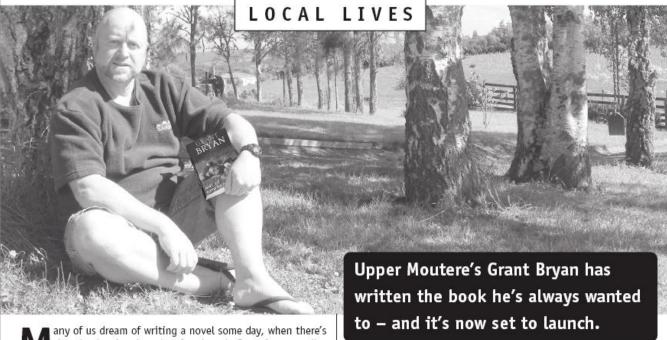


The Grapevine MOUTERE HILLS COMMUNITY NEWS

DEC 2011

THE WRITE STUFF



any of us dream of writing a novel some day, when there's time (and we've thought of a plot...). Few of us actually get round to it, though, which is why Grant Bryan's own story deserves to be told.

Just over a year ago, Grant decided it was time to pen the book he'd had in his mind for the past 20 years. Having just sold his business and been handed a long list of projects to be done around the house by wife Fe, this seemed the ideal moment to get started. "I thought I'd need some diversion from the jobs I had to do, and a book would be a very good escape!" he says.

In the space of just 10 weeks, Grant tapped out his story on the computer, sitting down at 9am and often working five to six hours with barely a break – just going where his ideas took him.

"It did become a bit all-consuming," he admits. "I'd be eating dinner and get up to write when a thought came to me, but Fe soon reined me in! Some days nothing would happen, and others the kids would get in at 3pm and I wouldn't know where the time had gone."

Grant describes his book, *Out of Nowhere*, as a redemption story. "On a deep and meaningful level, it's about the strength of the human soul. No matter how low you go, you can pull yourself out again," he explains. On another level it's a tale of adventure and survival, inspired by the books Grant loved as a kid, like *Swiss Family Robinson* and *My Side of the Mountain*.

Without giving the plot away, the story begins with one-time city slicker Andy Barrett on a downward spiral. A light-hearted bet by his friends that he wouldn't last two minutes in the bush gives him the wake-up call he needs to turn his life around. He heads into the remote Baton Valley, little realising how much his strength and spirit will be tested...

A keen hiker and hunter in his youth, Grant had plenty of practical knowledge when it came to describing Andy's harsh environment. "I'd also lived alone for five months in a 8ft x 6ft cabin I'd built by myself on the edge of a National Park in Alaska while I was working as a chef at a wilderness lodge," he says.

The rest, however, is pure fiction and Grant had a wonderful time unleashing his creative side and knowing it hadn't "curled up and died". Not quite so enjoyable was the next stage of editing and revising, particularly as he suddenly developed an acutely painful type of arthritis over Christmas, just after completing the story. "In a way, though, I got ill at the right time, as I couldn't have carried on running my business," says Grant, who now relies on crutches when the inflammation strikes certain joints.

The final version complete, and the layout designed with the help of friend and neighbour Neil MacNeil, the book was off to the Wellington printer and ready to launch at last.

"It's great to say I've done it, and it was wonderful of Fe to let me write while she was the sole breadwinner for a year," says Grant, who now works at PGG Wrightson in Motueka. Their children Emily and Jacob are very excited, too, though Grant says he doesn't think they're quite old enough to read it just yet!

But would he do it again? "Well, I've got a little file of book ideas, which I add to from time to time, and I think a couple are pretty good. Maybe some day..."

Grant's book launch is being held at Lancewood Villa, Kelling Road, on Friday 16 December from 7pm. Everyone welcome!

Article by Beverly Sellers - ph: 03 543 2008

Editorial

It seems as if I am always asking for money or contributions when it comes to the Grapevine and it has finally paid off! Thanks to everyone who sent in something to include in this issue – there was so much we couldn't quite fit it all even after we expanded by two pages!

In order to keep the ball rolling, we decided at our last meeting to set a subject each month for readers' contributions. Our first topic is **memorable Christmas experiences,** so go on and share yours with us. It could be funny or it might be just be a line or two on something that tugged at your heart strings or a situation viewed differently because of the season, maybe it's just a point of view...

As to the money, we were delighted to hear that COGS (Community Organisation Grant Scheme) has granted us \$1,500. We are extremely grateful for the grants that are made available; without them the Grapevine wouldn't be possible. And thank you as well, to Heather Eggers for even more form filling - she has had a lot of practice this year.

Here's hoping that by the time you read this the hayfever has cleared, the berries are ripening and you crossed everything off your list of things to do because you need to make sure you put aside enough time to enjoy the company of friends and family and the good weather that's coming our way.

Merry Christmas and a Happy New Year from the Grapevine team.

<u>Grapevine circulation is 1300 copies</u>. 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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OUR MOUTERE FESTIVAL!!

Featuring in 2012:

Guest Chef Vivienne Fox (Apple Shed Cafe)

Cooking competitions - get creative!

Photographic competition - "Life in the Moutere"

Purple Hat competition for the kids

Gentle cycling ride

Cheese making

Mountain bike race

Masses of stalls, food, beer, wine, books, history and all...

Music and entertainment



Keep up with all the exciting Festival news and competition details

www.saraufestival.co.nz we can't fit it all in here!

<u>Needed</u> 1. Volunteer to make metal frames for our road signs.

 Volunteer to pay accounts and keep money straight.

Ph 9700715 if you can help with either of these.

Purple Hat Competition

School students of all ages are invited to attend Sarau Festival on Sunday 29th January 2012 in their best decorated purple hat.

Judging will take place at 4.30pm so make sure you are there and ready before that time. No entry fee but gold coin donation to the Kenbe La foundation welcome.

Purple cake Stall

We are asking students (and parents) to bring along purple cakes or purple iced cakes for sale. The funds raised from these will go to the Kenbe La Foundation Trust. For ideas and information go to www.purplecakeday.org

To find out more about Kenbe La (never give up)
Foundation and its work to raise funds to rebuild
schools and facilities for children in earthquake
torn Haiti go to www.kenbelafoundation.org

FOR SALE



MY FAMILY GREW UP!

Now I need a new family – Do you need a ¼ acre fenced section with a double garage. I have 4 bedrooms, rimu trim, and new bathroom, heat pump, and insulation. Outside you will find mature trees giving privacy to the front of section and veranda. The large backyard contains greenhouse, dog-run, fruit trees, berries and vegetable garden.

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Ph 03 970 9002 or 027 6009463
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View on Trade Me # CCY008 and for our OPEN HOME dates

DON'T LET THE NUMBERS STOP YOU!

Answering your call for local news I want to report on my experience with the South Island Masters Games which were held at Nelson this year with 3000 participants coming from all over New Zealand .. As a volunteer I worked at the Games Village at Saxton Field and then at the cycle road race, called Moutere Must. As its name suggests it was held at Upper Moutere with the race starting out from the Community Centre and covering at 20, 40 and 60km tracks. I would like to say how rewarding it was to see the happy smiling faces of the participants who entered into the spirit of the games in a friendly and respectful manner. Not only did the majority thank me for my help during the race in giving them directions but after the race as well. There were many local riders amongst the competitors.

The Masters Games is a reminder of how many older people are still participating in sport and loving it. The ages ranged from 30 up to nearly 90 and one gentleman who had just completed the 10km run at 87 looked wonderful and was looking forward to next year. It is a reminder that exercise and sport helps keep you young and healthy and is a great message to younger people.

I would like to mention that recently I won my first jumping ribbon with my young horse (photo attached) and at 66 was the oldest competitor in the competition. I certainly enjoy my sport and have no intention of giving up until I have to. Sadly no equestrian event in the Masters Games but maybe next time.

Nelson is due to play host to the Masters Games again in 2013 and the event is sure to be hugely successful again.



Hard work pays off for Georgia

Georgia had totally awesome results at this year's Gymsports NZ Championships held recently in Timaru (2-6 November). We were expecting her to do pretty well because of her great results during the year (in top three for Step 5 grade and 19 podium placings in total), and our hopes were realised: she won first on the floor (gold medal and champion in that category), and a bronze medal on the bar. Overall, she won a silver medal for the Step 5 grade. After a week's break Georgia will be back into learning new skills in Step 6.

To achieve so well, Georgia has to work very hard. She has four three-hour training sessions a week plus various school holiday clinics including a week at Napier and Development Squad/Nationals training weekends at Blenheim or Nelson four-six times a year. In fact, there is only one four week break a year. This year has been a particularly long season because the Rugby World Cup meant that the National Championships were held five weeks later than usual.

Georgia mostly competes for Gymnastics Nelson and Sharon Macquet, her coach for three years, has helped get her where she is. Her other coaches include Karyn Brown (Women's Artistic Gymnastics) and Jenna Robertson (Step 5 Nationals coach) - the latter when in the Top of the South Team at Nationals.

She has also inspired her younger sister Sarah to do gymnastics, and helps coach and support her, both with gym and her special Olympics swimming, which Sarah excels at and she has won many ribbons for her achievements. Sarah trains for gymnastics once a week in Richmond with Linda Mace of Just Gym who has designed a special program for her and trains for swimming terms 1,2,and 4 with Lisa and Jos Pattison.



Our local kids are proving they're made of the right stuff!

Local lads Milaan deJong, Callum Whitten, Josh McPherson and Joshua Grant have been selected for the Under 13 Boys Nelson Rep softball Team. The boys are all members of the Rangers softball team, they train once a week at the Moutere Hills Community Centre and are fortunate to have Yvette Grant (former NZ softball Rep) as their coach.

Graham Urqhart is part of of the Nelson Bays Under13 Touch rep team which came 2^{nd} in the finals recently.

There's a lot of travel and time involved when you get into a representative team so good on you kids and well done to the parents who are doing all that driving and organising!

It was announced earlier in November that former Upper Moutere School pupil Amy Louise Mill will be Head Girl at Nelson College for Girls. Fantastic news for Amy-Louise and her family, well done!



THE WRITE BIAS NEWS FROM MAPUA BOWLING CLUB

There is a place for everyone at Mapua Bowling Club. For some it is an opportunity to socialise and play friendly bowls, others are bolder and enter the club championships and local tournaments whilst for some players the competitive edge of Nelson Centre open events is a must. So with this in mind, plenty has been happening throughout November.

Our championships are underway and already an outcome in the men's and ladies' fours. Well done to Don Sixtus, Michael Busby, Dave England, John Trotter/Les McAlwee, Vickie Sixtus, Margaret Busby, Sylvia Peter and Sue England.

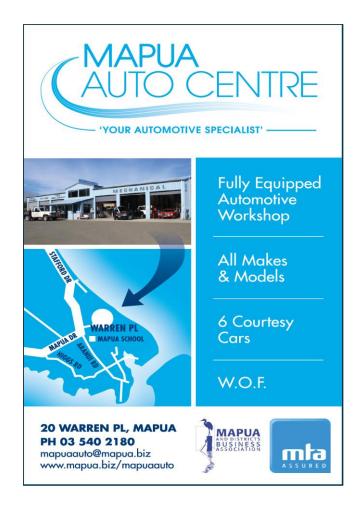
The first open tournament held at Mapua was kindly sponsored by Guthrie Bowron and very well supported by club players and visitors. Seven rinks were in action all day but only one team won all four of their games becoming the outright winners. This was a team from Richmond led by Pat Bailey, deserving victors and for their success they also gained the Enstone Cup. 50% of the profit made on the day will be donated to the 'Blind Association' in memory of Mr Enstone and the original concept of this annual award.

League Bowls played on Monday evenings is another sociable occasion and of particular value to all those unable to attend afternoon sessions during the week

Finally congratulations are in order for Don Sixtus who has been selected to represent Nelson Centre and will play in the Noble Adams Shield at Greymouth.

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

Sue England



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MAPUA

TELEPHONE: 540-2714

Offer Starts 1st December and Ends 23rd December 2011.

Mapua Health Centre News

Now that summer is here and it's time to wonder about shaking off some of those slothful habits of winter. This includes a diet with not too much meat and dairy fats but with plenty of plant foods, fruit and fish (diet sheets available at the health centre). Also, consider adding some regular aerobic exercise (e.g., brisk 40 minute walk, 4-5/week, gym programme or swimming, riding, etc) and loss of weight for those who are overweight. You may also want to consider getting a green prescription which is a government funded scheme where a programme can be specifically tailored for you. Free consultations are also available to help quit smoking which include free/subsidised nicotine patches, gum and lozenges which can reduce nicotine craving. For more detailed information please contact one of our practice nurses on 540 2211.

We would like to say thank you to all our patients for your support and understanding over the last few months while we have had a shortage of doctor's appointments. It has been a very busy time for all of us and we truly appreciate your patience. On that note we are pleased to report that we have a new doctor starting in January 2012. Dr Michelle Cliffe will initially be working part time on Monday and Tuesday mornings and is looking forward to working with our patients.

Also, a reminder that Healthline is available. It is a free telephone health information service where calls are looked after by registered nurses using a computer programme that specifies the recommendations. The telephone triage may include symptom assessment, counselling, home treatment advice, referral, information provision, disease management and crisis intervention. To call Healthline phone **0800 611 116**.

Skin & Sun

The long range forecast is hinting at a wonderfully warm summer which means that there is likely to be plenty of UV light to zap our skin and potentially lead to skin cancer if we get over exposed. So please don't forget the sunsmart slogan of *slip under some shade, slip into some clothing, slop on some sunscreen and slap on a hat.* While on the topic of skin, recent research has brought up some interesting ideas – it turns out that the pigments from eating red, orange and yellow fruits and

vegetables may improve a person's perceived attractiveness as well as providing better protection from sun damage (Evolution and Human Behavior,

Jan 2011). Olive oil, besides being good for the heart, the liver and the metabolism, may act as a natural moisturizer for smoother, firmer skin (Wall Street Journal, Feb 2011) and taking flaxseed oil can diminish skin sensitivity and improve skin barrier function and condition (Skin Pharmacol Physiol. Nov 2010).

Local Artists:

We, as a practice would like to show case some of the amazing art work that our local artists do. If you would like to display your piece/s on the walls of our waiting room please give Sharon a call between Wednesday to Friday to arrange.

Measles:

As you may be aware there has been an increase of Measles throughout New Zealand lately and there is a concern that it can spread to unimmunised people. To help eliminate the risk of measles in our community we would appreciate your assistance with the following:

- A. If you are under the age of 42 yrs and have had received the measles vaccine previously please let us know in order to update our records.
- B. If you or your child/children have not yet received the measles vaccine (MMR) and would like to do so please call us on 5402211 to arrange an appointment. This vaccine is free.

Minor Surgery & Spot Check Clinics:

Dr Tim Phillips is now holding regular Minor Surgery and Skin check clinics every Wednesday. To date these have proven to be very popular and frequent pickups of things that could be serious or even life threatening. The skin checks take approximately 15 minute consults (although some checks may take longer) and will be focused on checking for any suspicious moles or lesions. This is a full comprehensive body check and will give opportunity to discuss any issues that may arise. If you have any concerns about a skin lesion then please make an appointment with Dr Tim Phillips on a Wednesday so he can review and discuss options.

On behalf of the team at Mapua Health I would like to wish you all a safe, healthy and happy Christmas, and all the best for 2012.







Mahana School

Most people can think of a moment in their life when they were part of something special. Sometimes it was a time when the sports team you were in did well in a big tournament, or when your family went on a special holiday that you have never forgotten. The mixture of pride, inclusion and achievement is both magical and difficult to replicate. These moments happen when all the variables such as having the opportunity in the first place, having the guidance, having the right attitude, and knowing that you belong all line up. Recently our school band, "Wet Cement' (the name was chosen because they are not yet the finished product) performed in the Nelson Primary School's Rock Fest and achieved one of those special moments.

The band is the latest success story to come out of Mahana School, which is fashioning a legacy of 'over-achievement' following on from our brilliant Masked Parade effort in 2009, our UNESCO Living Heritage award in 2009, our athletics day successes of 2010, and the "Dicer Chicks" winning the South Island Maggi Intermediate Schools Cook-Off this year.

'Wet Cement' is a band that includes most of the Kotuku Class, and has students ranging from Year 5 to Year 8. They have three lead singers, Tom Taikato, Lilly-Mae Salmond, and Taylor Pumphrey, 2 drummers, Luke Peel and Leah Miles, electric guitar, Hunter Chung, acoustic guitar, Hannah Gale and Josie Huxford, keyboard, Safari Muir, and back up vocals Izzie Taikato, Eylish Huxford, Harriet Webster and Sapphira Harrington. The band is organized and mentored by teacher Jane Bosecke who has developed the idea that everyone can be a star, no matter what experience or skills you have at the beginning.

The performance at the Rock Fest was one of those special moments, even more so due to it being the first time most of the kids had performed in front of an audience. They sounded great, performing to a really high standard with songs that were not easy to sing or play. But it was the joy of actual achievement that was the highlight for me. The feeling that they had taken on something that was difficult, but had worked hard and ended up with a success that will last with them forever. And at the end of the day they won the guitar!, proving once more that fortune favours the brave! Go Mahana.

You can check out the performances by visiting us at Facebook!

Justin Neal Principal Mahana School







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St Pauls News

It didn't take long for the Rugby World Cup to be finished before stores started stocking up with Christmas decorations, playing Christmas carols, and for the silly season to begin. As someone who is spending their first Christmas in the Moutere, I'm approaching this time with much excitement and eagerness, almost like a child who is waiting for Christmas day itself. It's great to see all the activities that are going on in the lead up to Christmas, and it's great to be a part of them.

As the only church in the village, we focus on serving and enhancing the Moutere Community. We're preparing a great range of ways to celebrate Christmas, many activities that offer something for everyone. This year we are hosting two carol events, two Christmas Eve services and a Christmas Day service. Everyone is welcome to join with us to celebrate this special time of the year.

We are celebrating Christmas with the following events:

Saturday, December 10th @ 7pm Carols By Candlelight – St Paul's Lutheran Community Church. Celebrate the start of the Christmas season with your family and The Light of Christ Musicians and Singers – Community supper to follow.

Sunday, December 18th @ 7pm Carols in the Vineyard – Neudorf Vineyard. Bring your own nibbles, drinks, rugs and singing voice for a family event in beautiful surroundings.

Saturday, December 24th @ 7pm **Christmas Eve Family Service** – St Paul's Lutheran Community Church. A fun service for young families and the young at heart to celebrate Christmas.

Saturday, December 24th @ 11:15pm **Christmas Eve Candlelight Service** – St Paul's Lutheran Community Church. A service to stop from the busyness of Christmas and reflect on what we are celebrating.

Sunday, December 25th @ 10am **Christmas Day Service** – St Paul's Lutheran Community Church. A service of worship and celebration of Jesus' birth and what it means for us in this world – Community morning tea to follow.

I hope that you are able to join with us and the rest of the Moutere Community during this season.

The church has been running a food bank for a number of years. This is a service to the community that we provide to help those who are unable to, for whatever reason, afford to place food on their tables. Although our food bank is available all year around, Christmas is a time when the need for this service increases. If you are struggling, or need support during this time of year, or at anytime, feel free to pop into the office at the Sunday School Hall, or call me, and we would be more than happy to provide you with some basics.

We have been blessed by a very generous donation from the Sarau Festival which will enable us to provide more food and supplies for anyone who is in need. We are most thankful to the organisers of the festival for the support they have given us in this important community service.

One of the focuses of our congregation is to serve and enhance the community of the Moutere. These Christmas services and the Food Bank are only two of the ways that our congregation is continuing to serve the community. We welcome anyone who wants to come and join with us in worship and in the work we do in our community, our regular worship time is 9:30am every Sunday.

May God bless you in the coming Christmas season.

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





Solar City Summer Movies Wednesday 25th January From 6pm At Moutere Hills Community Centre



Food, drink and movie snacks available from 6pm with all proceeds going to Moutere Hills Community Centre Upgrade. Come early and enjoy dinner amongst the Moutere community, listening to NZ Music and with children's activities and big board games to play before the 9pm movie start time.

The Five Pennies (1959)117 min. PG

Danny Kaye stars in this semi-biographical film of the brilliant cornet player and band leader Red Nichols supported by a great cast, including Louis Armstrong, and the irresistible sound of Dixieland Jazz.

For further details check out our website www.mouterehills.org.nz

Moutere Hills Community Centre

Phone: 03 543 2516

Email: moutere.hills@xtra.co.nz Web: www.mouterehills.org.nz



HOLIDAY PROGRAMME

Cost: \$25 per day

To Register: register online or by phoning us at the number above.

Age: 5 - 13yrs Time: 8.30am - 3.30pm

Mosaics Workshop

Thursday 15th and Friday 16th December

For children aged 8 years +

From 9:00am - 1:00pm (NB> care available after this on request)

Cost: \$40 for the two days.

Come along and enjoy two days of mosaic art, creating some fantastic treasures or gifts. All materials

included. Participants can bring their own projects if they wish.

Numbers strictly limited on a first in basis. To register please contact Moutere Hills Community

Christmas Holiday Programme

Monday 19th – Thursday 22nd December For children aged 5 – 13 years (includes extension activities for older children)

From 8:30am - 3:30pm

Cost: \$25 per day

Monday 19th December: Gifts Galore – come along and make some gifts for those special people in your life.

Tuesday 20th December: Extreme Games and Christmas Treats – Lee Corlett is back with some extreme games to challenge you; note togs are required! We will also be in the kitchen with Janette making some yummy treats.

Wednesday 21st December: It's all wrapped up! - paper, card, and canvas - it's decorating time!

Thursday 22nd December: Party Time! – come along and enjoy some festive fun – food, art, craft and games. Don't forget your togs.

January Holiday Programme

Monday 23rd January ⁻ Friday 27th January

For children aged 5 - 13 years (includes extension activities for older children)

From 8:30am - 3;30pm Cost: \$25 per day

Monday 23rd January: Summer Time Fun – arts, crafts, baking and games to celebrate

Tuesday 24th January: Weird Science – snap, crackle, pop and bang – lets see what we can make with a lot of weird and wonderful ingredients.

Wednesday 25th January: Clowning Around – lots of circus fun to be had with balloons,

juggling, face painting, acrobatics, clown treats and bouncy castle.

Thursday 26th January: Wicked Wheels Days – arts, crafts, baking and lots of wheel fun! Bring your scooters, bikes, ripstiks or anything with wheels.

Friday 27th January: Moutere Café – arts, crafts and cooking. We will be putting together our own café which will open at 2:30pm for parents to come along and sample our menu at a place setting created just for you!

PLEASE NOTE THAT A ONE WEEK PROGRAMME FROM MONDAY 16TH - FRIDAY 20TH MAYBE AVAILABLE ON REQUEST IF NUMBERS ARE SUFFICIENT!





FINALS DAY - SUNDAY 11th DECEMBER Moutere Hills Community Centre 11am - 3pm

The heats are in full swing and the finalists are being decided so it will all come down to the Finals on 11th December where we will crown the Junior and Senior Top Team champions for 2011.

Why not come and join in the festivities.

It will be a day of fun and challenging activities for 192 members of 24 winning teams from the heats as they compete in 12 good old fashioned games in which teams will get wet, possibly bruised, definitely exhausted but at the end, one junior and one senior team will receive the ultimate title of Top Team 11.

There will be food and drink for sale and children's activities so come along and join in the fun at Moutere Hills Community Centre!

THANKS TO OUR WONDERFUL FINALS SPONSORS:

Mapua Plumbing









Placing an advertisement

***Deadline for the combined Jan/Feb 2012 issue is 6th January 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.

Free: articles, birth, birthday, marriage and giveaway notices.

The following prices apply for advertising.....

Business card size advertisement - \$12

1/4 page advertisement - \$25 ½ 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

Sending us copy

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 6th of January 2012

I have a small amount of organic goat mílk available each day. If you would like to try some please phone Amanda Olley 5432 977



Books needed for the book stall at the Sarau festival. Phone Sharon 5432 814



• • Our New Garden

Nov 11

We have the most amazing new garden. The fence came down, the mound was moved and improved and our whare was moved and improved.

We love it.

We can now climb higher and test our nerves for balance in ascent and descent.

We have an incredible open space inside the whare for imaginations to run wild. From marae to house to a place of performance.

The grass is a magical place to sit or balance on the logs. It is like a fairy ring for

conversation and meetings.









The whare is amazing for musical concerts. An assortment of bands and musicians performed for hours on Thursday.

flowers together.

We have already had a special gathering when Rowan brought his 3 legged dog in for a visit.





ActiveKidz Summer Swim School



Lessons Begin on November 14th See details and book online

www.mapuachalets.co.nz /swim

or ring Andy and Karen on 03 540 3316

We Need YOU!!

Rangers Rugby is in need of a coach for the Rangers Senior team for next season.

We also need volunteers for coaching and managing our JAB teams- from U6 up to the intermediate grade.

If you are keen please make yourselves known! email rangersrugby@rocketmail.com Many hands make light work and any help, no matter how big or small will help our youngsters and our oldsters get out there and play our national game.

Email us if you would like to play next season or just get involved with the club - all welcome.





Kia Ora Koutou, Spring has well and truly arrived and with it the opportunity to make the most of the warmer weather and get out into our gardens in between the showers sowing seeds, pulling weeds and planting seedlings.

With Spring we also welcome back our well-travelled families including Gundula and and Leah who have been holidaying overseas and reconnecting with their families. It's great to have you all safely back...Our Air Tamariki focus has shifted to an interest in the mechanics of flying with children exploring the construction of planes, kites and rockets to name a few. This week we were lucky enough to be visited by a child's grandparents who flew from Taranaki to Nelson in their home built Zodiac appropriately named "Rere ki Wairua" which means "To lift up off the ground with spirit or energy." Thankyou Poppa Don for sharing your aviation experiences and musical talents with us. We were thrilled to hear how you built your plane and look forward to your next visit!

An added bonus was another exciting visit from the talented musicians of the Tasman School's Travelling Troupe. Room 3 delighted and mesmerised our children with their selection of ukelele, flute, percussion and singing skills. They also performed several puppet shows which revisited some of our favourite stories such as 'The Three Billy Goat's Gruff.' If you get the opportunity to see their performance we completely rate them, thanks so much Tasman School!

Our thanks and appreciation are also extended to the Chandrakirti Meditation Centre who have generously donated their tipi to Harakeke.

As part of our committment to our sponsorship of Lhamo Lama who lives in Nepal we are looking forward to involving ourselves with Purple Cake Day as the country in profile for 2012 will be Nepal. Purple Cake Day encourages children to learn more about children from other cultures and empowers them to take action for children in need and is held on March 1st. We would like to extend an invitation to everyone and see how we can all share and support this experience as a community. enriching both our children and Nepalese children. For inspiration and more info see www.purplecakeday.org.

Inspired by The Tasman School Travelling Troupe's tale of the gingerbread man it's time now to make biscuits for our picnic tomorrow. We have been invited to one of our children's farms so we can find out exactly where our milk comes from

Until next time, ka kite from the team at Harakeke.

Christmas Cooking Demonstration Wine and Food Evening

Thursday **8th December**Miles will be demonstrating a 4 course Degustation menu

Each of which you will have your own to taste

We hope to show how to create Restaurant style food
easily and economically at home. Each dish will be matched to a locally produced wine,
which will be served for
tasting with each course.

@ 6.30pm

Tickets- \$50 ea for DINNER AND DEMO

From: Miles Of Food

Ph:03 5444280





Summer Hours from 13th December

Open 6 days

Tues – Sun 9.30-5.00

2 nights – Friday and Saturday 6pm till late

Saturday Lunch 12 - 2.30 enjoy free pony rides for the kids.

Relax at our unique licensed cafe.

Ph03 5267 447

7km from Motueka on the inland highway

How much do you know about Koru Ultrasound & Care Centre on Oxford St, Richmond?

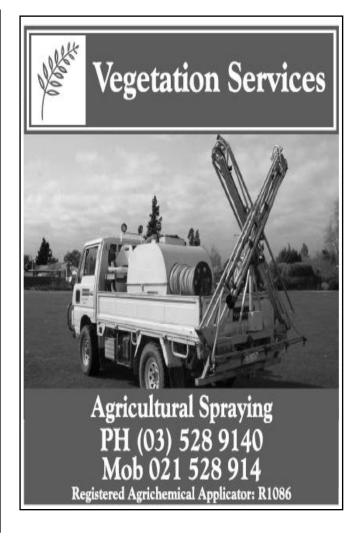
Ultrasound is not just for pregnant women; in fact the whole body can be scanned. It's safe, painless and there's no radiation. Some common regions for sports injury scanning include shoulder, knee, ankle, foot, elbow and wrist. We can assess splinter or foreign body location, lump assessment (including in the breast, testes and thyroid). We can diagnose problems in the kidney, liver, gallbladder, urinary bladder and prostate, as well as fertility or other gynaecological issues and much more. Of course we also do pregnancy scans, and an even offer evening and weekend appointments for a small afterhours fee. All our maternity and ACC scans are free.

Did you know you have a choice of where to have your scan? It doesn't matter which company name is on the referral form from your doctor, you can choose to have your scan done wherever you like. As long as the form is signed by a medical professional and has all the correct details needed to complete the scan we can use it.

Our Koru team has two highly trained sonographers who have gained their post-graduate qualifications overseas and both hold current Foetal Medicine Foundation licences in first trimester screening assessment. One of our sonographers trained in Adelaide one-on-one with the leading Musculo-skeletal specialists working at the cutting edge of sports injury diagnosis and management, as well as training in general, breast and vascular ultrasound. She has now moved to Upper Moutere and is the new Pastor's wife. Our other sonographer practiced within the UK National Health Service as a Clinical Specialist, providing independent ultrasound scan reports for referrers within the scopes of general medicine and foetal medicine. Our doctor who communicates with us daily is an experienced consultant radiologist from Auckland, and has immediate access to our hightee imaging and management system.

So where are we then? 31 Oxford Street Richmond, opposite Warring Car park, and only a short stroll from the mall. It's a lovely cream villa with modern and stylish décor and a tranquil, homely feel. Come and see us when you need a scan, you'll love it!

31 Oxford St Richmond (03) 541 0050 www.koruultrasound.co.nz





Ultrasound & Care Centre

'Let Koru Care For You'

31 Oxford St, Richmond (03) 541 0050

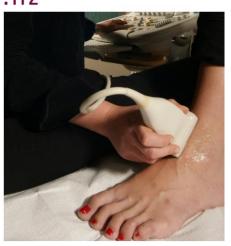
muscle injury, maternity, abdominal, gynaecology & more

free ACC and Maternity scans (no surcharge) No waiting lists viewing room with extra plasma TV friendly, non-clinical environment









Hello fellow gardeners.

What a great spring we are having to be in the garden with regular rain fall to keep a good moisture level. Hopefully we won't have any water restrictions this year.

There is not a lot of changes with last month's work load in the garden. Bay Nurseries is your local "Go Gardening" shop. "Go Gardening" is the new branding for Nursery Garden Industry Association (NGIA), you might have seen the promotions on TV. Come and see us for friendly, knowledgeable advice.

Lawns

Keep fertilising lawns regularly every 4-6 weeks. I recommend that you don't mow the grass too short. It prevents the sun from baking on the soil and the grass recovers quicker after mowing, especially during the drier time of the year. Weeds won't have a chance to get established very well either. During dry periods deep water lawns, once a week a longer steady watering is better than a little every day.

Vegetable garden

Continue to plant summer vegetables zucchinis, peppers, celery and corn. Mulch plants with Kinpak to keep moisture in soil, prevent weeds establishing and good source of nutrients. Make sure to liquid fertilise leafy plants. Apply slug and snail bait. Another sowing of carrot, beetroot, radish etc about 3-4 weeks apart will give a succession of vegetables. Previously planted plants; side dress with Blood&Bone and/or Vegetable Fertiliser. Tui Vegetable Mix is advertised on TV and we have plenty in store.

Fruit trees/roses

Time to put grease bands, Neem Granules or Coddling Moth Traps around your apple trees to prevent the Coddling Moths damaging your apples later in the season. Spray your trees with Copper or Guardall.

Flower gardens

gerberas, geraniums, hibiscus. bougainvilleas, hostas and tuberous begonias are available in our garden centre. Roses are looking absolutely fantastic in our nursery.

Spray roses with Shield, Super Shield or ask staff what other options there are. Roses should be mulched before the dry sets in - roses do better in moist conditions (NOT WET).

Great selection of perennials are in store now to keep your garden looking colourful all season. Now is the time to plant salvias, zinnias, impatiens and other summer flowering annuals. Make sure you spread some slug bait around and keep fertiliser up.

We have a great range of compost and potting mixes, they are a fantastic aid to prevent your garden from drying out and stressing your plants.

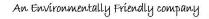
For all your garden needs or inquiries call in at **Bay Nurseries Garden Centre.**

All the best from the Bay Nurseries Garden Centre team.

WE CAN MAKE YOUR GARDEN GROW

SEPTIC WASTE

WASTE LIQUID SERVICES LTD



Septic Tanks . Soak Pits . Long Drops . Grease Traps Bilges & ships sewage . Commercial waste (from 1,000-32,000 litres)

COMPETITIVE PRICING & FULLY CODE COMPLIANT

Phone 03 546 7632 (24 hrs)

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Endurance spraying

All types of weed spraying Gorse and Brushweed Control

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



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

Wasps - an easy way to control their numbers

As you have certainly noticed it is the wasp season, but there is an easy and safe way to control their numbers: it is DOC's preferred method of wasp control I am told. Take a dose of cat and dog flea prevention/treatment 'spot-on' chemical, blend this with the meat from an uncooked sausage, (or some raw mince, dog roll or tinned dog food) and place the mixture in an empty plastic bottle (a milk bottle is ideal), hanging this in a tree or at least out of reach of children in the garden. Wasps will be attracted to the bait and they will carry the poisoned meat back to their nest; the whole colony of wasps will be killed very quickly. Apart from the odd fly, nothing else is attracted to the bait, so no harm will be done to other insects like bees. Do it now as later in the summer wasps prefer cellulose or starchy/sugary foods, so will not come to meat baits so readily and remember that wasps do not fly far for their food (50m is thought to be about as far as they will go), so spread your your bait stations around a bit to catch all the wasp colonies. The spot on type treatments are bought from the vet or from the supermarket - chose a large dog dose as you will have much more chemical for the same price.

The same spot on chemical can be used to control poultry mites - place a single drop of the chemical on a chicken's bare skin under the feathers. This works very effectively for head mites and leg or scale mites - there is plenty about this on Google.

Its that time of year again – Christmas Cheer!

A light Christmas Pudding

250g dried apricots, chopped and soaked in boiling water. 1 cup each of the following:

Flour, raw or brown sugar, breadcrumbs, grated butter or shreddo. 1 cup of milk, 2 tablespoons golden syrup, 1 teaspoon soda mixed with a little water, 500g mixed fruit, ½ cup of sherry.

Mix all and stand overnight. Nest day place in the bowl you intend to steam the pudding in, if the bowl doesn't have a fitted lid improvise with a couple of layers of lunch paper tied in place and top with a heavy plate. Steam for 5 hours. The water should come half way up the bowl and I stand the bowl on a screw band from a preserving jar. Check and replace water as it evaporates.

I make this a few days before and re-heat on the big day. Note: no eggs in this pudding.

A good mayonnaise to have in fridge for summer:

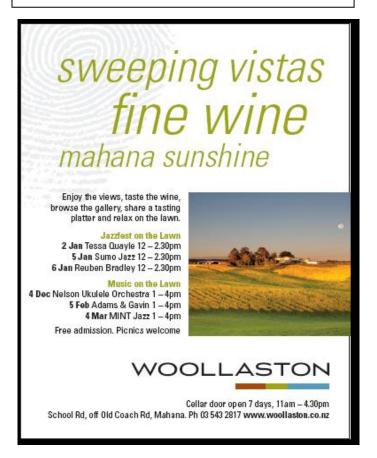
2 eggs, ½ teaspoon sugar, 1 teaspoon dry mustard, 3 tablespoon wine vinegar, 1 large clove garlic, ¼ cup parsley,1 tablespoon thyme or dill, 1 tablespoons chives – give these a light chop.

Place everything in the kitchen whizz and blend. Add $1\frac{1}{2}$ cups of light oil (soya or corn) in a slow stream while the whizz is running. Add 2 tablespoons of lemon juice, then pulse in $\frac{1}{2}$ cup sour cream. Place in a jar and refrigerate. This is a good keeper. Uses – add zest of lemon for potato salad or add chopped gherkins to serve with fish.

Christmas mince balls.

Roll Chistmas mince into balls and add melted chocolate and coconut or cake crumbs. Roll in cocoa.

Cheers – chill out and have fun! - Soo Gee.





Neudorf Dairy Feta Cheese

We were thrilled to win a gold medal for our Feta cheese at the National Cheese Awards competition earlier this year. Neudorf Dairy sheep milk feta is harder than most cow's milk feta cheeses. This means that it is ideal for a number of dishes where you want to bite into cubes of feta, such as a Greek salad. I often use feta for cooking because of its firmness and because of the salty tang it adds to food. A few favourite uses of feta are as follows:

Greek salad: mix together cubes of Neudorf Feta, and a selection of the following, all sliced according to taste: tomatoes, red onion, capsicum and cucumber. Add fresh basil, seasoning and olive oil for a wonderful summer salad.

Feta and pumpkin go together really well: try adding cubes of feta to roasted cubes of pumpkin shortly before serving. Add feta to pumpkin fritters, pumpkin filo tarts, pumpkin soufflé and pumpkin risotto.

Marinated feta is a very tasty nibble: to cubes of feta add crushed garlic, sprigs of chopped rosemary and olive oil. Can be eaten within a few hours or left in the fridge for a few days.

Remember, you can purchase all our cheeses from Moutere Gold, the Nelson, Motueka and Farmers' markets and some supermarkets. A piece of our cheese would make a tasty Christmas gift and/or a delectable morsel during the rapidly approaching holiday season.



WISHING YOU ALL A MERRY CHRISTMAS AND A HAPPY NEW YEAR.

WE WILL BE CLOSED FROM SATURDAY 24TH DECEMBER, RE-OPENING 12TH JANUARY 2012.

> Home cut, fresh chips. Fresh fish and homemade burgers.

Thurs and Sun: 5.00pm – 7.30pm

Fri and Sat: 5.00pm – 8.00pm

ph 03-5432683 (phone orders welcome).

You and your Christmas Pet

With Christmas only a short time away I want to address buying a pet for Christmas. Whether it has feathers, fur or fins it is important to understand that a pet is a commitment for the life of the pet, however long that may be.

Every year after Christmas the SPCA is inundated with unwanted animals that have been purchased for Christmas as a cute gift. The reality of caring for a cute pet is often very different. A small puppy or kitten will become a boisterous adolescent and grow considerably. Pets require a time commitment from their owners not just to feed them but to train and socialise them. Christmas holidays are a time when many people want to have a break away from home which leaves the question of what to do with your pet. Kennels and catteries are expensive and willing pet sitter friends few and far between. It is then that some of the realisty dawns that your new pet requires some responsibility. Sadly it is then that many animals get dumped or surrendered to the SPCA. So think twice before you make that impulsive purchase.

Pets can become part of our family and in return give us their love and loyalty. They cannot understand if they are abandoned.

So as the festive season draws near, here's wishing you and all creatures great and small a safe and happy time together, not just for Christmas but all year long.

As always I am available to answer any animal behaviour concerns and look forward to continuing my pet feature in the Grapevine in 2012

Susan Mott Animal Behaviourist 0212664211







WOULD YOU LIKE TO WORK WITH HORSES?



DO YOU WANT TO HELP LOCAL CHILDREN?

WE NEED YOU!

Please contact Julie Holt on 03 543 2970 Or Pam Brown on 03 528 0236

Motueka Riding for the Disabled Volunteer Liaison Officers





DELICIOUS WOOD FIRED PIZZA

Take away Available

Relaxed sunny courtyard & inside dining with a roaring fire. Fantastic coffee, yummy macaroons relaxed atmosphere, great service and local!

Open 7 days for Wine - Port - Sherry - Cognac & International Wine Sales. 10.30 - 4.30pm

Open 7days for food from Dec 1st

Menu Available online www.kahurangiwine.com

Bring this ad' in and receive a complimentary a glass of wine when you order any pizza.

1 voucher per customer

Kahurangi Estate RD1

Kahurangi Estate RD1 Sunrise Rd, Upper Moutere Cellar Door: 5432980



Nepal, October 2011 Phil Grover

We stumble off the bus from Kathmandu into a brew of sights, sounds and smells that typify a Nepalese road end. Trucks roaring, ponies filing through, freight being loaded and unloaded, dirty and ramshackle buildings, potholed dirt streets, fumes and smoke everywhere. In the fading light we peer up valley – we're surrounded by tropical rice fields and banana trees, but ahead the valley narrows to a mighty gorge. Above and beyond the gorge, great Himalayan ice giants glow pink in the setting sun.

We've come to walk around Manaslu, the world's 8th highest mountain. Along the way we will spend one week in the recently opened Tsum Valley – an enclave of purer Tibetan culture near the Nepal/Tibet border. The walk is about 300 kms through very hilly terrain and will take 23 days to complete.

We set out the next day and for several days work our way up the Buri Gandaki River through lowland villages. The countryside is very steep and progress up valley frequently involves large climbs and large descents to navigate around bluffs and gorges. Villages are sited near larger tracts of arable land. The subsistence farming practices are medieval – ploughing using a wooden shear dragged by two oxen, hand sowing and harvesting. It is sobering to see the effort a Nepalese farmer has to make to feed his family compared to modern New Zealand farming practices.

Reaching the junction of the Tsum Valley at 2000m altitude after 5 days walk we turn north east and head up the Slyar Khola. Trekking has only been permitted in this valley for 4 years and it retains a very strong Tibetan cultural identity. At the head of the valley are three high passes to Tibet over which substantial trade flows – all on the back of ponies and yaks. For 4 days we head up the Tsum Valley initially through beautiful forests populated by monkeys and later through high altitude grasslands and crop fields. We are getting close to big mountains now – impossible looking peaks tower over us from all sides. We visit several Bhuddist monasteries in remote locations high in the mountains, often with surprising numbers of monks living in very austere conditions. After visiting the high yak pastures near the Tibetan border we turn back down valley for 3 days to rejoin the Buri Gandaki.

"This is the BBC World Service – New Zealand and France are currently battling out the Rugby World Cup Final – after 60 minutes of play, NZ leads France 8-7." We five Kiwis huddle around a short wave radio in the high Himalaya straining for news of the final. Finally we hear: "New Zealand have won the Rugby World Cup defeating France 8-7!" A huge cheer rings out over the valley. Our makeshift silver fern flag flutters proudly above the campsite.

After three further days we emerge from the gorge into the grassy high altitude headwaters of the river. We can see Manaslu (8156m) beside us now – a full 5 kilometres of vertical height above. It's almost impossible to grasp the scale of this place. A heavy snowfall impedes progress and makes for a whole day of slushy slippery travel through desolate alpine flats. We reach the last village under our high pass and rest for a day to aid acclimatisation to the thinner air at high altitude. On our rest day we encounter a sizeable group of wild bharal – a rare Himalayan sheep/goat.



We trudge up to a high camp under the pass and set out very early the next day to cross the Larkya La – the 5200m high pass behind Manaslu. It's so cold our drink bottles freeze in our packs as we inch our way up the moraine and onto the glacier. It's an exquisite day - massive peaks stand over us on all sides in the dark blue sky. Knee deep snow and the thin air slow progress and we emerge onto the pass in the late morning. This is an unforgiving place but today it's benign and we linger to savour the joys of being in such a magnificent site. Eventually we start to descend the pass and slip and slide down frozen slopes to camp near the tree line.

Our trip is nearly over and we descend rapidly into the Marsyangdi Valley where Tania and I had trekked 23 years earlier. Development for tourism has made the towns unrecognisable from my first visit – some towns are ten times the size they were then. The road has pushed up the valley eliminating 2 days walk we had in 1988.

It's our last night – standing outside camp on a boulder by the river, I reflect on the last 3 weeks journey. It has been a privilege to travel through this magnificent topography and encounter Nepalese mountain life largely as it has been for hundreds of years. As the daylight fades, my thoughts turn to Upper Moutere where I'll be in a few days – a world away from here. It's time to head home....



National Radio comes to the Moutere

Jim Sullivan from Sounds Historical visited the Moutere a few weeks ago and his recordings will be played on Sunday 20 and Sunday 27 November. We know that by the time you read this, the time will have gone by, BUT, you can Google Radio New Zealand, National, and go to Sounds Historical to listen through your computer, or to download the recording of interviews with local identities

Last year a Scout Troop was formed in Dovedale which was really well supported by several families. We did lots of cool stuff like making rocket launchers, building rafts, going on walks and kayaking, earning badges and more. Unfortunately the leader had to give up his role due to personal circumstances and ever since we have been trying to revive the idea of a scout troop in the Moutere area. I have been thinking for while that it would be great to have a troop based at the Moutere Hills Centre and have a team of leaders but also a strong parent support roster. Scouting is one of the fastest growing organisations worldwide -Bear Grylls is the head of Scouting UK and I love the idea of sharing the skills of all the parents to the benefit of the whole community. Please email me at forestschoolsnz@gmail.com and let me know what you think - Would you'd like your kids to come along? What do you think of the age group should be? Are you willing to lead? What do you think the focus should be? I'd love to hear from you.

Nettie Stow



Congratulations to Jo Eggars and Liam Haskell who were married at Flora Hut, Mt. Arthur, 19th November. A fine sunny day ensured that all enjoyed the walk and the festivities afterwards.

Local Christmas Cards

Stay at home Mum has her own beautiful Rata photograph Christmas Cards to sell \$3 each or \$20 for a pack of 10 021 1822354 www.odettestudio.co.nZ



Trevor Lummis - a good friend of the Moutere Community

With sadness we acknowledge the recent passing of Trevor Lummis - the colourful, hardworking and generous Motueka auctioneer who gave of his time so often to help with fundraisers; first, to build the Upper Moutere Volunteer Fire Station, and then to raise funds to build our Community Centre. Not once when we asked him to stand up and perform for us selling all kinds of random items did he turn us down. He would turn up on the allotted Saturday morning with a crew and sheets of auction paper, and put us all to work moving farm equipment, books, tools and toys all to raise money for our community projects. Thanks again Trevor....

from the people of the Moutere.

Moutere Hills Youth

There's been plenty of action during this final short term of the year, including doing battle at Nerf Wars, sauntering our way down the Red Carpet, and eating many, many hotdogs in support of Kohu at Speedway.

Bubbles & Cupcakes has been a frothy, fun frolic of bubbly, bathie things. Senior Youth went to Pro-Carts and had a beach bbq.

We have two final events of the term...Friday 2 December Blow Out

Friday 9 December Wait & See Year Finale

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.

Check out the next Grapevine and keep an eye on Moutere Youth on Facebook for details of things happening over the holidays.

Heaps of thanks to those who have helped make our first few months as Youth Workers so much fun.

We hope everyone has an awesome Christmas and New Year. Enjoy your holidays!

Abbey & Andy Bensemann 543 2949

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.

MOUTERE INN



- THE CENTRE OF THE MOUTERE SINCE 1850
- Craft Beer
- er Real Ale
- Local wines
- Live music
- Bar mealsLounge bar
- Evening Dining
 Rooms

EST^D 1850

All welcome

COMING EVENTS AT THE MOUTERE INN

- ❖ LIVE MUSIC 8 PM FRI 9th DEC "Southern Songwriters" Liam Ryan, Aly Cook, and Dean Heatherington stopping by the Moutere Inn on their Southern Songwriters Tour.
- ❖ LIVE MUSIC "LIVESTOCK 3" SUN 11th DEC 12 7 pm ALL ORIGINAL ALL DAY. Miho Wada & the Shit Fight, Irie Vibes, Rocksalt, Grandad's Wedding, Hatu, Shunt, Lemongrass, Cliff Fell, Sahn, Penny Dreadful & the Newgate Calendar, Des Carmody and more.
- ❖ XMAS BUFFET SAT 17th DEC 6pm and 7:30pm sittings All your Christmas favourites. \$25 per head Bookings Essential.
- LIVE MUSIC 9 PM NEW YEARS EVE "SOLROOM"
 "A unique 6 piece band Solroom, combine great harmonies, funky keyboard riffs and cracking guitar solos."

EVERY DAY AT THE MOUTERE INN IS A CELEBRATION OF CRAFT BEER & LOCAL WINE

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