

YOUNG AT HEART



Supporting the Moutere's young people is a fulfilling new role for Andy and Abbey Bensemann.

LOCAL LIVES

Sitting on the steps of the Sunday School Hall in Upper Moutere, a relaxed Andy and Abbey Bensemann talk about their long-held passion for working with young people. That's why they're excited to be sharing the Youth Worker role for the Moutere community, a post they've held for nearly two months now.

Andy, a builder and joiner by trade, says he has previously volunteered as a coordinator for teenage cancer charity CanTeen and worked as a youth group leader at a Nelson church. In fact, that's how he met Abbey, who was a fellow leader. Abbey has worked on teenage behaviour management programmes and with people with disabilities.

Now, with two children of their own – Shayden, who's almost 11 and Jamey, 8 – the couple live in Andy's parents' old homestead, which is housing the sixth generation of this pioneering Bensemann family.

The Youth Worker role is funded by the Moutere Community Youth Trust, established 15 years ago by the St Paul's Lutheran church. Operating out of their small office, Andy and Abbey already have a busy roster of activities to help meet the needs of the Moutere's youngsters.

Many locals will be familiar with the couple through the Friday evening youth group, which currently sees young people aged from 11 to 15 coming together to play games and sports or enjoy group outings. "It's about having a good time and forming friendships," says Abbey. "We also want them to feel comfortable talking to us about anything going on in their lives."

Next year, two separate weekly groups are planned for Years 5-7 and Years 8-11, with another monthly group for Year 10-13 due to start this November. Abbey also has a four-week bath bomb and cupcake session lined up for Year 5-8s on Monday afternoons next term. "It's a chance to learn new skills, get together and have fun making bath fizzys, soap balls, and other bath treats for Christmas presents or just for themselves," she says.

Sporting activities are Andy's domain, with touch rugby high on the agenda. "I coach an Upper Moutere School team during lunchtimes. I also coach and take the Dovedale School team to the Motueka Recreation Centre for the Tuesday afternoon competition," he says. After dropping them back, there's time to grab some tea before heading to the Moutere Centre to join in with the Social Touch family night. Taking three teams of different ages to the Riwaka touch competition on a Thursday evening also gives Andy the chance to connect with some of the older teenage boys, and it's this gradual bonding with the community's young people that Abbey and Andy see as key to their role.

"You can't expect people to trust you straight off, but once they know you'll listen and show an interest, they open up," explains Abbey. She's already found that to be the case on their weekly visits to Upper Moutere School, spending time with children in the classroom and during lunch breaks. "We are often around after school so parents can have a chat, too," she says, adding that the same will be happening at Dovedale School next term.

The optional RI classes that both teach at the school on Mondays offer Bible-based study, with the emphasis on learning values such as caring for others and kindness. For regular churchgoers, the couple also help out during the family service on the first Sunday of every month.

It's a busy job, for sure, but Andy and Abbey say it has been very positive for their family in many ways. "For one thing, we get to see our boys at school a lot more, which is great," says Abbey.

Youth activities are advertised in the Grapevine, or check out the facebook page at Moutere Youth.

EDITORIAL

The deadline comes around each month and I wonder what new and exciting news I'll find when I open each email sent to the Grapevine. Our advertisers and community groups are wonderful in their support but we never seem to hear much from the individuals in our community, so here are a few ideas for your contributions.

Do you play sport down at the community centre? What level are you playing at? Got enough players? Win or lose any tournaments lately? There are plenty of people out there enjoying the great outdoors so maybe you've got a good hunting or fishing story to tell or some reflection on a great walk or tramp you've done. Are you on a committee that changed its structure or decided to plan an event? Read a great book with your book group – send us a review or a list of the top five for your group. Been to or are planning a working bee – send us before and after photos. Or have you recently been the driver for a bunch of kids on a school outing. How was it – where did you go? What was the reason for the outing? Most parents get a photo or two of their kids doing all sorts of things – email it to us we'd love to share it for you. Had a glass of wine at a winery and the music there was so good you told yourself you'd go back for more (and the wine too) – tell us – we need to know where the hot spots are. Or what about the wedding you just attended; did you catch up with ex-locals or neighbours you hadn't seen for a while, maybe we haven't either and would love to know what they've been up to. Telling us about the fantastic time you had in Europe or caravanning in the North Island isn't showing off – it's sharing a point of view - these are the sort of things we want to know. Don't feel that you have to write a full page article of high quality or submit national geographic style photographs it might just be a line or two or a photo with a caption but it will help keep our community connected and our community newspaper interesting. No matter how busy you are enjoying all that life in the country has to offer, don't forget to share it - if you don't do it who will?

Email the grapevine: umograpevine@hotmail.com

Placing an advertisement

Deadline for the December issue 15th November 2011

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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Sending us copy

We warmly welcome editorial contributions to the Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read!

There is no cost to having your article published, but if you are telling the community about a commercial venture, we do appreciate a donation to help us cover our costs.

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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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THE WRITE BIAS NEWS FROM MAPUA BOWLING CLUB

Enthusiasm was as bright as the sunshine when Mapua Bowling Club opened its doors on Sunday 9 October in support of a national initiative, 'Have A Go Day'. It was great to see ten people doing just that, having a go, with the support and encouragement of some of the club members. For complete beginners they all did exceptionally well with a couple of absolute naturals amongst the group. We look forward to your application forms!

If you missed this opportunity, all is not lost. Just call Dave or Jean and a time can be arranged for you to try your hand at lawn bowls or join us for a roll-up on Tuesday, Thursday or Saturday afternoon starting at 1.15 p.m. New members are always welcome.

Now we are looking forward to hosting our first tournament of the season on Wednesday 9 November kindly sponsored by Guthrie Bowron. This is the first of eight open tournaments for the September 2011 / April 2012 season and we are very fortunate to have local sponsors for all of them. It is their support that enables us to invite visitors to play at our club and to enjoy the facilities that Mapua has to offer.

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



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The Great Tasman Debate

With Rugby World Cup over, New Zealand is now turning its focus towards the upcoming elections to be held on November 26th. The Mapua and Districts Community Association and the Playhouse Cafe have joined forces to provide a politic platform for the Tasman/West coast candidates to express their views, policies and answer a few questions.

The event entitled "Politics at the Playhouse, The Great Tasman Debate" will take place on Wednesday 9th of November from 7pm with all the major candidates attending as well as some smaller parties. Damien O'Connor (Labour), Chris Auchinvole (National), and Kevin Hague (Green) have all confirmed their attendance at the event, and an open invite has been given to all minor parties to be part of the democratic process.

The night will consist of two parts. The first will be a live debate between all attending candidates; the second part will take shape as a "meet the candidates forum" where people can approach party members with questions and comments.

The debate will commence with each party member being given two minutes to introduce themselves and their political views. A series of questions will then be asked on a range of local topics which affect the Tasman area. The looming amalgamation of the Tasman District Council and Nelson City Councils will be on the cards, issues on the local environment and economy will also be discussed. The debate will be hosted by Steve Richards of the Jester House and former West Coast /Tasman candidate himself.

A face book event page has been set up for the public to place their own questions, called "Politics at The Playhouse, The Great Tasman Debate." Here people have a chance to voice their questions to the politicians, with a chance to have them answered on the night.

The debate part of the evening will be filmed and audio recorded, with Fresh FM and Mainland TV both agreeing to broadcast the event. The audio recording will be available for any interested broadcaster to use and an edited version of the debate will be released onto You Tube for the general public to view if they cannot attend the debate proper.

The second part of the evening will be a more intimate affair with members of the public being able to approach candidates on a one on one basis to ask questions and voice opinions. Separate tables will be set up for each participating member where they will have party information setup for people to take away.

The last election the West Coast/Tasman seat was hotly contested, with Chris Auchinvole winning the seat from Damien O'Connor by less than 1000 votes. Kevin Hague will also be pushing for the party vote with a sharp rise in Green support over the last few months in the polls.

It will be a hot night of politics at The Playhouse. All are welcome with dinners available and the bar open from 5.30pm on Wednesday 9th November 2012.

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Tasman's freshwater 2011 Workshops

Over the last year Tasman District Council, in cooperation with Cawthron, Fish and Wildlife Services and others has produced comprehensive reports on river water quality, freshwater fish communities, and groundwater quality and would like to take this opportunity to show what monitoring we do (funded by ratepayers) and what we have found. New rules relating to activities that affect rivers will be summarised, particularly Part IV of the Tasman Resource Management Plan relating to works and structures in waterways. Councils around the country are certainly being pushed harder to improve water quality but this does not necessarily mean tougher rules. Given the success of non-regulatory, collaborative approaches used in the Aorere and Sherry catchments to solve water quality problems, we hope that these workshops will excite new communities of interest to work along these lines. You will find out about all sorts of positive spin-offs of working together better.

Mayor Richard Kempthorne will kick off the event in Murchison on 14 November. Richard and Glen Lauder (the facilitator of the discussion part of the workshop) bring a wealth of experience to this issue of managing freshwater resources, both being involved in the Land and Water Forum (a collaborative approach between all the major stakeholders at a national level to come up with solutions to our declining water quality). Trevor James, Resource Scientist from Tasman District Council will speak about the recent information from over a decade of monitoring river water quality. Scientists from Cawthron who have also been involved in the analysis and reporting on the health of Tasman's rivers will be there to add further credibility to the information. Farming leaders from catchments with very successful programmes to improve water quality and aquatic ecology will inspire us with their achievements.

Tasman's Freshwater 2011

Fresh Information, Fresh Thinking

Each of these workshops is to provide you and your neighbours in your catchment with the latest information on water quality and health of our waterways and to open deeper conversations about how this resource is being managed. We now have a much more definitive picture about the health of our rivers lakes and groundwater as a result of over a decade of water quality and fish monitoring.

SPEAKERS:

- Local farm leaders and catchment group leaders, including information on environmental achievements on farms in Aorere and Sherry Catchments
- Barbara Stuart, NZ Landcare Trust
- Trevor James, Resource Scientist, Tasman District Council – The State of our Rivers
- Shirley Hayward, Dairy NZ – The toolbox of environmental solutions on farms
- Glen Lauder, Common Ground (Worked with the national 'Land and Water Forum') – thinking together about 'what next'
- And others

WORKSHOPS IN YOUR AREA:

BULLER AREA

Murchison Community Centre
Monday 14 November
7-9pm Workshop followed by supper

MID-MOTUEKA AND MOTUPIKO CATCHMENT

Kohatu Hotel
Tuesday 15 November
11am-1pm Farm focussed session followed by lunch

MOUTERE HILLS

Moutere Hills Recreation Centre
Tuesday 15 November
7-9pm Workshop followed by supper

GOLDEN BAY

Takaka Kotlinga Hall
Wednesday 16 November
11am-1pm Farm-focused session followed by lunch
7-9pm Workshop followed by supper

MOTUEKA

Motueka Cricket Pavillion, Pah St
Monday 21 November
7-9pm Workshop followed by supper

WAIHEA AREA

Richmond Library (Constance Barnicoat Room)
Wednesday 23 November
7-9pm Workshop followed by supper

FOR FURTHER INFORMATION CONTACT:

Barbara Stuart, NZ Landcare Trust
barbara.stuart@landcare.org.nz, 03 545 0443
or
Trevor James, Tasman District Council
trevor.james@tasman.govt.nz, 03 5438562

Photos: NZ Landcare Trust, Fish & Game NZ and Landcare Research.



Nelson Tasman Cycle Trails Trust and the Nelson City Council will officially open the Dun Mountain Trail on **Saturday 12th November 2011.**

We invite the public to bring your bikes and Take a day to explore the Maitai Valley.

Official celebration details will follow.



Dun Mountain Trail opening 12th November

2pm Friday 11th November 2011 at Sport Tasman 142 Saxton Road East, Stoke.

At the invitation of Nelson Tasman Cycle Trails Trust, two Otago Central Rail Trail trust members, Daphne Hull and John Gibson, have agreed to share their 17 year "Central Otago Rail Trail journey". Their presentation includes the infrastructure highlights and of the resulting regional growth and economic development spin off - currently estimated @ \$12million per year.

Please R.S.V.P and email your area of interest / questions to exec@heartofbiking.org.nz before 28th October. Thank you to

Flights sponsored by Tahunanui Beach Holiday Park.

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FOOD


Summer is on its way and this month it's **DRINKS** with Soo Gee

Milkshake. (Starting with something for the young ones).

2 ripe bananas, 3 tablespoons milo or drinking chocolate, ½ cup crushed ice, 1 cup milk, 2-3 tablespoons honey.

Whizz it all up in the blender and serve in a long tall glass with a straw and a smile. Serves 2.

Lemon (or any Citric) Syrup

Remove the zest of 4 lemons or whatever  citric fruit you are using, with a potato peeler then squeeze out the zest and juice into a large pot with 1.5 litre of water. Add 1.75kg sugar, stir until dissolved. or tartaric acid. Stir to dissolve then strain, To serve, dilute to taste.

Ginger Beer – no bug.

2 cups white sugar, 1 dessert spoon cream of tartar, juice of one lemon, 1 teaspoon tartaric acid, 1 dessertspoon ginger and 3.5 litres of water. Add a handful of raisins and stir until dissolved. Stand for 2 days then strain and bottle – 1.25L plastic bottles are good.

Store in the car shed for a couple of weeks then open in a easy clean space (just in case) and enjoy.

Now, the start of the summer wine...

Summer Sangria

2x 750ml bottles dry white wine, ½ cup (110g) castor sugar, 2 ripe peaches, chopped, 1 red apple cut into thin wedges, 1 orange, halved and thinly sliced, 125g punnet raspberries, handful of mint leaves, 1 cup (250ml) vodka, soda water to serve (optional).

Combine the wine and sugar in a large jug or jar and stir until the sugar dissolves. Add the fruit, mint and vodka and stir gently to combine. Stand at room temperature to infuse.

Serve over ice, topped up with soda water if you prefer a long drink.

NB: a Rose' wine is suitable for this drink and I have also used brandy in place of vodka. If it all fails, just drink the wine!

This is not goodbye from Father Ted but cheers from Soo Gee.

Marley Richards followed by Johnnie Cameron

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❖ HOP SHOWCASE THURSDAY 17th NOV

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1st Thurs Folk Night.

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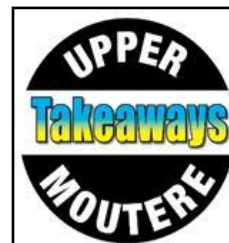
3rd Thurs Beer Appreciation Night.

Last Thurs Curry Night.

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Profiling Fiona Guyan, cheesemaker extraordinaire at Neudorf Dairy

Q: How did you get involved in cheesemaking?

A: About the time I was looking for a change in career from my gardening business, I attended the first-ever cheese-making course by Katherine Mowbray, famous for her cheese-making expertise. Katherine was wearing a blue peasant skirt and had her hair in long braids. The whole experience was magic! I started making cheese at home and even supplied some to a local health shop.

Q: I believe that your next big step was to get some overseas experience in cheese-making?

A: Yes. My partner and I set off to Europe in the early 1990s for a one-year trip. Seven years later, I returned, having travelled and made cheese in Italy, France, Russia, Germany, Estonia and Corsica.

Q: Can you describe some of your cheese-making experiences?

A: Apart from attending a training school in Germany, I worked on small farms. One was high in the Italian Alps where I made cheese from the milk of a "herd" of ten cows! Feed was so precious that in spring the farmers would pick up stones that had been deposited on the pasture during the winter avalanches as every blade of grass was essential. The farmer had to make a living from those 10 cows and 15 sheep. In some ways though, we had so much more scope than we have these days. Back then there weren't all the expensive regulations that are now in place here, for instance, in France we used to pick chestnut leaves from the forest to wrap around cheeses, without numerous hygiene and safety programs that we now have to abide by.

Q: What types of cheeses did you make?

A: I learnt to make all the main types of cheeses, except for blue cheeses, using goat's or cow's milk.

Q: And now you make only sheep's milk cheese?

A: That's right. When I returned to NZ I heard about an opportunity to make sheep's milk cheese at Neudorf - and I love it. Sheep milk is great to work with as it is thick and creamy. I still find cheese-making magic and hugely enjoy my work.

Thanks very much, Fiona

Reminder: Our cheeses are available from Moutere Gold in Upper Moutere Village, Michael at the Wednesday Farmers Market and Weekend Markets, as well as good local supermarkets & delicatessens.

Next month: Some ideas for using Neudorf cheese in your cooking.

Just Gym Gymnastics

On Sunday 25th September Just Gym held their annual gymnastics competition for recreational gymnasts at the Moutere Hills Community Centre. Over 100 gymnasts competed in this years competition with Just Gym gymnasts coming from Nelson, Richmond, and Wakefield. Mapua/ Moutere and the Riwaka/Brooklyn Gymnastics Clubs also competed.

Just Gym runs the competition each year to give the gymnasts a taste of gym competition, in a friendly and fun environment. Open to children of all abilities the ages ranged from as young as 4 to 12years.

Gymnasts compete on four apparatus, and are judged out of 10. With gymnasts training less than an hour a week some of the skills shown on the day were very impressive

Sarah Ewers was consistent across all four apparatus scoring four 9s to gain the gold medal in Level B.

Congratulation to The Belcher family from Riwaka who had four of their children competing on the day. Levi, Elias, and Malachi all were 1st in their respective grades while their sister Micah came third.

Results

Boys Stage 0 1st Eddie Adams, 2nd = Jobe McCauley, Oliver Burke
3rd Francis Eade.

Boys Stage 1 1st Malachi Belcher, 2nd Lochy Shand, 3rd Jacob Neal

Boys Stage 2 1st Elias Belcher, 2nd Rico Fraser, 3rd Will Pryor

Boys Stage 3 1st Levi Belcher

Mixed Level B 1st Sarah Ewers, 2nd Jack Doocey

Girls Stage 0 1st Maria Lacy, 2nd Evie Fox, 3rd Kushla McDonald

Girls Stage 2 1st Nika Holland, 2nd Samantha Brown, 3rd Imogen Blows

Girls Stage 3 1st Isabella Lawson, 2nd Zoe Stevens, 3rd = Maia Adams,
Micah Belcher, Sierra Thomas.

Girls Stage 4 1st Sorraya Plimmer, 2nd Charlie-Rose Haycock,
3rd Odette Peter

Girls Stage 5 1st Summer Tuisamoa, Emily Bryan and Connie Sellers



Hello fellow gardeners.

What a great spring we are having to be in the garden and getting it all ready for Christmas. Bay Nurseries is your local "Go Gardening" shop.

"Go Gardening" is the new branding for Nursery Garden Industry Association (NGIA), you might have seen the promotions on TV. Come and see us for friendly, knowledgeable advice.

Workshops

We are having a range of workshops during Nelson Growables Garden Week, **November 8, 9 and 10 at 10.30am**. Tuesday; all round pruning including espalier, Wednesday; composting including worm farm and Thursday; raised gardens.

John Barnes from Fertiliser NZ will be in our shop Saturday November 12 from 11 till 12 to help customers with any soil or fertiliser problems. Make the most of this **free advice**. They specialise in **organic fertilisers**.

Lawns

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

Vegetable garden

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

Fruit trees/roses

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

Flower gardens

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

We have great selection of perennials in store now to keep your garden looking colourful all season. Now is the time to plant Petunias, Marigolds and other summer flowering annuals. Make sure you spread some slug bait around and keep fertiliser up.

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You and your rabbit/guinea pig

I have grouped these two delightful pets together as there are many similarities in their behaviour and instincts and can be happily housed together.

Rabbits/guinea pigs can be lovely pets for all the family, they are small, fluffy and look cuddly however it is important to understand:

- * Rabbits/guinea pigs are timid by nature. They run away from danger and if contained can scratch with their long nails.
- * Rabbits/guinea pigs need handling as young as possible. This should be gentle and firm, they scare easily.
- * Get your rabbits/guinea pigs used to being around other pets. It is very important that your cat or dog are calm around them and do not chase or attack.
- * Rabbits can be trained with patience to come to you. They can be house trained to a litter tray. They can learn to retrieve, jump on your lap and other related tricks.
- * Provide shelter and cover for your rabbit/guinea pig. They like to feel safe where a perceived threat cannot get to them. They are herbivores and they instinctively want to eat or chew for most of the day so should be provided with suitable opportunities to do so.
- * As rabbits/guinea pigs live a relatively short life they are very capable of breeding regularly. Therefore if you do not want to be overrun, it is best they are housed individually. Rabbits particularly can still display aggressive tendencies even if they are desexed and can injure each other.

There are many different types of rabbits from small to large. They are all incredibly cute as babies but their eventual size should be taken into consideration as the bigger the rabbit, the more space it requires for housing. If housed in a run it should be meshed underneath as they are very effective diggers and can easily burrow out.

Guinea pigs are more uniform in size coming in different colours and coat lengths. However they are very prone to temperature extremes and can die from heat or cold - a factor which should be taken into consideration for their housing. If they can be housed under a carport or awning with good airflow, it is preferable to being in direct sun and weather.

All in all, rabbits/guinea pigs if looked after properly can provide years or enjoyment and delight.

If you have any questions about your pet please drop a line to The Grapevine or contact me directly.

Susan Mott
Animal Behaviourist
0212664211

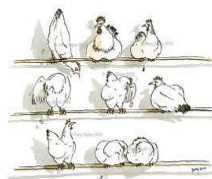
Laying Hen House for sale

Well built in treated plywood.
complete with piles etc.

Automatic feeder included

Houses 25 hens ~ Offers

Mahana ph: 5432-110



ANIMAL BLESSING DAY

**At Chandrakirti Meditation Centre, 289
Sunrise Valley Road, Upper Moutere**

Sunday November 6th at 2pm

Bring all your pets and animals to the Stupa and we will bless them with a special prayers and circumambulate the Stupa.

Please put dogs on a lead and and make sure all your animals are safely contained

We welcome everyone with any creature from horses to worms from the garden, rats, mice , fish etc.

Afternoon tea available after the event

Animal Blessing ceremony will last approx 45 minutes
For inquiries please call 5432021 Chandrakirti Meditation Centre
meditate@chandrakirti.co.nz Free event.



Vegetation Services



Agricultural Spraying

PH (03) 528 9140

Mob 021 528 914

Registered Agrichemical Applicator: R1086

Featured Activities at Moutere Hills Community Centre:



FOR THE CHILDREN:

Mondays 5:00 – 6:00pm

For ages 5+

Kelsey is 17, and has a big passion for dance. She would love the opportunity to share her passion with the local youth here in Upper Moutere.

Hip Hop and General Dance

Cost: \$25 for the term

Tutor: Kelsey Laulau

Tuesdays From 3:45pm

For ages 5+

Rangers Softball and T-Ball

Cost: \$25 for the term

Tutor: Yvette Grant

Thursday's 3:30 – 6:30pm

For ages 5+

Junior Tennis Coaching

To register contact Vanessa on 543 2516 or 027 5118826

FOR THE ADULTS:

Tuesday's 7:00 – 9:00pm

Cost: \$60 per the term

Adults Mosaic Workshop

Tutor: Jo Smart

(starts 8th November)

Cost includes materials for the first project. A great social night out; learn some new skills, make some fantastic projects (perhaps Xmas presents) and meet new people.

Thursday's 6.30 - 7.30pm

Mixed Social Basketball.

Cost: \$3 per session

Combined Men & Women's teams. Lots of fun & good fitness.



Moutere Hills Community Happenings – Dates for your Diary

TOP TEAM 2011

Get your mates together and come battle it out for the Top Team award!

Heat 1 Motueka Recreation Centre

Sunday 6 November

Heat 2 Saxton Field

Sunday 13 November

Heat 3 Murchison Recreation Centre

Sunday 20 November

FINAL Moutere Hills Community Centre Sunday 11 December

CAR BOOT SALE

Sunday 20th November

At Moutere Hills Community Centre from 8:30am – 12:30pm

Book your site now – only \$10 per site (call the centre on 543 2516)

A great opportunity to have the pre Christmas clean out or sell your produce or wares.

XMAS CRAFTS

Monday 19th – Thursday 22nd December

For ages 5 years + - come and make some great xmas presents, cards and treats.

For enquiries phone the centre on 543 2516

OUTDOOR MOVIE

Wednesday 25th January

MOVIE: The Five Pennies (1959) 117 min. PG

Food, drink and movie snacks available from 6pm with all proceeds going to local sport. Come early and enjoy dinner amongst the Moutere community, listening to NZ Music and with big board games to play before the 9pm movie start time.

MOUTERE HILLS COMMUNITY CENTRE

postal address PO Box 37, Upper Moutere 7144 **telephone** 03 543 2516

email enquiries@mouterehills.org.nz website www.mouterehills.org.nz



Kia ora koutou

Some of you might have noticed that we missed updating you on happenings and interests in the last issue...our apologies, but Leah and Gundula took a trip on 'Air Tamariki', Harakeke's very own airline, to Germany and Spain... a well deserved holiday.

The focus on world travel, different countries and their cultures started with the return and departure of a number of our children to several places around the world including Australia, the United States, Holland and the United Kingdom and lead us to the creation of Flight Captain Harakeke and his/her co-pilot to take us to faraway places on board AIR TAMARIKI. The idea of a Central Character figure to be used at group times is a method to turn these into interesting and informative story times through dramatisation. The children share knowledge, link stories from home and create theories about the world around them.



We are also very pleased to say that our preschool is now officially part of the nationwide ENVIROSCOOL network.

This means that we agreed to develop a long term process of learning and action for sustainability. We will be accompanied on this journey by a facilitator funded by the TDC.

Looking after our environment is important so is looking after our own bodies. Eating healthy and being physically active is an ongoing focus at Harakeke. In October we had the opportunity again to participate in a Gym Fun session at Saxton Field. It was all about Manipulative Play, sending and receiving objects: tapping and striking, throwing, catching bouncing, rolling and spinning; an important part of children's development. Having the Sport Tasman Activity Trailer full of relating equipment available for another week was just perfect.

Ka kite for now, more next month

Jodi, Leah, Michaela and Gundula, the Harakeke teaching team

LEIGH BRIARS ARCHITECTURE

03 543 2667
021 215 0946
briars@ts.co.nz
RD 2 Upper Moutere
Nelson 7175






Be tempted.....explore the underworld by candlelight..... Women's Caving Day Sunday 20th of November

As part of our Women's Day's series we are running a caving day exploring the fantastic world renowned Takaka Hill. Delivered in a supportive style this day is open to women keen to try something a little different.

Contact us to make a booking or for more information.

Details as follows:

Date: Sunday 20th November

Time: 9 - 3pm

Cost \$110.00 or sign us as a 'Friend of Whenua Iti' and receive a 10% discount.

All food/transport provided.

Email: info@whenuaiti.org.nz

Phone: 03 526 7842

Holiday programmes

Did you know we now run outdoor adventure programmes in the school holidays?

If you would like to be on our mailing list so that we can keep you up to date with our programmes contact us at:

info@whenuaiti.org.nz

or phone 03 526 7842

Moutere Hills Youth

Speedway, Nerf Wars, Blind Games, Blow Out.... There's a massive lineup for Friday Night Youth in Term 4.

Friday Night Youth is 7-9pm. The events will be split between the Sunday School Hall behind St Paul's church and the Moutere Hills Centre. We will keep you updated about this.

The first event is Speedway on Saturday 29 October. It's Kohu's first race, so we're all going to cheer him along and eat lots of hot dogs.

(Note to parents: you're welcome to come along to Friday Night Youth and check out what goes on, or help out in any way).

| | |
|---------------------|------------------|
| Saturday 29 October | Speedway |
| Friday 4 November | Nerf Wars |
| Friday 11 November | Blind Games |
| Friday 18 November | Movie Night |
| Friday 25 November | Minute to Win it |
| Friday 2 December | Blow Out |
| Friday 9 December | Wait & See |

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

Bubbles & Cupcakes

Come along to Bubbles & Cupcakes - it will be loads of smelly, foamy, delicious fun. We'll be making bath fizz bombs, soap balls, bath salts and bath oils. Bubbles & Cupcakes will run on Mondays for four weeks after school at the Sunday School Hall behind St Paul's Church. It will cost \$20 for the four weeks, which will include materials and afternoon tea. Numbers will be limited. If you're in years 5-8 and you'd like to make some bubbly stuff, give Abbey a call.

| | |
|------------------------|------------|
| Abbey & Andy Bensemann | 543 2949 |
| Abbey | 0272434364 |
| Andy | 0212245178 |



At Country Kids Education and Care Centre World cup rugby fever has really hit. Children have been retelling their experiences of the opening ceremony and what they have seen of the games. The children have designed their own flags to represent each sector in our Centre. We have also made the flags that represent some of the countries our families come from. This Cup fever has sparked a strong enthusiasm for rippa rugby. The rules were explained and teams allocated. They soon had the concept of the game with many children running after the opposite team member and ripping off their tag and practicing their dodging, passing, kicking and fair play skills. Later goal posts were set up for them to tryout their goal kicking. Wow!! So exciting. All Blacks in the making???



We have been blown away by the children's knowledge of the individual members of the All Black team with standout favourites for some. Alfie Ben and Bruno have often asked for the haka which is performed with passion. Many children know some of the words of Ka Mate Ka Mate. Alfie even brings his rugby boots to practise. Some pretty awesome moves — enough to scare any oppositional team.



The Children sing the National Anthem in both English and Te Reo Māori and it is often requested as their favourite song on many different occasions.

What an incredible learning experience as we celebrate hosting the world cup.

ActiveKidz
Summer Swim
School
@
Mapua Chalets
Lessons Begin on
November 14th
See details and book
online
www.mapuachalets.co.nz/swim
or ring Andy and
Karen on
03 540 3316

KAHURANGI
ESTATE



OPEN FOR LUNCH

DELICIOUS WOOD FIRED PIZZA

Take away Available

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

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

**Open 7days for food from
 Dec 1st**

Menu Available online

www.kahurangiwine.com

Bring this ad' in and receive a complimentary a glass of wine

when you order any pizza.

1 voucher per customer



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

Mapua Health Centre News

Just a quick reminder about healthy living, especially now that summer is pretty well here and it's time to consider shaking off some of those slothful habits of winter. This includes a diet with not too much meat and dairy fats but with plenty of plant foods, fruit and fish (diet sheets available at the health centre). Also, consider adding some regular aerobic exercise (e.g., brisk 40 minute walk, 4-5/week, gym programme or swimming, riding, etc) and loss of weight for those who are overweight. You may also want to consider getting a green prescription which is a government funded scheme where a programme can be specifically tailored for you. For more detailed information please contact the practice nurse on 540 2211.

Whooping cough has been affecting the Nelson area, including Mapua and Tasman. It's an infection that affects the upper respiratory tract, causing the lining of the air passages to become inflamed. This leads to an excess production of mucus, which in turn irritates the respiratory tract and causes the characteristic cough.

The symptoms usually follow a cycle that lasts for a number of weeks. There are three distinct stages: First stage (Catarrhal stage): lasting 1-2 weeks with loss of appetite, slight fever, runny nose and eyes, fatigue, sneezing, irritating cough (especially at night) – all similar to a common cold or mild bronchitis. Second stage (Paroxysmal stage) usually lasting 1-6 weeks, but can continue for up to 10 weeks with severe coughing spasms, a high-pitched "whooping" sound when breathing in after a coughing spasm (the "whoop" sound may not occur with young infants), and vomiting or turning blue due to severe coughing or choking on mucous. Finally, the Third stage (Convalescent stage) which may last for months when symptoms subside, but where subsequent chest infections, even months after the initial infection, can cause a recurrence of the coughing spasms.

The whooping cough bacteria are spread from person to person in airborne droplets or by direct contact with infected throat or nasal discharges. Once infection has occurred, the time until symptoms appear (incubation period) is usually between five to 10 days, though it can be as long as 21 days. The contagious period is from seven days following infection to up to one month after the beginning of the coughing spasms. The diagnosis is initially with a throat swab and later on using a blood test if needed. Antibiotics are used in the treatment of whooping cough and are most effective when given in the very early stages of the disease. Further treatment is supportive and can include bed rest, small frequent meals, maintaining fluid intake and use of a humidifier to warm and moisten the air. Maintaining vaccination status helps to protect against the likelihood of being affected.

National and global health promotion events for the month include the following:

- | | |
|-------|---|
| 1-30 | Movember (prostate prevention) http://nz.movember.com |
| 1-7 | Parkinson's Society Awareness & Appeal Week www.parkinsons.org.nz |
| 1-7 | Leukaemia & Blood Foundation Awareness Week www.leukaemia.org.nz |
| 14-20 | Sun Smart Week www.sunsmart.org.nz/ |
| 9-15 | Food Safe Week www.foodsafe.org.nz |
| 16-22 | Diabetes New Zealand Awareness & Appeal Week www.diabetes.org.nz |
| 25 | International Day for Elimination of Violence Against Women www.nzfamilies.org.nz |

DOROTHEA TEBBENHOFF

HEILPRAKTIKERIN
LICENSED ACUPUNCTURIST

25 GREENWOOD ST
MOTUEKA

WWW.TASMANACUPUNCTURE.CO.NZ

03 528 6239

MNZRA, ACC PROVIDER

Acupuncture
Chinese Herbal Medicine



Chi

Celtic Connections

Events with a Scottish Flavour



Valerie Kear-Colwell
Phone 03 543 2989
celticconnections@southnet.co.nz

Aerobics classes on Monday nights

Classes are fun & low impact, working on core strength & balance, with music you can sing along to.

I am a qualified fitness and aerobics instructor.

Come try a class & see what you think, just turn up on the night.

6.30 – 7.30pm Mondays \$5 a session

At the Moutere Hills Community Centre.

For more information please contact Sam on: 543 2



"All screwed up"

Thanks for all your good wishes. I am improving, Gabi is still recovering.

Mike Abeltshauser



School Holiday Programme Staff

Part time positions available.



Moutere Hills Community Centre are looking for people to work on a part time basis on our school holiday programme which runs for 8 weeks a year over each holiday period. Hours of work will be between 8:00am and 4:00pm, Monday to Friday but dependent on numbers.

We are seeking both a Programme Supervisor and Programme Assistants. The ideal candidates will have an empathy with children, excellent communication and organisational skills, a commitment to professional development and be honest, punctual and trustworthy.

For a job description and application form please contact Moutere Hills Community Centre;

Email enquiries@mouterehills.org.nz or phone: 5432516

Applications close 5pm Monday 21st November.

Administrative Assistant

This position is part time, 5 hours per week.

The position involves assisting with general administrative duties including data entry, website and database management, stock taking, banking, correspondence, and programme, activity and venue hire bookings. The ideal candidate will have excellent communication and organisational skills, exceptional customer service, and be reliable and trustworthy. A knowledge of data entry, mircosoft word and excel is required.

For a job description and application form please contact Moutere Hills Community Centre;

Email enquiries@mouterehills.org.nz or phone: 5432516

Applications close 5pm Monday 21st November.

Search and Rescue Quiz night Thursday 24th November...\$5 entry. Teams of four to six.
All welcome to take part from 7.30pm at The Playhouse Cafe. \$4 dollars of every ticket goes to search and Rescue with the remaining dollar going to the prize kitty. Call for bookings or just turn up on the night. Smaller teams able to join larger ones if needed. Call 5402985 for more details

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.

Is there anyone interested in forming a musical theatre group in Upper Moutere? Initially singing music from the shows. Sue 03 9700952 a.h. or 0212664211

DOVEDALE COUNTRY AFFAIR.

Sunday 12th February 2012. 11am til 5pm.

Come to Dovedale and enjoy a good old fashioned fair. Plenty to see and do from

craft stalls, historical displays, live music, children's games, marching displays and heaps more.

If you are wanting to book a stall site please ring Ann Win 5433832 or email evanannwin@ruralinzone.net

or Sue Rewcastle on 5433669 or email manaroa11@gmail.com for an application form.

Upper Moutere Fire Brigade Callouts for September

| | | |
|----------------------------|----------------|-----------|
| 1/09/2011 Road | Structure Fire | Mamaku |
| 15/09/2011 Sea Aquarium | Structure Fire | Touch the |
| 15/09/2011 Tennis Shed | Structure Fire | Mapua |

