

ALL GEARED UP

LOCAL LIVES



Teamwork is the name of the game at Moutere Motors, says Robbie Newlands.

I was dipped in oil when I was born, says Robbie Newlands, owner of Moutere Motors. As a young lad growing up in Mosgiel, Robbie learned 'the automotive game' from his father, who was a petrol mechanic. He would work for him in the holidays and his spare time, while also studying to become a certified diesel mechanic.

After 40 years in Mosgiel, working for the likes of CB Norwood on Massey Fergusons – and running his own repair shop for a time – Robbie and his wife Sheryl decided it was time for a lifestyle change and a warmer climate.

An ad in the MTA magazine for a garage in Upper Moutere prompted the pair to travel north with their three daughters, Alana, Kelly and Lara, without knowing anything about the village. "It nearly didn't work, because the kids were used to McDonald's, shops and picture theatres," recalls Robbie. "The compromise was to be in Richmond and for me to travel to and from work."

Robbie's done just that for 10 years now, and he says he doesn't mind one bit, as it's such an easy journey. Since those early days, the garage has seen some changes, but the team has stayed incredibly loyal – "just like one big, happy family".

Mechanic Bryce has been there from day one, as has Avril on the forecourt, since joined by Jenny. Local lad Hayden became part of the team on leaving school, and is now into the second year of his apprenticeship. "I've always enjoyed bringing apprentices through," explains Robbie. "It's an important part of the trade, and it's good to be able to give someone local the opportunity of work experience."

Just a couple of months ago, two more petrol mechanics, Tim and Leigh, came on board. "We're very pleased to have them both – they're top guys and good mechanics, with plenty of experience," says Robbie, who took them on because work was getting so busy.

His own speciality is tractors, combining on-site tractor repairs with a farm field service, which takes him all around the region. "The car workshop was getting busier, and it got to a stage where to do both was too much."

The fuel service is also humming, particularly since moving over to Southfuels three years ago. "We used to be two or three cents up on Richmond prices, but we can now compete with town garaging," he says. "The new supply agreement also included the 24-hour machine, which has been absolutely brilliant, especially for long weekends."

Other updates at the garage have included a new Camb Bluetooth wheel alignment machine, and a Carman diagnostic tool for modern engines that use computer technology. "We can also do a Heshbon transmission flush, which is like a kidney dialysis machine for automatic cars. You run the car through the machine and it flushes out old oil and fills the transmission up with new fluid."

Customers bring their cars in for everything from WOFs and car repairs, to tune ups and engine overhauls. "Every day is different," says Robbie. "We might be working on a push bike one minute and an excavator the next." The biggest challenge is trying to organise the day in advance, and he says he's long given up trying. "The first phone call soon destroys all that."

Robbie says he loves every aspect of the job, from pumping gas to doing the hands-on mechanical work, and making sure everyone is happy. "Loyal customers are a big part of it," he adds. "They've stuck by us, and hopefully that means we're doing a good job."

Article by Beverly Sellers, ph: 03 543 2008.

Editorial

It's all happening in the Moutere right now - hops have been harvested, apples and pears picked, nuts are falling and by the time this gets to you, the grapes will be bubbling away in the tanks and you'll have had your fill of feijoas. The olives have a way to go yet, but as they say, anything worth having is worth waiting for.

Upper Moutere features in the Autumn 2012, issue 124 of The Historic Places Trust's magazine. An article titled "Fruitful Endeavours" covers the progress of the early settlers as they cultivated and developed their land. Always interesting to look back and see how far we've come! Those settlers sure knew a thing or two about planting the right crops in the right places!

Last month we had a request from Heidi Morell for information regarding the "Restrevor" house that was owned by her grandparents. She has had a great response from all over thanks to our readers. She will update us on her findings shortly and sends her thanks to you all who are helping her put the pieces of the puzzle together.

In this issue you can see the breakdown of how the proceeds from the Sarau Festival have been allocated and the Grapevine would like to say thanks to the trust for its generous donation to the Grapevine - we couldn't do it without this sort of help and I'm sure it is the same for the other groups that have also received funds.

The Sarau Community Trust has taken yet another great step by establishing a sports scholarship, which makes me think, why would you want to live anywhere else when it's this good? And if you are keen to see other local projects go ahead then be sure to register your support for the formation of a community association by emailing Katrina@mouterehills.org and be a part of it!

Placing an advertisement

*** **Deadline for the June 2012 issue is 15th May 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 May 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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A Celebration of Life in the Moutere Hills

Federweisser (partially fermented grape juice) and zwiebelkuchen (onion tart) were two of the traditional German harvest delights tasted at the Moutere Hills Harvest Festival last week.

The inaugural festival lived up to its billing as a "Celebration of Life in the Moutere Hills", with 150 or so locals picnicking in the late afternoon sun and enjoying the music of the appropriately named "Tom's Field". The tennis courts were kept busy and the grounds were awash with children of all ages doing what they do best – racing around the paddocks in noisy joyful groups.

It was the last day of daylight saving, and in keeping with the harvest theme, locally produced wines, beer and cider were available, and trestle tables groaned under the weight of donated vegetables, fruit and home preserves. Gold coins clinked, and by the end of the evening the produce was redistributed amongst the populace, and the occasion paid for itself, with a bit left over for the general coffers. A display featuring the local hop industry was very much enjoyed.

The Harvest Festival is one of the few occasions where the whole community can come together without it being a sporting, school- based or family group occasion. MHCC board member Tim Finn took the occasion to canvass support for the formation of a local Community Association, to aid in formulating local projects such as walkways, village beautification and general infrastructure. The association would advocate for residents and make submissions to the Tasman District Council. He noted that there were twelve such associations in the Tasman Region plus a couple of Community Boards, and suggested that the Moutere Hills community was losing out by not engaging with Council, a conclusion that was supported by local ward Councillor Brian Ensor. A number of residents expressed support for this and a contact list was formed. A community meeting will be held later in the year to move the idea forward. Interested residents should contact Centre manager Katrina [katrina@mouterehills.org.nz] with their email address.

The celebration was deemed a great success, and it will be built on to become a permanent fixture on the Moutere Hills Community Centre Calendar.



Sarau Community Trust:

Following the 2012 Sarau Festival the following distributions to groups were authorised by the Sarau Community Trust:

Upper Moutere Volunteer Firebrigade	\$1,200
Kidpower/Teenpower Trust	\$950
Country Kids (for use of facilities)	\$200
Moutere Youth Group	\$450
Moutere Youth Trust	\$2,000
Rangers Rugby	\$750
Rangers Junior soccer	\$500
Sarau Village signs	\$300
Defibrillator training x 2	\$250
St Pauls Church preservation	\$200
Moutere Hills Community Trust	\$5,000
Whenua Iti Outdoor Trust	\$1,600

Total:

\$13,400

In addition funds have been set aside for the following:

Moutere Cycle way development	\$2,000
Moutere Sport sponsorship	\$1,500
Grapevine	\$1,200

Total:

\$4,700

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"The structure of the vastu inspired building vibrates with cosmic energy and the bodily instrument resonates with this vibration."

"To create and offer the house of supreme bliss, and to enable us to experience that supreme bliss here in this mundane house itself -- these are the prime motives of the Vaastu science."

Dr. V. Ganapati Sthapati (www.vastuved.com/)

For several years I have travelled annually to Chennai, India, to study the principles of Vaastu Science as applied to architecture. Vaastu architecture or Sthapatya Vedic architectural is a tradition of sacred architecture that is founded in basic principles of the laws of nature.

I was fortunate to find an architect in India, Dr. V. Ganapati Sthapati of Chennai, who was an expert of this tradition of knowledge. In my studies with Sthapati, I learned that architecture was frozen music and that a building could be an expression of pleasant and powerful harmonies and rhythms. I learned that a building could be a coherence generator, tuning the occupants to the laws of the universe and increasing health, wealth and spiritual well being. Vaastu science holds that a building is a living organism and can be designed in "harmonic resonance" with the underlying energy structure of the universe.


Vaastu designers use a basic design formula involving a diagram called the "Vaastu Purusha Mandala". This "diagram" is actually the seed form of all manifest existence. To understand what the Vaastu Purusha Mandala looks like start by making a two dimensional grid drawing divided into 81 equal squares, a 9 x 9 grid. Then project the two dimensional grid into a three-dimensional cube. This cube, or "micro-abode", as Sthapati has named it, is the basic pattern of the universe. This energy cube is also the pattern from which all manifest forms emerge into existence. In other words, the pattern for the universe is also the pattern for every particle of it.

This knowledge is what I have been seeking my whole building career. I have been able to successfully apply the principles of Vaastu Science to many structures. The quest for ideal shelter is as old as life itself. More of these buildings belong on the surface of the planet now and thanks to the energy, dedication and generosity of Dr. V. Ganapati Sthapati, they will be.

Contact Michael Borden in Motueka at:

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Hi everyone, my name is Sam Bennett. I have recently moved to Redwood Valley from Ruby Bay. For the last 5 years I have contributed a column to the Mapua Coastal News and am delighted now to be contributing to the Grapevine! I started writing the column because people often ask me for advice with computers as computer maintenance has been my part-time job since I was 13.

People often ask me what are my top tips for making computers run more efficiently. I found a useful article (see link below) with more tips but I have summarised my favourite ones below:

<http://www.techradar.com/news/computing-components/10-new-year-s-resolutions-for-your-pc-1049888>

Run Windows Update

Go to the Windows Update utility in the Control Panel and click the 'Change settings' option on the left-hand side- just set important updates to "Install automatically" and you need not worry about it again.

Clear out the clutter!

Computers collect clutter over time, e.g. old programmes and stuff you have downloaded and forgotten about. Clearing out the clutter will help your computer work more quickly and efficiently.

Open "My Computer", right-click your hard drive (usually (C:) drive) and select 'Properties' from the drop-down list. Click the 'Disk cleanup' button and after a quick check of your system, you'll see how much space you can save by deleting temporary files, rubbish in the Recycle Bin and a variety of logs. Click 'OK' to clean it up!

Defrag your hard drive

This is not as painful as it sounds! Now that you've cleared out the clutter from your hard drive, you can optimise the space that's left. Deleting files leaves spaces in the hard drive and when you defrag it gets rid of these gaps. To defrag your hard drive, right-click your hard drive(s), select 'Properties', click on the 'Tools' tab and then click the 'Defragment now' button.

Optimise Windows

Windows 7 boasts built-in tools to help you optimise it. Open the Control Panel from the Start menu, select 'Find and fix problems' under the System and Security section, and then select 'Check for performance issues'. Follow the suggestions supplied by the wizard and any advice it offers.

Free software of the month: Avast!

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To download, visit www.avast.com/free-antivirus-download. That's all for this month! Remember, for anyone out there needing help with computers and other technology etc. My phone number is 03 544 0737 (average callout \$30 per hour).





Early Childhood Education & Care

The holidays are here and Country Kids has a relaxed feel. We are watching our older children transition to school and younger children move up to Just4Kids. There is lots of room for new children in the centre. Spread the word for the new term.

A huge thank you everyone who was involved in the Mapua Easter Fair. We made over \$860 with the baking, a fantastic effort by all. This is a valuable fund for teachers to continue their professional development.

The late summer weather keeps going, so the tamariki are playing and learning out of doors. We have had fishermen, boaties and sea creatures everywhere. Look out for fishing tales at home.

Tell your friends, we are having an Open Day on Saturday 28th April. 10am until 2pm. All welcome. Look at the website.

www.countrykids.org.nz

YOUTH

Moutere Community Youth

Hopefully everyone got out and enjoyed the late summer over the holidays.

Bubbles & Cupcakes is back! Come and bake giant cookies and cupcakes, and make fizzy bath bombs and smelly soap balls. If you are in year 4-8 and want to come along, give Abbey a call on 543 2949. Bubbles & Cupcakes will run on Mondays for 4 weeks from Monday 7 May, 3:10pm-4:30pm. \$25, including afternoon tea. Registrations essential as numbers will be limited.

Friday Night Youth Friday Night Youth is on Friday, 7pm, at the Sunday School Hall behind the church. Bring along \$2. If you want a ride to or from Youth give us a call. Contact Andy 021 224 5178 or Abbey 027 243 4364, or at home on 543 2949 for details.

Friday 4	Xfactor
Friday 11	Spotlight
Friday 18	Red Carpet Movie Night
Friday 25	Moutere Community Centre Games Night

'Y' A bible-based exploration of God, life, nachos and everything else for years 9-13. Come for dinner, 5:30-7pm, every second Tuesday. Give Andy/Abbey a call for details, or just turn up at the Sunday School Hall.

14+ Keep the afternoon of Saturday 19 May free.



ACCIDENT REPORT #1

a Rosedale tale by Ruth Moore

This list is not in chronological order. Nor is it exhaustive.

1. Dad and Grandad were fixing a board that had fallen off in the yards. Dad was on one side and Grandad was on the other. Dad had the drill. He drilled through the board and into Grandad's sternum.
2. Grandad was driving along a sheep track next to a gully. He fell in. So did the motorbike.
3. Shortly after my little brother Reuben learned to ride the motorbike, he crashed it and ruptured his spleen in the process.
4. Our sheep are notorious for being the worst in the district to shear. Shane, one of our regular shearers, was shearing a sheep that had had a bearing (Dad uses pins to fix them up). Shane didn't see the pin, shore through it, and the pin went into his wrist.
5. The gorse needed crushing, but it was too steep a hill for Grandad's little bulldozer. So Mr Krammer brought his big bulldozer. The little bulldozer was put on a chain connected to the big bulldozer, which would lower the little bulldozer down to crush the gorse, then after a given amount of time (Mr Krammer couldn't actually see Grandad from his parking spot), would pull it back up. One particular time, Grandad saw a gorse bush he'd missed, and so drove forward to squash it. At the same time Mr Krammer started pulling the little bulldozer up. The chain went taut, and Grandad flew headfirst into the gorse.

To be continued....



Central and Holdaway
Andrew Smith

THE WRITE BIAS
NEWS FROM MAPUA BOWLING CLUB



Well we made it! Another successful season tucked under our belts with just the final tournament, sponsored by Tessa Mae, to play on closing day. By the end of April the green will have closed and we will move into our indoor "winter season".

Every first and third Friday of each month, members meet in the bowling club for carpet bowls, pool, table tennis and cards plus of course a gossip and some supper. This starts at 5 p.m. and closes at 8ish. If you have been tempted to try bowls but haven't quite made it this year, you will be made very welcome at the Friday socials. Come along and make some new friends and try Nancy's pea and ham soup ... trust me, it's unbeatable! And then we can persuade you that lawn bowls is not dull, it's not just a game for the elderly and actually, it's not that easy, but it is challenging and it is fun.

Our Annual General Meeting is scheduled for Friday 1 June at 3.30 p.m. when a new committee will be elected and ideas for developing and enhancing the Club will be open to the floor. Again, any prospective new members are welcome to come along. The AGM will be followed by the presentation of cups and trophies won by members who have battled throughout the year in various club competitions and championships. Well done to the winners and everyone who took part; there have been some unbelievably close contests.

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

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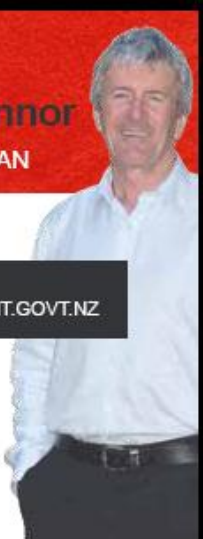
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It is hard to believe that term one is already behind us. And what a busy term it was! We welcomed several new families to our school and community at the end of term one. It is great to see our new students taking advantage of the family atmosphere and experiencing the benefits of a country school.

Term two has begun with continuing work on ANZAC remembrance. As a school and community we take pride in honouring those affected by war in gathering for a service outside the school at the cenotaph. Our teachers and students take the time in their classrooms each year to recognize what ANZAC Day means. Many thanks to all those who make this a special occasion and help to educate younger members of our community about the day's significance and importance.

Another day that is well attended by our school community is the annual school forum. It is a valuable time to celebrate recent successes as a school and to set goals and aspirations for the future. It had additional importance this year as it gave us the opportunity to formally open our new school entrance. This bright and welcoming space has quickly become the heart of our school.

Check out some of our photos from Marahau camp.

Wishing you all a fabulous term ahead.



Sport Scholarship

The Sarau Community Trust has established a sport scholarship which will be available to assist a successful local sportsperson who requires funding to attend either national or international events.

To be considered by the Trustees for this scholarship please email a letter to jenny@saraufestival.co.nz describing your sport, what you require assistance for, how you are funding your sport, and how much you still need to raise. All applications will be considered, but bearing in mind the size of the fund we will not be able to assist everyone.

In establishing this fund we hope that others will be interested in assisting to provide scholarships to local talented sportspeople. To find out how to contribute, or to include a legacy in your will, please contact jenny@saraufestival.co.nz



We hope all of you had as fantastic an Easter celebration as we had here at Harakeke. Again the turnout of families, current and past was just great...so was the spread of food on the table for our shared dinner....and luckily the Easter bunny hid a large number of both chocolate and decorated eggs for us in the bush. So much fun going 'egg hunting' and a massive thank you from the team and all our families for their fantastic support.

April blessed us with mostly gorgeous weather which gave us a lot of opportunity to make the most of the outdoors. With beautiful autumn colours slowly taking over the landscape we had plenty of collecting to do in order to add interesting natural materials to our collage table. Acorns and their caps, horse chestnuts, rose petals and colourful leaves of different forms and sizes are being made in to fabulous works of art.

Nature's treasures and recycled 'junk' materials are always available for our children to be creative with. Sculpture and construction encourages children to think and experiment 3-dimensionally and provides opportunities to express great individuality through choice of design and colour. Children develop skills in handling tools like warm glue guns and hand drills and learn about problem solving by discovering 'what works best'.

Autumn is also the time for harvesting and gathering food for the coming winter. We picked our last tomatoes and raspberries and began to prepare the garden for its well deserved rest. We are planning to increase our orchard with more fruit trees and berry plants very soon with the help of willing helpers at a working bee in anticipation of a plentiful harvest next season.

We are also thankful for the opportunity to visit a hazelnut plantation and collect plenty of hazelnuts with the children...what a wonderful experience to learn more about 'where our food comes from' and to stock up on a healthy morning tea snack....the children just love cracking and eating...there is something very satisfying about having to 'work' for your food.

Spending time outside, experiencing and living within the natural environment is part of who we are and what we do at Harakeke. We would love to stock up on our own wardrobe for the outdoors – there is no 'bad weather', just 'wrong clothes' and we are wondering if anyone out there in the community has good quality raincoats, water proof pants and gumboots for 3 to 5 year olds they are ready to part with.

Please call 5432119 or just pop in for a visit to drop any items off.

Ka kite

Your Harakeke team

Did you know....

Past issues of the Grapevine(from December 2011) are available for viewing online at Moutere Hills Community Centres' website under the "community" tab.

The Abyss

by Andrew Smith

The walk seemed to take no time at all, conversations about the geology and flora took our minds off the mundane. We were headed for an adventure. A caving trip. an early lunch and then to say goodbye to the sunlight for two days. The light was soon behind us.

We had gone but a few minutes when we came across the first of many obstacles. Like pretty Maids, we had three squeezes, all in a row. Sliding in on my right side and arching my back I pushed hard against the resistance of the rock. My face was only centimetres from the coldness of the calcite as I wiggled my body onwards. This was not considered to be one of the squeezes but the entrance to the passageway which lead to the first restriction, I now had to line myself up with the squeeze which was shaped like a key hole. It was narrow at the bottom and a little wider toward the top. This did not prove much of a problem as one's arm and shoulder are smaller than the torso anyway. My feet found a convenient point to push from and breathing out I made the move.

Now in a tight chamber between the first and second I started the pack pass shuffle. Seb was already through and past the second squeeze so was able to reach back into and pull as I pushed. The second squeeze was elliptical in shape; it was wider but more restrictive in height. Elongating my body by extending one arm forward and the other back I slid forward following the packs. It was at this point that I was able to yell to Dawn who was patiently waiting, to proceed. The space between the second and third squeeze was big enough for us to regroup and sort packs. With the squeezes behind and the passageways becoming larger we became complacent.

BUT - "the ducks". No one ever knows whether or not they will be full of water or not. There seems to be neither rhyme nor reason to whether you have to hold your breath and "duck" under or whether it's dry walking passage. But luck was on our side, the "ducks" were as dry as I had ever seen them. Soon we went deeper and deeper into the beyond. Even though the passageways were large from here on much climbing up and down had to be done. Our goal was Salvation Hall where we would stay the night. With many challenges behind us we found ourselves at the bottom of a 35metre rope. This was the only up rope until our camp. We each donned our ascending gear and up we went, the rope was easy and fast but the rock which we dragged our packs was jagged and caught every curve or loop that touched the surface but finally as we gathered together at the top we breathed a sigh as we knew that there wasn't far to go. With the campsite only metres away we had to abseil a 25m pitch. Waiting for the "Rope free" call from Dawn, I could hear Seb sorting the billies for a cup of tea.

Sleeping in a cave is a bit strange as you tend to lose the feeling of time. There is no sunrise or sunset so when you awake you don't know if it's time to get up or just go back to sleep. But we had technology to help and it wasn't long after the alarm that overalls were on and off we went. Our goal for the day was to travel the route that the original explorers travelled as they discovered the cave for the first time. The route we had taken into the cave was what was called the "Overlander" route which avoided the underground river. The route we were going to take on this day took us down the lower river passages via "Jacob's Well" and the "Abyss"

The abyss is well named. Still in sight of the camp we descended a 6metre caving ladder to the floor of a huge chamber, the large boulders that made up the floor made slow going but soon we found the small tunnel that would take us down and down to the wet levels of the cave. Following a small stream as it fell down and into the darkness was not easy, the passageway was small and constricting but at the same time the rock forced you to make awkward and twisting turns, always trying to stay dry. Finally the tightness exploded into a roaring chamber that the main river echoed in. This noise was to stay with us for many hours as we travelled downstream. I had already attempted this route on two other occasions but had not succeeded.

Once before the river had been up and was just simply a mass of writhing white water plunging ever downward. Not a place for fragile human beings. The first part of the river was a simple splash but only after about 50 metres we found ourselves clinging from the side of a deep pool, the water was a teal blue colour with amazing clarity, but this did not entice us in. The temperature is measured at between 7 ~ 8 degrees.

We continued to rock climb our way sometimes crossing where we could then to clutch once again on to the wet marble. After some time as we slowly worked our way down, the passage became larger and larger until it was huge, this chamber gave me a sense of smallness. We had arrived, this was Jacob's Well and the Abyss.

The Abyss is a very intimidating place, the noise of the 50 metre water fall is everywhere, the wind carries the mist which swirls around blowing and pulling at you. The space is so large that even the strongest lights cannot see the ceiling or the walls. We have to traverse across the side of the water fall face to the abseil anchors. If we were on the flat of a foot path the 300mm wide edge that we walk along would seem easy but because of the 50 metre void yawning below even this needs concentration.

Seb and Dawn abseiled off leaving me alone to sort the rigging. The rigging had to be arranged so that we could pull the rope down after the descent. I tied the ropes and the pull down cord and descended. Once down all I had to do was to pull the cord and down would come the rope, but alas the cord must have got twisted or knotted in some strange way and although we pulled with all our might we could not release the rope. We made a decision to leave it there and return another day to retrieve it. We continued on down.

The river left us to flow through the rocks below but it wasn't long until the raging noise was heard once again. The river created some very interesting challenges for us like swinging around and above waterfalls on some very marginal ropes, some of which had been in the cave since the first exploration in 1959. This part of the journey was the most exciting for me as there was a different challenge waiting with the passing of each metre. Sometimes it might be a rope some times it may be a bridging move with one leg on one side of the river and the other stretched out to the other side, deep pools and waterfalls, abseils and bold climbing moves, simply an amazing place and what fun.

Then there it was.... The up rope. This was the end of the water and with the ascent came the large dry passages that we had travelled the day before. The squeezes hadn't changed although my pack was smaller due to the absence of the rope. As we exited the cave it was obvious that it had been raining, the rain followed us all the way to the Moutere. The weekend finished with fish and chips, a shower and work on Monday.

Dawn Wood, Seb Head, & Andrew Smith

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Motueka Quilting Connection Quilt Show 2012 is being held at the Moutere Hills Community Centre over three days Saturday, Sunday and Monday, 19-21 May. This fabulous annual event showcases our members' work

Chris Kenna, well known quilt maker and quilt teacher from Wellington, will be our guest exhibitor. This year's show will also have on display the 'Hoffman Challenge Quilts' from quilters around New Zealand, and the Members Challenge, themed "a view through a window".

The public attending the show have a chance to vote for their favourite quilt, along with the challenge quilts.

Anyone interested in seeing just what can be achieved with needle and thread will not be disappointed.

The show runs from 10 am to 4 pm, Saturday 19th May to Monday the 21st May. Admission is \$3 – complimentary tea and coffee. Raffle \$2 (4 prize draws with the 1st prize being a Bernette sewing machine donated by Bernina Sewing Centre). Dave and Margaret Prebble from Bernina Sewing Centre Nelson will have a stand at the show and will be available to help with any machine issues.

This year part proceeds of the Raffle will be supporting Hospice and SPCA.



Quilt by Jan
Blanchet

Advance warning!!!

There's three months of fun looming!!

The Motueka Arts Council's winter workshops are on in June, July and August.

*Amongst the array of things to learn there'll be -
Making Felt Hats, Joe Bennett's Writers' Workshop,
Stone Carving, Singing for Pleasure with Barbie Cole,
Picture Framing, an Advanced Photography weekend,
Cheese Making, Soap Making, The Art of Bicycle
Maintenance, A Culinary World Tour (a banquet) ,
Water Colours for beginners And more.*

*If you've taken part in our annual workshops before
you'll already be on the mailing list. If you haven't and
you'd like to receive the latest brochure, in May, please
email the coordinator- Jane Wells at
patandjane@xtra.co.nz a.s.a.p.*

THE LODESTONE CLASSIC 2012

Invitation Only - Sunday 17th June at 10am

It's that time again for some winter tennis in the Moutere sunshine! The Upper Moutere Tennis Club will be holding its annual interclub mixed doubles tournament, which is sponsored by Lodestone Wines and other local businesses.

The tournament will take place on 17th June, starting at 10am and finishing at about 4pm. So please be advised that the public tennis court will not be available for casual use during this time. However it will be a great opportunity to watch some top doubles combinations from the Nelson region in action.

Come down to the courts at 2pm if you want to catch the grand finals. The postponement date for this tournament is 24th June.



Congratulations to Sarah Ewers who attended the NZ Independence Games in Auckland recently. As well as swimming in the medley with the seniors, Sarah came home with the Fair Play Trophy!

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Chí

ST PAULS NEWS

The fact that I have already been 'murdered' three times this year really has me worried. Is someone trying to tell me something? Earlier in the year, the youth group had a murder mystery night, where the mystery was 'who murdered Pastor Chris?' And last month, the church had their Murder in the Moutere nights, where I was the poor unsuspecting victim who ended up with a knife in my back... twice!

These "Murder in the Moutere Nights" were highlights on our social calendar and were used to raise valuable funds to help support the work that we do. Everyone who attended had a fantastic time and we'd like to thank everyone who supported these events, especially those who donated goods or services: Sweet As Moutere Honey, Moutere Hills Community Centre, Sarau Wines, Lodestone Wines, Neudorf Dairy, Copy Art Richmond, Cathy Janetzki (Graphic Design). We'd also like to thank the organisers of the Sarau Festival and the Country Occasion for allowing us to sell Righteous Burgers to help fundraise.

We celebrated the Easter weekend with a string of Easter services celebrating the final days of Jesus' life, his death and his resurrection. These services provided for us a time to celebrate what it is that Jesus has done for us, and our world. As with all of our services, this weekend was well attended and the enthusiasm and joy of worship was present as we came to be with our living God.

On Saturday 14th, we had around 50 people from the Nelson Historic Society come and do a tour around the cemetery and church building, as well as hear from Peter Bensemman about hops and farming in the Moutere. The group then continued on to look at other historic places around the area like Settlers Cottage and the Moutere Inn. These people loved their time out in the Moutere and have all said how truly blessed we are to live here. Even though I've been "knocked off" three times already this year, I must agree with them.

If you're interested in taking a tour, or have friends and family visiting who might be interested, drop into the church foyer to grab a brochure or call 027 779 6242.

We worship every Sunday at 9:30am. Everyone is welcome to join with us.

Pastor Chris



Riverside Cafe

Winter hours

Lunch

Thursday - Sunday

9.30am - 5.00pm

Dinner

Friday and Saturday from 6.00pm

\$40 for entree, main and Dessert

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Animal behaviour

The most common concern for dog owners is their dog barking and disrupting neighbours. With dogs being kept in built up areas, this issue can be very disruptive for a lot of people. There are three different types of bark - the happy excited and short term bark; the aggressive bark; and the continuous distressed and fearful bark.

Dogs are by nature territorial. When they become part of a household they naturally defend their borders against real or perceived invaders be they two or four legged. Dogs are commonly used as guard dogs which taps into these natural instincts to protect property. The problems arise when the owners leave their dogs at home when they go out or go to work all day. Often the dog starts barking at a perceived threat or because it is bored or suffering separation anxiety.

Separation anxiety is very common and not surprising as dogs form a bond with their owner and when that owner goes away, they can become distressed. It is particularly difficult if the dog has no other dog or animal companion. Imagine the distress in an active animal left in a restricted space with nothing to do and no one to interact with. Often dogs resort to destructive behaviours like digging or chewing things up but they more commonly start whining, howling then barking as a signal that they are in distress. If this happened in a wild pack, the others would return and rescue the dog but in a domestic situation this doesn't happen, so the dog keeps on barking. The dog owner is often oblivious to this behaviour as when they return the dog is its usual happy bright self. However for the neighbours a continuous distressed barking dog is a real problem.

Continuous and unacceptable dog barking is a very hard one to fix but there are some strategies that may help. Make sure the dog is well exercised before leaving it. That it is left with challenging toys such as a Kong with titbits in it which will keep the dog stimulated for a long time. Something with the owner's scent can also help. But best of all another animal companion with which it can interact when the owner is away.

Dogs naturally want to be with their owners and are happiest if they work with them like farm dogs, police dogs, etc. For most however this is not possible and they must learn to wait calmly until their owner comes home. With the right strategies and calmness the dog will eventually realise they are not being abandoned and wait quietly for their owner to return.

In my opinion it is not appropriate to resort to electric shock collars to control a dog or any other form of punishment. Trust and calmness gain far more successful and long term results.

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

Susan Mott
0212664211

Vet Talk with Tasman Bay Vets

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

Winter aches and pains

What a stunning autumn we have had. But, despite the balmy autumn days the nights are getting colder and the pets are beginning to feel it. It is about this time of year that we get our annual influx of creaky old dogs and cats. Old joints that were coping just fine through the warm summer months are now stiffening up with the onset of winter.

Arthritis is very common in our furry companions. It can be easy to diagnose in dogs as they show overt signs of joint pain such as limping, slowness to rise from a sitting position, reluctance to jump in the car and unwillingness to exercise at their normal levels. Cats, as per usual, don't show such obvious signs. Usually they sleep more, but as they sleep so much anyway people often don't notice this. Sometimes they limp, but again, they are good at hiding this. The most common signs of arthritis that cat owners notice are that they don't jump on the bed, the couch or the kitchen bench top quite as often!

A tentative diagnosis of arthritis can be made from these behavioural changes but a complete diagnosis requires a set of xrays of the joints that are suspected to be arthritic. There are other causes of lameness and joint pain that should be ruled out by xray, in particular osteosarcoma or bone cancer.

Arthritis in our pets is quite treatable. In moderate cases nutraceuticals such as green lipped mussel extracts and fish oils can be very helpful. There is also a fabulous food called Hills Joint Diet which is available for both cats and dogs now. We have many very happy pets eating this food!

In severe cases medication with non steroidal anti- inflammatories is necessary. As this medication has the potential to cause side effects its use must be carefully monitored with regular checkups, and ideally blood tests, but it does generally provide exceptionally good pain relief. There are numerous medication options available including tasty pills, a liquid that goes on food and now a long acting injection called Trocoxil.

Book your pet in for a check up if you suspect he/she may be showing some signs of arthritis. Our vets can do a thorough physical examination and discuss your diagnostic and treatment options with you. We also have a very good handout available from our reception staff at both clinics that discusses arthritis in further detail including environmental changes you can make to help your pet. It is also available by email by contacting us on office@tasmanbayvets.co.nz



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Pears *are out there says Soo Gee - just in case you've run out of ideas on what to do with them, here's some more...*

BAKED PEAR AND PANETTONE PUDDING

I use a fruit bread loaf which usually has apricot in, but any kind of sweet bread will do.

Approximately 500g panettone or loaf – sliced. Overlap slices in large oven proof flan-type dish, then add do the same with 3 pears that have been peeled, cored and sliced. Sprinkle with juice and zest of one lemon.

Beat together 300ml cream, 250ml milk and 4 eggs. Add 1 teaspoon of vanilla essence and pour the mixture over the bread and pears.

Bake for 30-40 minutes at 180C. Cool a little and serve.

(This is quite large.)



Peel and core 4 brown skinned pears and slice into 8.

In a roasting dish, combine one cup each of honey, sugar and sweet wine. Add the pears, cover with baking paper and bake 45 minutes at 180C until the pears are translucent and caramelised.

Refrigerate until ready to use – serve at room temperature with ice cream and walnuts or try with sweet or savoury biscuits and soft cheese – yum.

I do quinces very much the same – bake until red. When I'm preserving pears I always add ½ - 1 cinnamon stick.

Sliced pears are nice poached in apple juice with a slice or two of orange or whole in red wine and a little sugar.

Blue vein cheese gives raw pears a lift.

Just a reminder....

Now's a great time to plant sweet peas for spring.

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New to the Moutere Inn Riff Raff play an eclectic range of covers mixed in with some great original material.

LIVE MUSIC - 7PM SAT 26TH MAY “MARLEY RICHARDS”

Marley Richards plays a range of contemporary and classic rock covers, and with a name like Marley Richards how could he be anything but a great musician.

DON'T FORGET

Raffle every Wed 6pm with Chase the Ace.
1st Thurs Folk Night.
2nd Thurs Quiz Night
3rd Thurs Country Music Night
Last Thurs Curry Night.

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Please contact Scott Ingram 5432817 for more information or send a CV to scott@woollaston.co.nz

Mapua Health Centre Report

We are very pleased to welcome Caroline to our team. Caroline lives locally and has previously been working as a receptionist at the Stoke Medical Centre. She brings with her a great set of skills and we hope you will have an opportunity to greet her when you next pop into the centre.

The Nelson PHO is now allowing GP practices to offer free smoking cessation sessions and medication costs (including Champix tablets) to beneficiaries and CSC (community services card) holders. We have staff trained to help patients in giving up cigarette smoking, so please consider making an appointment if you'd like to have a look at the programme (5402211). The PHO is also supporting the routine prescribing of vitamin D to people over the age of 65, which simply means taking a tablet every month. This has come out of numerous research articles showing the high incidence of vitamin D deficiency and the importance that this vitamin has to our health in terms of strong bones, fighting infection, cancer prevention, and decreasing heart disease and diabetes (*BMJ* 2010, 340:b5664).

It's been suggested that Mapua should have it's very own "good sort of the week" (as on TV1). Our choice is Bob Chignall who has been delivering flowers to the Mapua Health Centre for the last two decades. The flowers are out of his garden and just never cease to amaze us. Bob always comes in on a Monday morning come rain, hail or shine with his arms full of fabulous blooms. The fragrance is a delight and the comments we receive from patients show their true appreciation for his generous gesture. His beaming smile is always a welcome sight. Thank you Bob from all of the grateful staff and patients.

This year's flu vaccine is now available. The vaccine is free for those over 65 years and for anyone with respiratory problems requiring regular use of inhalers, heart disease, stroke, diabetes, kidney disease, cancer, certain neurological conditions and auto-immune disease. If you would like to receive immunization please phone the practice nurse.

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We still have advertisers making deposits to the Grapevine account without using a name to identify their payment. Please help make life a little easier for Heather to identify who has paid by using either your name or better still, the name of the business you are paying for.

Thanks.



Moutere Hills Community Centre has plenty on offer for the colder winter months ahead so come on down and join in one of the many activities at very affordable prices.

Sit & Be Fit - this brand new class is for our senior citizens who are wanting to start exercising and are keen to develop strength and gain confidence. Balance and flexibility are two key components of this fun workout class. You will be surprised how much exercise you can get sitting down.

Monday mornings 9.30 - 10.15am (only \$3 a session) followed by tea/coffee and a good ol' yak! We hope you can make it.

For the adults

Monday's - Social Mixed Indoor Netball 8.00pm

Tuesday's - Walking Group 9.00am (depart the Centre), Social

Touch 6.00pm, Social Badminton from 6.00pm

Wednesday's - Circuit Class 6.00pm, Social Table Tennis 7.30pm

Thursday's - Social Mixed Basketball 6.30pm, Social Mixed Volleyball 7.30pm

Also on offer is Yoga, Pilates, Tennis, Personal Training and Zumba

For the children

Monday's - Hip Hop 4.30pm

Wednesday's - Dance from 2.00pm

Friday's - Gymnastics from 12.45pm

For more information check our new website www.mouterehills.org.nz or phone 543 2516



RANGERS FOOTBALL CLUB

Our season is due to kick off on Saturday 28th April.

This year we are fielding Midgets/First Kicks, 8th, 9th, 10th and 14 Grade Teams.

Thank you to our wonderful coaches who have stepped forward to help us this year.

Good luck to all our teams for the coming season!

Player numbers are lower this year and some teams are struggling for players.

9th Grade in particular. So if you are 9 yrs of age this year and would like to play football please contact us.

2012 welcomes a new Rangers Football Club Committee they are Wendy Brooks, Chris O'Hara-Smith and Maggie Walker.

A big thank you to the Sarau Community Trust for kindly allocating us \$500 for use with junior football.

This money will help us purchase football equipment and in establishing a full sized football field at the community centre. If you have any inquiries about Rangers Football please contact Wendy Brooks p. 03 5266132

QUILT SHOW

at Moutere Hills Community Centre
[inland highway between Nelson & Motueka]

MAY 19, 20, 21

10am - 4pm daily

Proudly presented by

MOTUEKA QUILTING CONNECTION

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.

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



www.thewavesstudio.co.nz

We are pleased to offer our repeat guests and Tasman Bay locals an Earlybird Bonus night offer for MAY. The Bonus night offer is available to everyone from 1st June 2012.

Stay for 2 nights and receive the 3rd night free
Stay for 4 nights and receive the 5th & 6th night free.
Offer valid for 2 adults sharing 1 bedroom with spa bath en suite.

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