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FINDING BALANCE

LOCAL LIVES



Acupuncturist Dorothea Tebbenhoff explains how this alternative treatment makes a difference to people's lives.

Dorothea Tebbenhoff's life journey to date has taken her from northern Germany to America and, for the past 11 years, New Zealand for a rural lifestyle in Upper Moutere with partner Tom and 14-year-old daughter Leela.

It was in Germany that Dorothea first studied acupuncture as part of a degree course in holistic health practices – the only course of its kind in the world. Of all the alternative therapies she learned about, acupuncture and Chinese medicine were the ones that really captured her interest, inspiring her to study traditional Oriental medicine for three more years in Los Angeles and to work in the hospitals of Shanghai for several months.

"The philosophy behind them really clicked with me," she says. "You look at the person as a whole being – physical, emotional and, to some extent, spiritual – rather than focusing on just one part of the body."

When people come to Dorothea with a specific concern – and it could be anything from insomnia to a sore lower back – she doesn't just work on the condition they came for. By talking to the patient at the start of the session, she learns a little about what's going on in their lives. "More often than not there's something else happening that may have caused the problem or is preventing it going away. There's often a chain of events that led to the concern they came in for."

Using Japanese 'palpating' techniques learned during her time in Los Angeles, she gently probes the abdomen to find areas of tension or pain – guided by the patient's immediate feedback. The abdomen acts as a kind of map, says Dorothea, showing her which acupuncture points to use.

"Sometimes it's clear cut and takes just one or two sessions, but more often than not there's something else going on," she says. "We are all given a certain package at birth, passed down

from our parents or further back in our family tree, but it doesn't mean we have to suffer all our life – we can be balanced."

The thinking behind acupuncture is that we have energy channels, or meridians, in our body, each associated with different organs. "Those channels are like a garden hose," explains Dorothea. "If the water is turned on and you kink the hose, water is kept from flowing freely. The same happens when there's an imbalance in your body. The acupuncture needles, which are as fine as a hair, take blockage away and let the energy flow freely again."

If this is all sounding like flights of fancy, Dorothea says the body has been scientifically proven to respond to acupuncture with an increased production of endorphins – our 'happy hormones' – that relax and block pain messages.

"It works similarly to morphine, but without the side effects," she says, adding that this treatment is one of the first on the list of alternative therapies recognised and accepted by ACC for injury treatment. Many GPs, too, are open to acupuncture, she says, and often refer patients to her for additional treatment.

At her Motueka practice, Dorothea sees people with all sorts of ailments – from Christchurch residents suffering post-traumatic shock to clients with migraines, anxiety and seasonal affective disorder.

She says she still gets a buzz every time she arrives at her clinic in the morning. "It's an amazing job, and I totally love it. I enjoy the interaction with people and it's incredibly rewarding because I see new things every day and am really able to help people find balance, feel better and get on with their lives."

Article by Beverly Sellers – ph: 03 543 2008

Editorial

I love the way members of the Upper Moutere community keep coming up with new ideas! This time it's the **Harvest festival** at the Moutere Hills Community Centre **Saturday March 31st**. What a great idea! Take along your extra produce, catch up with the neighbours, have a wee tipple and just in time for the end of daylight savings. See the article in this issue to get a better idea of what to expect - sounds like damn good fun to me. Pick up some tomatoes from the harvest festival and try out Soo Gees' recipes from the food column.

Other fun things to try; Lower Moutere School brings us Moutere Mayhem - The Great Race, a chance to test both brains and brawn. It could be an opportunity for your extended family to establish a whole new hierarchy. And if that's not your cup of tea then head up to the Moutere Inn and catch blues singer Big Daddy Wilson, with a name like that he's got to be good. As usual we're spoilt for choice.

Speaking of choice - it's your chance to have your say on the big amalgamation issue. It's a postal vote so there's not much effort required. Just make sure you're informed and place your vote.

If you can't make it to an ANZAC service, take a moment to remember and give thanks. Things would be very different if it weren't for all those incredibly brave people.

Life in the Moutere - does it get any better?

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***** Deadline for the May 2012 issue is 15th April 2012 *****

Thank you for advertising in the Grapevine - you help us cover the cost of producing and delivering this free community newsletter each month. Please email your print-ready ad to umograpevine@hotmail.com by the **15th of the month**. Or provide paper-based, print-ready copy to the Upper Moutere Store.

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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 article published, but if you are telling the community about a commercial venture, we do appreciate a donation to help us cover our costs.

Please email your copy to umograpevine@hotmail.com by the 15th March 2012.

Grapevine circulation is 1300 copies. This issue has been constructed by: Tanya Doty, Beverley Sellers, Sharon Beuke, Avril Stephens and Heather Eggers. Views expressed are not necessarily those of the voluntary editors and no responsibility is taken!

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WOW!

Nice to see pictures of two aspiring designers at the World of Wearable Art function from Upper Moutere in the Nelson Mail on 7th March. Sandy Rutherford and Sue Mott were amongst 50 who attended the successful evening held at the WOW and Classic Car Museum. The annual event gives potential entrants more information about the competition as well as inspiring them by having access to the museum and other designers.

WOW has grown from being a very humble competition 24 years ago in Nelson to a major event now held in Wellington with over 30,000 people that see the show, some of them travelling from overseas to do so. The standard of the entrants has improved every year and provides a brilliant show which always sells out quickly.

It is open to any person over 18 from any background and is only limited by entrant's imagination. Designers come from all over the world but it is always nice to see local designers doing well too. It is a brilliant and original Kiwi concept and its founder, Suzie Moncrieff recently was made a Dame in recognition of her efforts.

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A number of key queries regarding the proposed amalgamation of Tasman and Nelson have been raised. Below is a summary of the key concerns:

1. It's going to happen anyway/Government will force it

This is incorrect. If the more than 50% of votes cast are against amalgamation, then it will not proceed – by law. John Key has also clearly stated that he will not be forcing any local government amalgamations.

2. Rates reductions

The Local Government Commission (LGC) has been very careful to down play potential cost savings and has said that "while net savings will occur these are unlikely to translate into rates reductions..." and that "an undue focus on financial savings may therefore be misleading for the public." It is interesting to note that the Auckland Super City is setting rates for the first time since amalgamation and is facing large rate impact swings with some getting large reductions and some large increases (up to 30 %) despite the region wide increase being around 4 %.

3. Debt

The LGC have stated that under amalgamation TDC's current debt will be ring-fenced and be a targeted rate onto Tasman ratepayers. Further, one of the "benefits" identified by the LGC of amalgamation was the ability for the new council to take on more debt. The fact that only debt has been ring-fenced and depreciation funding has not, could result in significant inequities between ratepayers across a combined region.

4. Increased governance costs but less representation

The reorganization proposal includes the creation of two advisory boards, a Rural Advisory Committee and a Maori Board who along with both the Motueka and Golden Bay Community Boards will each appoint a member to sit on (and vote on) council standing committees (with the exception of the finance committee for Community Board members). This creates an extra layer of governance which will add considerably to the cost. The LGC has estimated an increase of nearly \$500,000 per annum in governance costs. Further, the cost of Community Boards is at present met by a targeted rate which is paid by the Communities they represent, whereas under this proposal the costs of the two Community Boards (and Advisory Boards) will be met by ratepayers throughout the district.

5. Rural Representation

The Rural Advisory Committee, made up of industry representatives, does not replace elected representation. The committee members will primarily be accountable to the members of the organisations that appoint them, and they will not have a vote on Full Council who signs off all final decisions on rating and Council plans. At the moment 9 of 13 councillors are from the rural areas of Tasman, whereas under this proposal only 6 out of 16 councillors will be.

The Polls close noon April 21st, so ensure your voting papers are in the post by 18 April 2012. Make sure your vote counts.

For further information go online to www.lgc.govt.nz or to discuss any aspect of the proposal, please contact Brian Ensor ph. 544-7724; Trevor Norriss ph. 03 528-0090; or Tim King ph. 542-3849.

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and

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-David & Yvonne Timmins
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Country Kids



March 2012

What a busy few weeks we have had. Our Relay for Life team ran, walked and trotted around the track all night at Saxton Field. We were all dressed up and in great spirits. Our costumes were amazing and WE think our tent site in the dark was the prettiest, as the fairy lights flashed all night. Our money is still being collected, but we have already banked \$2500. The oil painting was won by the Dryden family, congratulations. We still have a raffle running at the centre. Please come and support the cause.

ERO visited us on Monday 5th March. We have had some great feedback regarding the Quality Care and Education we provide at Country Kids. The official report will be available for parents to read in approximately 6 weeks.

The children are busy interacting in games of hunting, fishing and food preparation. We are looking for any small fishing rods for REAL play, as this is always more fun.

Country Kids is running another movie premiere night—"The Best Exotic Marigold Hotel", tickets are selling fast!!! Call into the centre or phone us to book your seats, this will be another awesome night.

On 23.2.12 the entire centre had a minute silence to remember Christchurch. It was amazing as all of the children managed it. Pakipaki

To all parents and caregivers—We have said farewell to 10 children who have started school over the last few months. This means that we have spaces available for immediate start. We offer 3 different programmes to meet the needs of all your preschool aged children. Come in for a visit bring the family and check us out.

Any questions Phone Nickie on 035432819
Visit our website www.countrykids.org.nz

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Callouts for February



25/2/12 MVA, Cow vs Truck Moutere highway.

Mahana School

It seems like the term just started yesterday and as I write we are already in week 7! Although it has flown by, the first term is going fantastically well. As always, our focus is on learning in a fun and creative environment. Schools our size can deliver special learning experiences that include everyone, and due to our flexible structure and brilliant teachers, our school is buzzing at the moment.

Our whole-school learning theme for the term is 'Heroes.' We decided on this because we really wanted to reinforce our school values. These are...

Respect and Care - 'treat others how you would like to be treated'

Environment - 'look after the earth, it's the only one we've got'

Curiosity - 'seek and you will find'

Resilience - 'kia kaha, stay strong, stay positive'

Diversity - 'everyone together makes life better'

Perseverance - 'be the little engine that could'

Honesty - 'do the right thing, even when no-one is looking'

With the students we are talking about who their heroes are, and how these heroes reflect the values that we consider to be important at Mahana School and for life. It is cool to hear the kids talking about heroes that include not only sporting stars and world famous people, but also family and community members. Our next step is to help the students use these heroic attributes to make changes in their own lives. We think that it is vital for schools to encourage values education.

Our students experienced success in the pool recently, with great results in the Moutere Hills and Motueka Swimming Sports. Our relay team placed fourth in the Motueka event, which is a great result for a school of our size. We love to get out and compete and we make a point of giving our students every opportunity to do so.

We are looking forward to our Mahana School Trolley Derby entry 'Velociraptor' racing in the Nelson Trolley Derby on the 17th of March. The boys made the trolley themselves completely out of recycled materials including an old bike, an office chair, and a sack barrow. It has been a popular project and you can check out the trial outside Mahana School at www.facebook.com/MahanaSchool, it is very cool.



For all those parents of pre-schoolers, we are running music sessions in April using the Kindermusik programme. You and your child will get to play, sing (no talent required!), dance, and giggle together. Your child will learn and grow through activities that stimulate brain growth, build motor skills, enhance social-emotional development, and much more. Our trained KinderMusik educator, Kath Munn, will guide the class as well as help you understand what your child is learning. If you would like to learn more or are interested in taking part, contact Kath at Serendipity Studio, 5432 941 or ring Justin at Mahana School.

Please remember that families are welcome to visit us anytime, or check out our new website at www.mahana.school.nz, check out our class blogs, or follow us on Facebook. We have an excellent school that is not far away. We have a student – teacher ratio that allows us to put kids learning first. We are a special place. Come and take a look!

Justin Neal

Principal



News from your Preschool in The Moutere

Tēna koutou,

As usual small and big people at Harakeke have been very busy....a large group of girls (and boys) have been occupied with child bearing and rearing, including all the chores of running a house hold. Socio- dramatic play scenarios have seen pregnant 'mum's to be' waiting for midwife and doctor, breastfeeding mums, babies enjoying lovely baths and mums taking their babies for walks in slings and prams, organising picnics and mixing up the yummiest dishes in their tipi house.

Children often engage in dramatic play to elaborate and explore daily scenarios and make sense of the world around them; it permits children to fit the reality of the world into their own interests and knowledge and provides them with a sense of control over their environment.

Needless to say, we have a considerable number of families with young babies or expecting an additional family member in the near future.

Births and lifecycles have been explored in other areas as well, by observing the miraculous process of incubating, hatching and growing up of seven "so cute" ducklings (all called Patrick to make life easier) and the ongoing magic metamorphosis from caterpillar to Monarch butterfly. Our swan plants provide us with a steady supply of caterpillars that put on their show by going through the stages right in front of our eyes on our nature table....a preferred place for the caterpillar to shed its skin for the last time and become a chrysalis seems to be the rubber plant in the centre of the room.

Trips also kept us busy with a visit to Ngātimoti School where a large number of our children will soon continue their learning journey. We also had a fun wheels day at the Moutere Hills Community Centre – thanks for letting us use the facilities car park area.

As part of our community of learners, the teaching team are constantly extending their knowledge base by attending interesting professional development opportunities including the recent courses: "Understand and foster boy's and girl's early childhood development" and "Safeguarding children and young people" a seminar explaining issues around abuse and neglect. Enviroschool and Early Childhood Centre network meetings are regularly attended by us as well.

Ka kite

Your Harakeke team

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THE WRITE BIAS NEWS FROM MAPUA BOWLING CLUB

League bowls takes place on Monday evenings and there has been some wonderful bowling this season with all eight rinks filled on most nights. Sadly it is now over until the end of October when we hope to be able to start the sessions yet again. Without Don and Vickie Sixtus League Bowls at Mapua would not happen. They deserve a very big thank-you. They have been ably supported by a small team of helpers and in particular, Colin Pryke. Well done to all of them.

Our club is also indebted to the sponsors of League Bowls: -

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Even at this late stage in the bowling season we are pleased to welcome three new bowlers to our bowling club and look forward to their progress when we restart in September. If you would like to give bowls a try before the doors shut for winter we would be very happy to see you.

For any information about bowling please contact Secretary Jean Daubney (543 2765) or President Dave England (540 2934).

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THE DONUT MAN

a Rosedale tale by Ruth Moore

Next door to our house is a place I still think of as the Parks' old home—even though they haven't lived there since I was about five. Mr Park used to lend us old black-and-white Abbott and Costello videos. Our favourite was *The Invisible Man*.

Last year, the house was rented to a couple. A most elusive couple. I've seen the woman from a distance walking along the road. The man I have not seen. When they first moved in, Dad came in and informed us that his name was Gavin. So for the next couple of months we referred to our new neighbour as Gavin (why wouldn't you?) until we were told that Gavin was in fact Duncan. Of course then we could never remember which was his actual name.


Duncan would go out at the strangest times: late at night, returning early in the morning. No seeming pattern to how many times he went out during the day. We always wondered where he was going.

Our friend from Auckland comes down periodically and brings us a box of Dunkin' Donuts from the airport. August was such a time. Suddenly everything fell into place. Maybe Duncan was a secret Dunkin' Donuts delivery man! Incredible! We'd been saying for years that they needed to bring the franchise down to Nelson, and now here it was right under our noses in Rosedale Road!


We still hadn't seen or talked to him, but we decided that for Christmas we would get him a box of Dunkin' Donuts and substitute the "ki" for "cu" as a gentle suggestion that we knew what he was all about. (Although we still couldn't fathom why he was out delivering donuts late at night, and why did he have such a little car for all the boxes and boxes of donuts?)

Then on Christmas Day, we made the most incredible discovery. Duncan had gone out on Christmas Eve, and didn't return until early on Christmas morning (I was up at 5:30 so I saw it with my own eyes). And right then, it all made sense. Duncan wasn't a donut delivery man. Duncan was Santa Claus! All those nights out, all those times back and forth to his house. And his car is red! It makes so much sense!

He must have realised we're onto him, because they moved out just after Christmas.




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There are plenty of activities in full swing at Moutere Hills Community Centre and we always welcome new faces. Kicking off the week on Monday evenings is Aerobics with Sam – a fun low cardio workout for just \$5 a session. Following is Ladies Indoor Netball. Enjoy a fun and social game for just \$3. Tuesday mornings sees the Moutere Hills walking group. Simply turn up and depart from the centre at 9am each and every week. Enjoy a social game of badminton on Tuesday nights from 6pm for \$3. Circuit class on Wednesdays at 6pm is a great combination of cardio and toning for both Men and Women – again very affordable for just \$5 per session. Table Tennis for all abilities – teens to adults – is great fun with both singles and doubles play – only \$3 per session. Thursday night sees mixed volleyball – a slightly more competitive activity but a great workout and fun social outing and very affordable at only \$3 per session.

Then to round off the week is Zumba on a Friday morning, again very affordable at \$5 per session.

Rangers Rugby and Football Club

These clubs are now in full swing but would still welcome new players and if you would like to play adults social football (soccer) then please let us know!



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Katrina McLean, Facility Manager

Vanessa Mairs, Way2Go Co-ordinator

School Holiday Programme

April 2012

Cost: \$25 per day Age: 5 – 13yrs Time: 8.30am – 3.30pm
To Register: phone 543 2516 or enroll online at www.mouterehills.org.nz

Programme Outline

Wednesday 11th April

Moutere City

Let's build our own city from as many boxes as we can using our fab gym.

Thursday 12th April

Master Chef

Have you got what it takes to impress our special judging panel arranging the best plate from ingredients supplied!

Friday 13th April

Kiwiana Day

No need for lunch this day as fish n chips will be served in our own baskets made by you. Join in on some old fashion kiwi games!

Monday 16th April

Super S Day

Show us your Skills, Skate, scooter, skip, slide. Extra tuition on the day from the TDC.

Tuesday 17th April

Animals, Animals, Animals

... you guessed it, animals are the theme with a few surprise guests!

Wednesday 18th April

Planes, Trains and Automobiles

It's all about flying, zipping and moving. Fun themed crafts. Welcome to bring your remote control helicopters, planes etc...

Or for 9 + years

Design Art

Learn decoupage covering your own unique piece of furniture. Please feel free to bring your own themed papers or magazines. A piece of furniture can be purchased for \$15

Thursday 19th April

Stage Challenge

You are the 'Talent', let it shine. Hope you are not camera shy!

Friday 20th April

Pirates and Princesses

All things pirate n princess, face painting, food and a treasure hunt!

Or for 9 + years

Cup Cake Cuties Day

Learn how to make different icings, piping, and cake decorations. Take home yummy treats to tempt your parents from your new skills learnt.



March Madness!

March has certainly been the month for action at Tasman School with two school camps and the third highly successful 'Muddy Buddy' event.

Room 3 kicked the month off with fun and challenge during their three day camp at Quinney's Bush. The students put up and slept in tents, cooked their own dinners, sang around the camp fire in the evening, while spending their days taking on the physical challenges that Quinney's has to offer. Room 4 was quick to follow suit in heading out to Marahau and the Abel Tasman National Park to face challenges of their own. This involved abseiling, tramping, camping, biscuiting and snorkeling at Tonga Island Marine Reserve. Gorgeous weather, supportive parents, exciting programme and motivated, enthusiastic students meant for a week of fabulous memories and opportunities.

Voices bounce between the buildings. A lone beam of light shines through the bleak darkness. Feet hit the wet, soft, dewy ground. I dive for cover into a bush. The light flickers then switches off. Footsteps resound on the concrete. A shadow looms above me... it crouches down. Silence. A runner charges through, feet pounding. The light hits him. One word hangs in the air, 'Spotlight'.

Theo Gabites Room 4

Staring down into the deep blue waters I see the shimmer of the waves as we fly past. Wind sweeps my hair up out of my face as water throttles behind us. I love the feel of the engine's power under me. Like a giant water beast we zoom past islands to come to a silent standstill. My biscuiting trip is over.

Connor Rogers-Hill Room 4

Sunday March 18th saw a record crowd attend Tasman School for the annual Muddy Buddy fundraiser. People flocked from all corners of our region to join in the mud fest and fun. Many thanks to Jodie and the team of helpers that turned out to make this another highly successful day. Thanks go out also to DOC and Megan Wilson for their support in developing Muddy Buddies as a more environmentally aware and sustainable event.

FOOD by Soo Gee

Tomatoes are cheap at the moment or maybe you have a surplus in your garden.

Whenever I cook tomatoes I skin them using this method: slash the tops and put them into a bowl. Cover them with boiling water for two minutes only. Drain and cover with cold water. The skins will then peel off easily.

KASUNDI (I love it)

3kg tomatoes, skins removed and chopped, 8 cloves garlic finely chopped, 3 green chillies chopped or 1 teaspoon of bought minced (continental brand), ¼ cup of oil, 4 tablespoons mustard seed, 3 tablespoons turmeric, 6 tablespoons cumin, 1 teaspoon chilli powder (depending on your own taste), ¼ cup fresh ginger peeled and grated (or use 4 tablespoons crushed ginger from a jar), 4 cups brown sugar, 4 cups malt vinegar, 4 teaspoons salt.

In a large saucepan or preserving pan heat oil to moderate heat, add spices and mustard seed and stir for approximately 1 minute. Add ginger and fresh chilli and garlic, cook gently for 5 minutes – watch!!

Then add all remaining ingredients and cook gently for 40 – 50 minutes or until thick. Pour into hot clean jars and seal.

FRIED GREEN TOMATOES

Mix polenta or breadcrumbs with a little parmesan cheese (finely grated) and salt and pepper. Slice tomatoes into 1 cm rings and coat with the polenta mix. Fry in olive oil until golden. Drain on paper and serve with toast and bacon – yum!

EGGPLANT JAM

6 tablespoons olive oil, 2 eggplants diced, 1 teaspoon chopped garlic, 1 onion finely chopped, 2 fresh red chillies deseeded and chopped, 800g tomatoes peeled and chopped. ¼ cup each of sugar and white vinegar, salt and pepper to taste. You can also add 1 teaspoon of cumin if you like.

Heat oil and lightly fry onion, add eggplant and fry lightly for a few more minutes, add remaining ingredients and cook approximately 1 hour. Bottle in small agee jars and store for use.

I make a lot of this; it's so useful on crusty bread or to make a quick pizza, just top with cheese. Pop it into a casserole or soup to vamp up the flavour or try it with pasta, meatballs, sausages or just with a tin of kidney beans.



UPPER MOUTERE STORE HOURS:

Mon- Fri 7.30am – 6.30pm

Saturday 8.30am – 6.30pm

Sunday 9.00am – 6.00pm

ph/fax 5432 758



Open 8 days a week

Whenua Iti On the World Stage

Whenua Iti Outdoors, the Moutere-based outdoor education centre, has had international confirmation that its ways of working alongside government agencies to help young people are on a par with the best in the world.

Manager, Michelle MacNeil, has recently returned from an international forum of non-profit organisations and government representatives held in Japan where she had been selected as one of only four youth sector organisations to represent New Zealand.

Whenua Iti Outdoors, was one of the four New Zealand youth organisations to be invited to attend The 10th annual NPO (Non-Profit Organisation) Management Forum hosted by the Japanese Cabinet Office, and the only youth representative from the South Island. The forum brought together specialists who work with youth, the elderly and people with disabilities from Japan, Denmark, Germany and New Zealand and Michelle says it was an invaluable experience that allowed Whenua Iti to see where it stands internationally.

The delegates were asked to share information and use research to compare, analyse and improve how they work with local and central government.

Michelle says it was a hugely motivating experience for the more than 50 international delegates..

“It was fantastic to be able to share our experiences of working closely with government agencies and ministries as well as the local councils and to find out that we are really at the leading edge of how non-profit organisations around the world want to be heading. It was so gratifying to have other countries asking about our systems because they wanted to take that information back to their own countries to share.”

Michelle says they had to present papers about how their organisation works with the government at a local and national level and it became clear that what Whenua Iti is up with the best practices.

“We are incredibly proud to know that what we were doing is of world standard here in the Moutere, and that we were on the right track. In some cases such as evaluation and reporting, our processes and systems were ahead of the other countries, so they were very interested to learn from us.”

Michelle says it was also great to work with the other New Zealand delegates in a team from Sir Peter Blake Trust, Massey University and Young Workers' Resource Centre (YWRC) to present the New Zealand perspective to the other countries. “It's been a unique opportunity to share knowledge that is going to be great for our region and our young people.”

Michelle's research findings from the conference will be reported back in an international document to go to all the participating countries. She will also be providing reports to the Ministries of Social Development, Youth Development and Ministry of Education.

Photo Caption: Whenua Iti Manager Michelle MacNeil presents a declaration on behalf of New Zealand, Denmark, Germany and Japan to an audience of 200 delegates at an international non-profit organisation forum held in Tokyo.



Moutere Community Youth

It's Easter Holidays! Yay! Hopefully everyone has a really good break, lots of sleep-ins, and heaps of chocolate and Hot Cross Buns. Those Mocha Hot Cross Buns are really good....

Just save room for some Bubbles and Cupcakes.... There will be something coming up in the second term.

14+ have been paintball shooting followed by Fish'n'chips. This was a lot of fun, with some sore people after some well aimed and poorly dodged paintballs.

A crazy round of Paper Games will be the first youth group event of the new term. Anyone who is Year 7 and above can come along. Bring \$2 and meet at the Sunday School Hall behind the Church, 7pm.

- | | |
|-----------------|--------------------------------------|
| Friday April 27 | Paper Games |
| Friday May 4 | Xfactor |
| Friday May 11 | Spotlight |
| Friday May 18 | Red Carpet Movie Night |
| Friday May 25 | Moutere Community Centre Games Night |

If you need a ride to or from Friday Night Youth, or you would like any other details, just give us a call or text.

Abbey & Andy Bensemann	5432 949
Abbey	027 2434364
Andy	021 2245178



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ST PAULS NEWS

With Easter only a few weeks away, it's been a great chance for us to look at the reasons why Jesus went from being cheered by the people as he rode into Jerusalem, to being jeered only 5 days later. This man that was seen by so many as the way forward for his country, now had sudden cries for his death. As I write this, I think of how we do the same with leaders in our country. How quickly we can go from cheering the newest Prime Minister to jeering him and calling for his head.

But Jesus was a revolutionary, and like anyone who tries to upset the apple cart, he was quickly despised by those who were threatened by his new teachings on living. Instead of giving into our own desire for power, and looking out for number one, Jesus taught to love the people in our lives and to help them if they needed it.

This is a teaching that has infiltrated our human conscience. While we know it's not right to be selfish, but to be generous and look out for those who are in need (think of the way we rally behind the people of Christchurch in their many hours of need), sometimes we fail to do this and fall to our more basic human desire of greed and selfishness. This happens to me and to the church as well.

But still we strive to lead a generous life that shows love and compassion to many. After all, this is what Jesus did. He suffered and died on the cross, not because he was selfish, but to show his love and compassion to the world. We celebrate these things on Easter, but as we live our lives, showing love and generosity to others, we too celebrate these things that Jesus has done.

Our Easter service times are:

Sunday April 1 st	9:30am Family Service
Thursday April 5 th	7:00pm Maundy Thursday
Friday April 6 th	9:30am Good Friday
Sunday April 8 th	9:30am Easter Sunday

As is tradition on Easter Sunday, we will be having an Easter Egg hunt and Hot Cross Buns after the service. Everyone is welcome to come and join in the Easter Celebration.

Pastor Chris Janetzki
St Paul's Lutheran Community Church
Upper Moutere
5432 839



Report from the Moutere Hills Community Centre Board

The MHCC Board is meeting monthly at present with a lot of business to attend to. The Centre is being increasingly used by a wide range of community and sporting groups. We are considering two separate alterations to the facilities to improve the Centre's efficient use – particularly for sporting groups. There has been good support from these groups, and we hope to commence work shortly on alterations to the changing rooms.

We've had a productive meeting with the TDC Community Services Manager covering maintenance, governance and liability issues. We are effectively a sub-committee under the umbrella of TDC, although of course, our emphasis is on meeting the needs of the wider Moutere community.

The Board is adopting a governance role with increasing devolution to our strong management team for all operational areas. Please feel free to raise any issues you have regarding MHCC with our Manager Katrina, or with any of the Board members. Contacts and lots of useful information are on the updated MHCC website – www.mouterehills.org.nz

Philip Leith (Chairman)

Riverside Cafe

Winter hours

Lunch

Thursday – Sunday

9.30am – 5.00pm

Dinner

Friday and Saturday 6.00pm

View Che Vincents' specialised copper work in the new gallery

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Good for TV1 to put on SPCA Rescue at prime time each week. It is distressing to see how many animals are neglected or poorly treated. This prompted me to write about it this month.

It is hard to believe that anyone takes on a pet with the express intention of neglecting it or poorly treating it. However, sadly it is only too common to find animals who have suffered this fate. Incredibly unbelievably some people just go away and leave their dog or cat behind with no thought to its welfare but that can and does happen. Fortunately caring neighbours and the SPCA often step in and save the animals, often rehoming them.

This would be an extreme and hopefully rare occurrence but what of the animals left when the owners go to work with no stimulation or purpose? What of the dogs taken by owners in their car on a hot day with no thought as to the dog's comfort. What of the overindulged dogs and cats who are overfed and treated like surrogate children? What of the dogs and cats that are constantly teased and taunted in their home? It is little wonder that animals resort to aggressive or fearful behaviour as they are under daily stress.

A dog, cat or other pet should live as natural life as possible with a positive happy relationship with all members of the family with plenty of exercise, if it is to be psychologically healthy. This requires a bit of understanding by the owners as to what is best for their pet, instead of the pet just being an accessory for the owner.

Our animals try very hard to fit into our lifestyles and behaviours but they are at their happiest when they feel secure that they are respected and understood and have a purpose.

As usual, I would be very happy to answer any animal behaviour questions.

Sue Mott
Animal Behaviourist
0212664211

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

Sheep Measles

April is flea and worm month at Tasman Bay Vets so it is timely to cover a particular worm problem relevant to farmers and lifestyle blockers – sheep measles. Unlike human measles, sheep measles is not caused by a virus and cannot be prevented by vaccination.

Sheep measles are small tapeworm cysts found in the meat of sheep at slaughter. Although it does no major harm to the sheep or to us, an oozing cyst is not the kind of thing you want on your plate and it's certainly not something we want to export!

Sheep measles is caused by a dog tapeworm (*Taenia ovis*). Sheep eat the tapeworm eggs that are on the pasture and cysts develop in the muscle of the sheep. If this meat is then fed uncooked or unfrozen to a dog the tapeworm develops in the dog's gut. Maturation takes about 35 days and then the adult tapeworm produces eggs that are passed in the dogs faeces onto the pasture for the next sheep to ingest, thus completing the cycle. The best ways to break this cycle are to ensure dogs are wormed regularly and ensure they do not have access to potentially infected meat.

At the very least you should ensure that all of your dogs and any visiting dogs are treated with a good quality All wormer such as Drontal every 3 months. If you have had sheep measles diagnosed (usually through feedback from the freezing works) on your property or you want to be extra vigilant then ideally all dogs should be treated monthly with a tapewormer, such as Drontic to break the 35 day lifecycle with a switch every 3 months to an allwormer to kill other worms as well.

You should only feed dogs cooked meat or offal heated to a core temp of 72 degrees to ensure all cysts are killed (as a rule of thumb meat should be brown throughout with no tinges of pink), or meat that has been frozen at -10 degrees Celsius for 7 days. Remember, dogs love to scavenge, so clean up dead sheep quickly and put into dog proof offal holes.

There is more detailed information on sheep measles at www.sheepmeasles.co.nz. We can help you remember when your dog is due as we have a vet alerts system on our website that can send you an email to remind you. Just go to our website at www.tasmanbayvets.co.nz and click on the Need a Reminder? tab and follow the prompts.



April is Flea and Worm Month!
**Buy one year's worth of worm treatments for your pet and
get a 20% discount!**

400D High Street, Motueka, ph 528 8459
69 Aranui Road, Mapua, ph 540 2329
www.tasmanbayvets.co.nz

Lower Moutere School

Mark your calendars - Sunday, 1st of April @ Chings Reserve on Chings Rd.

MOUTERE MAYHEM

FEATURING

THE MOUTERE AMAZING RACE

All are welcome - various course options

\$15 per team, (max. 3 people)
\$20 per family

Navigate your way through a series of road blocks

Registration open from 10am to 2pm with staggered start times

Yummy nibbles and drinks on site!

Questions? Please contact
Lower Moutere School, 03 526 7775

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MOUTERE INN



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- ♦ Evening Dining
- ♦ Rooms

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COMING EVENTS AT THE MOUTERE INN

❖ LIVE MUSIC - 8PM THUR 12TH APRIL "BIG DADDY WILSON"

Bluesman, singer and songwriter from Edenton, North Carolina (USA). Big Daddy Wilson has produced 6 commercial cds, and has been in the music business for twenty years. Winner of the 'German Blues Challenge 2010', this fantastic musician creates genuine blues, roots and soul music in an acoustic formation. Tickets \$20 on the door

❖ LIVE MUSIC - 8PM SAT 21ST APRIL "THE GYPSY PICKERS"

"High energy acoustic duo with the power of soul"

❖ DON'T FORGET

Raffle every Wed 6pm with Chase the Ace.

1st Thurs Folk Night.

Quiz Night this month will be Wednesday 11 April 7pm

3rd Thurs Country Music Night

Last Thurs Curry Night.

Sorry, Closed Good Friday. Limited Menu Easter Monday.

THE MOUTERE INN
THE CENTRE OF THE MOUTERE

Phone 543 2759
www.moutereinn.co.nz

Lower Moutere School's Moutere Mayhem April 1st 2012 Chings Road Lower Moutere

In the wake of triathlons, muddy races and marathons, Lower Moutere School brings to you a high energy and map-cap event aimed to test your brains as much as your brawn.

Created by a team of parents and teachers in 2011, Moutere Mayhem aims at getting local and neighbouring families out and about, enjoying the Moutere in an original and active way.

The central activity of the day event is the "Amazing Race" which is a orienteering like course involving a series of problem solving and team building activities or road blocks. Competitors enter as a teams of 2 -3 and can choose from 3 different levels of difficulty such as junior, aimed at under six's accompanied by an adult, intermediate, aimed at 6 to 10 year old and senior, aimed at older kids and adults.

Course designer and main organiser, Nic Kelly, is passionate about the outdoors and making the outdoors accessible for everyone. "Moutere Mayhem is all about having adventures together! The different races link together a variety of quirky activities, so it is not necessarily the biggest or the fastest who will win". Last year's event was hugely successful going on the amount of laughter and smiles that were seen during the race. This years 3 courses have top secret itineraries and are guaranteed to prove unexpected and challenging

All races begin at Chings reserve. Race times will be staggered from 10am to 2pm on the day and families can enter several teams in any event. During the races there will be non stop activities at the reserve including circus skills, games, bouncy castle, motor bikes and music as well as an extensive café. It costs \$15 to enter a team or \$20 for a family who may enter more than one team.

Says Nic Kelley, "Moutere Mayhem is a major fund-raiser for Lower Moutere school. It is also a great excuse for the school and wider community to come together and appreciate the beautiful area we live in."

Lower Moutere School looks forward to seeing you at this awesome event.



New Regional Website



The Mapua and Districts Business Association (MDBA) has been operating in our region for twenty years, with the primary focus of promoting and enhancing our region as a dynamic and successful place from which to operate the diverse range of wonderful businesses that exist in our Moutere and Coastal area.

The MDBA are an active group, holding regular meetings on a variety of topics which are free for members to attend. Our main aims are:

- To provide business support and networking opportunities for members to share ideas, successes, plans and to discuss local issues.
- To promote our business members within the local community and to visitors to the region.
- To liaise with Council and other Agencies in conjunction with local community groups on issues affecting the area.
- To be of service to our community, including maintaining the NEW website at www.rubycostmouterehills.co.nz
- To produce the Community Directory (delivered FREE to around 1800 homes) and to encourage and support local activities, events and projects which benefit the Ruby Coast and Moutere Hills region.

The new website at www.rubycostmouterehills.co.nz definitely needs to be on your desktop 'favorites'! There are three sections; for Community, Visitors, and Business. Business members are able to have a **free business listing** on this site and **community groups are welcome to send in their news stories and events for posting on the "What's On" page**. If you'd like to know more about posting stories or events on the website, or about the MDBA and how it could benefit your business, please get in touch with the Association's Coordinator, Janet Taylor at coordinator@mapua.biz or phone her on 540 3364.

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SUE'S SHEARING SERVICE



Moutere Hills Harvest Festival 2012

A Celebration of Life in the Moutere Hills

Where and when:

Moutere Hills Community Centre, Saturday 31st March
Casual sports from 4pm, picnic 5 - 7.30pm ish



What to bring:

- The family, a picnic hamper and a rug, maybe a tennis racket, or sports shoes for a game of touch. Beach chairs for the old and frail.
- For the culinarily adventurous, some freshly baked zwiebelkuchen (traditional German onion cake to celebrate harvest – check out this link - or ask grandma)
<http://www.food.com/recipe/zwiebelkuchen-southwest-german-onion-cake-103312>
- PLUS any surplus home or farm grown fruit, vegetables, or produce (jams, preserves) that you may like to donate to the harvest table.
- PLUS a gold coin or two to swap for the harvest goodies donated by your neighbours (bring a bag).



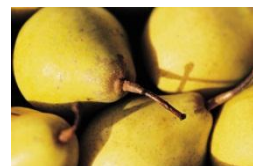
What to expect:

- A glass of “federweisser” (partly fermented grape juice - from Neudorf) and a slice of someone’s zwiebelkuchen to celebrate the new vintage
- A catch up with friends and neighbours
- A chance to discuss the formation of a “Moutere Hills Community Association” to advocate to the TDC on behalf of Moutere residents, on issues of concern to the community.
- An extremely social game of touch for the young and spritely (or once were spritely), or a convivial game of tennis for those so inclined. Or neither.
- Some background folk music to add to the ambience (can folk music ever be background?)
- A jolly good time

A couple of barbecues will be available for the blokes to show off their culinary skills (yeah yeah) and the bar will be stocked with **local wines, beer, cider and juices** - so best not to bring alcoholic drinks with your picnic.

There is no charge to be part of the celebration, and bar takings and money donated on the produce table will go towards expenses. Any produce left over will be foisted upon unsuspecting old folks, needy citizens and passers by.

This launches a full programme of events based around harvest.
Why not check it out on our website www.mouterehills.org.nz



ANZAC Day Service

Wednesday 25th April

10am

At Moutere Hills Community Centre

Morning Tea to follow service.

All welcome



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 ph5432 871.

CAN YOU HELP?



I have emailed the Tasman district library in a quest to find the old "Restrevor" house that was in my family for years and then it was relocated to the Moutere area but I am unable to locate it. I am currently doing a family History DVD and would like a current photo of the house to add to it. It was owned by my grandparents Richard and Iris Hartley and was originally in lower queen St. Richmond.

I have attached some pictures of the house if it will help with tracing the current whereabouts.

Heidi Morrell email: toobusy2442@hotmail.com



Have you seen the community news and information database at www.rubycoastmouterehills.co.nz. Share your news, events and photos on Facebook too – check out our Ruby Coast Moutere Hills page on Facebook.

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