

POWER TO THE PEOPLE

LOCAL LIVES



Kidpower's Fiona Bryan talks about this Upper Moutere based organisation.

We all like to feel confident, safe and able to assert ourselves. Whether it's a child dealing with a bully, a teenager handling a difficult relationship, or an office worker being harassed by colleagues, everyone needs self-esteem and the ability to prevent, or get out of, an unwelcome situation.

Showing people how to do this in a positive way is the aim of the Kidpower, Teenpower, Fullpower Trust, which has its NZ headquarters in George Harvey Road. "We teach people skills and strategies to keep safe with people they know, and people they don't," explains Fiona Bryan (above left), who works fulltime at the centre as a co-director and co-instructor alongside five other team members plus contracted instructors.

Kidpower is an international non-profit organisation, and was the brainchild of an American mother, who protected eight young children, including her own son and daughter, when a stranger threatened to abduct them. She got together with the police, martial arts experts and child education specialists to develop the programme, which launched in 1989.

The teaching starts young, with children as young as four able to attend parent-child workshops through their childcare centre or as a family. "These are really about being aware and having a safety plan should your child, say, get lost in the supermarket," says Fiona. "If you start young, it becomes the norm."

Kidpower sessions for eight to 12 year olds are held in schools or as holiday programmes. The focus is on using role play with the instructors to learn boundary setting and how to say no. "For example, if a child was being bothered in the playground, they would learn how to stand up to the bully and – if they couldn't stop the behaviour – how to get help.

"For every action, there are four principles: Is it OK with both people, or necessary for health and safety? Is it safe? Is it a secret, or can others know? And is it allowed by those in charge?"

Self defence is a last resort, says Fiona, but is taught on a

basic level to older children and adults. Participants practise on an instructor in a padded suit so he can receive a full-force blow.

"We get each child to promise they'll only use self-defence if someone is trying to hurt them and they can't get away to seek help. Primary prevention is more important."

Giving a fearful child the experience of yelling at someone to go away is an empowering experience, she adds. "It's amazing watching how a child changes when you give them a skill they may never use, but know they can."

The Teenpower violence prevention programme, which runs along similar lines but with teenage-friendly resources, has been developed with input from students and teachers at schools in the region. Resources that teachers can use on their own will soon be up on the organisation's website, says Fiona.

"We also have a Healthy Relationships resource for people with cognitive disabilities, and we offer business workshops to give staff strategies for a safe, positive workplace."

Fullpower, meanwhile, takes Kidpower basics and aims them at adults – particularly women. "We teach de-escalation: how to prevent a verbal or physical situation getting out of hand."

All kinds come along to the workshops, from mothers with their teenage girls heading to university, to people referred by counsellors, and those in violent relationships. "It's very empowering for women to know what they can do in abusive situations."

Fiona has attended the parent-child workshops with her own two children and the real joy, she says, is that the lessons learned can be applied at any time. "It's not just about skills to use in dangerous situations – you can use them every day."

A course schedule is available at www.kidpower.org.nz. The six-hour holiday programme costs \$30, but fees are flexible.

Article by Beverly Sellers – ph: 03 543 2008

Editorial

Upper Moutere caught the attention of the media for all the right reasons last month,. The Sarau festival gave us the opportunity to welcome a lot of visitors to the area and show them we know how to put on a good time for all. How rewarding to be part of such a successful event – and, thanks to Jenny and her band of helpers that's exactly what it was.

Whenua Iti Manager Michelle MacNeil was chosen as one of 12 delegates to represent New Zealand Non-Profit Organisations at a 15 day international forum in Japan. They will share information and use research to work compare, analyse and improve how they work with local and central government. Michelle says it will be an invaluable experience that will allow Whenua Iti to see where it stands internationally.

We are spoilt for choice this month . The jazz on offer Sunday March 4th at Woolastons winery will be top class and it's free!! Get up there and enjoy a glass of wine before winter sees us hiding out at home. People drive all the way from Nelson just to enjoy what we have round the corner.

The Chandrakirti Meditation Centre in Sunrise Valley is holding its annual music day Sunday March 11th and if you haven't had a chance to attend one of these days, why not make this year the time you join the hundreds of others from the Nelson region who'll be there. Yet another opportunity to see how much variety is on offer in a rural area.

Or perhaps a murder in the Moutere is more your thing? St Pauls Church is the perfect setting for a murder mystery. Be in quick, buy a ticket and get your magnifying glass out; limited tickets for a night of guaranteed entertainment.

The Grapevine covers a wide area and this month we welcome two new contributors – Tasman School and the Rudolph Steiner School, we are lucky to have a wide choice of schools for our children to attend and it is great to be able to find out what's happening in all necks of the woods.

So how about the other groups out there that are keeping it all to themselves? We'd still love to hear from you .

Placing an advertisement

***** Deadline for the April 2012 issue is 15th March 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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What a great 2012 Sarau Festival!!



Once it is all over people ask – how did it go? and, what were the highlights for you?

It was great to see the sun shining and so many people enjoying our beautiful valley, and the atmosphere of the festival.

However for me, the definite highlight was the amazing energy which grows from having so many good people working together to make the festival a reality.

Special thanks go to Mark and Jac who spend days managing the bike race and ride; Averil and Ro for the uniforms; Jane for the photographic competition; Tanya for the cooking competition; Susanne for the cuisine demonstrations, Carol for making new flags; Claire for taking stallholder registrations; Mike for keeping track of our finances; Brian, Fiona and Fay for the cheesemaking; Sharyn for the stonecarving workshop; John for being MC; the Firebrigade for the gate and parking; Jenny and Eileen for caring for the history; Anna for the signposts; Michelle for her work on the website and managing the entertainment, Pat, Paul, Brent, Susan and Philip for putting up flags and signs and collecting and returning marquees; Raewyn and Sharon for the food; Libby for taking photographs, the blackcurrant growers as security, setup and breakdown; Kidpower, Teenpower as bike ride marshalls; Phil, Joan, David and Michelle for field layout; Tania, Heather and John for sorting out the stallholders; Janet, Sue, Runer and John for their help with the road, gate and periphery; Michael and David; and Sharon who is always supportive, always there and raised \$722.90 for the festival funds with her book stall.....

Then there are all those who turn up to support us with the working bees – to you a very very special thank you. It is your energy which makes it all work. We truly appreciate your help.

This would not be complete if we did not thank our numerous sponsors for their willing support. Please go to our website www.saraufestival.co.nz (if you did not read the sponsor board at the festival) to check them out. They deserve our support!

If your part in the Festival was to come and enjoy yourself – thank you – we need you too. It seems there were around 4,000 of us there at the Domain on Sunday 29th and we hope to have about \$15,000 to distribute, once all accounts are paid.

Jenny Leith
Sarau Festival Coordinator

Photography:

Life in the Moutere:

1st: Doug McLellan

Highly commended: Susannah Kirkham, Mark Forward, Jan Baily, Libby Bibby, Carol Marshall

Digitally enhanced:

1st: Ella Doty

Highly commended: Tamara Martin

Open Section:

1st: Libby Bibby

Highly commended: Ro Giblin, Tamara Martin

Under 15:

1st: Ella Doty

Highly commended: Joshua Damien and Harakeke pre-school

We are inviting everyone who entered the Sarau Festival photographic exhibition to return ONE or TWO photos of their choice (preferably from the "Life in the Moutere" category) to form part of a permanent display at MHCC. Please return your mounted photo to the MHCC or post to Libby Bibby at PO Box 12, Upper Moutere, 7144 by 20 March. Please put your name and address or contact number on the back, if not already there. Thank you.

Mountain Bike Race: 1st: Tom Fulmer 54min 32 secs, 2nd: Henry Jaire 56mins 11 secs, 3rd: Andrew Reid 56 mins 26 secs
First Woman: Kirsty Moran 71mins 6secs

Purple Hat: Junior - Harakeke preschool Senior - Margaret Ewers.

Desserts

1st Justine read - b/c chocolates

2nd Taryn Palmer - Sorbet

Preserves

1st Mary Rae b/c and Orange sauce

2nd - Mary Rae B/c Jelly

Baking

1st Clare Jones - b/c slice

2nd Mary Rae - b/c upside down cake

Childrens

1st George Beasely - b/c Jam

Juice and Wine

1st Carol Marshall - b/c cordial

2nd Petes Cordial

Innovative and Original

1st Anna Tranter - B/c quiche (Judges comments - bizzarely awesome, and - who would have thought!)

2nd Carol Marshall - Wild venison and B/c curry.

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FORTY FOUR-LEGGED FRIENDS

a Rosedale tale by Ruth Moore

In the spring my sister and I reared American Friesian bull calves. We kept them in four pens of ten, each pen named something different: the Old Pen, the Unmentionable Pen, the Full Pen and the New Pen. We didn't name all the calves straight off. Some weren't named until after they were weaned. But each calf that got named had a good reason for their given title.

Some were fairly typical: Fluffy, Curly (great names for bulls; imagine the conversations they'll have when they introduce themselves to the heifers) and Mr S (he had a white stripe down his back in the shape of an "S"). Others weren't so obvious. For instance, Razor was almost completely black but had a small razor-thin line of white hair down his face. Bramwell was named after the classic character Bramwell Brown, on account of him being the only brown calf in the bunch (although he's turning black now). Albie, of course, was the albino of the mob.

They got tagged in spurts, because Dad had very little spare time. After 298 was tagged we called him Escape (pronounced *es-ka-PAY*). He was kept in the Unmentionable Pen and jumped out every day. He soon took on a partner in crime, and so 299 was designated Michael, after Michael Scofield.

Albie was the slowest drinker in his pen, and when we got the Full Pen, they also had a slow-mo, so we called him Albert. Also in that pen was a calf that had an unbelievably low moo: Boris.

Then there was Stuck. Poor old Stuck. He was originally from the Unmentionable Pen, but one day he decided he didn't like his playmates, and so jumped over the hay bales in an attempt to reach the Old Pen. The problem was, he didn't foresee himself missing and falling between the bales and the pole. We came out to feed the calves one morning only to find him wedged there—goodness knows how long for—and it took three of us to lift poor Stuck free. It's surprising he didn't break any ribs.

Donald kicked up his hooves and quacked like Donald Duck after every feed. After they were weaned, two from the New Pen received the same name: Twin. The only way to tell them apart was by their numbers: 352 and 360. They followed me around the paddock in the hopes of being fed, long after the others gave up.

I don't know that the calves all appreciated their names. Now that they're up on the farm learning how to be real bulls, Fluffy and Curly won't remember us fondly. Mind you, none of them actually remember us. My maternal instincts insist that I feel sad about this. My farmer's daughter instincts insist that we only reared them because one day they'll fetch Dad a good price at the works.

And if one of them breaks a leg in a fight, I'll be seeing him up close again anyway. On a dinner plate, of course.

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Mahana School



What a busy time the beginning of the term is. It is great to be back into school, and I'm sure many parents are breathing a sigh of relief!

Our school year began with the welcoming of five-year-old Renee Huxford in Piwakawaka Class and Jude Heath who is teaching in Kereru Class. I'm sure the first day for both of them was a big event in their lives and it was great to welcome them as new members of our school community. The first year at school is a special and very important time, and at Mahana we are really lucky to enjoy a teacher – learner ratio that allows each student to really develop a relationship with the teachers. I know that the Mahana 5 and 6 year olds get the time and attention they need to feel happy, secure, and to learn.

The focus for our senior class, 'Kotuku', is facing your challenges together, so during the second week of school the class worked together to build rafts that they then paddled from Grossi Point, past the Mapua Wharf, to the Mapua Leisure Park. The rafts were constructed from tyres, manuka, and rope, and the students produced some remarkably sea-worthy vessels. Some went for voluntary swims, but the team-work on display was excellent. It was great to see the senior students take on leadership roles and the fun was obvious. The class then spent the night in and around the Upper Moutere Church Hall. Thanks to Upper Moutere School for allowing us to use their pool, and to the church itself for allowing us to ring the church bell! (sorry neighbours) Playing spotlight around the church was a highlight for the kids and is an experience that they will never forget.



Our Middle Class, 'Kereru', is enjoying their time with Ms Heath. They are preparing for the swimming sports and are putting in some great training. Jude (Ms Heath) is busy organising and planning and teaching and has already made a big contribution to our school.

We are soon embarking on a whole school waka ama experience at Kaiteriteri as part of our 'Heroes' study. We will be working with world champion Clair Sykes who will be our hero for the day. We are lucky to be able to take on whole school experiences that we think are a very special and important time for our students.

We will be continuing our 'Superb Kids Challenge' home-learning programme this year. The students complete a set of real-life challenges at home such as preparing dinner for the family, helping out someone in need, or taking on a challenge in order to win the very special Mahana Challenge Bands that can be worn with pride. These have proved to be a really positive focus for the students and their families and are celebrated with the whole school at our Friday assemblies.

The other big development this term is the introduction of a clubs programme each Thursday afternoon. This term the students from Year 1 to 6 get to take part in a range of activities including movie making, animation, cooking, art, and discovery time, while our Year 7 and 8 students will be geocaching. Each student will get a choice of two activities every term and we hope to introduce and extend our range of activities as the year progresses.

And there is more to come. Please remember that families are welcome to visit us anytime, or check out our new website at www.mahana.school.nz, or check out our class blogs.

Justin Neal
Principal



News from your Preschool in The Moutere

Kia ora koutou,

It is great to be back at Harakeke and seeing all the children and their families again, all sharing tales of their adventures during the summer holidays! We would also like to extend a warm welcome to our new families who have joined us this year.

With all these wonderfully hot summer days we have been making the most of our environment at Harakeke to keep ourselves cool; exploring our shady forest and playing in the paddling pool have been a couple of favourite activities. It has also been fun learning about what we can make with blackcurrants with the children helping to make blackcurrant juice and jam and enjoying these taste sensations! Speaking of blackcurrants we were all looking forward to the Sarau Festival and decided to have a go at making some purple hats for the purple hat competition. This was a fundraiser for the Kenbe La Foundation that is focussing their efforts this year on the children of Nepal. We shared with the children how different life is for Nepalese children and how we could help them in a small way by participating in the purple hat competition. Reading of some children's experiences in Nepal was a real eye-opener and I encourage anyone who is interested to take the time to read some of these on www.purplecakeday.org We were inspired to paper-mache balloons and had a fantastic time decorating them in all kinds of purple paraphernalia (our thanks to Mariri Recycling and Motueka Floral Art Studio). To our surprise we won the junior section of the purple hat competition and will be part of a Purple Cake Day display later this month at the Nelson Library.

The children have been also discovering various insects and tree seedlings around Harakeke which has created interest in our environment with several child initiated projects in the planning stages - we will see where those lead us and might have more to report on next time. Next issue we will also hopefully be able to introduce you to our newest flock of ducklings, presently kept warm and cared for by our children with the help of an incubator. We successfully raised ducks in the past as some of you might remember and are looking forward to another fun learning time.

Ka kite. Your Harakeke team

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THE WRITE BIAS

NEWS FROM MAPUA BOWLING CLUB



Arrangements made during the past few months came to fruition on Tuesday 31 January when Mapua hosted a group of touring bowlers from the Canterbury region. This was a highly successful day with a guided tour around the district, lunch, tea ... and a spot of bowling! Three clubs from the Ashburton area joined forces for 7 days to visit clubs in the Nelson district.

Ashburton is fortunate; none of their greens have been damaged by the recent earthquakes. Central Christchurch has been less lucky. Many bowling greens are now unplayable and Mapua was pleased to support a national initiative, "Caps for Canterbury", to raise funds for bowls restoration.

The ladies at Mapua have completed all their club championship matches and the men are not far behind. We can now look forward to the presentation of the 'silverware' and annual polish! Some of our winners will now go forward to the Nelson District 'Champion of Champions' events and we wish them all every success.

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

Sue England

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Thanks to Shannon Pomeroy of Room 5 at Upper Moutere School for this tale of excitement and new beginnings...

Blitz and I

It was a gloomy type of day, the sky was dark and rain drops were starting to fall. We had only just started but it felt like an age had passed. After a decade we made it to a town just outside of Blenheim. This is what I was waiting for. The puppy! The magical sound of dad saying "here we are" made me smile. My fellow companions (Shawn, Liam and dad) hopped out of the car. There he was, cute and cuddly like a bunny, but fierce like a lion. "Ohh, he's so cute looking", I said. Blitz ran around and around in the house that soon would become his old home! He would soon be leaving his family behind. Suddenly I noticed the smell that had drifted into my nose. It was a smell I would be experiencing a lot now; the smell of dog food!

We went outside and Blitz said his goodbye, and we all got in the car. Blitz whimpered out the window to all. His mother was howling as we drove off. This was the start of his new life. The drive home was long and tiring for Blitz but short and exciting for me. Blitz woke up suddenly when we drove down our driveway.

My life would be different now with Blitz, but I didn't mind. It was the beginning of a marvellous friendship!

Country Kids

We are back into the swing of things for the year. The weather has eventually turned to summer and everyone is enjoying being outside. We are all 'Sun Smart' of course.

We have excitement in the building as eight of the teachers are entering the Relay for Life on 3rd/4th March. We are busy organising costumes and fundraising. Any donations will be gratefully accepted, at Country Kids desk. We have a small raffle with lollipops too. In the pipeline is a movie night. Watch our website for details. With two other teams in the village, Upper Moutere will once again be on the map for being the best charity fundraisers in the country. (Stated by Oxfam).

Our excitement is heightened by the fact that ERO will arrive to inspect us on the Monday 5th. How staunch are we? Staying up all night on Saturday and being highly professional again on Monday!

Thank you so much to Patsy and Kori who came to visit us from ASB Aquatic centre.

They told us all about water safety and when to wear a life jacket. Patsy read us a story and gave all of the children a lovely swimming pack. Thank you.



Murder in the Moutere

In March, St Paul's Lutheran Community Church will be holding a fundraiser in the form of a Murder Mystery party. A key member of the community will be "murdered" at the start of the party and all the guests will be enlisted to help solve the crime. It is set to be a night of fun and adventure. On top of the entertainment, a 3 course meal will be served including drinks*. The content is adult themed and is therefore not suitable for children. There will be two parties held on Saturday the 17th and 24th. Each party is set for a maximum of 22 guests so tickets are bound to sell out quickly. On payment of your booking, you will be given a ticket with your character name and a short profile of what your character is like, what you may be expected to wear and any props you may need to bring. All money raised goes toward the church budget so that we can continue to function as a church and serve the community. Tickets \$60pp
St Paul's Church Sat 17th and Sat 24th March 6pm
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*1 complimentary drink (wine, beer, soft drink) will be provided, BYO welcome.

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Exciting beginnings

The beginning of 2012 brings with it some exciting new developments for Tasman School.

Have a look at our new website . www.tasman.school.nz

Our redesigned school entrance is near completion with a spacious reception area and stylish office, staffroom and workroom. This latest building venture compliments the already upgraded classrooms and pool, leaving our school looking at its best. We will be officially opening our 'new look' area in the coming weeks.

This date will be posted on our facebook page

<http://www.facebook.com/TasmanSchool>

Feel free to come and join us.

Along with a number of new families to Tasman this term we also welcome our new teacher Annabelle Armstrong. She has made a fantastic start in Room 2 and we are looking forward to benefiting from the expertise she has developed, leading numeracy training for teachers across the region.

Abel Tasman Camp

Our seniors, having just returned from Wellington last term, are wasting no time in hitting the great outdoors for their Abel Tasman Camp. After experiencing what city life has to offer, we will be setting our sights on abseiling, kayaking, tramping, orienteering and much, much more.

It is always a lot of fun and a great chance to get to know each other better.

This year we are particularly fortunate to be heading out to Tonga Island to snorkel the marine reserve under the expert guidance of Megan Wilson, who runs the EMR (Experiencing Marine Reserves) Programme. This will give our school leaders the opportunity to see first hand the positive effect that their local marine reserve is having in supporting marine biodiversity. As part of our learning we will be planning our own project to help protect and preserve our waterways. We have a lot to look forward to.

The Great Muddy Buddy Event

We are busy planning for Muddy Buddies as well -This is our major fundraiser and fantastic community event - so find a friend and plan your outfit.

18 March. Tasman School. Register from 9.30am.

Everyone welcome ... pass the word!

See www.muddybuddy.co.nz

Centennial 2013

Although 2013 still seems a long way off we are currently seeking past students and community members who could help us to plan our centennial celebrations. If that sounds like you, we look forward to your call- or better still- drop in, take a look around and be impressed with all that is happening in our great little school.

We have a great staff, fantastic children and a wonderful community ... all ensuring we are off to a wonderful new year of learning and fun.

Moutere Community Youth

Friday Night Youth has kicked off. There's been a few things happening, including Murder in the Graveyard, with the rather unfortunate and gruesome finding of the body of Pastor Chris in the church bell tower. Strange how he came back to life...

March looks like it's going to be a good month, and anyone who is Year 7 and above can come along. Bring \$2 and meet at 7pm at the Sunday School Hall behind the Church.

Friday March 2	Moutere Community Games Night
Friday March 9	Paddock Games
Friday March 16	Dead Ants in the Dark
Friday March 23	Moutere Community Centre Games Night
Friday March 30	The Bunny Hops

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 Bensemenn	5432 949
Abbey	027 2434364
Andy	021 2245178

UPPER MOUTERE TENNIS CLUB NEWS

Brand new to our schedule is **Tuesday night's Club Social evening** for beginner to intermediate senior players. This is a great opportunity also, for our new members to come along at 7 - **8.30pm** to receive some **FREE COACHING**, have a hit on the ball machine and experience some general match-play. Make the most of this social night at your local club to meet other club members.

Also new to our schedule is our **Sunday afternoon Family session** from **4pm** . Bring the whole family down for a hit in a fun and social environment with other families. Everyone welcome!

Anyone wishing to learn how to play tennis or simply brush up on their skills, contact Vanessa 5432 332. Both group and individual lessons are available for adults and children.

**\$3,155,000 worth of sales in the last
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phil.neal@raywhite.com

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Motueka Rudolf Steiner School

A warm welcome for the class one children at the Motueka Rudolf Steiner School 2012

The first of February 2012 was for a group of children and their families a very special day, their first day at school. All the children and teachers as well as many other families gathered on the front lawn of the school. It is beautiful to see and feel, how the older children and school families, together with the teachers "hold the space" for the new children and parents in that process of letting go, of trusting the teachers and the education.

A simple ceremony marks the transition from the Kindergarten to school. One by one the new children accompanied, by the kindergarten teacher pass through a flower-covered archway to be met at the entrance of the school by their Class One teacher. The children are lead into the assembly room, where the older children and teachers are gathered. The magic of a fairy tale and the sound of Lyre music gently and strongly draw the children in and create an atmosphere that allows them to relax and feel at ease. Each new child lights their candle from the large blue school candle and puts a single flower into the vase, symbolising the coming together of a new class.

In the meantime the parents from class 2 prepare a table with cakes and tea for the new families. A little introduction circle is held and warmly welcoming words spoken, parent's experiences shared, offers for support expressed for all those new to the Steiner Education and even new to the Motueka community.

The school community currently consist of 57 children and 45 families and 4 full time teachers at the Lower School (class 1-7). Children come from as far as Stoke, Ngatimoti, Mapua and Upper Moutere to the Steiner school. In the last few years many of the newer families have moved here from the North Island, where Steiner schools have long waiting lists. Others came from overseas and settled in the region, glad to be able to send their children to a school that offers Steiner/Waldorf teaching.

I remember vividly one girl's first words after the first day at school: "That was far too short!" It is the joy of the children, the dedication of the teachers and the spirit and initiative of the parents, that has been carrying this little school community along for nearly 10 years now. To be prepared for a growing number of parents wanting Steiner education for their children, the school aims to build a bigger school on new grounds in the Motueka/Moutere area.

For any enquiries: ph 03 528 0246 office

www.nn.steiner.school.nz



Hello, my name is Finbar, I am nearly 20 and this year is my first year out of school.

I am looking for work in the Moutere area.

I have experience as a kitchen hand, a cleaner, in the workshop, gardening, car grooming. I am strong, fit and enthusiastic.
I really like working as a team and learning new skills. I attend NMIT on Mondays and Tuesdays but I am available any other time.
My CV and references are available on request.
Can you help?

Please ph or email 03 5432119 or gundula@harakeke.org.nz

Riverside Cafe

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9.30am - 5.00pm

Dinner

Friday and Saturday 6.00pm

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Animal behaviour

Sadly there have been a number of dog attacks reported in the media recently, particularly on children, so this month I want to focus on how this can be avoided.

First of all it is important to understand that any dog of whatever breed can attack given the right environment and circumstances. Certain breeds are more predisposed to attack but all can do so. Dogs are pack animals, their basic instincts acknowledge a pack and where everyone is in that pack in terms of status. Very few people keep enough dogs to form a pack, so in the absence of dogs they will substitute their human family.

Children invariably are not high in status from a dog's point of view, therefore they can trigger dominance behaviour. For example recently reported; a child was eating an ice cream when the dog jumped up and attacked her quite viciously. This resulted in hospitalisation for the child and euthanasia for the dog. Tragic for the human and dog alike. It is important therefore to understand what was triggered for the dog to behave this way.

Firstly, eating and food are very basic instincts for every dog. In a pack, the dominant dog eats first, all the other dogs wait their turn, if they don't the dominant dog will attack them and discipline them but first giving them warning body movement signals. In the child/dog scenario the child is eating in front of the dog whilst being low in status. It is likely that the dog has given warning body signals which have been missed by the child. This can trigger attack behaviour in the dog. An attack can also be triggered by body language, something a young child cannot understand. Children's metabolic energy rate is higher than adults which can also trigger heightened excitability in dogs. This can also lead to attack behaviours. Children can be inappropriate and rough in their handling of dogs and need to be taught properly. Therefore it is very important that all young children are supervised around dogs at all times.

When dogs are part of a pack if one attacks it can trigger the others to join in as part of their ancient predatory instincts. This has sadly resulted in fatalities for humans.

So just remember your trusted dog, however cute, needs supervision and training and that goes for your family around them. It is vitally important that they must be aware and supervised, particularly the youngest members.

If you think a dog attack by your beloved pet dog will never happen in your family, remember that last year alone over 10,000 attacks were reported to ACC and that's not counting those not reported. A very large proportion were on children.

Be safe, enjoy your dogs and be aware of the possible dangers and you should enjoy many happy years together.

As usual, I would be happy to answer any specific animal behaviour issues.

Susan Mott
Animal Behaviourist
0212664211

Vet Talk with Tasman Bay Vets

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

Time to watch out for Ryegrass Stagers

Well, hard to believe that autumn is nearly here. With it comes the seasonal onslaught of ryegrass staggers. Ryegrass staggers are caused by specific fungi growing on rye grasses. The fungi produce neurotoxins which cause signs of trembling, unco-ordination and staggering in horses, deer, sheep, cattle and alpacas. These signs get worse when animals are stressed, for example, if a mob is being moved or handled. Although a lot of animals in a mob will be affected usually none die unless their unco-ordination leads them into some sort of misadventure such as falling off a bank or drowning in a ditch. It is common at this time of the year due to the combination of warm weather promoting fungal growth and not much feed about, meaning that animals have to graze lower down the plant stems where more fungi live.

Unfortunately there is no specific treatment for ryegrass staggers. Management is by reducing the intake of ryegrass. Try feeding supplementary feed (hay, silage, sheep/horse/alpaca nuts etc) or changing paddocks (but move stock very quietly). There is anecdotal evidence that some animals respond to vitamin B supplementation (multi-ject or duo-ject injections, brewers yeast feed supplementation) or products based on seaweed extracts. Nutritech make a product called Equigard for horses (some people are also feeding this to alpacas) which comes in powder and pellet form and is supposed to help reduce the impact of the toxins on the central nervous system. If you are having trouble with ryegrass staggers this autumn then come and talk to us at Tasman Bay Vets and we can assist you with some supplements to help lessen the impact of this annoying problem on your stock.

Paula Short.



**Buy 2 bags of Hills Science Diet 1.5kg adult original
cat food for just \$45**

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400D High Street, Motueka, ph 528 8459

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www.tasmanbayvets.co.nz

Plums!! - Everywhere...

Chinese Plum Sauce

2kg red plums, washed halved, stoned. 1 cup cider vinegar, 1 cup brown sugar, ½ cup soy sauce 5 tablespoon grated fresh ginger, 4 cloves garlic chopped, 2 star anise.

Put all in stainless pot and cook approximately 45 minutes then remove star anise and put through a sieve or whizz. If using a whizz let it settle to release the air. Reheat and bottle into washed heated bottles and cork. If you are using metal screw caps they must have a plastic inner.

Plum Salsa

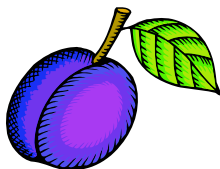
Take 6 plums dice and add a handful of chopped mint and coriander (or herbs of your choice), 1 chilli (seeds removed) and finely diced zest and the juice of one lime. Season and mix, stand for 15 minutes before serving.

Roasted Plums (a sweet dish)

Halve and stone 2 kg plums, place in a baking dish with 2 vanilla pods that have been split and cut up. Add 250mls water and 100g sugar.. Roast for 30 minutes at 180C. Serve with ice cream or custard.

More ideas: make plum paste, jelly or jam. Stone, halve and freeze for later. Use them to make a crumble, you can just do your own thing with crumbles, maybe add a few blueberries and zest and juice of an orange and ½ teaspoon almond essence and some sugar of course. Add ground almonds to the crumble topping and enjoy!

Soo Gee.



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COMING EVENTS AT THE MOUTERE INN

LIVE MUSIC 8 PM SAT 3rd MARCH "CUTTY WREN"

Cutty Wren have developed a great reputation with their blend of traditional Irish music and contemporary rock covers.

LIVE MUSIC 8 PM SAT 10th MARCH "LUKE HURLEY"

Luke Hurley is one of New Zealand's great unknown musicians, playing and recording since the early 80's. "If Bob Dylan could play the guitar and sing he would be Luke Hurley" CHCH Star.

LIVE MUSIC 8PM SAT 17th MARCH ST PATRICK'S DAY "TOM'S FIELD AND FRIENDS"

Tom's Field will be joined by the usual folk night crew to celebrate St Patrick's day with a blend of traditional and contemporary Folk music.

DON'T FORGET

Raffle every Wed 6pm with Chase the Ace and Poker League at 7pm.

1st Thurs Folk Night.

2nd Thurs Quiz Night.

3rd Thurs Country Music Night

Last Thurs Curry Night.

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

THE MOUTERE INN
THE CENTRE OF THE MOUTERE

Phone 543 2759
www.moutereinn.co.nz

The Cancer Society's 'Relay for Life' update from the 'Wiggle n Jiggle' team.

What a busy month we have had. The fundraising has been in full swing and fingers crossed we will exceed our target of raising \$1000 by the night of the Relay on Saturday 3rd March down at Saxton Fields.

For those of you who are interested in supporting this great cause, there is still time to make a tax deductible donation (contact Sam for more info). Alternatively you can come and join us on Saturday night down at Saxton Fields where we will be walking while we Celebrate, Remember and Fight back. The opening ceremony is at 4pm. There will be food vendors, Cancer Society merchandise and live entertainment for most of the night. Members of the public are encouraged to come and show their support and even walk a few laps. The candlelight ceremony will be at 9pm and is a magical sight when the edge of the running track will be lit up with 1000's of decorated and personalised candle tribute bags. These candles will burn through the night to honour those we have lost to cancer, and to show our support for those living with cancer.

Most teams at Relay for Life dress up and the Wiggle n Jiggle team will be joining in the fun with a carnival theme to their costumes.

The Wiggle n Jiggle team would like to thank all the local businesses and the community who have supported us in the past few months while we have been fundraising. The 'guess how many jelly beans' and raffle were drawn on Sunday 26th Feb at the 'Moutere's Got Talent Trail' and the lucky winners have been notified. A list of these winners is up on the notice board outside the Moutere store. We look forward to you support when we do it all over again next year! For more info contact Sam on: 5432512

MINT Jazz

MUSIC ON THE LAWN:
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School Road, off Old Coach Road, Mahana
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Hello fellow gardeners.

Welcome back, it has been a great summer for gardening. I hope everyone has had a nice break, spent some time with family and enjoyed the festive season.

The first of our new season spring bulbs have arrived in store; freesias, ranunculas and anemones. If you are planning to plant some this season, then now is the time to prepare your ground with blood & bone. Bulbs like bone meal as an additional fertiliser as well as a bulb food. Make sure you don't plant them too deep and ensure they are in a free draining position.

Pansies are ready for planting if you would like to have some colour during the winter.

March is the best month to sow your new lawn. The soil is warm and uncoated seed will germinate in 5 days, providing you keep the top layer of soil moist (NOT WET). If you are planning a complete new sow I suggest you spray the area off as soon as possible, maybe let the weeds come up again and spray again. Some levelling may need to be done before sowing. Then choose the correct seed type for your needs and/or conditions.

There are 3 main types,

-- Boston Green amenity rye and fescue mix for a easy care hardy lawn, it can handle some shade.

-- Tennis Court mix rye, fescue and browntop mix, good all purpose seed mix, hardy and good looking.

--Super fine, fescue and browntop mix for the turf connoisseurs, beautiful smooth lawn, but does need some maintenance.

Use uncoated lawn seed, it germinates much quicker and is a lot cheaper.

DAP (di-ammonium-phosphate) is the fertiliser I recommend to use when sowing. It has a good amount of nitrogen in it to get it growing and looks nice and green and has phosphate to get roots established.

If you have stone fruit on the property, prune them after fruiting has finished. Keep an eye on the Bay Nurseries blackboards for the next pruning demonstration.

Autumn is time to plant a green crop in bare spots of the veggie garden, like mustard or lupin. This will improve soil conditions and adds nutrition to the soil. In addition to that it will protect the soil from weather conditions, like sun baking and rain pounding on bare soil.

I wish all readers an enjoyable time in the garden.

All the best from John and the Bay Nurseries Garden Centre team.

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Live Music all Day -
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Ederlezi Folk Music • Kath Bee • Griot
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4 OLD HOUSE ROAD
UPPER MOUTERE



Thank you to those of you who dropped money in the donation boxes after picking blackcurrants this summer. We were able to forward \$1,047.20 to the Nelson Cancer Society.

Philip & Jenny Leith



Rangers Rugby Club

It is that time of year again registration is coming up for **Rangers Rugby** players

Registration will be on the 10th of March at 10 am until 12 pm

Rangers also needs coaches and sponsors!!

Coach for the Seniors and JAB grade coaches and managers too. So if you are interested in giving a couple hours a week of your time sharing your skills with rugby players eager to learn and play please contact Steph - rangersrugby@rocketmail.com or Anne Grange- anne@bizfitness.co.nz

Also calling for **sponsors** for our teams. No matter how small the donation every little helps. If you are interested in helping our teams in ANY way (or with new corner flags with your names on or shirts etc) please contact us on the email addresses above.

our national game needs YOU!!

UPPER MOUTERE VOLUNTEER FIRE BRIGADE

Callouts for January.



Jan 11	Tarrant Road	Bonfire
Jan 18	Neudorf Road	Bonfire
Jan 26	Stafford Drive	Paddock Fire
Jan 29	Cut Hill	Forest fire

WANT TO WORK



WITH KIDS?

Kidz Klub After 3 is looking for casual and permanent programme staff to assist on our OSCAR After School Programmes based at Upper Moutere School & in Mapua.

The hours of work are from approximately 2.30pm til 5.30pm Monday – Friday during school terms. (There is flexibility on how many days per week a person could work)

We offer a relaxed and friendly work environment, and have loads of fun & laughs. We do a different activity with the kids everyday, so there are lots of opportunities to teach, and lead kids in activities including arts, crafts, cooking, sports etc. There is also the opportunity for future training & development in the OSCAR sector.

If you would like more information or a copy of the job description please contact

Cindus Colonna 03 543 2033 / 027 358 7233

or email cindus@paradise.net.nz

Congratulations Jane Wells - 4th in your age group in the recent Buller half Marathon!



Goodluck to all those riding the Rainbow this month!

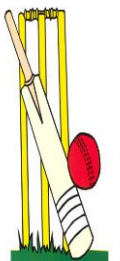
A new cricket wicket at the Upper Moutere Community Centre

20/20 Local Derby
Sunday 18th March @ 1pm

Dovedale

Verses

Upper Moutere



Pure entertainment!

Entry is free

Enjoy the hitting – see a catch dropped!!
Be there to see who takes home the cup