



MAPUA & RUBY BAY

Coastal News

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www.mapua.gen.nz

Bill Williams—A Man of Mapua

It is for very good reasons that Bill Williams will be remembered unofficially as the “Mayor of Mapua”. It was not just the many years Bill was an active and effective leader of our community, but also because of his skill at engaging with people. Bill was always an interested listener often with a twinkle in his eye, and then he would consider the best course ahead for the whole community. Looking back, we realise how we lucky we were that Bill and Karen came into our world at a time of major change for Mapua as its biggest business, the chemical factory, faltered, closed, then required a huge clean-up.

Karen made a contribution to our community in her own right, working to build community services, most notably the Mapua Library and the Nelson Hospice. So this month we grieve with Karen, David and the family over the recent loss of Bill, a remarkable man who made his mark in many ways, and left Mapua a healthier, more diverse and more cohesive community.

Bill provided the effective leadership our community needed at an early stage when it became apparent that the dominant business in the community, the Fruitgrowers’ Chemical Company was not only an anachronism, but a threat to public health and needed to be closed as quickly and safely as possible. Later, Bill was also an agent for change leading the Mapua community into an era of new values: he championed care for the environment and sustainable businesses. He was notable for his early advocacy for walking and cycling pathways, encouraging better eating places, caring for our unique estuary location and planting and valuing native New Zealand trees.

It needs to be remembered that when Bill and Karen first came to Mapua in the early 1980s it was a very different place. It was a backwater, a charming village, with not one pub. John and Jenny Marchbanks were running the store in Mapua then and John remembers first meeting Bill in his store and learning that Bill and Karen had recently holidayed at the then newly-opened Mapua Leisure Park. Their short stay proved to be life-changing. “Mapua will do us,” were Bill’s words to John. Both Bill and Karen quit teaching jobs they had in Wellington and moved to Mapua, where they took up residence in the

small, historic Higgs Cottage, sited in a commanding position overlooking the heart of the village.

Bill and Karen renovated the cottage, were generous with their hospitality and quickly made many friends. Bill embarked on a long-term project to replace wattle trees growing on the bank above Aranui Road with a range of natives.

Bill also quickly became a familiar figure as he walked about the village, where he encountered some of the eccentricities of our community at that time. The Williams’ home was immediately opposite the



Bill Williams (in the white shorts) at the clean-up site

long-established Perry’s Garage, probably the only garage in New Zealand where customers with a faulty car but short of cash might be offered a few tools, given some rudimentary training and offered the chance to repair their car themselves.

The garage, as well as serving the motoring public, was attached to an engineering workshop where one of the Perry brothers, Ted, was Mapua’s jack-of-all-trades, and the chief fire officer of the local brigade. When Bill and Karen later decided they wanted to set up a restaurant using a redundant school building from Henley School in Nelson, it was Ted who was called on to help solve numerous problems in the ambitious project. Ted, as apparently was often the

case, stipulated that there would be no charge for his services. It was an offer that Bill and Karen refused to accept. The difference was finally resolved when Bill and Karen agreed to pay the cost of Ted's mileage for his services. However, as Ted's workplace was just across the road from the worksite, Mapua Engineering's monthly mileage charge to the Williams was always 'zero'.

Another Mapua Engineering client was the sprawling Fruitgrowers' Chemical Company and adjacent Lime and Marble plant at the junction of Aranui Road and Tahi Street. Together, the two made up Mapua's biggest business enterprise, employing more than 100 people at that time. At the height of FCC's activities, in the 1970s, a bus carried workers daily from Motueka to the chemical works and home again.

A little further along Tahi Street from the chemical works, Bill encountered Chris du Fresne, who was long-settled in Mapua, had built his own home beside the estuary and had changed from running a poultry farm to making pottery in a kiln he had also built himself. Chris had become increasingly angry over evil smells and likely contaminants emanating from the nearby chemical factory, particularly a pungent garlic-like smell that could cause eye irritation (probably gusathion).

In Bill, Chris found a ready listener. Bill was dismayed to learn that the list of chemicals being either produced or experimented with at the chemical works included some which were extremely toxic, from the world's "dirty dozen", particularly organophosphates, which could kill a person on contact, according to the district nurse's instructions for emergencies. Also on the list were chemicals used by American forces in Vietnam as defoliants, including 2,4,5-T and 2,4-D.

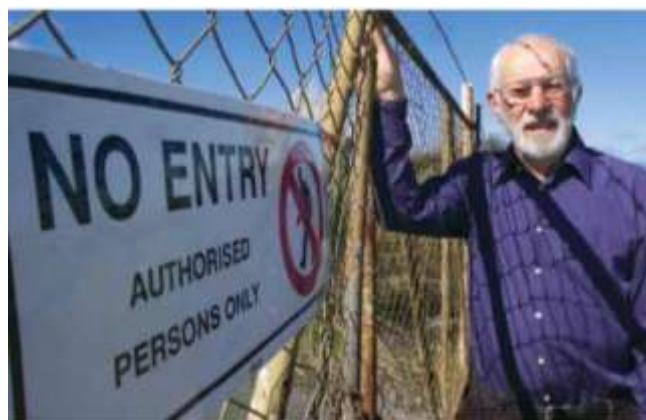
Bill began making his own inquiries and discovered that FCC was using 124 chemicals to make 84 different pesticides, herbicides and insecticides. From discussions with wharf workers, he learned that many of the drums of the most toxic chemicals were being loaded on to coastal freighters and sent to ports around the country, where they were distributed to farmers by two of the country's biggest oil companies. Bill joined Chris in making complaints about the toxic chemicals in the village to the then Waimea County Council, but made little progress with its long-serving county clerk or with its councillors, who were mainly farmers. Chris and Bill were also worried about the potential for a fire at the chemical plant and what would happen to the residents along Tahi Street if fire broke out.

Bill and other concerned residents formed a small organisation called the Campaign against Noxious Substances (CAN) and persisted with questions about the chemical plant. CAN discovered that there was really no evacuation plan for the community in the event of a fire at the plant. CAN organised what was

believed to be the first citizen protest in Mapua, held outside the offices of the chemical company.

Wider discussion of the dangers of big quantities of toxic chemicals in the growing community followed, particularly after Bill encouraged and supported Mapua's community newspaper which, even in the 1980s, was still published by hand on an ancient Gestetner machine by long-term resident and former orchardist Bernard Wells, who also became a key member of CAN. A growing group of residents became concerned about the toxic chemicals made at the works, among them many mothers from Mapua Playcentre, then based in the Mapua Hall.

A series of events followed in Mapua that sealed the fate of the Fruitgrowers' Chemical Company. The biggest was a terrifying fire at the factory site, only a few score metres from the Mapua Fire station. When members of the brigade arrived at the scene, they were confronted by a sheet of flames rising 20-30m in the sky, followed by the explosions of gas cylinders up into the sky like rockets and an all-pervading smoke and stench of chemicals. Other brigades from Nelson to Motueka arrived at the site and the collective crews succeeded in putting the fire out, after it had razed offices, laboratories and workshops on the



western side of Tahi Street, but had not reached any significant quantities of toxic chemicals.

Because of the world's growing concern about chemicals in the mid-1980s, critical articles about the Mapua factory's activities started to appear in the *Nelson Mail*, national magazines like *North and South* and the *New Scientist* magazine in Britain. Mapua was said to have the most toxic site in New Zealand. Meanwhile, the Health Department was increasing restrictions on the use of many chemicals like those being produced in Mapua.

Other events included changes in ownership of the chemical factory, first to the BP oil company in 1980 and later in 1985 to a group of Nelson investors. Meanwhile, the company was finding it increasingly difficult to find places to dump its waste fluids, some of which were being dumped in trenches on Rabbit Island and holes on Takaka Hill through to 1988. With the appointment of a new manager, plans were developed to change the activity at Port Mapua to one

for chemical treatment of timber using a timber preservative liquid that included arsenic. When the plan was supported by the local council, CAN took an appeal to court and won a reprieve. The chemical company changed hands again, manufacturing of chemicals and sprays ceased and in 1988 the site was to be abandoned.

Through all these changes, Bill provided a steady hand on the tiller as chair of the Community Association. He and the association subsequently insisted on a proper clean-up of the site, and also a clean-up of numerous dumps of waste chemical material in the immediate district.

In court, in the council chamber, or in submissions to the Ministry for the Environment, Bill was an eloquent and persuasive advocate for the Mapua community. When the going got tough, he would sometimes resort to an old tactic, referring to the period he had served with British Armed Forces in the post-war occupation of Palestine, that seemed to give him extra credibility with the officials he needed to convince.

Finally in 2004, the Community Association then led by Wilma Tansley and Pat Perry, signed an agreement with the Ministry of Environment which was to oversee remediation of the toxic site. Bill was

still there at the signing as the central figure through the whole saga and he continued to be actively involved in the clean-up until it was completed four years later.

Bill subsequently stayed the course in advocacy by the association and community for a park that would overlook the estuary as a form of compensation for the long-term damage to Mapua from the chemical factory. Government and council finally agreed to the proposal of a park, but it was also a compromise deal. The quantity of chemicals and contaminated soil to be remediated proved so great that a proportion of the untreated soil was collected as an underlay and then capped with clean soil to form what is now Waterfront Park. As a public park, the area was subject to a management plan that strictly required no disturbance of the underlay of contaminated soil.

In the late 1980s and early 1990s, Bill was a driving force behind other Mapua amenities. His advocacy led to council recognition of a public walkway across the Causeway, around the Western Entrance of

Waimea Estuary, and back to Mapua via the Old Mill Walkway. In Ruby Bay, he encouraged the Van Beek family and the council to protect areas of native bush when the family subdivided the area north of Pine Hill Road creating Brabant Drive and the housing there. Later Bill led the work by local residents to create public pathways through the reserved area.

He was part of a group which worked for several years on a proposal to enhance and improve the Mapua Inlet, a forerunner of later efforts by community groups to plant native trees in Mapua Wetland, Aranui Park and Dominion Flats.

In the 1980s, Bill and Karen had pioneered a new type of restaurant for Mapua, the Inlet, specialising in being less formal, home cooking and a welcoming atmosphere. ‘The Inlet’ was a significant new business and hub for Mapua. Eventually it morphed into the present Sprig and Fern Tavern.

Karen and her close friend, the late Betty Higgins, made a huge contribution to Mapua when they successfully gained a grant of nearly \$160,000 from the Canterbury Community Trust (now the Rata Foundation) for the Mapua Community Library, enabling it to build new premises on the RSA memorial reserve at the corner of Toru Street and Aranui Road. Also, for many years Karen and Betty supervised a fund-raising stall for the Nelson Hospice outside the Mapua 4 Square.

Bill and Karen’s close relationship seemed to give them a resilience that enabled them to overcome some major family setbacks and toward the end of their time in Mapua, they were often seen out and about with their grandchildren. They left their beloved cottage on the hill for a house on the flat in Moreland Place, and some years later, they moved to Nelson. However, their involvement in and service to the Mapua community never seemed to be diverted or diminished. Bill continued to hold court with friends at the Naked Bun coffee house (now the Village Bakery) and at the tavern that is now the Sprig and Fern. He came to Mapua Wetland to join a team of Mapua School pupils planting native beech trees. Karen and Betty Higgins continued to run the Hospice stall in Mapua until they both left the district.

We are much the poorer for Bill’s passing, but memorials he has left are all around us: Waterfront Park on the cleaned-up site of the chemical factory; the bank of native trees behind the Sprig and Fern; a sign designating the Mapua Causeway and beach as a public walkway; another sign at Grossi Point identifying the birds of the Waimea Estuary and the wonderful public pathways through the native forest west of Ruby Bay. It is no exaggeration of Bill Williams’ importance to the Mapua community to use the tribute on the epitaph at St Paul’s Cathedral in London for the architect Sir Christopher Wren as a parting message that is also appropriate for Bill – “Reader, if you seek his memorial, look around you”.

David and Judy Mitchell



Chris du Fresne

Obituary: Bill Williams

Theophilus Richard Hamlen-Williams – known around Mapua as plain Bill Williams – died in Nelson in July at the age of 91.

Bill was born into a privileged family in Kingsland, Herefordshire. His father, David, was a substantial landowner who served a term as High Sheriff. In World War I, he was at Gallipoli, and in World War II he commanded an anti-aircraft site on the Thames.

This extract written by Bill's favourite cousin, Gynor, exemplifies the inter-war society into which Bill was born: 'When I was a child my uncle, Captain Hamlen-Williams and his wife Dolly and my cousins Diana and Bill lived at Angel House. On March 25 each year all his tenants would arrive up the steps into the hall where they would be given a drink, possibly sherry or beer. ... One by one, they would speak to the Captain, who was seated behind a large desk, and



Bill on his 80th birthday at his home in Mapua

pay their rents, in advance, for lands and farms and some houses and cottages. Contracts would be reviewed and renewed.'

On leaving school, Bill joined the Welsh Guards. In 1947, as a lieutenant in the 1st Guards Brigade, he was dispatched to Palestine, then under British Mandate, to try and control the tide of holocaust survivors pouring in. After a motorbike accident in which he smashed both ankles, he was hospitalised and eventually returned to the UK on a hospital ship and left the army.

Bill's older sister Diana and her husband took over the farming of the family estate and Bill decided to head for the Antipodes. He got a job as a stockman on the Shaw Savill ship *Doric* and left Liverpool with a precious cargo of 12 prize bulls bound for Melbourne. To this day, it is a mystery how, on arrival in Port Phillip Bay, Bill was one bull short. Somehow the animal must have escaped from its deck cargo pen and jumped into the Indian Ocean.

After this, Bill headed into western New South Wales to a job as a jackaroo on a large sheep and cattle station.

In 1951, he moved to New Zealand and worked on farms in the King Country and as a wharfie in Gisborne. After a stint as a barman at Wellington's Barretts Hotel, he enrolled in the University of Canterbury's School of Fine Art where he was taught by forward-thinking lecturers such as Bill Sutton and Russell Clark. He lived at the famous 22 Armagh Street with artists and notables including Pat Hanly, Quentin MacFarlane, Bill Culbert, John Coley, Ted Bracey, Dick Ross and Trevor Moffitt. Their communal flat was to become known as 'little bohemia' and they were called 'the Armaghians', a 'tight bunch of pre-hippies who thought they could save the world'.

This communal style of living was novel in New Zealand in the mid-50s. Another art student at Armagh Street was my sister, Karen Macfarlane. She met Bill there in 1954 – 63 years ago.

The following year, she brought him up to meet the family in Days Bay. He was a decade older than Karen and spoke with an upper-class British accent. This made him fair game for my two older brothers who took him sailing in their Idlealong yacht. They made him forward hand, the worst possible possie in a Wellington 25-knot nor'wester. Having nearly drowned him, they accepted him as an okay bloke. This was a good thing as Karen and Bill married in December 1956. Within a month they sailed for the UK on the Shaw Savill passenger ship *Tamaroa*'s last trip.

Now it was Karen's turn to meet the family. The newlyweds lived in London in a houseboat moored on the Thames at Cheyne Walk, Chelsea, and did a stint of grape-picking in Provence. Back in London Bill got a job as a driving instructor and Karen waitressed among other jobs.

They returned to Days Bay in 1959 where they bought a house at 48 Ferry Road with a magnificent vegetable garden and views through Wellington Heads to the seaward Kaikoura Ranges.

When their son David was born in 1961 Bill decided to become a teacher so went to Training College in Wellington. Both Karen and Bill taught at various schools in Lower Hutt and Petone until in 1980 they sold Days Bay and moved to Mapua.

They pruned grapes. They bought the old Higgs homestead on the hill above the village. Later they built and opened the Inlet, the first restaurant in Mapua (now the Sprig & Fern), in a small paddock below the house. And they both got deeply involved in the local community.

Kester Macfarlane

Tane's Ark Wins Top Environment Award

Ten years of native tree-planting by Mapua School pupils was rewarded at the 2017 Trustpower Community Awards with a first prize in the environment and heritage category for the school's Tane's Ark project.

The awards, announced in late June, were held at an elegant presentation evening at Seifried's Winery with an estimated 1000 people present in the main function hall. Representing the Tane's Ark project were Mapua School teacher Simon Clearwater and David Mitchell of Friends of Mapua Wetland. They were astonished when the project was declared the winner. The group's entry had been a rushed affair and they did not expect even a placing, much less a win.

In announcing the win, awards convenor Emily Beaton particularly praised the work of the 2016 Mapua School's Tane's team for planting, weeding and mulching significant parts of Aranui Park and also their work guiding visitors in Tane's Ark and Mapua Wetland, notably guests attending the 2016 National Wetlands Symposium. Ms Beaton also praised the 2017 team, which had organised a Tane's Ark open day for the school and for parents in January this year.

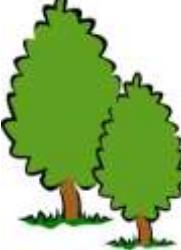
She said that the award judges did not look for particular achievements for a category winner, rather they looked for community activities that "tell a story".

Describing the Tane's Ark project, she said: "These young volunteers are doing a great job of developing this area of wetland forest and they deserve to be recognised. Congratulations. We look forward to seeing this area continue to thrive."

Tane's Ark was one of three Tasman District projects which won placings in the Environment and Heritage Awards section of the Nelson Tasman Trustpower Awards. Runner up in the section was the

Keep Motueka Beautiful organisation, a frequent winner in the annual awards, while the Waimea Estuary-based Battle for the Banded Rail group won a commendation.

A notable feature of the 2017 Nelson and Tasman awards was the number of awards going to teenagers and young people. In the Education and Youth Development category, the Nelson Youth Council, an organisation encouraging young people's involvement in decisions about their community, won the award for Nelson. Any one of the nominees for the Youth Spirit Award could have been a winner, as all had impressive records, with some committing to voluntary help for other children, such as with Big Brothers, Big Sisters.

The winner of the Youth Spirit Award, Fynn Sawyer of Nayland College, provided an emotional high point for the evening with an announcement that surprised even the event organisers. After Fynn accepted his award and praised his mother for the support she had given him with his commitments, he announced that he was giving his whole \$500 prize to a Nelson women's welfare group. He knew that the secretary was present and asked her to come forward to receive the \$500 for the women's group. As he handed the money over to the secretary, Fynn let the audience know that she was also his mother. The audience reacted with strong applause for both.

The \$500 prize won by Mapua School for the Tane's Ark will be used for further planting for the project in Aranui Park. In recent years, the Tane's Ark project has also been supported by grants from rates from the Tasman District Council. In 2016-17, the TDC gave \$2300 for the project.

The Trustpower Community Awards are an annual event, with similar awards to community volunteers being distributed at regional awards presentations throughout the country. In 2011, Mapua School won a Tasman District Council award for Best School Project, also for the Tane's Ark development.

David Mitchell



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The A to Z of Chopping Wood

A great thing about a lifestyle property is the hunter/gather feeling. While I could kill and butcher one of the sheep wandering about a few yards away, that's hardly hunting and it would really irritate Peter, the sheep's owner. No, I'm referring to gathering wood, not that wood requires much hunting.

We've been burning a fair bit recently so I thought I'd document the process of getting more. The first thing is to fuel up the chainsaw. Of course the pre-mixed stuff in the can has been there a few months and gone off, so that has to be disposed of and a new batch made. No problem, just a bit of mixing and shaking. Then start the chainsaw and find, for the first time in its 15-year life, it doesn't. Off to the local shop. It's funny I still go there; the first time I went in it was to say my chainsaw wasn't cutting properly. He took one look and said it helps to have the chain on the right way round.

A few days later the saw had been repaired and I got cutting. And it certainly cut, ripping through logs lying around as never before. A huge tree trunk I'd been eying up for months was no more after 30 minutes. There was no stopping me, except the growing pile of "rounds" dotted around the property. The next task was to get them to the chopping area. Not having an ATV, it's by hand. Pick, carry, drop. Repeat, and repeat, and repeat.

Having spent twice as long getting the wood back to the shed and by now tired out, that was it for one day. Next day was splitting day. Two friends of mine had suggested an axe called an X27. I never knew axes could have such muscular, supercar-type names, but I knew I wanted one. Logs "fell apart at the sight of it" they said, or rather the wife of a builder friend said. She did the splitting in their household, no problem, and didn't look like a Soviet

discus-throwing champion either. Off to Mitre 10 and then back home, \$130 poorer.

Now it was time to split. The rounds were stacked, the block positioned, the round on top, the axe ready. And swing! The axe buried itself deep in the round. Lever it out, swing and it's in again. Lever it out, swing and watch the round split in two. Now split those two halves into quarters—two blows—and we've done one round. Perhaps we now have two hours of firewood. Or rather will we have when I have carried them up the hill to the house.

And so it went on for an hour or two, with each swing getting lamer and the blows per round increasing. The X27 is certainly a great axe, but the key to block splitting is you have to really, really mean it when you swing. Even with an X27. An X27 is no substitute for aggression and I have a newfound respect for my builder friend's wife, and perhaps for the builder too. Eventually I'd done a fifth of the rounds and the woodpile was a little bit bigger. That evening we walked the dog up the road. Within five minutes of leisurely stroll there are two firewood suppliers, their crates overflowing with firewood, all the right shape, just the right length and with a look to them of "I can't wait to be burned". You know what I mean: that rough, splintery edge you just know is going to catch light really easily. And I looked at these crates, all transportable to the location of your choice, and wondered what they might cost.

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Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	1 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 4.30pm Childrens Theatre Sports 7pm Nelson Christadelphians Mtg	2 12.30pm Tai Chi	3 9am Mapua Art Group	4 1pm Mapua Fellowship Group	5	6
7 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm African Drumming Workshop	8 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 7pm Pilates	9 9am Aerobics 10am Pilates	10 9am Mapua Art Group	11 9am Aerobics 10am Pilates	12 1-5pm Ian Hamlin Painting Class 13 6.30pm The Packhouse Cinema: 'Still Crazy'	
14 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua Comm. Assc. Meeting 7.15pm African Drumming Wrkshp	15 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 7pm Pilates	16 9am Aerobics 10am Pilates	17 9am Mapua Art Group 18 9am Aerobics 10am Pilates 19 9am Aerobics 10am Pilates 20 2pm Nelson Male Voice Choir	21 9.30am Low Impact Dance 6pm Mapua Dance Fitness 22 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 7pm Pilates 7.15pm MDBA Mtg	23 9am Aerobics 10am Pilates	24 9am Mapua Art Group 25 9am Aerobics 10am Pilates 26 2pm Friendship Group 27 6pm Mapua Youth Group
28 9.30am Low Impact Dance 6pm Mapua Dance Fitness 29 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 6pm Yoga 7pm Pilates	30 9am Aerobics 9am Yoga 10am Pilates	31 12.30pm Tai Chi WWW.MAPUAHALL.ORG mapuabookings@gmail.com				

Mapua Bowling Club

The Write Bias

Ragtime and swing music of the 1920s filled the club room as members of the Mapua Bowling Club celebrated the club's 90th birthday on Sunday 16 July. A glass of bubbly welcomed each as they arrived for the special birthday lunch. Around 40 members, many dressed in a 1920s style, enjoyed the fabulous hot lunch which included savoury chicken and baked ham. There is always room for dessert and the selection was mouth-watering. Dessert bowls were brimming with pavlova, brownies, lemon tarts, apple and black currant crumble, trifle and bread and butter pudding.

Sequins and glittering dresses, beads, boas and feather headbands were the style of the day for the ladies. Black and white were the colours of choice of a number of the men, with some sporting classic hats, vests and braces. Denzil and Kate Stephenson of Redwood Valley won the prize for the best-dressed. Joy Scott, a life-member of the club, received special mention for designing and sewing her complete outfit, including her hat!

In his after-lunch speech, Club president Dave England looked back over the history of the club which was first established in 1927. He noted that the club was first located on the corner of Toru and Iwa streets in Mapua. In 1933, the club shifted to the corner of Seaton Valley Road and State Highway 60. Several members at the birthday lunch were members back when the club was located at this site: Joy Scott, Sylvia Peters, Nancy Coeland, Judy March and Les McAlwee.

In 2004 the club sold its club rooms and grounds on Seaton Valley Road to Network Tasman. The company had plans to build a substation on that site. So, the Mapua Bowling Club then moved to its current location on the Mapua Domain, returning to within 400 metres of its original 1927 site.

After the president's speech, the birthday cake was cut by Dave England and club captain, Sue England. Hillary Brown played the piano as all joined in to sing a rousing rendition of Happy Birthday as a salute to the past and a toast to the future of the club.

Barbara Brown



At left: President, Dave England and Club Captain, Sue England cut the birthday cake

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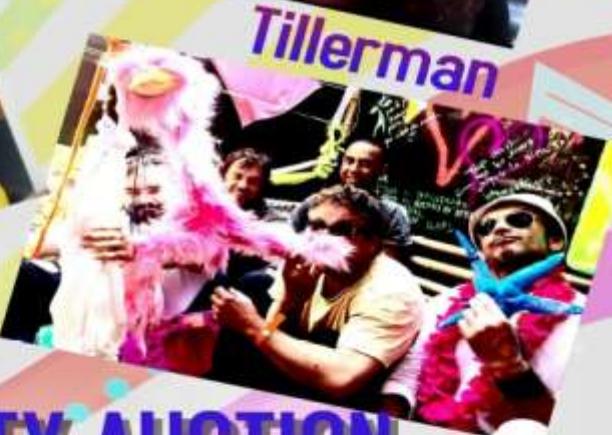
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Ruby Coast Twilight Music Fest



PLUS CHARITY AUCTION

Mapua Hall - Sat 12 August

FOOD & BAR (Happy Hour from 6PM)

A Community Fundraiser for The Dale Vercoe Charitable Project

To create a Residential Care Facility & Hospice for the
Mapua, Ruby Coast and Moutere Hills region.

TICKETS \$10 cash sales at Tessa Maes or online [eventfinda](#)

Dale Vercoe's generous gift of prime land has made possible the building of a hospice in Mapua. While the project is still in its infancy, many people have already been generous with their time and energy, demonstrating that our community spirit is very much alive. A hospice is something that every family in our district may need at some stage and this makes the project worthwhile.

Our mini festival/concert on 12 August will fund the formation of a New Zealand-registered charitable trust that will run the project, and also support the completion of the final stages of a two-year community consultation process.

Three 'Helpful Understandings' about the project:

1) The 'Dale's Gift' community hospice project is charitable. It is structured so that it is impossible for anyone to get a financial advantage from the process. It embodies the spirit of care, trust and kindness with the only beneficiary being our community.

2) The ultimate goal of the project is to build a warm and friendly hospice facility on the hill that will be available to members of our community, free of cost.

3) The project will deliberately network with existing Mapua community groups, to support the need for a 'whole community,' process.

Let's get it all started with a great community event.

Ruby Bay Twilight Music Fest Committee

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REMINDER
SEPTEMBER
SELL/SWAP MEET

Mapua Boat Club If you have items for the annual fishing and boating sell/ swap meet start sorting now.
If you require storage until the event we can arrange free of charge even for that kayak or trailer/sailer you no longer require.
Contact the Secretary at mapuabcsecretary@gmail.com

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Mapua Health Centre

The August calendar includes heart awareness month and there are some interesting snippets in some of the recent research about what you can do to help keep this very important pump working well. People with at least three unfavourable health stats from a list that includes large waist size, high blood pressure or triglycerides, high blood-sugar or low HDL cholesterol are said to have metabolic syndrome, and are at increased risk of going on to develop diabetes, heart disease or both. But researchers found that when generally healthy people did strength-building exercise for less than an hour a week they had 29 percent lower odds of developing metabolic syndrome than their peers who did no resistance exercise (*Mayo Clin Proc* 2017).

Not only are sugary drinks bad for the waistline but they can also lead to clogging up of the coronary arteries. Research shows that those who consumed five or more regular soft drinks a week have a 70% higher risk of increased coronary artery calcium, which is a marker of disease (*Am Heart J* 2016). However, on the positive side regular consumption of chocolate may decrease the risk of heart events and stroke in otherwise-healthy individuals. Analysis of almost 21,000 UK adults showed that those who ate the most chocolate had an 11% lower risk of developing coronary heart disease (CHD) and a 25% lower risk of heart-related death over 12 years of follow-up when compared with those who ate no chocolate. In addition, the highest-consumption group had a 23% lower risk of stroke (*Heart*, June 2015). However, dark (high cocoa) chocolate is probably better than

milk chocolate when it comes to not furring up arteries according to Italian research (*J Am Heart Assoc* 2014).

Going nuts is also helpful as a higher nut intake is associated with reduced risk of cardiovascular disease, total cancer and all-cause mortality, and mortality from respiratory disease, diabetes, and infections (*BMC Medicine* 2016;14:207). And, higher fish intake is associated with lower incidence of heart failure, sudden cardiac death, stroke and myocardial infarction (*Heart Lung Circ.* April 2015). Weight loss at any age for overweight adults - even if it is not maintained - is worthwhile because it may confer long-term cardiovascular health benefits, according to 60-year epidemiological study (*Lancet Diabetes Endocrinol* May 21, 2014).

It is good to see that the patient portal service, which allows registered patients access to their own medical notes, is getting increasingly popular. Manage My Health™ - www.managemyhealth.co.nz - is a web site that uploads patient information from our computer to a secure web server so that you can access your own health information and manage aspects of your health care wherever you may be. It also allows us to communicate about test results, appointments, etc. If you would like to register for Manage My Health™ please talk to the receptionists or email info@mapuahealth.com.

There are a number of important events for the month, including:

1-6	World Breastfeeding Week	www.unicef.org
1	Heart Awareness Month	www.heartnz.org.nz
9	International Day of Indigenous People	www.un.org
15-21	Cystic Fibrosis - Bubbles Week	http://cfnz.org.nz
25	Daffodil Day – Cancer society NZ	cancersociety.org.nz

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Book Review

The Secret Diary of Hendrik Groen, 83 1/4 Years Old, by Hendrik Groen. Reviewed by Jill Bunting. This book is available in the Mapua Community Library.

I would have to confess that as a lover of crime fiction and travel books I approached this book with some trepidation, thinking that I would perhaps end up bored to tears with the ramblings of an old man, confined to a Dutch rest home, basically waiting out the rest of his days with a whole lot of like-aged folk.

After all, a great deal of my working life has been devoted to the health and well-being of the elderly and the latter decade of my parents' lives were spent in a rest home, with me as the only relative in the same area and thus the primary care person. I truly thought that a book on the subject would be a less than pleasant reminder of all the endless hours spent in rest homes and hospitals...

However, this book is a delightful, sometimes funny, sometimes truly heart-wrenching story where the life of Hendrik Groen becomes so entwined with your own that by the end you feel that he is a personal acquaintance.

The story is set in a care home in Amsterdam and is the diary of a man who with some fellow residents sets up "The Old But Not Dead Club" in an attempt to stir some life into his environment and those around him.

It is a tale like that many retirees probably have inside their heads. The young may not expect the 80+ group to still experience the same emotions but this

tale reveals how friendship, selflessness and dignity lie at the heart of most human experience.

The telling of Henrik's love affair with Eefje—the slow flowering of that love, his new zest for life and his concerns and attention to his appearance contrasts with his past—a sad, unfulfilling marriage to a woman who suffered chronic severe mental illness and the tragic death of their only daughter. The reader becomes captured by the romance and agonise with Hendrik over what to wear and how best to impress...

Hendrik's friends become real to the reader; his wit and charm and the kindness he feels towards others contrasts beautifully with the acerbic comments he makes about the "moaners and complainers". We feel the effects of Alzheimer's Disease as it slowly consumes the mind of one of his friends and the cruelty of diabetes in the elderly as another friend gradually loses toes. We worry about the fate of the animals that the "inmates" have been forced to give up as animals "are not allowed", with the entry of some of the residents into the care facility having been precipitated by family members who wish to glean an early inheritance by selling the family home. And we laugh as with self-deprecating humour Hendrik tells us of his drippy bladder and escapades with his mobility scooter.

As in the rest of life there are villains, amongst them the care home manager who is guided by "the bottom line" and who hides behind rules, rules which don't appear to be written down anywhere but are often quoted... we rejoice as Hendrik engages a lawyer to check the veracity of some of these unwritten rules, a lawyer who agrees to work pro bono, and who, despite his stuffy appearance and insufferable accent also seems to fall under the spell of this engaging old man, just as the reader does.

The theme of this book is an important one and the reader should read between the lines and spare a thought and perhaps rethink their opinion of those at this end of their lives, quite often living in reduced circumstances through no fault or any degree of mismanagement of their own. The beauty of this book is the humour and pace of it and the kindness and caring shown within its pages. It has all the ingredients of a good read.

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Mapua Community Library

(Moutere Hills RSA Memorial Library)

Mapua/Ruby Bay and District Community Trust

Sincere thanks for the grant towards the purchase of books for our Regional Interest collection. This collection is located in the corner of the library diagonally opposite the front door. Do go and have a look. We are building a great selection of fascinating local interest reading material.

Magazines. Current stocks include:

Good Health Choices, July 2017

The Guts of a Good Diet - Michael Mosley; Benefits of Good Exercise; Quick Healthy Recipes

Wilderness July 2017

Tramping - Dragon's Teeth in Southland, West Coast; Toaroha Range, Strachan Range; Up the Clyde River into the Lawrence

NZ House and Garden July 2017. Bland is Banned - house full of colour on the Kaipara Harbour; More and Less - stylish Kiwis talk about how they live; Nourishing, Comforting Winter Meals; How to Make Flatbreads - roti, naan, paratha

Trustpower Community Awards 2017

Please see page 26 in the *Coastal News* for a full report on this exciting news.

Displays:

During August and early September our displays will feature the theme and work by authors and illustrators of our literary festival.

Can you help? Local electrician needed.

The library seems to have relatively frequent but very minor electrical issues and would love to have a friendly electrician who is happy to donate some time and expertise. Do you know anyone who would be happy to have the library as their community initiative?

Some of New Zealand's best-known authors will speak at the Literary Festival being organised by Mapua Community Library for the weekend of 15-17 September.

The Festival begins on Friday 15 September with events for students from Mahana, Mapua, Tasman and Tasman Bay Christian Schools. Birdlife Productions will perform *Kokako's Song*, a drama and puppetry show for the younger children. Emma Stevens, author of *Walking on Ice*, will speak to the older students about her life and adventures in remote, isolated Alaska.

In the evening Joe Bennett, the library's patron and well-known columnist and raconteur, will act as quiz master for a fun quiz.

On Saturday morning storyteller Roger Sanders will spin tales for younger children followed by presentations by or conversations with six of the visiting authors.

Joe Bennett will be sure to provide an entertaining start to the day. Then Fleur Beale, author of numerous novels for teenagers including *I am not Esther*, will talk with Jacquetta Bell.

After the prize-giving for the short story competitions Fiona Farrell, author of *The Villa at the Edge of the Empire*, will speak with Stella Chrysostomou. Local historian and well known Golden Bay identity Gerard Hindmarsh will follow with stories from his upcoming book, *Kahurangi:More Tales from North West Nelson*.

Back-up Website and Facebook Page Needed

We currently have only one administrator for these two public faces of the library. Do you have an understanding of and interest in the library and would be available to help maintain these sites? The website uses Weebly. A marketing background would be useful but is not essential.

Lost Property

Clothing and soft toys seem to be the most common of our lost property items. These are generally posted on our Facebook page. Please note that we will hold these items for four weeks before donating them to charity.

Book Sale

Despite the inclement weather, nearly \$500 was raised at our winter book sale. Thanks for your support. A small selection of sale books are kept in the library for those folk who would like to make a purchase between sales. Perhaps you need a good book to take away on that sun-seeking holiday without having to worry about bringing it back?

Lynley Worsley

Library Hours (closed Statutory Holidays)

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-4.30pm
Thursday	10am-12.30pm, 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	2pm-4.30pm

mapualibrary@xtra.co.nz; Facebook: Mapua Community Library; mapuacomunitylibrary.co.nz

Major Sponsors: Rata Foundation; Lion Foundation; Tasman District Council; Lottery Grants Board.



'Journeys'
Mapua Community
Literary Festival
15 — 17 September 2017

Later in the afternoon Fiona Kidman will be in conversation with Carolyn Hughes and then Duncan Sarkies, writer of the black comedy thriller *Scarfies*, will talk with Stella Chrysostomou.

Nelson Live Poets, Fiona Farrell and Fiona Kidman, will share some of their poetry to finish the day.

Paddy Richardson's conversation with Peter O'Halloran will start the day on Sunday, followed by Sarah Laing, author of *Katherine Mansfield and Me*.

In the afternoon Jenny Patrick will chat with Esmé Palliser. Then Veronika Meduna, whose works are concerned with climate change and its impact on Antarctica, will speak with Dana Wensley. The final speaker for the weekend will be Elizabeth Knox, author of *Vintner's Luck*, who will talk with Anna Crosbie.

A full programme and booking information is available in the library and on the library's website: mapuacommu-nitylibrary.co.nz

Anne Thompson



Bo Mansfield

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PROPERTY INSIGHT

Mapua, Mahana & Moutere

Ah winter - not my favourite thing! This time of year is always a reminder to me of what our homes are really for : Protection. Shelter. Warmth. Consider these qualities when house hunting. Have a plan for how the building will keep you warm and safe in the worse possible weather.

Winter is actually a good time to buy property as you can see it at its coldest and judge how it fares in the harshest weather, helping you to make a properly informed decision about how much you want to pay.

Competition with other buyers is often less in winter too, as there are fewer people around. If you or your family or friends are thinking of selling please do not hesitate to contact me now!

FEATURE LISTING



TAKING CARE OF YOUR BUSINESS

Winter is the prime time to consider your next business move and get organised for the busy season ahead. There is a wide range of commercial and business orientated property available so call Bo for the lowdown and get involved this summer.

	9			4
1		2		8
	2		1 3	7
		3		6
		4		5
		5		4
6		9 5		2
	7		2	1
	1			6

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Sunday 13th August

MAPUA HALL
THE
PACKHOUSE CINEMA

Still Crazy

Entry at 6.15pm, Movie starts at 6.30pm
\$12 Door Sales Only

Proudly supported by **architecture studio | mapua**

Dominion Flats News Flash



The Dominion Flats restoration project has just been the lucky recipient of a share of native trees donated by Z Service Stations through a national scheme called Trees That Count.

Nelson was one of only four regions throughout New Zealand to receive a share of 5000 native trees including rimu, kahikatea, miro, kanuka, totara and matai. This has been totally unexpected and is a wonderful boost, particularly with the range of trees offered.

So thank you to all those customers who fill up their cars at Z stations because you are helping to green New Zealand.

Helen Bibby

MIDWINTER DISCO

26TH AUGUST at the Playhouse
70s and 80s theme
email:bainbridgeka@gmail.com

Scouts fundraiser \$15 per person, from 7pm, food and drink available

Still Crazy

Reviewed by Pete Archibald

Among the more remarkable aspects of pop music has always been its ability to reinvent itself, transforming disasters into triumphs and break-ups into reunions.

The August movie *Still Crazy* is a lively, deadpan comedy that celebrates the joy, the heartbreak and the absurdity of the rock 'n' roll life. This film is a funny and witty depiction of an aging 70s British rock group named Strange Fruit, that gets back together for a reunion 20 years after its last disastrous concert.

One day, the keyboard man, Tony, is recognised in a restaurant by the son of the man who produced the disastrous 1977 concert at which Strange Fruit disintegrated. He suggests a reunion. Tony, who services the condom machines, still believes a little in the dream of rock 'n' roll. The boys agree to do a "test tour" of Holland as a preliminary to a big '70s revival concert. They need the money. But they are all much decayed since their glory days. By not shaving and letting their hair grow rank, they're not able to conceal how bad they look!

Two decades have not been kind to the surviving members of Strange Fruit. Lead singer Ray (Bill Nighy) is living way beyond his means. Keyboard player Tony (Stephen Rea) squandered most of his earnings on booze. Drummer Beano (Timothy Spall) is dodging the tax man while holed up in a trailer in his mother's garden. Guitarist Les (Jimmy Nail) runs a roofing business in the freezing north of England. Roadie Hughie (Billy Connolly) works in a street market. Brian (Bruce Robinson), the Fruits' charismatic lead guitarist, is reportedly dead.

They argue, they act out, they rehash and mourn the past as they rehearse and they perform for young people who, in the end, accept the band as kind of cute, or cool, or at least funkily retro.

Still Crazy (1998) is a film of middle-aged retired rockers trying to re live and recapture the level of excitement and enthusiastic and public regard that left their lives when they hung up their guitars – funny and entertaining. A great way to spend a couple of evening hours in Mapua.

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Mapua Village Bakery Team, would like to extend a very special Thank You to the Mapua Community for your ongoing support over this past year. Especially the wonderful wishes, flowers and gifts given to us after the recent break in.

Thank you, Annie + Sean

Artisan Breads, Gourmet Pies and Cakes Baked Fresh Everyday

Letters to the Editor

'Save Mapua's Character'

Help save Mapua's historical character—it's not too late!

If you are not already aware, part of Mapua's historical character is under threat of not being replaced by the Tasman District Council.

In the TDC's 'Proposed Options for the Mapua Waterfront and Adjacent Area' (POMWAA) document, the TDC is not supporting the relocation of the current boat ramp at the wharf. And this decision contradicts the TDC's assurances to the Mapua Boat Club, the Tamaha Sea Scouts and the community at the time of the Waterfront Park develop-

ment, that access to the Mapua Boat Club boat ramp would never be denied.

Deep-water boat-launching access into the Mapua channel has spanned several generations and I believe it is now our role as the current generation to ensure boat-launching access is maintained for future generations.

I know Mapua is a strong community and I also know, if we chose to work together to share all current facilities at the waterfront, each user group can maintain their choice of recreation pursuit, by working together to mitigate any problems or issues that may arise.

It's not too late to have your say to ensure the boating part of Mapua's character and boating history survives the test of time.

Submissions close on 14 August 2017. If you would like assistance with this I would be happy to help. Simply phone 540-2618.

Marion Satherley

Lynda's Exercise Classes in the Mapua Hall.

Term 3 2017 ~ an 8 week term starts Tues Aug 8 th , ends Fri Sep 29 th . Spring start times ☺.		
Tuesday	2.30-3.15pm	Sit and be Fit (seated exercise for Seniors/rehab - gold coin)
Tuesday	6pm–6.55pm	High Intensity Interval Training, rotating with Step-based toning & Strength training every 3 rd week.
Tuesday	7.05pm–7.55pm	Pilates (all levels, beginner to advanced)
Wednesday	9.05am – 9.55am	Aerobics (the old-fashioned dance-around and sing-along kind)
Wednesday	10.05am – 10.55am	Pilates (all levels, beginner to advanced)
Thursday (Wakefield)	9.05am – 9.55am	Aerobics (the old-fashioned dance-around and sing-along kind)
Thursday (Wakefield)	10.05am – 10.55am	Pilates (all levels, beginner to advanced)
Friday	9.05 – 9.55am	High Intensity Interval Training, rotating with Step-based toning & Strength training every 3 rd week.
Friday	10.05am – 10.55am	Pilates (all levels, beginner to advanced)

FOR THE TERM:

8 sessions	\$70.00 (\$8.75 per session)
16 sessions	\$120.00 (\$7.50 per session)
24 sessions	\$160.00 (\$6.66 per session)
32 sessions	\$175.00 (\$5.46 per session)
40 sessions	\$200.00 (\$5.00 per session)

Pay for x number of sessions (minimum 8), come to ANY class. There are THREE extra Saturday mornings (SIX sessions) Aug 19, Sept 9 and Sep 23 - Strength Training, followed by Pilates.

You can "top up" your sessions, no problem, but you can't just buy the top ups ☺. 8 is the minimum commitment. Session top ups: One: \$8, Two: \$15, 3: \$20, 4: \$25, 5: \$30 Please email lynda@hht.co.nz, ph 5432268 or 027 222 1491 for more details.

This term end coincides with the October school holidays, because the Hall is fully booked for those 2 weeks.

Letters to the Editor

Boat Ramp Opposition

I recently bumped into Peter O'Halloran taking his daily constitutional walk along the beach to Grossi Point and I took the opportunity to ask him why he was opposed to the Mapua Boat Club's proposed Concept Plan for a launching ramp in the Waterfront Park. He said that he didn't want to see a line of cars with boat trailers on or around the Tahiti Street parking area.

So I asked him where he thought they should park. Grossi, Point, he replied. I pointed out that the Tasman District Council was hopeful that the Waterfront Park's status as a reserve would be enhanced with a new ramp and parking. On replying that it had no reserve status, I suggested that he lacked any quantitative thought process, as he failed to articulate any real alternative to the Boat Club's proposal. His reply: shift it to the Leisure Park.

I wish to apologise to him, for after hearing his reasons I became a little upset and castigated him. However, I was and I am concerned that anyone would so actively object to this community project on such flimsy, selfish ideals. If this is truly the basis of his objection then may I suggest he revisit his ideals. As for the TDC, to put any community boat ramp at the Leisure Park would mean they may have to purchase the park – at a cost of how many millions? And then still put in a useable ramp. How much would this add to our rates?

I also feel that using the Mapua Community Association for lopsided surveys actually does the group little credit. I think the number of abstainers in the survey tells a far more accurate story.

I support the right to object, but not to use your own set of facts – check out the TDC reserves list. I also heartily agree with the lovely front page article in the July edition of the *Coastal News*: put aside selfish ideals and think in community big-picture ideals. It is far more rewarding and beneficial to a greater number.

And yes, I am a boaty, I love it. It's why Sally and I shifted here, and I'm also concerned about overfishing, boat safety, community spirit, and looking forward to community enjoyment in their environment.

I do genuinely hope that the Boat Club succeeds in their endeavours, as so far I have yet to hear a better realistic idea or plan. Martin and Tim and the Club have put a lot of thought and effort into this, and so it deserves due consideration.

Wayne Daniel, Mapua.



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Cooking School for Winter & Spring Meals

Sarah La Touche, an accomplished chef and cook school facilitator, and a qualified holistic nutritionist, has set up a cooking school for winter and spring recipes on the third Thursday of each month at Plum Tree House.

Sarah started cooking in her early 20s in Sydney. In 1992, she and photographer husband Denis, upped stakes and moved to the beautiful village of Roquebrun in the south of France, where they created the popular guesthouse and cook school, Les Mimosas.

On her return to New Zealand she ran The Epicurean Workshop Cook School, and went on to create with Cat Vosper, owner of Miro Vineyard, the award-winning Casita Miro Eatery on Waiheke Island, specialising in Mediterranean food.

In 2010 she qualified as a holistic nutritionist, and continued sharing her passion for food with the focus on what nourishes us.

Since 2012, she and Denis have hosted relaxed and inspiring food lovers tours and walking holidays in southern France, northern Spain, and Italy through their company, Foodies In France.

Sarah has written for a variety of food magazines including *Dish*, and her recipes have featured in French *Saveur Magazine*, *Cuisine*, and Australian *Gourmet Traveller*. Sarah and Denis have also co-authored three cook books including *The Les Mimosas Cook Book*, a selection of recipes from the meals they cooked for guests at their French guesthouse.

There is nothing that gives her more pleasure, than sharing her love and passion for food, wine and France with others.

She says: "Winter is here and it's time to explore the seasons' bounty, get inspired, and pick up some yummy new ideas and recipes to share with your family and friends.

"With shorter days upon us, and cooler temperatures snapping at our heels, there is time in the kitchen for a bit more reflection, while still not spending hours and hours at the bench.

"We'll be looking at some wow factor 'one-pot wonders', classic mid winter warmers, French without tears, Spanish/Catalan and Tapas (small plates), Eating in rhythm with the seasons, better breakfasts, and if we can fit it in once the weather has warmed, a raw 'un-cooking class'."

Classes run from 1pm to 4pm, are demonstrations, and limited to 10 people.

The cost of each class is \$65. You will enjoy tasting plates, a glass of wine, recipes, wellbeing and nutritional tips, as well as a little extra something special to take away.

Classes can be booked either individually, or if you fancy doing a series, you can book the whole five, and receive a 20% discount. So grab a bunch of friends, your partner, or just bring yourself.

To reserve your places call Sarah on 027 315 1165 or email sarah@calisso.com

Mapua and District Community Association

The Bill Marrs Room at the Mapua Hall was full for the July meeting of the Mapua and District Community Association meeting. Community members had come mainly to hear Tasman District Council staff talk about water access issues for Mapua and the range of proposed options for boat access in Mapua that Catherine MacFaul had gathered in the last few months.

Lindsay McKenzie, the TDC's chief executive officer, opened the discussion then handed over to Cath who outlined the background to the TDC review and the subsequent range of options which are now attracting submissions. These close on 14 August.

Sharon Flood then spoke about the submission process, noting that the TDC will have an information tent in the wharf area on 29 July between 10am and 12.30pm (probably in the hall if wet).

It is really important to be informed and the TDC website is a good place to get information from. On their website look for – Public Consultation – Mapua Waterfront Options- which gives links to follow.

Mike Shruer and Juliet Westbury, TDC staff, spoke about the background causes contributing to the flooding in the area, particularly in the recent heavy downpours and in the Mapua School area. He assured the

meeting this is being dealt with as are the wider water and waste water systems for the area.

During the meeting members were given voting slips to choose a new logo for MDCA from finalists selected by the executive committee. The choice was not easy as the selection was all of a very high standard. The result of this will be announced at the August meeting.

The Waterfront Park Upgrade subcommittee have made good progress and tabled a plan showing the placement of picnic tables in the park. Spokesperson Trish Smith said the next step is to find funding for a BBQ for the area.

The death of Bill Williams was noted with sadness .He had been given Life Membership of the association to acknowledge all the work he had done for the community over the years. Several members spoke of particular contributions he had made and projects he had been involved with.

The next meeting of the Community Association is the AGM on 14 August. Do consider putting your name forward as a representative on the executive. And remember to put in your own submissions regarding water access in this area.

Neville and Helen Bibby

Ginger a Good Winter Warmer

By Sarah La Touche

We all need winter warmers and ginger has to be one of the best. This pungent, aromatic rhizome was domesticated way back in prehistoric times in southern Asia, and was one of the most important dried spices to be used in medieval times. Gingerbread dates from around this period too, and ginger beer dates back to the 19th century when English pubs sprinkled dry powdered ginger on their drinks.

Relatives include galangal, cardamom, turmeric and quite distantly, the banana of all things. We use ginger in a surprising number of culinary creations from sweet cakes and biscuits, drinks, flavouring teas, chutneys and relishes, curries and stir-fries, pickled, candied for desserts and baking, in soups, and fish dishes. The latest craze if you are in the loop, is Turmeric latte—a weak latte with turmeric, honey, and a dab of coconut oil. I can't say it spins my wheels but I do love a warming turmeric and ginger tea at this time of year (see recipe).

Aromas vary depending on where the ginger comes from. Chinese ginger tends to be quite pungent. South Indian and Australian gingers have more of a lemony aroma. African ginger is penetrating, and Jamaican ginger, said to be some of the finest, is delicate and sweet. A lot of the ginger we buy here comes from Fiji.

Surprisingly, dried ginger can be more heating within the body than fresh, and as with mustard, cooking reduces its pungent taste. It adds a refreshing zing and warmth to whatever it's mixed with, and has the ability to compliment the flavours that accompany it rather than dominating them. Which is possibly why, although it is creating depth of flavour, we don't always recognise it in a dish.

Fresh ginger contains a protein-digesting enzyme, which makes it great for marinating fish and meat. It has enormous health benefits, easing and aiding digestion, warming and enhancing digestive fire and circulation, cleansing and disinfecting. It can be beneficial along with turmeric in lowering inflammation. It protects our DNA, and even quells nausea and motion sickness. Not surprisingly, it is highly prized in Chinese and Ayurvedic medicine.

In our household, the day often starts with a squeeze of lemon and some freshly grated ginger in a cup of hot water. Better still, to ward off those winter chills, and leave you feeling just great, try adding this treat tea to your week. I love sipping on it in the late afternoon as a pick-me-up, or in the evening when we are snuggled down by the fire on a chilly night.

Just remember when you are choosing fresh ginger to look for organic by preference (know the provenance of your food ingredients). Make sure the rhizomes are firm and smooth-skinned, which should

give you lots of delicious juice and flesh. Avoid any that are wrinkly or spongy to the touch.

You can chop, grate, or rub ginger, peeled or unpeeled, (the skin is packed with antioxidant properties), use the flesh or juice, and it freezes well too.

Spiced Ginger & Turmeric Tea

This warming drink is spicy, aromatic, and does not contain any caffeine or dairy. I recommend that you add a little fat to any recipe using turmeric as this helps with enhancing absorption of its active constituent, curcumin. In this recipe, the coconut or nut milks contain some fat. Serves two.

5cm piece of fresh turmeric, peeled and chopped
2.5cm length of ginger, peeled and chopped
1 cinnamon stick, lightly toasted (dry pan)
6 black peppercorns
1 star anise
5 whole cloves
3 green cardamom pods, crushed to release seeds
2 x 2.5cm wide strips orange peel
2 teaspoons honey, or to taste
240 ml (1 cup) drinking coconut milk or other milk of your choice like A2 or almond.

Put the turmeric and ginger, cinnamon stick, peppercorns, star anise, cloves, cardamom seeds, and orange peel into a pan with 240ml (1 cup) water and bring to the boil. Reduce the heat and simmer for 3 – 5 minutes or until fragrant. Turn the heat to low and steep for another 5 minutes.

Remove from the heat and stir in the honey. Strain and discard the seeds and solids. Warm and froth the coconut milk, or other milk of your choice, and gently pour into the steeped liquid. Serve immediately.

Source: *Spice Health Heroes* by Natasha MacAller



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Time to Stop Blaming Old Age

When you awoke this morning did you feel groggy or did you feel rested? Do your clothes fit the way they did when you bought them? Do you dread a flight of stairs? Maybe it is your knees, ankles, low back or memory reminding you that you are not a teenager anymore. Before you decide your age is to blame consider the following:

- Feeling out of breath is not because of old age.
- Struggling to find clothes in your closet that fit is not because of old age.
- Forgetting appointments or where you left your keys is not because of old age.
- Waking up with stiff and sore joints is not because of old age.
- A chronically sore back or neck is not because of old age.
- Taking medications daily is not because of old age.

In a recent issue of *Psychology Today*, Susan Krauss Whitbourne, Ph.D wrote, "Blame is an excellent defence mechanism. Whether you call it projection, denial, or displacement, blame helps you preserve your sense of self-esteem by avoiding awareness of your own flaws or failings." It is not a flaw to be tired, weak, in pain or forgetful. It is a failing to deny one's personal duty to acquire physical and mental strength and stability, and avoid damaging activities, foods and drugs.

Many people I have seen in my 27 years of clinical practice have come to realize that it's time to stop

blaming "old age". It is important to begin to take responsibility for the way you feel, think and live, and to make your health a priority.

Your body is capable of adapting in a healthy way to positive changes in your lifestyle. These changes include the way you take care of your spine and nervous system every day.

Unfortunately, injuries and interference to the movement of your spine and how well your nervous system functions can cause many of the conditions that make people feel old. Falls, accidents and injuries, as well as chronic stress or exposure to toxins to name a few, can cause them.

If you have an injury to your spine, whether it be a recent injury or a reoccurring nagging old injury, it is important to get it seen to. Problems neglected don't get better over time, they usually get worse. Many people confess they have learnt to live with their problem, or thought it would go away. Some think that is the way they are supposed to feel as they get older and they maybe only 30 years old! Here at our Chiropractic Centre, we will help you to be more informed about your condition, get to the root of the problem, and give you the knowledge to equip yourself to help yourself, a little DIY should we say? You can start to make YOU a better YOU and ultimately enjoy life more.

If you are feeling old, chiropractic care can help restore the function of your spine and nervous system to get you feeling and moving with more of a spring in your step and vitality to life. It can also help to avoid more severe degenerative arthritic changes down the road due to neglect.

Combined with movement, nutrition and good habits you and your loved ones will be able to enjoy a greater possibility of both quality and quantity years as you age.

Stop blaming "old" and start building your awareness of ways to defend yourself from potential or ongoing chronic issues through healthy choices that will afford your mind and body what it needs for today and in your future.

Dr Ron Howard

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Fake News

I think I must be getting old, or at least older. There was a time when the most boring programme on TV was the news and I really could not make out why people bothered with it. It was the programme that interrupted children's TV and evening viewing in the winter – the one you watched as you ate your tea and was what 'wallpaper' is to the computer.

But recent events in the world and, in particular, the elections across the planet, have formed compulsive viewing. The news via TV, internet or, you as The News, straddles infotainment and claimed reality TV.

Thankfully, for the almighty and seemingly omnipotent media (who does control that by the way?) the days of 'slow news' is rare indeed. Just check out the latest Tweet.

Added to that, the bickering between the power-brokers in various countries—those in charge of the

country and those in charge of the media—is itself a fascinating reality show only to be rivalled by so and so country's got talent. And with the advent of 'fake news,' or at least its reported prominence in our day, it raises the age-old question of what to believe. Irrespective of the entertainment value or living tragedy faithfully (?) reported, one is left with whether there is any point in watching the news at all, for actual information.

The issue might come down to credibility closely followed by content. Belief or faith stance is common to all humanity. Even 'unbelief' cannot escape. Without over-simplifying the question of 'news' and one's response to it, there is a clear and committed choice to be made for one particular propaganda that one favours over another.

All history, and reporting of it, has a built-in and prejudicial tendency and is 'spun' or 'slanted' to make a point and elicit a certain faith reaction.

The Christian 'Good News' or Gospel is no different. It has an explicit agenda to call people into a living faith in God through repentance and committed trust deliberately placed in Jesus Christ. It makes the claims that the person of and events surrounding Jesus Christ are historically based, faithfully witnessed, and communicated by past and present reasonable and sound-minded individuals. More than that, the significance of that person and an encounter with him, are life-changing—eternally so. More 'fake news' you say? Well, that is the challenge and responsibility for each person to address. How do you respond?

Richard Drury



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Playcentre

The stars shone beautifully on the crisp Saturday night as Mapua Playcentre started its Matariki celebrations. Matariki or the Pleiades star cluster has seven prominent stars or the seven sisters which appear in late May or June each year and mark the start of the Maori new year. It celebrates new growth and the beginning of the next harvest and is a time to gather with friends and family and reflect on the past and plan for the future.

At Mapua Playcentre a casual fish and chips dinner was held, followed by a torch expedition outside exploring the grounds. Playcentre Tamariki squealed and giggled as they explored this area they know so well but which is usually seen only during daylight. While the actual Matariki star cluster cannot be seen at night, as it is only able to be seen at dawn, the clear night gave the children the opportunity to lie back in the sandpit and spot other stars and the moon until the cold drove them home.

Matariki celebrations continued into the following week. Children used their creativity and made numerous star-shaped ginger biscuits, listening and following instructions, and continuing their coordination and cooperative development. A treasure hunt, popular with many ages was set outside where small collections of seven stars were hidden throughout the grounds. The session finished with a star-ginger biscuit eating feast outside enjoying the Mapua sun while the story of Matariki was read to the children.

Thank you Tawhirimatea, the kaitiaki of the weather, for ensuring both our celebrations were so successful and able to be held outdoors.

This highlights the importance of Playcentre. Not only as high quality early childhood education but as a community support network for families and their children. It is a wonderful place for parents and children to work and play alongside one another learning about so many things; New Zealand and other cultural celebrations, child development with a focus on



learning, and how we all contribute to society and support each other.

Mapua Playcentre has been a prominent place for families in the Mapua community for over 60 years. We have a qualified supervisor on each session and we love having visitors so please feel welcome to drop in at any time and find out what Kiwi families have been embracing for generations.

We offer a term of free sessions for first-time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. We are at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Liz on 021 998 899, email: mapua-playcentre@gmail.com or find us on Facebook.

Anyone Interested in a New Game?

Would you like to play this great game here in Mapua? We are looking to start a club and find some ground on which to play the game if there is any interest.

The game is easy to play for all ages from teens to the 90s and both genders. The average game lasts up to 60 minutes and is played on a green 32m by 25.6m. There are six hoops and four balls—blue, red, black and yellow, and a mallet.

We are looking at having a demonstration some time soon.

New Zealand is one of the leading countries playing croquet. It has more than 100 clubs throughout New Zealand, with many top players in the Nelson district.

Would you be interested in giving this great game a go? It was first played in France and then in England, where it was refined. Then the short game of golf was introduced not too long ago.

I love the challenge that the game gives, as well as exercise for brain and body and having a good time with other players.

If you would like to know more please ring David at 027 327 8052.

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PANZ

Inspiration for creating works of art come from all aspects of life. I am regularly amazed at the subjects that my fellow artists use to put paint to canvas. Everything from a delicate flower to a beloved pet, a beautiful landscape or even an old rusty car sitting in a paddock. We are all moved by something and we want to capture that moment or thing with our pastels.

Coming events—mark your calendar! Impressions National Art Awards 2017 is coming to the Mapua Community Hall from 7 October to 15 October. This is for paintings (wet and dry media), drawings and original prints. The Exhibition opens at 1pm on Saturday, 7 October with the Awards Ceremony from 3pm to 4:30pm.

Starting from Sunday, 8 October, the Exhibition will be open from 9:30am to 4:30pm and entry is free. All artworks will be for sale. Artists who are interested in entering their paintings can contact Impressions Picture Framers & Art Supplies in Richmond at 03 544-5756 or email impressions@actrix.co.nz for the Conditions and Entry Criteria.



You are welcome to come on a Tuesday morning from 9am to 12 noon at the Mapua Community Hall on Aranui Road, Mapua, to chat with our members and see what they are creating. We hope you might become inspired to give pastels a go!

For additional information please contact our area representative, Glenys Forbes, at 03 540-3388 or by email gmforbes@ts.co.nz.

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Community Award Goes to Mapua Library

The Mapua Community Library volunteer team is thrilled to have received the Joint Regional Runner-up Award in the Arts and Culture section of the 2017 awards.

This is the transcript read when the award was announced: "We have a joint runner-up to award in the Arts and Culture category, and the first of those goes to the **Mapua Community Library**.

"Mapua Community Library is home to a comprehensive range of reading material that caters for all ages and interests of the community. Volunteers ensure that there is an up-to-date and relevant collection and welcome suggestions of books to purchase. They have created a vibrant and welcoming space for their community with it being a regular social spot for retired community members, both as volunteers and as patrons too.

"Younger members of the community get involved with the borrowing service as well as being an 'outing' destination for pre-schools and home school families alike.

Thank you to this group of volunteers for keeping this community space up to date and vibrant, you are an integral part of your community and your work behind the scenes definitely doesn't go unnoticed."

Friends of Mapua Wetland

Four former Mapua School pupils are now on the committee of Friends of Mapua Wetland Inc: Alice Reade is studying architecture at Victoria University, Max Scheider is at Garin College and Mac Karalus and Luis Schneider are at Waimea College.

The following were elected at our AGM on 9 July: Chair: David Young; secretaries, David and Judy Mitchell; treasurer, John Cretney; committee: Helen Beere, Alice Reade and Janet Taylor.

Tane's Ark Subcommittee: Simon Clearwater, Mac Karalus, Chris Lovell, Max and Luis Schneider

Mapua Wetland has been given rat traps which are already having a high if brief occupancy and 'weta motels' which will take time to be occupied. Tane's Ark has also benefited from work by Nico from the coffee cart and he and Be gifted and helped plant some well established young trees.

Ross Lovell and helpers with council staff support have volunteered to restore the old shed on Aranui Park to make it safe, while not changing its open-sided look.

Local artist Alice Reade has made a set of cards from her striking pencil and watercolour drawings of native birds to sell for extra wetland funds, \$20 for a set of five, blank inside. Contact 540-2873 if you would like any. You can see Alice's work on www.alicereadeart.co.nz or www.instagram.com/alicerade/.

Judy Mitchell

These words touch on the reasons that this is the fourth time that the library has been recognised by the TrustPower Community Awards. I believe that there are many more factors that contribute to building the foundation on which the above words are written, including that the library (*From a long list of points a few have been selected. Editors*)

- Has around 45 active volunteers, many of whom assume multiple roles
- Is one of the few volunteer organisations that has a waiting list
- Maintains a current and up-to-date collection
- Spends around \$10,000 a year on new and replacement books
- Runs well supported and well attended Literary Festivals
- Attracts high profile authors to its Lit-Fests
- Enjoys a warm and welcoming purpose-built structure
- Maintains a positive relationship with local preschools and schools
- Sets up a permanent display of work by local artists – updated around six-weekly
- Has extremely committed volunteers who bring passion and a wealth of skills and knowledge
- And last but not least, members of our community clearly love reading and value the treasure that is its library.

Lynley Worsley

Exhibition Update:

Be sure to plan for the Impressions National Art awards and exhibition in October. We have finalised the dates—7 to 15 October. Entries are open to all local painters and art makers producing two dimensional work. There are several thousand dollar prizes and merit awards to be announced at the opening. Three guest judges are confirmed and further developments will follow. For entry details and forms, see Impressions in Richmond or Graeme Stradling in Ruby Bay. For further enquiries phone Graeme 540-2050.

SENIOR MOMENTS Hills Community Church

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FUN AND ENJOY
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Boat Club Led Wharf Preservation

(This is part of an article marking the 30th anniversary of the Mapua Boat Club published in The Leader. It is used with permission.)

The Mapua Boat Club was formed three decades ago by Mapua boat owners but the Mapua Boat Club now represents the greater community as much as it does those who go down to the sea in boats.

That is entirely appropriate because, without the boating club's intervention, the wharf that is a Mapua icon might have been lost.

The wharf is such a centre of activities for the small seaside town that, ironically, its popularity and commercial viability threatens to nudge the boat club aside.

Tony Chaney was among a small band of boat owners who initiated the formation of the Mapua Boat Club. A catalyst for the club's being was the likelihood that the Mapua wharf, which over the decades had fallen into disrepair, would be dismantled by the former Nelson Harbour Board because it no longer served the purpose for which it was built.

"The Harbour Board wanted no responsibility for the wharf. They were going to pull it down," Tony says. "At the time, there were only two or three boats in the harbour but we needed the wharf to load various items onto them.

"When we called a meeting to tell the community that the wharf might be pulled down, we got a big turnout of about 80 people. Everyone was of the same belief – if there was no wharf, Port Mapua would no longer be a port and would be no use for anything.

"With their support, we arranged a meeting with the Harbour Board and asked them if we could take responsibility for the wharf.

"I remember we had to pay a dollar to gain custodianship of it, because the dollar came out of my pocket. After we got custodianship, we were able to

convince the Harbour Board not to pull the wharf down and discuss restoring it by putting in new piles."

Once it was refurbished, the wharf was handed over to the Tasman District Council but the Mapua Boat Club retained custodianship of it. When a boat ramp was constructed near the wharf, the boat club was overwhelmed with volunteer labour.

"Hundreds turned up to help. We couldn't use them all and had to send some of them home," Tony says.

John Leydon, a retired sailmaker, arrived at Mapua in 1987, about the time the boat club was formed.

Without a venue to host its regular meetings, boat club members would gather at a nearby factory, Fruit Growers Chemical Company (FCC), where Tony worked as an engineer.

When the factory closed, the Mapua Boat Club was offered the use of a storage shed on the Mapua wharf as a meeting venue. With the factory's disassembly, club members acquired some of the white panelling that lined the factory buildings.

"We used it to line the wharf shed. It looked like the inside of a fridge – which is rather how the rooms look today," John says.

"One of our first moves was to sort out a launching ramp. Previously, boats were taken over a sand bank and across the beach. We put a cut through the bank to lay the ramp which, when completed, allowed boats to be moved down to the water."

In more recent times, the wharf area has been redeveloped as a retail and eating precinct. The resultant influx of foot traffic has limited the accessibility of the ramp which meant boats can be launched only before 10am and after 7pm – and then only if the tide is suitable.

The club has had talks with the council about relocating the ramp to another site and, after surveying opinion within the community, it will soon release its decision.

"A little-used park that was created nearby on remediated factory land would be a suitable site to put in another launching ramp," John says.

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Celebrating Senior Moments

These are pictures of a few of the celebrations we have had over the last year or so. Senior Moments is a social group for retired people that meets twice a month. It is held at Hills Community Church but you do not have to be a Church member to attend. The group is open to all local residents. We enjoy a variety of activities from listening to guest speakers, sharing stories and experiences, quizzes, games, outings and much more. There is always a good morning tea on offer. There is no membership fee and if you would like to join then contact Heather on 543-2018, or heatherhood4@gmail.com

Diamond Wedding

A happy Mapua couple, Hardy and Olga Jenkins, celebrated their Diamond wedding anniversary last month with a grand lunch at the Moutere Inn. It was arranged by the Mapua Senior Moments group and was well attended by many old and new friends, including Hardy's sister from Christchurch "who just happened to be here."

Hardy and Olga were married in Karamea on 27 July 1957. There was a celebration with more than 120 people attending. (Surely most of Karamea must have been there?) They subsequently travelled throughout New Zealand and Australia over many years before finally settling in Mapua 26 years ago.

Mike Halse

The picture at top shows a visit to a local garden; top left are our team of helpers —Elizabeth, Heather and Ella—at Hardy and Stan's birthday celebration. Below them is Brian celebrating his 90th birthday at the Kahurangi Winery. At bottom is a mid-winter dinner last month.

Under The Bonnet with Fred

Made in India—Mahindra



I couldn't leave my thoughts of our India trip without mention of that hardy little vehicle, the Indian-made Mahindra. When introduced to New Zealand some 25 years ago they seemed an amusing replica American Jeep but were very much liked by 4x4 enthusiasts. Little did we know they were a real Jeep. They were affordable, something to thrash around on the rough bush tracks as they had a hardy suspension, drive train and they could take it.

Mahindra is now owned by Tata Industries who have recently brought Land Rover and Jaguar so Mahindra has a good business background. Maybe the world dominance of the motor industry is slowly changing to countries like India. India is also manufacturing cars under licence for Japanese companies like Suzuki.

Like all things Indian they always stick around and make things work that maybe New Zealanders might have walked away from. If you look on Mahindra.co.nz you can see their latest range from the original base model Jeep, 2WD single cabs, 4WD double cabs to their latest addition, the XUV500, a luxury sports SUV 4x4 to

match any of the Japanese SUVs. My only comment would be they all have the same 2.2-litre turbo diesel as used in their tractors, but in a new world where motor cars are maybe changing from a status symbol to transport only, a small but reliable engine might be preferable. The 2.2-litre diesel has a long history in their tractors as reliable and easy to work on. In New Zealand Mahindra's market is farming and trades mostly, and I have noticed tradies buying them lately. If you want a 2WD workhorse with a 2.7m x 1.6m deck which is ideal for carrying 2.4m Gib then for \$20,000 including the deck, it is good value.



My experience was riding in a Mahindra Balero 4x4 owned by the Department of Conservation of India. We went on a bush trip to see some of the sites around Orchidda. First comment is the high roof made the Balero appear narrow but at 1.7m wide there was comfortable seating for three across. The suspension was hard but the Bolero was a workhorse version of the Scorpio as pictured. The suspension was hard but as I say that there were a lot of potholes in this part of India so it was always going to be a hard ride. The four-speed gearbox had a low ratio with manual locking hubs to engage the 4WD. Under the bonnet was a 2.5-litre Peugeot diesel which ran smooth as. The interior was Land Rover basic in this model.

This Bolero did have air-conditioning which was great with the outside temperature at 48deg. For myself, I find it better to have air-conditioning off in any vehicle having one temperature for my body to deal with. The hot and cold of jumping in and out at these temperatures always upsets my body clock and I reckon it made me crook.

I liked the shape of the Bolero—it was very much like the Willys Jeep Wagon of the 1950s which kept that nice Jeep/outback/beach wagon look about it. My instant thoughts when I saw it was it would make a great customized woody wagon.

As the price of Japanese 4WDs climbs past \$40,000 and more, maybe a Mahindra is for someone who is strong enough to except change. In closing I have to say of all the thousands of Mahindras we saw while on tour, usually loaded to the hilt, I never saw one with the bonnet up.

Fred Cassin

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Wee Wellbeing Studio Shares Space & Skills

The Wee Wellbeing Studio is a small space in Ruby Bay for people in our community to be well and find balance in their lives, to be nurtured and supported in whatever way they need. As a small space the providers are able to offer high-quality services tailored to individual needs.

Birgit Baader and her team aim to share “what’s there” (space and skills) with people in the community and offer complimentary services with a holistic and flexible approach tailored to individual needs.

In the beginning Birgit met Seija McIntosh, owner of the Wee Shop Organics at 155 Stafford Drive, in November 2016. Together they developed the initial vision for a collaborative Wee Hub. Birgit started the Wee Wellbeing Studio at the start of 2017 co-ordinating a growing team of facilitators and practitioners. The aim was to provide a safe and intimate space for people of all ages and from all walks of life to be well.

The Wee Studio Team is a tight-knit family working closely together to ease the way for others. Their facilitators (one who supports others on their journey and makes it easier for them) want to co-create a space where everyone fills each other’s cup as a combined team, family, community of facilitators and people with other skills as well as being of service to the wider community.

With Francesco Brogi they have a talented graphic designer on board who takes care of professional presentation and design. Seija McIntosh is dedicated to the overall wellbeing of the place and co-ordinates The Wee Shop Organics to provide nutritional balance. Birgit Baader is co-ordinating The Wee Wellbeing Studio to add mind-soul-body balancing tools to the mix.

The Wee Wellbeing Studio offers many forms of support: Movement Classes – gentle and soothing movement to enhance your overall wellbeing; individual mentoring as well as women’s support circles; drop-in clinics for mums and children; Conscious Birth antenatal classes as well as individual sessions and treatments and workshops. Tailor made classes or one-off events according to individual needs can be organised and suggestions from the community are welcome.

Some of the Wee Hub Team.

Birgit Baader, the founder of the Wee Wellbeing Studio, came to Aotearoa/New Zealand from Germany in March, 2005, following a strong impulse to bring up her children “somewhere out of Europe”. Her youngest son was aged one and her daughter was 13 when they arrived. Birgit is glad they had the

chance to grow up closely connected to nature. They were attracted to the Tasman region right from the beginning without knowing the rest of the country. They didn’t even know which airport to choose when they booked their original flights, but intuitively chose Christchurch. They landed and never left (of course, they continue to travel overseas) and consider Tasman to be their home.

Seija McIntosh, owner of the property and a co-founder of the Wee Hub, is an artist and photographer, entrepreneur and mother of two teenage girls. She brings knowledge and many skills to the team as well as offering nutritional and naturopathic advice to find overall balance and health especially for people with addiction. She brings deep understanding, sensitivity, and valuable life experience to her work to support others on their journey.

Kate Mander is a qualified midwife, neonatal nurse and biodynamic craniosacral therapist. Kate

runs the Wednesday drop-in clinic and offers her vast experience to ease the way for mothers and babies.

Luisa Giacon is an experienced Bars facilitator. Bars is a simple process of touching 32 points on the head that start to clear all the limitations and blockages you might have in your life.

Debbie Summer, Nikki Fitzgerald and Elaine Asquit, all qualified and experienced instructors, offer various styles of Yoga.

Dr Fran Halford teaches Qi Gong.

Sarah La Touche is a registered holistic nutritionist, cook school facilitator and food coach.

Vanessa McBride practices Shiatsu and is also running Movement Classes for pregnant mums.

Colette Higgins practises Foot Reflexology.

Sybille Feint teaches different Dance Modalities.

The Wee Hub at 155 Stafford Drive consists of the Wee Wellbeing Studio, the Wee Health Shop and the Tiny Tea Room. It holds a space for people in our community to connect, have fun, share stories, get advice and learn new skills. The Wee Team provides a wide range of “treats” for individuals, families and groups in our community and a collaborative workspace for facilitators and practitioners.

See our website for a description of what’s on offer, schedules and more. Contact the Wee Wellbeing Studio for more information or simply pop in.

Tel./Text: 027 717 8578

Email: weewellbeingstudio@gmail.com

Facebook: <http://www.facebook.com/WeeWellbeingStudio/>

Website: <http://weewellbeingstudio.wixsite.com/home>



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- Butchery - how to carve up your home-kill.
- Stihl Shop Richmond's Chainsaws & Small Farm Equipment - Chainsaw skills, maintenance and use. The 'need to know' about weed eaters, ride on mowers and other small farm equipment.
- Basic Welding Techniques - Safety, rod selection, machine settings, joint preparation. Useful for general repairs like fixing gates & tractors. Scrap metal to practice on!
- Everything You Need To Know About Sheep - handling, drenching, crutching, shearing, tailing and ringing lambs.
- James Lea Contracting: Fencing - Basic fencing skills including digging in posts, strainers & stays, tying wire/netting, straining fences, basic electric fencing, fence repairs, materials and tools.
- Brent Boyce's Pasture Management - Best type of crop to grow for hay or different types of stock, soil sampling, when to apply fertilisers and how to manage weeds.
- Organic Small Veg Garden Management and Compost Making - How to get your garden thriving productively throughout the full year, a realistic growing calendar for busy people. Includes bed management, garden friends, diseases and shelter.
- Dove Trees' Orchard Management - basic principles of tree pruning and planting.

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M T W T F S S

1

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Thurs 3rd August
6pm arrival, food from 630pm
\$60 4 course meal and wine tasting
With Invivo wines and wine maker
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2

3

Wine and Food Tasting night
\$60, 4 courses
Invivo wine and the big red chair!!

4

Closed
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5

International Blues Music Day
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6

Closed

7

8

9

10

11

12

13

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14

15

16

17

18

19

20

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Quiz from 7pm
Dancing from 830
\$5 entry, team of 2 to 8

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For
Private
Function

Closed

21

22

23

24

25

Annual Mapua Scout Disco Fundraiser

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Waimea Drama Night
Tues and Wednes Nights

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28

29

30

31

1

2

3

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Hills Community Church



I am not sure if you have heard of TED talks; essentially they are short 10-20-minute talks posted online, on TED.com. The tagline for the organisation is this: ‘Ideas worth spreading’ One of the most popular TED talks is by a motivational speaker, Simon Sinek, it has been viewed some 33 million times, so it is an idea that has indeed spread. In it, the question is asked; ‘Why do some organizations or people seem to achieve and excel when others don’t?’ Why is it, for instance, that Apple has been able to be so innovative and extraordinarily successful, when at heart it is a computer company like many others? What Simon Sinek suggests is that what differentiates truly inspiring organizations or leaders has to do with three questions. Why? How? and What?

For most of us, and most organizations, the primary focus is on the ‘What?’ and the ‘How?’ These two questions take up so much of our attention and focus, ‘If we get the ‘What?’ and the ‘How?’ right, then we will succeed. ‘What am I going to do today, or next week, and how am I going to do it? But the really important question and the starting point should be ‘Why?’ This is the question that inspires and motivates us as people.

There is an ad on TV for sporting equipment that takes this idea and asks: ‘What is your why?’ This is the place of our motivation in life. It is vitally important that, regardless of what you do in life, you come to understand the ‘Why? How we answer this ques-

tion will define us more as people than the ‘what?’ and the ‘how?’

The ‘Why?’ question is also of course the question of faith, purpose and meaning in life. It is what drives us to act and motivates us to give and sacrifice for a greater purpose than our own pleasure. The thing is that, in truth, our ‘Why?’ comes not from ourselves but rather from the God who created us, who has placed us just where we are, and in fact has called us to his purpose.

The prophet Jeremiah came to see his purpose; his ‘Why?’ in the belief that God’s hand is profoundly at work in shaping his life.

‘Before I formed you in the womb I knew you, before you were born I set you apart; (Jeremiah 1:5)

So as we wrestle with the ‘what?’ and ‘how?’ in our lives, may we find the space to wrestle with the ‘Why? And in this may we come to know God’s hand forming and shaping us for the work he calls us to.

In Christ, Rev John Sherlock

Hills Community Church,

‘Living Christ-centred life, living Christ-centred love’
Please see our website for further information.
www.hillscommunitychurch.org.nz, or phone 540-3848

Sunday Worship: 9am, Traditional service 10am, Morning tea, 10:30am, Contemporary service & Children’s programme. Communion is celebrated at both services on the 2nd and 4th Sundays.

Fire Brigade

June 17 - July 17 call-outs

June 11: Motor vehicle crash H60 near Weka Road. Assisted police.

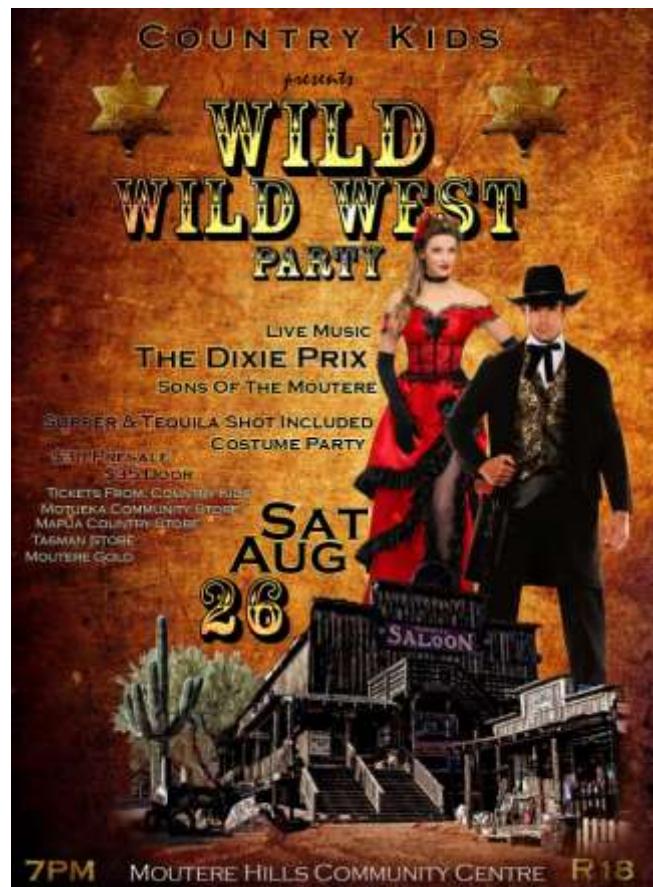
June 22: Smoke in area of Williams Road, small fire on Permin Road. No action taken

June 25: Tanker to fire at Ngawhatu old hospital building
Calls this year – 50

Safety Tip: Clean smoke alarms, blow or vacuum dust, spray for insects and test monthly

On Saturday 15 July the Mapua Volunteer Fire Brigade celebrated Chief fire Officer Ian Reade being in the brigade for 25 years with a Gold Star awards evening. Ian’s family, friends, work colleagues and urban and rural fire personnel all helped Ian celebrate this milestone. Ian is the 7684th fire person to receive the Gold star awards in on 100years.

With a great venue at the Upper Moutere Community Centre and catering by Petite fleur all enjoyed a splendid evening.





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Why Women Need Strength Training

If you believe the magazines and blogs all women want is a nice butt, a flat tummy, toned arms and sexy curves. In actual fact all the women I talk to just want to feel comfortable in their own skin. One of the best ways to get that feeling is strength training.

It's a common misconception that women should not lift weights, and a lot of women still go to the gym for the cardio machines. According to The National Centre for Health Statistics, only about 20% of women practice strength training. There are good reasons for this percentage to rise. Lifting weights a few times a week will not only trim inches off your waist and hips but will transform your whole body. The mental benefits of strength training can last hours after a work-out and boost your mood all day.

Benefits of strength training:

Lose Body Fat: Strength training builds muscle. As your lean muscle increases your metabolism speeds up. A higher metabolism means you will burn more calories all day. Studies have found that the average woman that strength trains two or three times a week for two months will gain nearly two pounds of muscle and will lose 3.5 pounds of fat. For each pound of

muscle you gain you will burn 35 to 50 more calories a day. That can really add up in the long term.

Gain Strength without Bulking: Unlike men, women typically don't gain size from strength training because they have 10 to 30 times less of the hormones that cause bulking. Instead, women develop muscle definition and strength without the size.

Your Bones Will Benefit: Strength training will also strengthen your bones. Research has found that strength training can increase spine bone mineral density by 13% in six months. So strength training is a powerful tool against osteoporosis.

Reduce Risk of Injury: Strength training also increases strength in cognitive tissue and joints. Strong joints, ligaments and tendons are important for preventing injury and can relieve osteoarthritis pain.

Burn More Calories: As you add muscle your resting metabolism will increase, so you'll burn more calories all day. For each pound of muscle you gain, you'll burn 35 to 50 more calories a day.

Improve Posture and Reduce Back Pain: Weight training will strengthen your back and core helping to alleviate lower back pain. Studies also show that strength training can ease arthritis pain.

It will strengthen your mental health: Exercise strength training releases endorphins. Endorphins are neurotransmitters that prevent pain, improve mood and fight depression. An increase in endorphins naturally reduces stress and anxiety. They also stimulate the mind, improving alertness and boosting energy.

Strength improvement is possible at any age, so whether you're 20 or 80. Catalyst Fitness can put together a beginner's workout for you. Give Karyn a call if you would like to talk more about the benefits of strength training.

Karyn Holland, Catalyst Fitness Personal Trainer

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Edited by Andrew Earlam (advertising) 540-2845, and Terry Smith (editorial) 540-3203. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1st of the month. The deadline for emailed items to coastalnews@mapua.gen.nz is the 20th of the month. Notices are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.

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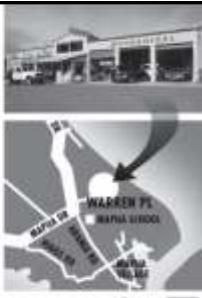
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Tyres - How to read tread wear

The way your tyres wear is a good indication of what's happening in other parts of your vehicle. Abnormal wear patterns are often caused by the need for simple tyre maintenance or a wheel alignment. Learning to read the early warning signs can prevent wear that shortens the tyres life or indicate the need to have other parts of the vehicle serviced.

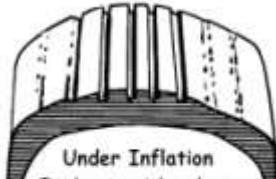
Tyres should be inspected in three ways:

1. Visual examination of all four tyres.
2. Feeling the tread by hand to detect wear such as feathering.
3. Checking all four tyres with a tyre pressure gauge.



Over Inflation

Usually occurs if the air pressure is too high but can occur if a tyre is too wide for the rim.



Under Inflation

Is due to either low air pressure or incorrect wheel alignment which could be due to bent or worn steering components.



Cupping/Scalloping

Commonly indicating worn or bent suspension components that require replacement followed by a wheel alignment.



Feathering

Commonly occurs by incorrect wheel alignment which may be the result of worn suspension bushes.



One Sided Wear

This can be due to excess suspension camber causing the wheel to lean inwards or outwards and requires a wheel alignment to correct.



Bald Patches

Appear when a wheel is out of balance. If left unattended the life of the tyres, bearings, shock absorbers and steering components will wear prematurely.

If you suspect your tyres are wearing abnormally, do not delay to have it checked by a professional.

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P: 540 3364 or
M: 027 230 2943



**GENTLE
CHIROPRACTIC**
Sport & Family Health Care

I Love solving body puzzles. Your body, your injury, your pain, that's my thing!

I love stripping an injury/problem back to its cause, be that poor foot mechanics contributing to your lower back pain, or providing treatment of a rotator cuff injury, removing those hideous headaches you thought would never go away, or giving you orthotics to get you back on your feet.

I love dispelling the myths, "because you are over 50 you have to live in pain", or "that chiropractic is rough and only for the young and strong."

"Gentle Chiropractic takes a different approach"

Dr Carolyn Hall graduated in 1991 with a BA Sports Studies degree, she then worked and trained under a sport physiotherapist in the US for 3 years, after which she worked for a sports chiropractor for 2 years, providing exercise rehabilitation and sport massage therapy. In 2000 she attained a Masters of Science, Chiropractic postgraduate qualification. She has over the last 17 years continued to develop her knowledge in Sports and Family Chiropractic, working with chiropractic, physiotherapy, podiatry, pain medicine, and osteopathy educators. Taking strengths from each discipline enables her to provide well rounded treatment protocols for musculoskeletal

problems, from your feet to your head. Carolyn is an ACC provider, treating injuries to spine, extremities (arms and legs), also analysing and treating your foot mechanics problems in house.

A free intro-consultation is available if you want to discuss your problem before committing to care. Call to discuss how I can help. After work appointments are available.

There is also lots of self-help info @ www.gentle-chiropractic.co.nz



www.mapua.co.nz



After ten years as the MDBA's Coordinator I have decided it's time to look for new opportunities. I will be finishing in my role at the end of August. I have thoroughly enjoyed my time as Coordinator - I have met so many fantastic people in our wider community and been part of many great local events. I have particularly appreciated the MDBA's approach to working with and being part of the wider community. I have experienced the generosity of local businesses supporting their community and in return have seen the loyalty with which locals support local business. I look forward to the continuation of these unique relationships. Sincere thanks to all who have supported me in this role - it's been a great privilege to have worked with you! Janet

WHITEBOX PHOTOGRAPHY

Tim Parkinson

Creative Images, Crafted Through Passion.

Tim Parkinson grew up in large UK cities and has been around cameras all his life. Travelling to New Zealand in 1999, Queenstown and more recently Nelson became his home. A corporate careerist turned extreme sports athlete, the one thing that has never changed is Tim's desire to produce beautiful photographs. Tim's work covers a broad range of projects. An eye for detail, a love of modern architecture, and an ability to engage with his clients, Tim travels the length of the country bringing your visual projects to life. While specialising in commercial architecture and lifestyle photography, Tim also runs a fully equipped studio from his own architectural home overlooking Ruby Bay. Most of the studio gear is mobile allowing great location shoot opportunities. You can pick your own unique backdrop, or let Tim take you to one of his favourite spots in the area. Whatever you decide, Tim will listen and ensure you get the most out of your time in front of the camera.

"For a broad range of photographic services, whatever your requirement, please don't hesitate to give me a call. Let's meet up for a 'no obligation' coffee and a chat and discuss your project to see whether you would like to work with me. Coffee will of course be on me."

Email: tim@whitbox.co.nz Phone: 021 509812

WHITEBOX.CO.NZ

Supporting Local Businesses since 1992

Noticeboard

Mapua & Districts Community Association AGM: 7pm Monday 14 August, Mapua Hall. All members of our community are warmly invited to attend. Inquiries: info@ourmapua.org

Coastal Garden Club meets 1pm first Thursdays, Tasman Bible Church opposite Jester House Café. Both men & women most welcome. Ph 03 528-5405

Sing Your Lungs Out! (SYLO) Free community singing group for anyone with respiratory issues, followed by morning tea. Singing improves your lung health! 10am every Monday, Tokomaru Rooms, Te Awhina Marae, Pah St, Motueka. Pip 0274 282 693

Writing competition in association with the Mapua Library Literary Festival Sept 15-17.

For information: mapua communitylibrary.co.nz. Entry forms available at the Library.

Mapua Craft Group meet Fridays 10-noon, supper room, Hills Community Church. Simple craft work including: paper craft & card making, sewing, knitting, small upcycling projects. Occasional guest speakers, demos & outings. A social, a cuppa, some easy craft along the way. \$2 for room rent, koha for materials. Info Rowena 543-2400, Marian 540-2427

Women's Recreation Group - meets outside Mapua Mall Thursdays. Leaves 9.15am for 1½hr walk. Route varies. Join us whenever you can. Some members may cycle. Info Lynley 540-2292.

Ruby Coast Run Club meets 9am Mondays at Mapua School parking lot. Info: Debbi 027 327 4055.

Java Hut Knit Group: 10am Tuesdays at Java Hut. Bring your knitting or crochet project. Info: Debbi 027 327 4055

Yuan Gong: Improve your health and life by daily Yuan Gong practise. Info: Marianne 0220 828 559

Mapua Friendship Club meets twice a month, 3rd Thursdays & last Fridays at Mapua Hall for indoor bowls and bring-a-plate afternoon tea. New members enthusiastically welcomed, no prior bowling experience needed - non-competitive, lots of laughs. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

MDCA: Mapua & Districts Community Association meets Feb-Dec, second Monday of each month, 7pm Mapua Hall; contact: info@ourmapua.org

Taoist Tai Chi Beginning class Tuesdays 1- 2.30pm. Continuing class Wednesdays 12.30 - 2.30pm. All welcome. Enquiries 545-8375

Tasman Golf Club welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Come join us, we can help you learn the game! Info: Gary 540 3885.

Mapua Boat Club nights Thursdays 5.30-7.00 at the Club rooms, Mapua Wharf. Visitors and guests welcome. For more info: mapuabcsecretary@gmail.com

Mapua Social Cycling Group: "Wheels 2 Meals". Approx 30 km ride, coffee break halfway, no racing! Depart Mapua Wharf each fine Wednesday @ 9:30 am.

Just turn up with your bike, HiVis top & coffee money, or email wheels2meals@gmail.com

Mapua Fellowship Group: (formerly Probus Club). Monthly meetings, Mapua Hall, first Fridays 1.30pm. A social group with interesting speakers and a monthly social lunch at venues around Nelson Tasman. Contact: Club Pres: John Sharman, 540-3642.

Ruby Coast Walking Group meets 9.30am Wednesdays outside Tasman Store. We walk for about 1½ hours, then enjoy coffee & muffin back at the Store. Walk according to your ability and speed. All welcome. Just turn up. Fiona 526-6840, fiona.oliver@xtra.co.nz

Kidz 'n' Koffee playgroup: Wednesdays 10-noon, Hills Community Church, Aranui Rd (during term time). All parents & carers welcome, we cater for 0-6 yrs. \$2 don/family. Make some new friends. Info: Esther 540-2177.

Spinners, Knitters, Weavers – Creative Fibre Group, Mapua Hall, 2nd Tuesdays 10am. All welcome.

Mapua Community Youth club. Year 9 -13 youth. 6.30 -8.30 most Fridays at Mapua Hall. Contact: Andy Price 540 3316, Marv Edwards 027 312 6435. A community-based youth project for Mapua and district, funded and co-ordinated by Hills Community Church.

Daytime Book Group: Meets first Tuesdays 9.45am. New members welcome. Anne 540-3934

Fair Exchange: A small group meets at Appleshed restaurant 9am 2nd & 4th Wednesdays to exchange home grown and home made produce & goods. We welcome everyone! It's the sharing that counts. Info: Judith Holmes 021 072 8924 / 544-0890.

Ruby Coast Newcomers Social Group: meet new people, make new friends. We have coffee at 10am last Fridays at Tasman Store & hold ad hoc day & evening social events. Info: Vivien/Richard 526-6707, vpeters@xtra.co.nz, or just turn up.

Motueka SeniorNet. Technology for mature adults. Monthly members' meetings with guest speakers. Help sessions twice monthly. Courses & workshops change each term. Special interest groups meet regularly. Demystify technology in a fun and friendly forum. Clubrooms 42 Pah St Motueka. More info: Seniornet motueka.org.nz, Neighbourly or call Annie 540-3301.

Mapua Art Group meets Bill Marris Room Mapua Hall Thursday mornings, 9-noon. Like-minded artists get together to paint, draw, help each other in a social environment. All levels & media welcome. \$5 /session includes morning tea. Tables, chairs & easels provided. Cushla Moorhead 03 528 6548.

Toy Library: extensive selection of toys, puzzles & videos for children 0-5yrs. Mapua Hall every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Phone Anja, 544-8733, about membership or casual hire.

Technical problems solved! - Don't know how to use your electronic devices? Can't set up something new you've bought? Need computer tuition? Local help is at hand! Average job price just \$35. Web design and mobile app creation also available. Call Sam, 03 544-0737, sam@sambennett.co.nz.