

# WE NEED A HERO!

## LOCAL LIVES



### The search is on for local talent to star in a new play for Nelson's Theatre Royal.

**T**ravel back 2000 years to the Iron Age in Celtic Wales... a time of sword fights, spells and curses. That's the setting for Prince Mabon – The Quest for Rhiannon and the Darklords Curse, a new play by local theatre writer and director Saramea Waterman.

Taking its inspiration from ancient Welsh myths, the play will incorporate film, special effects and fight scenes. "It is a big play with big dreams, and enthusiastic, talented people are needed—from actors to costume makers and artists," says Saramea, who set up local theatre group Tasman Coastal Players a couple of years back.

"The story tells of the conflict between two ancient tribes and the threat of the approaching Romans. It follows the hero and heroine's perils in defeating the curse of the darklord and the waring king's hunger for power."

The play will be staged at the Theatre Royal in July, and rehearsals are set to start this March. The first round of auditions for female parts saw girls from seven to 17 literally battling it out for roles, as this picture by local photography student, 16-year-old Kimberly Johns, shows. "I was impressed by their willingness and enthusiasm to find their warrior spirit or gracious heroine's heart," says Saramea. "There were some strong candidates who will shine on the big stage."

Can the boys rise to the challenge? Most of the female roles are now cast, so the search is on for heroes. Saramea wants to hear from local males, aged eight upwards. "Whether you love acting or combat, or just looking heroic, we have parts for those with attitude and commitment. There are great lead roles for Prince

Mabon himself, his warriors, tribal chiefs and foot soldiers. Stage experience is preferred but not necessary."

Acrobats and gymnastic dancers in the 10-18 age bracket are also needed to play the part of the wolves of the underworld.

Saramea would love contact from any local artists and craftspeople willing to put aside a little time to help backstage. "We're trying to be as green as possible, using natural or recycled materials for set and costumes," she says. The set will include a traditional roundhouse and primitive forest, with fake standing stones for sacred rituals. Donations of fake fur, animal skins, natural-coloured sheets, old leather straps, natural wood or plant materials are all welcomed.

"For the music, we need a harpist or flute players and a percussion drummer or two to create a haunting Celtic sound."

Several professionals are already committed to the project, from sound and lighting engineers to a special effects make-up artist and a stunt and fight choreographer. Now, it's over to the local community to get involved!

"We really want to engage local adults and children for stage and crew," she says. "Most plays for the Theatre Royal are rehearsed in Nelson, but not this one! Rehearsals are set to be held at the Moutere Hills Community Centre or Tasman School, who have both been very supportive of the venture."

**Want to be part of the action? Contact Saramea on 021 0584 726 or email [live.coaching@hotmail.com](mailto:live.coaching@hotmail.com)**



**Hon Damien O'CONNOR**  
MP for West Coast/Tasman

0800 DAMIEN (0800 326 436)  
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Authorised by Damien O'Connor MP, Parliament Buildings, Wellington



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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 articles published, but if you are telling the community about a commercial or fundraising venture, we do appreciate a small donation to help us cover our costs (see above for bank details).

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# MOUTERE HILLS COMMUNITY CENTRE



## Dear Community

What a great start to 2016 we have had. The centre has been utilized for a wide variety of activities, all of which have been very successful. Special mention must be made of all the wonderful volunteers who made this years Sarau Festival such an amazing event. We are extremely proud to host it here at Moutere Hills Community Centre.

If you haven't already done so why not check out our new schedule of activities. We have a full schedule offering plenty of opportunities to get fit and active, whether it be in the Fitness Centre or through one of our many classes on offer.

Thanks to Sam Leith for the wonderful job he has done of our outdoor picnic area and to the generous funding from Sarau Trust and Grants from Rates that have enabled it to happen. Once more funding has been secured we will begin work of stage two of this development so if you have any ideas or suggestions that you would like to see incorporated into the plan then please do not hesitate to give us a call.

Thanks for your continued support.

*Kind Regards Katrina and Vanessa*

## Dru Yoga

Sue Cleaver continues with this great class!

**Tuesdays 9.30 – 11.00am**

If you want to increase flexibility, gain body/breath awareness, improve wellbeing, relaxation and stress release, this is the class for you!

Registrations are essential!

Please email [scleaver@maxnet.co.nz](mailto:scleaver@maxnet.co.nz)

## Tai Chi Workshop

Join up for this 6 week workshop starting on

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**Cost: \$30**

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Thursday

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**Phone: 543 2516**

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

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





# RANGERS FOOTBALL CLUB

## INFO + REGO DAY Sunday

### 10am-Noon 13<sup>TH</sup> March

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- Your child wishes to join Rangers Football Club.
- You have any questions about Rangers FC.
- You have questions about Football in this region.
- You wish to know what/who Rangers FC is.
- You would like to coach/help this season.

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# MOUTERE INN



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## COMING EVENTS AT THE MOUTERE INN

- ❖ **I.P.A. SHOWCASE** Friday 18<sup>th</sup> – Sunday 20<sup>th</sup> March  
Three Days of All things hoppy, including Mike's Smash Full Nelson and Townshend Scissor Jack IPL. Check our website for full details.
- ❖ **LIVE MUSIC** 7pm SAT 19<sup>th</sup> March "Tom's Field"  
Tom's Field are a tasty fusion of traditional folk/old time with contemporary original flavours.
- ❖ **Brooke Perry Fundraising Quiz** 7pm Thur 24<sup>th</sup> March  
Brooke is in Auckland receiving treatment for aplastic anaemia. We wish her and her family all the best and hope you will join us for the quiz.
- ❖ **FINE DINING EVENING** SAT 26<sup>th</sup> March 7pm \$50  
We will be offering a relaxing evening of fine dining over five courses. Bookings essential, check our website for menu details.
- ❖ **DON'T FORGET**  
Raffle every Wed 6pm with Chase the Ace and Steak Wed.  
1<sup>st</sup> Thurs Folk Night. This month the 3rd.  
2<sup>nd</sup> Thurs Quiz Night. This month the 10th.

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## Auditions

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**Group auditions**

**Tuesday 22nd March 7pm— Playhouse Cafe Theatre, Mapua**

**Show dates: June 23-26th 2016 at the Playhouse**

Luke Streetwalker embarks on a journey to save the princess. With a little help from his friends the Thunderbirds, a Jedi Master and the crew of The Starship Compromise – Captain Jerk, Lt. Hooroo and Mr Spunk, will he save her in time? Will he complete his training? And is he any match for Darth Vader?

**To register your interest or for more information text:**

**021410989**





## COMMUNITY

Callouts from 16th Jan - 15 Feb

21st Jan Mva Gardeners Valley  
22nd Jan Permitted burn Rosedale  
25th Jan Vegetation fire Seaton Valley  
26th Jan Permitted burn Rosedale  
26th Jan Mva Neudorf Road  
29th Jan Alarm activation Mapua School  
6th Feb Bush fire Aranui Road Mapua



**The Social Group** meets at the Sunday School Hall (Upper Moutere Lutheran Church) on **Thursday afternoons at 1.30pm** each fortnight.

Join in games and cards. Enjoy our afternoon of fun and fellowship. All welcome.

Contact Brian or Lois Eggers ph 5432 871.



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*believe in the dream, believe in destiny, believe in a hero*

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## MAPUA BOWLING CLUB

### THE WRITE BIAS

The fine weather has provided plenty of sunshine for the roll-ups at the club. Sunscreen, hats, sunglasses and a bottle of water were necessary accessories while on the green during the past month.

Two special events were held recently at the Club. First up was the annual Rose Bowl competition in which teams from Ngatimoti competed against the Mapua teams for the Rose Bowl trophy. This year the tournament was played at Mapua. As always the event was keenly contested, but with the usual friendly rivalry that exists between the two clubs. Mapua has held the cup for the past few years but this year Ngatimoti was the victor. A special afternoon tea and prize-giving followed play. Chrissy Infield, President of the Ngatimoti club accepted the Rose Bowl Trophy for Ngatimoti.

The second special event was a tournament held in memory of Elston Blain, a former member and president of our club, well-known musician in the Nelson region and a former teacher in the area. He is also fondly remembered from his days as publican behind the bar at Hotel Motueka. The tournament is an annual drawn 2-4-2 event which is well supported by the club members. This year's winners were George Perry (Upper Moutere) and David Davidson (Ruby Bay). They received bottles of wine which were kindly donated by the Blain family and they will have their names engraved on a very splendid cup. Club championship matches continue to be played with some finals results recorded for the year.

On the regional bowling scene, congratulations go to Mapua Bowling Club member, Sue England, for being selected to represent Nelson clubs in an inter-regional tournament in Blenheim, and well done for helping her team win both of their matches by good margins. Mapua is very proud to think that a club member was invited to play with a World Champion, Jo Edwards. Brilliant.

**League Bowling** continues on Monday evenings, beginning at **6 p.m.** It is great to relax and play some bowls in the cool of the evening. These sessions are open to new and experienced bowlers with both friendly and competitive play. There is no need to pre-book; just turn up on a Monday evening and give it a go. Flat-soled shoes are essential to protect the green, but there are plenty of sets of bowls to borrow at the club and the bar offers welcome refreshments. Why not give it a try?

For information about bowling, coaching or booking the clubhouse and facilities please call President Michael Busby  
(544 6325)

## SARAU SCHOLARSHIP

If you are representing NZ in a sport or cultural event during 2016 and would like to apply for the Sarau Scholarship – please let us know about it by **16<sup>th</sup> March** – there is no application form – just send an email indicating what activity you are involved in, and what you require the funding for.

And do tell us something about yourself...

Jenny Leith for the Sarau Trust.

[jenny@saraufestival.co.nz](mailto:jenny@saraufestival.co.nz)



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What an glorious afternoon for the 9<sup>th</sup> Sarau Festival! Whether you were there helping before and over the long weekend, one of our wonderful sponsors, or came along to enjoy the afternoon – I hope you had a great time and THANK YOU for your support. The takings on the day amounted to **\$21,039!** Once all the accounts have been paid the Sarau Trust will again be in the position to distribute funds to the local community – our first priority is the groups who have helped run the Sarau Festival, then the groups providing sport or activities for young people. If you think that your group would benefit from receiving a donation – please let us know about it by **16<sup>th</sup> March** – there is no application form – just send an email indicating who you work with and what you require the funding for.

**Jenny Leith for the Sarau team.**

[jenny@saraufestival.co.nz](mailto:jenny@saraufestival.co.nz)



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# FIREBUDDY

HELP US KEEP YOU SAFE

## After Oiling The Deck I Threw The Rags Into a Corner ... You Wouldn't Believe What Happened Next!

**Linseed oil and other common oils spontaneously combust.** I attended a call out recently to a fire in an apple orchard workers cottage. We recently read the report of the cause and I was astonished at the findings.

I questioned it and went on to do my own research and the phenomenon of spontaneous combustion is a real and present danger few people appear to know about.

Spontaneous combustion occurs when an object suddenly bursts into flame without obvious cause. No match, no sparks, no lightning, no electrical short or smoking cigarette... nothing!

What causes it? With linseed oil and other oils used to finish wood, including some exterior deck sealers and wood stains, heat is generated during the drying process. This is because these oils do not dry like paint (through the evaporation of a solvent or water). Instead, they dry through the same process that generates fire... oxidation.

Despite the stories about spontaneous combustion it's a difficult phenomenon to reproduce ... however, spontaneous combustion is real!

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Oxidation generates lots of heat... and can cause fires! And that's the key! Burning is rapid oxidation. For spontaneous combustion to occur, enough heat must accumulate so fire can start. You would never see a piece of furniture spontaneously combust because the oil oxidizes in open air so the surface never even gets warm to the touch! But a pile of oil-soaked rags can...

### A pile of oil-soaked rags can get smokin' hot...

In every case of spontaneous combustion of drying oils that I have found during my research, the cause has been a bunch of oil soaked rags. It seems that, as the oil oxidizes, the rags act as an insulator, allowing the oxidizing oil to become hot enough to cause the cloth to smoke and eventually ignite. The bigger the pile, the greater the possible heat and the greater the risk.

Room temperature is also a factor. The warmer it is, the quicker the rags can reach ignition temperature.

Who Knew! Till next time stay safe!

## FIRE SHOP

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Early Childhood Education & Care

A new year started and hasn't it been HOT. We have been spending so much time inventing shade areas in our gardens so we don't melt.

Farmer Best's latest idea has been a spectacular hit with the children. A big water slide in the paddock. Laughter and cries of joy echoed over the region as the youngsters slid and splashed their way down the slide. Bubbles and clothing everywhere. Next time the teachers will have to bring their togs too!!

*He ohonga ake I taku moemoea ko te puawaitanga o ngā whakaaro.*

*Dreams become reality when we take action*

We want to wish all of our leavers the best as they begin new journeys at school.

Also a big welcome to the new families who are arriving. We look forward to getting to know you all.

Welcome to the new year  
from the Country Kids Team



## Upper Moutere Community Cares

As many of you may be aware, one of our gorgeous students at Upper Moutere School has recently been diagnosed with a rare condition, Aplastic Anemia.

To allow her and her family the ability to concentrate on what is important during this time of treatment and recovery there will be several fundraising/sponsorship opportunities to assist.

You can visit the [www.givealittle.co.nz/cause/help4brooke](http://www.givealittle.co.nz/cause/help4brooke)

Buy a 'badge for Brooke' @ \$3 each from the school or from The Post Office.

Also, one of our local mum's will be running the Alpine Lodge Loop the Lake in April in support.

All sponsorship above and that received towards the run will go towards assisting the family during this challenging time.

If you would like to find out how to sponsor the run please contact

Jane on 027 405 4892 / [jspenno@hotmail.com](mailto:jspenno@hotmail.com) or

COMMUNITY CARES 01 0907 0155318 00 Ref: Sponsor Run.

# Moutere Youth

Hi Everyone! We have returned from our overseas trip, it zoomed by so quickly! We spent most of our time in Switzerland, living in a town called Thun, in the Bern region. We spent the hot summer hanging out with Billy's mum, Madi (while Billy worked - rafting), taking gondola rides up mountains where it was cooler, or swimming in rivers and lake Thun.

In August we settled the kids into school/ kindergarten (Sonnenfeld Schule, Steffisburg). This was a big experience for the kids, starting school at 8.15am, coming home for lunch every day, having Wednesday afternoons off, and being taught in another language all day. The kids all had special High German lessons, though Swiss German was spoken by teachers and fellow students. The school was very welcoming and our kids made some nice connections with other kids/families.

We bought a transport pass and had unlimited travel on bus/train/ship which we took full advantage of, the kids memorised the timetable and always seemed to know exactly what platform the train would be on at the Thun railway station.

After a green and rather warm Christmas (no snow), we visited our good friends in Fernie, B.C, Canada for a fun two weeks of mostly skiing. A highlight for me (Tessa) was being able to converse in English again! On our first day of skiing though, our youngest Zac, fell and broke his tibia. By the time you read this his cast should be off and he will be at the pool, finally allowed to get fully wet! Look at werner-werner.wordpress.com to read more about our adventures.

Now back in NZ (we got sunburnt the first day back, NZ sun is HOT), we are busy organising some fun activities for the youth. Let us know of any ideas/questions you have.

We share the role of Youth Worker, Tessa will work with Junior Youth, Billy with Senior Youth, we would like to have a helper each week so if you are willing please let us know.

**March Program - Junior Youth** - Friday afternoons / ages 10 years old to year 8 / cost \$2 / 3.30pm - 5.30pm / Upper Moutere Church Hall (supervised from 3pm, gold coin donation for afternoon snack).

4th March - Baking for a cause  
11th March - Records Night  
18th March - Geocaching Extravaganza

25th March - Easter - No youth  
1st April - April Fools...

**March Program - Senior Youth** - Friday evenings - year 8 - 13 / cost \$2 / Upper Moutere Church Hall

4th March - Hang out at Moutere Hills Community Centre, meet there at 6.30pm  
11th March - Records Night - UMO church hall - 6.30pm  
18th March - Geocaching Extravaganza  
25th March - Easter - No youth  
1st April - Hang out at Moutere Hills Community Centre, meet there at 6.30pm

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



The kids walking with Grossi along the Smugglers path, a walkway between Switzerland and Italy, altitude 2005m, November 2015

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## ANIMALS

### Hello Animal Lovers

All animal owners and handlers must face one very important issue – instinct. No matter how well trained or domesticated all animals have strong instincts, how people work with these makes a lot of difference. Cats have very strong hunting and roaming instincts. They want to chase anything that flutters or moves quickly, that is why so many baby birds are caught. If you have ever witnessed a cat with a mouse, they will keep on letting it go so they can chase it again. All cats need this stimulation even if they are permanent inside cats and should be provided with suitable toys. It is very boring for a cat to have a static bowl of food that does not stimulate them, that is why some cats are such fussy eaters. The roaming instinct can get cats into a lot of trouble depending where they live. Alas in a city or town cars are no respecters of roaming cats and many are killed or injured. Cats can roam very big distances but usually it is because they are claiming their territory. This can be unfortunate if there are other cats in this territory as cats will fight to defend it. The other problem is that cats see better in the dark and roam and hunt at night which makes it even harder to see them on a road. If possible cats should be encouraged to stay inside at night and let out in the morning and in some countries this is law. Here in New Zealand it is left up to the discrimination of the owner. The other thing to realise is that cats have an amazing homing instinct and can travel tremendous distance to get home. There are many stories of cats going home when their owners have given them away or move and will also try to get home if injured or sick. The only way to combat this is to allow them time to claim their new place as their home before letting them out.

Dogs also have territorial instincts but as they are a pack animal will defend their home and family as their territory. This is why dogs bark at strangers or will even attack. It is very important that dogs are socialized at a young age to as many people and other dogs as possible. It is perfectly acceptable if the dog barks if the door bell rings but that is all. Once the owner has answered the door the dog should be content to sit down quietly. The same thing applies when a dog is outside or going for a walk. It should not bark at other people or dogs but be content to walk quietly with its owner. It is very important that dogs are trained and encouraged to bond with the owner, preferably respecting them as pack leader, so will listen as soon as the owner calls or gives a command. This is particularly difficult in the case of a dog that has a basic instinct to chase sheep, cats, rabbits, birds, etc. Some dogs get completely immersed in the chase and will not give up the chase. Again it is down to training at an early age. Under no circumstances should a dog be punished for returning to its owner even after a long and frustrating time of trying to get the dog. The dog will associate returning with punishment and be less inclined to return next time.

Horses have strong flight instincts. They are hard wired to flee to get away from any perceived threat. This can be very frustrating if the owner is trying to catch their horse but the more agitated an owner gets the less likely the horse is to come back. It is so important to stay calm and quiet around horses and understand body language. Waving arms, ropes and yelling do not work and increase the energy which horses can perceive. Another strong instinct is to want to be part of the herd. Horses need company and can often not want to be parted from their friends. Again it is a matter of trust and respect and good associations. If they know they will be returning to their herd again they are more likely to be cooperative. Horses do not like small confined dark spaces, their instincts tell them they cannot escape from them this is why some horses refuse to walk into a horse trailer or a stable. Again it is a matter of training and association, if it is a good experience they are more likely to overcome their instincts. It is amazing how many horses are punished with whips and ropes to get them to go into a trailer and no wonder they do not want to. In the end it is not the trailer but the punishment they are opposing and some will kick out, rear or even fall over if forced. A lot of calm handling and patience is required to get horses cooperation.

All animals have instincts and some are stronger than others, I have only addressed the three most popular pets. If animal instincts are understood and owners and handlers keep calm and consistent then it will be a much happier and safer life for both.

I am always happy to answer any animal behaviour questions at any time free of charge.

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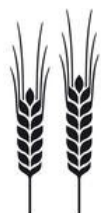
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Hello Keith Hawke,

Not long before Christmas, we had a falcon on our property. We're in Kina Beach Rd. The falcon had been seen up Dee Rd, Kina and we spotted it one evening just before dusk, trying to take out one of a pair of nesting herons in our large pine tree. We heard a commotion and looked out to see the falcon chasing the heron which it got on top of and took it to the ground. We both raced outside in socks and chased off the falcon. The heron staggered up and went into a bush. The falcon waited for it in our gum tree and the heron, instead of hightailing it back to the nest, flew forward whereupon the falcon swooped once more and took it down into the paddock. My husband leapt over the fence into the paddock and rescued the heron once more but the falcon was too smart and the heron obviously weakened so my husband couldn't stop a third attempt to take the heron down and this time, the falcon won. We were sad for the heron (and its mate and chick still in the nest) but quite excited that we'd had a falcon on the property.

Barbara Ingram-Monk



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### Japanese Lily Poisons Cat

I am writing this article for all cat lovers and cat owners  
On the 31st Jan I bought a lovely Japanese yellow lily plant from a stall at the Sarau festival. At first I put it in my courtyard area and then a few days later I decided to bring the plant nearer the house so I could see it from my kitchen  
Several days later my cat vomited and I put it down to getting rid of a fur ball. Later she started to refuse food and became very lethargic . This time I put her behaviour down to the hot weather. After 3days I became concerned and took her to the vet on Sat.13th .Feb  
An examination showed my cat had enlarged kidneys and a very low temperature and I had to leave her to have a blood and urine test. My vet asked me to go home and await the test results. It wasn't long before I received some shocking news. My cats cell levels were extremely abnormal, kidneys grossly enlarged. She was dying and very little chance of recovery. Euthanasia was the only option  
I now know that the lily family is poisonous to cats. This includes Easter, Tiger, Japanese , Rubrum and Day lilies. Japanese lilies are the most toxic and cats only have to lick the stem, petal, stamen or pollen to die within 3 to 6 days. Treatment must happen within 18hrs of exposure for any chance of success.  
I had placed my lily plant near where my cat spent a lot of time. It is my sad story and my beloved cat is now buried in my garden and I miss her.  
I do hope my story will prevent other pets being lost and if you are a cat lover please warn others of the danger of the lily plant to our feline friends

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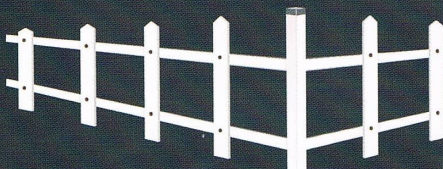
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## Sarau Festival Loss

This year for the first time we booked and paid for places on the Nelson City Council Community Sign stands for the two weeks prior to the Festival – one on the Bishopdale Hill, and one for those entering Nelson from Atawhai. Both of these signs were removed during the first week. The straight cash loss of the new signs and booking cost is **\$649** plus the opportunity cost of the advertising and the trip into town to put them up.

We would be very grateful to recover the boards (no questions asked), so please – ask around your networks. Someone in Nelson must have them and if we can recover them then that at least is one further grant the Sarau Trust can make into our community. We must of course pay our account to the signwriter whether or not we recover the boards. It seems sad that some Moutere community group will miss out on a future grant as a result of this loss.

Please contact [jenny@saraufestival.co.nz](mailto:jenny@saraufestival.co.nz) if you can help.



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A vertical poster with a warm, orange and yellow background featuring a stylized sunburst at the top. The text is arranged in a clear, hierarchical manner. At the top, it says "SAT 5th MARCH (SUNDAY IF RAINING)" and "3.00 - 7.00 PM". Below this, the word "MAHANA" is written in large, bold, red letters, followed by "SCHOOL" in white letters on a black background. A white banner across the middle contains the text "TWILIGHT FOOD and MUSIC FIESTA". Below the banner, there are two more white banners: "Live Music" and "Entertainment". Under "Live Music", it lists "TEGEN FISHER" and "SAM McILROY OUTLET" with star symbols. Under "Entertainment", it lists "CARNIVAL FUN ZONE", "FACE PAINTING", "OBSTACLE COURSE", "PONY RIDES", "CRAZY BIKES", "CRATE MOUNTAIN", "BOUNCY CASTLE", and "MUSSEL BUOY RIDES" with star symbols. At the bottom, there are three logos: "The Copier Company Ltd", the "MAHANA" logo with a stylized flower, and the "NELSON MORE FM 92.8" logo.

## Uncover Your Hidden Talent for Drawing

Like reading and writing, drawing is a fundamental life skill. Once an integral part of a traditional education, knowledge of drawing deepens your understanding of the visual world that surrounds you. Contrary to what many people think, the ability to draw does not depend on innate talent or a unique gift. In fact you may be amazed at how well you can learn to draw, especially with the unique and innovative course offered by the Drawnow courses.

Perhaps like many adults you long to re-awaken an interest you once had in drawing, or like others you wish to fulfil a long held desire to learn from scratch with no former instruction or signs of ability. Your teacher will open a world through step by step instruction of the key elements that together build the integrated skill of drawing. During the 9 sessions you will learn the basic building blocks necessary to gain the skills in the art of drawing. The teaching style in the small class atmosphere is supportive, individual, and joyful. And certainly inspiring. This is your opportunity to begin mastering the most ancient of all the arts – drawing - the foundation for all other visual arts. Since man first drew on his cave wall with the charcoal from his fire as a way to express either information or just because he could man has had the natural desire to draw his environment. Using those same materials today we discover the freedom and drama of drawing with charcoal, followed by graphite – still a natural occurring earth element, and ink, so loved and perfected by the ancient Chinese again from naturally occurring minerals.

What a long history of something so natural to man. You can become part of this long tradition, and put aside self doubt without fear of not being 'good enough' and just do it anyway! You already have it within you – it just needs to be revealed. The courses for 2016 are offered in the Autumn and Winter terms and co-incide with the school terms 2 and 3, beginning May and July.

“DRAWING FOR BEGINNERS” and “BEGINNING LANDSCAPE” are offered in both Upper Moutere and in Motueka, where Carol has been teaching drawing in small groups for 11 years. Saturday afternoons or Tuesday afternoons and also Thursday evenings (for those working day times). Venues are warm and with excellent facilities and close by parking. You will love this course and there are lots of testimonials available to bear this out. Former students say “I now see the world with 'new' eyes.” Enquiries are coming in for the small classes of six students. So make this your year for awakening that which is already within you, but which just needs to be revealed.

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# Ruby Coast Arts – Open Studios Event

4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> March

[Ruby Coast Arts](#) (RCA) is a collective of artists, potters, sculptors, printmakers and craftspeople working professionally on our beautiful Ruby Coast in the Tasman Region near Nelson.

## OPEN STUDIOS WEEKEND – 5<sup>th</sup> and 6<sup>th</sup> March – 11am to 4.30pm

During the weekend of 5 & 6 March all our [members](#) open their studios to visitors. A great opportunity to discover their creative spaces, talk with the artists, and view their unique work. To plan their self-guided tour, visitors can download the [RCA Trail Map](#) or pick one up from most Mapua businesses, any Nelson/Tasman library, Motueka iSite, Suter Gallery or The Refinery.

## OPENING NIGHT EVENT - 4<sup>th</sup> March – Mapua Hall 7pm to 9pm

All are welcome to celebrate the launch of this popular weekend at our Opening Night Event. Enjoy a glass of local wine, listen to guest speaker, the supremely talented and interesting, [Ian Hamlin](#), and take part in the [RCA Art Auction Online](#). Tickets are just \$10 on the door and everyone is welcome!

The auction features a stunning array of pieces, generously donated by RCA members. All funds raised help to promote our members and to produce the annual [RCA Trail Map](#), widely distributed across our region.

View the auction catalogue [online](#) and bids will be accepted online till 1 March 2016 and live at the Opening Night event – highest bid wins.

Support our local creative talent and enjoy a convivial evening out with an interesting and entertaining speaker – see you at the Opening Night event - Friday 4 March 7pm – Mapua Community Hall.

Tour the RCA Artists' Studios during the Open Studios weekend - Saturday 5 & Sunday 6 March from 11am to 4.30pm.

Contact Jane Smith or Melonie Cole of the Ruby Coasts Arts team for more information and press quality images of artists' works.

[info@rubycoastarts.co.nz](mailto:info@rubycoastarts.co.nz)

RCA website: <http://www.rubycoastarts.co.nz>

Silent Auction online: <http://www.rubycoastarts.co.nz/silent-auction.html>

Ian Hamlin – Event Speaker <http://www.ianhamlin.co.nz/>

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This is a useful tool for all of us as we plan for our future. Much like making a Will, completing the information on the form provides peace of mind to families when faced with bereavement.

**Contact us for more information or to receive this free information pack.**

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## PANZ – Pastel Artists of New Zealand

Who noticed the 'deliberate' mistake in my last article? Christmas and Winter are synonymous to this lass who spent 55 years living in the UK; will I ever get used to summer in December? So the 'Nelson PANZ Winter Challenge' was actually the Christmas or Summer Challenge but whatever its title, the results were amazing. Some exceptional work was on display when we reconvened on Tuesday 9 February. Inspiration truly had us all in its clutches and the variety of work proved just how inventive pastel artists can be when challenged with homework by Glenys!

Our first session back teetered on the edge of chaotic. A grand turnout by existing members, some new painters keen to have a go, the Weavers weaving away in the background so space was at a premium. Plenty to organise with the looming Art Awards and a fundraiser scheduled for Friday 19 February. But everything was sorted, everyone was happy and it was a pleasure to be back amongst friends.

Just weeks to go until the national event here in Mapua and we are still calm as preparations are on track. The final fundraiser, a movie night at the State Cinema in Motueka, should bring in the remaining funds needed to host our convention. Registrations are well up, entries for the awards starting to arrive and we look forward to seeing

lots of you on Opening Night and at the Exhibition.

For those of you interested our programme is: -

15 April: Abel Tasman Boat trip	\$50
15 April: Opening Night & Awards, 7 p.m., Mapua Hall	Free
16-17 April: Members only Convention, 9 a.m.-4 p.m.	Mapua Hall
16 April: Celebration Dinner, 'Jellyfish', Mapua Wharf	\$50
18/19 & 20/21 April: Members only master classes	
16 April – 1 May: Art Exhibition daily 9 a.m. – 4 p.m., Mapua Hall	Free

If you want to find out more about pastels and the PANZ art group in Mapua visitors are always welcome. Just call into the Community Hall on a Tuesday morning between 9 a.m. and 12 noon when you see the PANZ board outside. Or contact Glenys Forbes on 540 3388 for more information.

*Sue England (540 2934)*

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## GARDENING

Our guest speaker for February was Sheila Budgen and below is her account of involvement with the Spirit of Adventure Trust...

Sheila spoke about her volunteer involvement with the Trust over a number of years, the ships involved being the original Spirit of Adventure and the current Spirit of New Zealand, the character development opportunities through the 10 day sail training given to the youth of New Zealand aged between 15 and 18 years and her experiences training these people. The ship is also occasionally used for other age groups. The Spirit of New Zealand carries 40 trainees plus crew and volunteer helpers. During the voyages the youngsters have an opportunity to learn, and develop from each other, qualities of independence, understanding and community spirit through the medium of the sea. Although the trainees are learning how to sail the ship, the focus is on development of personal skills such as team work, co-operation and communication.

Opportunities are also given to children with disabilities to undertake a five day sailing.

To take part in these voyages, the young people need to raise over \$1,800 – the actual cost is greater and the Trust subsidises the balance through donations and various fundraising activities. The participants, through raising their portion of the cost themselves, gain better satisfaction out of the training than if they were just placed on a ship without any prior effort.

Nominations for participation come from Schools, Social Welfare, Police.

Sheila also advised regarding 'The Spirit of Tasman Bay Trust' which she helped set up and which aims to help local young people with their fundraising efforts, especially those from disadvantaged backgrounds. Those eligible for sponsorship will be young people aged 15 to 18 years, living in the area covered by the Nelson and Bays Telephone Directory.

Some questions and answers followed.

Brian King thanked Sheila for her enlightening talk.

Judy Sisam

Secretary

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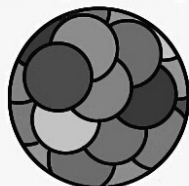
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Philip & Jenny Leith thank you for the donations made to the Cancer Society by those who came by in January to pick blackcurrants after the machine had been through the fields.

We were able to pass on \$610 to the Cancer Society this year through the local relay for Life teams

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### DOROTHEA TEBBENHOFF

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# Mapua Natural Health Clinic

Achieving Health and Wellbeing

**Sometimes the questions seem complicated. Know that the answers can be simple**

## Eating for Health

### Selenium

Selenium is a trace mineral found naturally in the soil and in certain foods. Because New Zealand soil has low levels of Selenium, food grown here reflects that and our dietary intake of Selenium is lower than in many other countries.

Selenium has been known to improve immunity, reduce inflammation and act as antioxidant reducing free radical damage.

Natural food sources that are high in selenium include Brazil nuts, eggs, liver, tuna, cod, and sunflower seeds, in addition to poultry and certain types of meat.



Selenium can be brought in a liquid form or in capsules. Discuss your selenium needs with your natural health specialist and take as directed.

Resources -

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

Jude Twin 021 2020339  
[www.mapuanaturalhealth.co.nz](http://www.mapuanaturalhealth.co.nz)

## In the Kitchen

### Quinoa Tabouli

- 2 cups cooked quinoa
- 1 ripe tomato diced
- ¼ red onion finely diced
- ¼ cucumber peeled and diced
- ½ red pepper diced
- 1 cup (packed) finely chopped flat leaf parsley
- ⅛ cup finely chopped mint
- ½ lg lemon, juiced
- ¼ cup olive oil
- Sea salt to taste

1. Pile the quinoa in a bowl and allow to cool almost to room temperature.
2. Add all the chopped veges and herbs and toss to mix.
3. mix the lemon juice and olive oil in a cup then sprinkle the mixture over the salad.
4. Toss. Add salt to taste.

A great addition to any meal.  
Quinoa is high in protein.



WANTED ROOM TO RENT - long term in Mapua / Ruby Bay. For an established local client base with a Natural Health Practitioner/ Business - preferably with a toilet and kitchenette facility. Ph: 021-1368439



**Country Cuts  
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**Karen**  
For all hairdressing services

14 Kelling Road  
Upper Moutere 7175  
(03) 5432297 or 0274 728863

Phone or email for an appointment  
k.j.rhind@xtra.co.nz

## Moutere Massage

\* Sports \* Deep Tissue \* Injury Repair \* Bowen Therapy  
\* Foot Reflexology \* Pregnancy Massage \* Remedial Work

Now operating from Moutere Hills Community Centre



**Fiona Ramsay**  
Certified Sport/Remedial Massage Therapist  
Ph/Txt 027 4523906

Tuesday and Wednesday, 10am – 4pm  
Late night Thursday, 6pm – 9pm  
At Moutere Hills Community Centre



Catering for all your sports massage needs. Gift vouchers av



Benefits - Physical Fitness,  
Re-energizes the body,  
Releases blocked energy and Relaxes  
the mind.

Tuesdays at Tasman Bible Church, 6 Williams Rd, Tasman  
9.30am - 10.45am Starts 20th October

Private one-on-one sessions available upon request.

What to bring - a yoga mat, light blanket and water bottle  
Drop-in class \$10. All levels welcome

ENQUIRIES CONTACT JO - 0211709495

Archived coloured copies of the Grapevine are  
available at  
[www.mouterehills.org.nz/community/the-grapevine](http://www.mouterehills.org.nz/community/the-grapevine) courtesy of the Moutere Hills Community Centre Staff.

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**Tuesday, 23 February 2016 7pm - 8.30pm**  
**at Upper Moutere Community Centre**

Phone 03 545 8375 (please leave a message)

## MAPUA NATURAL HEALTH CLINIC

BodyTalk / Energy Healing



Jude 021 2020339

[www.mapuanaturalhealth.co.nz](http://www.mapuanaturalhealth.co.nz)



Hatha Yoga in the Upper  
Moutere. On Mondays &  
Wednesdays.

Please ring Jane for more  
information. 0272635211

'When we control the  
breath, we calm the mind'