

Instructor: Carol Cooper

Tuesday / Thursday 5:00pm—5:45pm

CIRCUIT

Instructors: Tracey & Mark Forward

Wednesday 6:00pm—6:45pm

BOXFIT

Instructor: Bryony Klink

Thursday 6:00pm—7:00pm

Why not come along and participate in one of our Social Sports Activities ???



Tuesday Badminton
7:00pm—8:30pm



Wednesday Table Tennis
7:00pm—9:00pm



Thursday Volleyball
7:30pm—9:30pm

* * * Cost only \$3 per session * * *

Dates for your Diary

8th August Country Kids Winter Ball

19th September MHCC Quiz Evening

Office hours:

Monday, Wednesday, Friday

9am—3pm

Tuesday, Thursday

9am—8pm



Phone: 543 2516

Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz





RECREATION



UPPER MOUTERE TENNIS CLUB

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

Annual General Meeting

To be held on

Friday 14th August 2015 at 6.30pm

Community Room,
Moutere Hills Community Centre

All welcome

For more information contact

Barbara Brown 543 2440 or Vanessa Mairs 543 2332

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Kim Saunders Stevenson, CMT

Old Coach Road, Mahana

540-3911

shantimassage@hotmail.com

www.shantimassage.weebly.com

Tuesday-Saturday



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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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 – AUGUST 2015

In spite of the winter chill, 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 Competitions** – Tuesday & Thursday nights from 7:00pm
- **Junior Coaching** – Wednesday 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

We look forward to seeing you on court



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COMING EVENTS AT THE MOUTERE INN

- ❖ **LIVE MUSIC SAT AUGUST 15TH 8pm "THE VENTURIES"**
"The Ventures" play an eclectic mix of Blues, Psychedelic Art Rock, and Original Material. Prepare to have your minds blown.
- ❖ **COUNTRY MUSIC NIGHT THUR AUGUST 20TH 7pm**
Always innovating, we are proud to confirm the continuation of the country music night here at The Moutere Inn. So, if you ever fancied singing some country, with a full live backing band, now is your chance.
- ❖ **FINE DINING EVENING SAT AUGUST 29TH 7pm \$50**
We will be offering a relaxing evening, of fine dining over five courses. Bookings essential, check our website for menu details.
- ❖ **DON'T FORGET**
Raffle every Wed 6pm with Chase the Ace, and Steak Wednesday
1st Thurs Folk Night. This month on the 6th
2nd Thurs Quiz Night. This month on the 13th
3rd Thurs Country Night This month on the 20th

THE MOUTERE INN
THE CENTRE OF THE MOUTERE

Phone 543 2759
www.moutereinn.co.nz

Community Events Building Opening

We warmly invite the local community to the
Opening of the new Community Events Building at
Chandrakirti Meditation Centre

Sunday 23rd August – from 4pm

Everyone welcome - Pot luck dinner and music
from 5.30pm

We are extremely happy to invite all our dear community to the opening of our new Community Events Building.

Our Community Events Building will serve a wide variety of uses including:

- Meditation & Yoga Classes
- Children's Activities
- Tai Chi & Dance Workshops
- Arts and crafts opportunities
- Modern retreat facilities
- Community gatherings and celebrations

Join us in celebration as we all contribute to the grounding of universal values within our community.

The upcoming courses that we have so far are the below, mark your calendars!:

Laughter Yoga & Success of the Authentic You Workshop

With Linda Woodgate

Sep - Sat 12th: 11am-12pm - Laughter Yoga & Lunch: By donation

1.30-3.30pm - Success of the Authentic You Workshop: \$25

"What is True Compassion"

A conversation between Geshe Jampa Tharchin and Dr Robin Youngson

Oct - Saturday 3rd: 10am to 12pm.

Cost: \$15 per person. Shared lunch after the talk



Mindful Relationships Workshop

With Renee Alleyne

Nov Friday 27th: 6.30pm to 9pm

Saturday 28th: 9.30am to 5.30pm

Sunday 29th: 1.30pm to 5.30pm

\$325 pp includes shared accommodation and all meals

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COMMUNITY

Rural Women.

It's our 90th Birthday on Wednesday 29 July. To celebrate the Moutere Branch are having a special afternoon tea and we will all give a donation which we will give to a charity.

Rural Women New Zealand was officially founded on 29th July 1925. While her husband William Polson attended the NZ Farmers Union annual meeting, Mrs Florence Polson called a meeting with other farmers' wives to discuss concerns of health and well-being of women and children in the back-blocks.

It was agreed "to form an association to take up matters affecting the welfare of women and children."

About 2,000 letters were written by Mrs Jackson to women in the back-blocks stating the new organisation's aims and objects, and inviting membership.

Incidentally many husbands weren't keen for their wives to join this organisation. They felt that their wives had enough to do at home without going off to meetings.

Never the less the organisation was established and thrived with at one time having 30,000 members.

The object of the organisation is now 'To protect, maintain and promote the general advancement of rural communities'.

Pat Moore.

MAHANA SCHOOL
1915-2015

Celebrating
100 YEARS
11-13th Sept 2015

Registration forms available online or phone 03 543 2887
www.mahana.school.nz/2015-centenary-celebrations

LOCALS SUPPORTING LOCALS

\$10 To School Camp!

For EVERY service we do at Moutere Motors during July and August, we will donate \$10 to the Upper Moutere School Room 6 school camp!

Ph 543 2707 Main Road, Upper Moutere



COMMUNITY

A big **thanks** to all the people who supported the book fair and auction at the Moutere Hills Community Centre on the weekend of 18-19 July.

We were thrilled to raise \$2,400 towards the new garden and play areas at the MHCC. If you have any books you wish to donate to the next Sarau festival, ring Sharon 5432 814. Leave message on answer phone if no one at home.



Hey everyone, great to have you back after the school holidays. We've got heaps of great stuff planned for Youth Groups for August. Our first night will be a combined night as we head to the Richmond Aquatic Centre for a Wave Rave. So bring your togs and towel and join us for a great night.

Don't also forget that our senior youth are holding HangOut nights once every two weeks. A chance for us to hang out together with food and drinks and some fun together. We all hope to see you there.

Chris and the Youth team.

03 5432 835

moutereyouth@gmail.com

Jnr Youth Age 10- year 8. Join us for some Friday Afternoon fun. Hall opens at 3 for afternoon tea. Group starts at 3:30. \$2

7th Wave Rave - Meet at 6:15 at church hall \$10 to cover entry and travel.

14th Photo Chase

21st Big Birthday Party

28th Messy Games.

Snr Youth Fridays, 7:30-9:30, years 8 and up \$2

7th Wave Rave - Meet at 6:15 at Church hall \$10 to cover entry and travel.

14th HangOut Night

21st Photo Chase @ MHCC

28th HangOut Night

MOUTERE COMMUNITY YOUTH TRUST

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PANZ - Pastel Artists of New Zealand

Tuesday 23 June, no threats, no brandishing of large sticks, just an informal invitation to join the meeting or continue painting. But what a meeting! Convened by Glenys, this was the first official, documented gathering of members of Nelson PANZ to discuss the convention to be held next year here in Mapua. And as hands went up to volunteer for tasks, the smile on Glenys' face grew ever wider.

So no painting, but an abundance of ideas and a small committee formed to pave the way with the full support of the whole group. Do you get the vibe that we are excited? It's true! Ours is a very beautiful area with plenty to support and enhance the National Art Awards and Convention. We are offering FUN, FRIENDSHIP and a happy FAMILY atmosphere. 2016, the year of the 'F-words' (I'm liking FOOD and FROLICS myself, hopefully both additionally available).

Judy March is organising accommodation and there will be a variety of requirements for our visitors from all over New Zealand. If anyone in the local area would be able to offer a billet, a sleep-out, bed and breakfast ... Judy would be very pleased to hear from you on 540 3392.

The programme is far-reaching though some aspects will be available to PANZ members only. However the launch on Friday 15 April will be open to everyone and for the following two weeks artworks will be on display in the Community Hall.

We are indebted to the Mapua and Ruby Bay Community Trust for the grant made in support of our Convention and Art Exhibition.

We are not totally distracted by next year's event important though it is. Lance Trolle visited on 30 June to demonstrate cutting and preparing mounts as part of the picture framing process. Marian Painter has organised an extensive programme that will see us right through winter and spring. And on some days we just paint!

If you want to find out more about pastels and the PANZ art group in Mapua visitors are always

welcome. Just call into the Community Hall on a Tuesday morning between 9 a.m. and 12 noon when you see the PANZ board outside. Or contact Glenys Forbes on 540 3388 for more information.

Sue England (540 2934)



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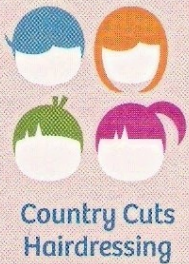
Recent call outs:

callouts from 16th June to 15th July.

24th June alarm activation Upper Moutere School

2nd July scrub fire dominion Road

8th July Shed fire Waiwhero Road, Ngatimoti



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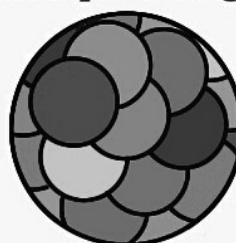


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News from your Preschool in The Moutere

Question: What happens when you remove all “one purpose” toys?

Answer: Children find their imagination!

Kia ora Community! Yes we did it – we removed most of our “one purpose” toys (dolls, prams, dress ups, cars, trucks, diggers, and other sandpit toys). Why? I hear you asking Well, after some deep discussion regarding a group of our older children having trouble settling to play saying they are “bored” – it was decided to take away some of the toys and set up our environment differently – allowing for children’s imagination to have more of a reign on their play. The results were fascinating! Blocks were no longer blocks – they became cars, babies, skis. Puppets became the babies and the outfits they made with scarves would blow the fashion week runway right out of this world. The children’s language became richer, dynamics changed – peers changed, new friendships and interests developed, the noise level dropped considerably and stick/weapon play, rough and tumble and fighting games all came to a screaming halt. Our natural resource table became a place to create pictures and mandalas, and even made food for the new babies. By putting building blocks on the table on top of a nice piece of fabric created more in depth play – that lasted hours, and with no cars for their built up towns – lego was then required to build cars – and the play went on...

Our parents found it very interesting and even started doing similar changes to their children toys at home – our children once again had found their imagination. Winter time is a great time to try this. Divide the toys up into boxes and just have one box out at a time and change the boxes weekly – the children think it’s Christmas when they get to play with toys they haven’t seen for a while – and as for tidying up time – less toys – less mess! Give it a go.

Keep warm until next time

Your Harakeke Team

UPPER MOUTERE PLAYGROUP

We have a great term exploring the world around us and discovering new and exciting things.

Next term we are excited to be focussing on FOOD! the children will be cooking and baking up a storm. below are some of our tasty recipes will be trying out.

- Ice cream cupcakes
- Fruit filled chocolate balloon bowls
- Homemade sausage rolls
- Gingerbread men and Hippos!
- Pizza



Come down and join the deliciousness! We have lots of new toys for the kids and there is always plenty of time for a coffee and chat with the other parents.

Every Friday during the school term 10am-12pm.

Call Kristy - 027 841 7844 or Josi 0273748223

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



ANIMALS

Hello animal lovers

Do animals have a sense of humour? Many pet owners would say they do but that is based on human interpretation. There is little doubt that animals experience happiness and have a strong play drive. Often there will be mock stalking and ambush but that is not the same as humour at least not in human terms. However what of the higher primates such as apes and chimpanzees? They have been filmed laughing but that just proves extreme happiness not necessarily humour. Animals will often use a pattern of behaviour that causes an event which can be laughed at or is funny to humans. One only has to go on Youtube to see many examples of cats, dogs and all manner of animals behaving in a playful manner which are very humorous to humans but not necessarily to other animals. So is humour a deliberate act to elicit a happy response from others? If that is the definition then animals do it frequently but the question remains can they experience humour when observing something which humans would consider funny? Although there does not seem to be a definitive answer to this question it is certain that animals do feel a range of other emotions, a fact which is often questioned. I was horrified to watch a popular current affairs program on television recently that stated that, "sheep were brainless and did not have other emotions". Luckily at last some proper research has been undertaken and found the complete opposite is true. Sheep like other animals are capable of happiness, pain, fear and even empathy. It certainly brings into question how many of them have been treated over the years. It certainly is possible to get a close relationship with a sheep (who are not brainless), and if they are trusting can get on well with many other animals as well. As I have mentioned before there is no need to use fear to control them. Do sheep run from a dog when chased, yes because of an inbuilt fear of wolves hunting them. Do they cluster all together if threatened, yes as they feel safer with each other. They are rarely given the opportunity to show how intelligent and affectionate they can be. I am happy that there seems to be growing awareness and exposure on television as to animals feelings and potential which will hopefully result in a better life for many of them.

As always I am happy to answer any animal behavioural questions you may have.

Susan Mott
Animal Behaviourist
029700952



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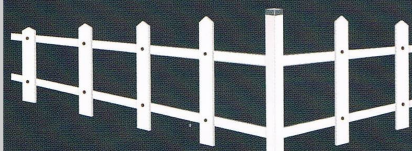
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DRENCHING CALVES

Worms reduce voluntary feed intakes and feed utilization is one of the most common causes of poor performing calves.

Immunity to parasites starts to develop at six months of age, but still requires energy from the animal. With the need to finish prime stock early on

smaller blocks, the emphasis is on growth rates, and with a worm burden this means growth rates can be seriously affected and stock will take longer to grow out. This is putting pressure on available pasture and taking longer to get the meat to either the freezer or sale yards.

When to start drenching

This depends on the individual farm as calves grazing all together on a pasture will have a higher exposure than those housed or grazing with cows.

For some a drench at weaning will be appropriate, usually judged by weight of a minimum 100kg.

One very important point is not to mix drench with milk or drench at or near the calfeteria. This is because a suckling calf can cause the 'oesophageal groove' to close, resulting in drench by passing the rumen, causing toxicity which can be fatal.

This is especially applicable to drenches containing Abamectin.

Using an oral drench in young stock is preferred and research has shown combinations are better for slowing the onset of resistance.

Young stock dosing (<120kg) guidelines

- Animals should be weighed and split into groups if necessary.
- Drench guns calibrated (using a measuring cylinder to check).
- Dose rates and product double check.
- Never mix drench with milk or give near calfeteria.
- Don't drench dogs with abamectin as "mectins" can be very toxic to dogs.

Once animals reach a point where oral dosing is not practical or safe, then injectable or pour-on drench methods become options.

Regardless of the method of application, taking the time to make sure drenching is done properly is important, as incorrect administration is a leading cause of drench problems.

Call into the clinic as we stock all your drench requirements and in smaller quantities.

DRENCHES

WHAT HAPPENS WHEN YOU DON'T READ THE LABEL OR CHECK THE EXPIRY DATE?

Something often forgotten is that worm drenches are actually poisons. Whilst they are designed to kill worms, they can kill other things as well, including the animal being treated for worms, if they are over dosed.

There have been cases involving stock losses due to adverse results from the use of drenches.

With some drenches, they become more toxic as they age, past the expiry date.

What tends to happen is as the product ages and forms sludge at the bottom of the container. This sludge can be made up of highly concentrated active ingredients.

If shaken up and administered may result in the death of the animal or animals, this is because the active ingredients can be at a highly toxic level.

Always follow the instructions and watch the expiry date on the container.



SHEEP AND GOATS

Foot care

Wet feet weaken the skin and allow the entry of Foot rot bacteria. The result is weeping sores between the claws that may spread into the hoof and create abscesses and damaged soles.

Often, in soft, soggy pasture the hoof doesn't get worn and, therefore loses shape.

TREATMENT: clean and trim the area and check for stones and sticks. Apply ointment or spray to the feet and hold until dry.

Docking and drenching lambs

Lambs born to ewes given long-acting drenches pre-lambing will not usually drench at tailing time.

If the ewes have not been given a long-acting drench pre-lambing they can be given a drench at docking, but the lambs generally are not likely to benefit directly from a drench this early in life.

The benefit of drenching ewes at tailing lies in reducing the output of worm eggs onto pasture, to infect the lambs. Due to the earlier mild winter, there may be more over wintered worm eggs on the pasture this year than usual.

Fly Prevention

Use of a fly prevention product such as Cyrex, will prevent flystrike related to tailing.

Lamb Vaccination

Lambs born to ewes not vaccinated pre-lambing should be given **Lamb Vax** (Tetanus, Pulpy Kidney) vaccine for immediate protection at tailing time and then a booster 4-6 weeks later. If ewes were vaccinated, only a December 5 in 1 booster vaccination is needed.



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FOOD

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POTATO AND GREEN PEA CURRY

4 tablespoons oil, 1 teaspoon each of poppy seed and mustard seed, 2 medium onions peeled and chopped finely, 1 teaspoon crushed garlic, 2 each of teaspoon cumin and turmeric, 4 teaspoon coriander, pinch of pepper, ½ teaspoon chilli paste or chilli sauce, 2 cups frozen peas, 800 grams of peeled and diced potatoes lightly par cooked, 1 teaspoon salt, 2 cups water. You could also add one of the following optional extras - 2 chopped tomatoes, ½ a chopped pumpkin or a few chopped mushrooms, 1 teaspoon crushed ginger.

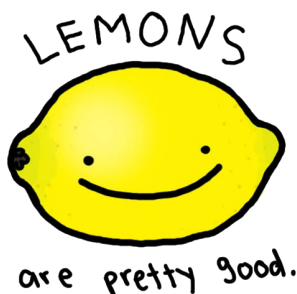
Heat oil in a large saucepan or pot and gently cook poppy seed and mustard until mustard seeds pop. Add onion and garlic, cook until soft, add remaining spices, continue to cook gently for a few minutes.

Add peas and potatoes along with the water and any of the optional extras you may have chosen. Cover with a lid and simmer for 30 minutes. Top up with a small amount of water if needed.

This dish is extra good if it is allowed to stand and then reheated. I just serve with rice and this salad: finely chopped celery, apple (with skin on), grated carrot. Mix well with lemon juice. Serve with a small bowl of plain yoghurt.

A WINTER PICK ME UP

Lemon Drink Concentrate. This keeps very well in the fridge and indefinitely if you freeze it in ice cubes. Mix together the juice and grated rind of 10 lemons. Add 50 grams tartaric acid, and 25 grams each of citric acid and epsom salts. (All available in the supermarket). Add 2 kg of sugar and 2 litres of boiling water, stir until sugar has dissolved, then bottle. Stand for at least 12 hours before using. Dilute to taste with hot or cold water, add a slice of lemon if you wish.





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Thubten Khadro is the Spiritual Programme Coordinator of Chandrakirti Meditation Centre in Nelson; she is the NZ 16G National Facilitator and a Buddhist Chaplain. She worked as the Manager of Amitabha Hospice in Auckland and is one of the co-founders of Peaceful Passing. Khadro has facilitated many 16G workshops throughout NZ and various Mindfulness Programmes. She has a sound experience of mindfulness and meditation, has completed a Masters in Buddhist Philosophy and has done various solitary and group retreats.

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