

October 2013

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Coastal News

www.mapua.gen.nz

email: coastalnews@mapua.gen.nz

covering Mapua & Ruby Bay
run by volunteers

First Month in the New Hall

After the excitement of the re-launching of our hall a month ago, the community and Hall Society Committee are now settling in and finding “how it all works”. There have been the inevitable few teething troubles – some of which are covered below. Generally however, everyone has been positive about moving in and getting on.

We have put together a “time capsule” with mementoes from the 1945 and 2013 openings as well as media reports and other bits and pieces. This will be sealed and placed in a suitable place in the building for future recovery and interest.

Bookings

A system of key collection, from Perry’s Auto Services, and allocation has been set up. This is being trialled until March 2014 (along with the present hire rates). It seems to be working and minimizing the number of keys is a great way of ensuring security of hall access.

Most of the regular user groups have now resumed their activities in the new spaces with some new ones also becoming a part of the monthly calendar. We are especially happy to see the Toy Library settled into and operating from their dedicated space. It is planned to introduce a section on the website featuring the regular user groups of the hall so others can make direct contact if they wish to join in or get further information.

The calendar is filling fast so if you are considering holding a “special event” please book as soon as you decide on a date.

The committee is also interested in supporting ways in which the hall can become a community hub with events not specifically related to belonging to any particular group such as regular community lunches and seasonal festivals – any other ideas from the community will be warmly welcomed. Contact Margaret Cotter in the “events sub-committee” rmcotter@tasman.net

Hall facilities

A “Communications Book” has been placed outside the hall office for people’s comments/concerns and suggestions. It is really helpful to have users give feedback on what is working well and what needs addressing.

There have been some issues with the hall floor in terms of a “sticky residue” and both Colin (caretaker/cleaner) and the committee are aware of this and is working on finding out how to manage this particular surfacing material.

Some people have expressed concerns about the acoustics of the main hall, especially in relation to big sound events. We are seeking some expert advice on whether there needs to be any intervention for improvement or whether that is an issue only with specific large events.

Agreement on storage facilities still needs to be discussed and decided. This will be one of the topics on the agenda at the next User Group Meeting which will be on Friday 11 October at 7pm at the hall.

We were so fortunate to have had the BNZ staff choose to work with us in their “Gone for good” project. You will have seen the real progress they made—clearing the gardens around the hall, making it ready for further landscaping. This will really enhance the outside appearance. During the clean-up they found a small bronze plaque to the memory of Mrs V Forsyth, 1959. We wonder if anyone has any information about her and her connections to the hall/gardens.

Hall helpers

We are delighted to have Colin Hill resume his position as caretaker/cleaner at the hall and already the benefits of his regular presence are evident.



The Hall Committee continues to make funding applications for ongoing development of the facilities and resources. We are applying for funding to support some regular hours for a hall co-ordinator as we believe (as has been noted before) that such a position will ensure that the people of this community remain at and as the heart of our community hall.

Meantime we have been most fortunate in having several people offer regular times volunteering during the week. We look forward to finding ways of enabling our user groups to feel welcomed and supported. More organised information and administration systems is also in the pipeline. Thank you to those who have offered – additional offers will be gratefully received!

Please contact Elena Meredith elena.meredith@xtra.co.nz with times you could be available.

Hall resources and fund-raising

A reminder that we were not able to open the hall debt-free and still need to keep the donations and fund-raising ideas coming in. You will have seen the beautiful apple-tree panels growing across the foyer wall – your name could be on an apple or branch.

We still have a significant “wish-list”, which we are seeking funds for or asking people to consider donating. These include:

- Office equipment – laptop (with USB port) and printer; photocopier; office desk, chairs, stationery
- a modular stage
- sound equipment including microphones and stands
- projection equipment
- kitchen and cooking equipment including sharp knives, serving utensils and cutlery
- outdoor furniture and shade sails

Do please let Margaret Cotter know if you are able to donate or provide the funds for any of these – your support will make a significant difference as to how the hall can support a range of groups and events.

There is still a small number of plates awaiting collection on the trolley in the foyer. If not picked up in the next week or so, they will be added to the kitchen collection! There is also a small brown jacket hanging on the racks outside the office awaiting return to its wearer.

Thank you again to everyone for such strong support enabling us to re-open the upgraded hall. Your patience and understanding is appreciated while we all work out together how to make it all operate in ways which suit our diverse community.

Elena Meredith, Information and Liaison sub-committee

Seeking photographs of the Hall Opening Weekend

The Mapua Hall Fundraising/Events Team is seeking any photographs taken before and during the Hall Rebuild to collect for the archives and for future fundraising purposes. We have an outstanding collection from Chocolate Dog of the whole build process but would also love your pics! We would love some snapshots taken at the ball, or any of the opening events or other photos related to the hall. Please forward to nicknhills@xtra.co.nz over the next month with contact names of obvious people in any photos in case we need to ask for permission for further use. [Chocolate Dog photo]



Out and About with Hugh

Springtime: By the time you read this, spring will have officially arrived. What do you mean “officially”? I mean on that at 8.44am (New Zealand Standard Time) on 23 September the vernal (spring) equinox occurred. Wait a minute. Haven’t we been over this before? Well yes, but I thought we’d go over it again so I could add a few things to liven it up a bit.

For instance, did you know why we have the four seasons? No? I thought not. Well, cosmologists have speculated...Hold on! Cosmologists? What is a cosmologist? Who are they? Okay, cosmologists are the people who study the Cosmos, ie, the Universe. Theory has it that billions of years way back when, a wayward planet entered our solar system and collided with our Earth.

That crash did three things: firstly a big portion of the rogue planet was absorbed into our Earth; secondly, a large chunk flew off, went into orbit and became our Moon; and the balance? Ha! Literally smashed into small bits and flew into space. Result? The Earth’s orbit was knocked cockeyed; the resulting tilt making our four seasons a reality.

Getting back to where I started with all of this: we have two “equinoxes” where day and night are equal and two annual “solstices” where we have longest days, shortest nights. Ergo; equal day and night on an equinox; longest day, shortest night and vice versa with a solstice.

What really got me started on this was the article on Lloyd Geering in the 24-30 August issue of *The Listener* titled *The Great Story*. It’s about his new book *The Big Bang and God* which “tackles life’s purpose in a time of science”. This amazing, vibrant, remarkable and controversial man is still the outspoken Presbyterian minister, who at 95 calls it as he sees it. “Some people in the Church still see me as the devil with horns,” he writes. In his book he addresses that ever fascinating and controversial subject, “How did it all begin, who are we, and where is it all going?” A “miracle?” To quote him: “If miracle is assigned its original meaning of ‘something to be wondered at’ rather than a ‘divine suspension of natural law’ then the emergence of life was indeed a miracle”. Well, each of us has to take all of that whichever way it suits. Okay?

Hopefully now you’ve all survived my running off on a tangent about our beginnings and you’ve survived the vernal equinox. Back to Out & About in the Village.

Parking at the Mapua Wharf: At last! By adopting to amend the Tasman District Council’s traffic bylaws, restricted parking on the wharf will be able to be enforced. Vehicles will be banned from the wharf on Sundays and public holidays. Devin Gallagher and I

spoke to this issue on 12 September preceding the meeting of the Engineering Services Committee. We emphasised the safety risks from the unrestricted movement of vehicles on the wharf at times of peak usage. The adoption of the parking bylaw will bring some order to what has become the week-end chaos mix of cars, kids, people and bikes. An enforceable parking ticket may change the attitude of the few die-hards who have continued to ignore the no parking signage already in place. Changes like this take time to go through “a process” before they take effect. Ah yes, ‘the process’. The time table? Just before Christmas.

Before we leave the subject of parking, what about parking space? The Wharf Precinct Group’s proposal to extend the grass area adjacent to Hamishes will eliminate six designated car parks. Time for the TDC to look at parking space other than the inadequate waterfront park parking lot. Use the grass verges along Aranui Road and Iwa Street? Worth considering?

The Toilet: Ah yes, it’s still the “building,” not the loo. People are still asking if there is a toilet in the park? Yes? Where? “In that interesting structure up there. Why no signage? There is one sign on the wharf area that points to the loo on the end of the wharf. The other loo? You figure it out. I’ve said enough for this time.

The Noisy Road: The group of Dawson Road and Chaytor Road residents and a few others whose properties cop the road noise from the Ruby Bay bypass seem now to be involved in a game of email tag with the New Zealand Transport Agency about when to have a meeting.. Time, effort and \$\$ spent on whose figures are correct etc. Those dollars could have been applied to the simple answer to the problem. It’s called ‘hot mix asphalt’. The NZTA just can’t (or won’t) get its head around the common-sense solution.

Local Body Elections: What goes around comes around. The three-year terms of office are coming to a close for our Mayor, Councillors and Community Board members. Our three councillors are elected unopposed. I thank them for their representations on our behalf. Mayor? For me, Steve Richards. Let’s elect a successful businessman with a sense of humour, dedicated to doing a good job and no bureaucratic mindset. Nelson Marlborough Health Board member? Again for me, No. 1 on your ballot, Judith Holmes. It’s a postal ballot. Vote! Exercise your civic right and duty!

Community Association: A well attended, short AGM and a lively follow-on regular meeting. Three new executive committee members elected. Good discussion of local issues. The nibbles, wine and juice addition was a good incentive to stick around and talk.

Cycle Trail: New signage on the way through the Village and beyond. Completion of the Trail to Kaiterteri a definite possibility by the end of this year.

Dominion Flats: A planting bee in the offing. More negotiations to come for additional land. A change to present one-eyed Governmental regulations is needed to properly represent the public interest in securing the NZTA parcel of available land. Take the time to contact our two Members of Parliament about this crucial matter to make it happen.

Out of space. Ergo! My reply re Ian Uendo (aka Keith Darling) will have to wait for the November issue.

Hugh Gordon

PANZ



Since our last report, we have been very busy settling into the revamped Mapua Hall. It is really good to be back into our own nest again, albeit a few teething problems about “where are we going to put our stuff?”. Having the lovely new toilets, clean walls and lots of light, is a real plus so all of our user groups will need to work in harmony to keep it this way.

At the recent Impressions Art Awards in Nelson, it was exciting to learn that not only had some of our local members had their work accepted into this now prestigious exhibition, but our Junior member, Alice Reade, won the Student prize. What an honour for a national event.

We are getting ready to exhibit at the Coastal Garden Groups Spring Flower Show, so all hands on deck to set this up. The next big thing will be our “OPEN STUDIO” morning at the hall on Saturday 2nd November. We will be opening the doors to the public to come and see what we do, try their hand at using pastel and watch members at work. Everybody is welcome.

Please feel free to contact Glenys Forbes 540-3388 for any further information

Mapua School



Experimentation – Was Granddad Right?

In addition to team work, capability and practice, one thing that has really stood out in this America's Cup is the technological and engineering prowess of the New Zealand design and building teams. Time and time again, our country has shown the rest of the world that it is capable of developing ground-breaking and innovative products, medicines, machines and technologies.

Our schools and teachers celebrate inquiry and experimentation. This month students throughout the region have been designing, developing and executing experiments as a part of their science curriculum and to submit to the Nelson Science Fair

At Mapua School, Wills wanted to know if Granddad was right – does a mix of wood make the best fire? Kieran looked at the effects of chromatography. Bryn and Cameron built an egg-smasha to find out if an egg is structurally more sound vertically or horizontally. Luis and Macgregor sought the most fire-resistant plant. George and Fergus combined their love of the Hunger Games in their physics experiment – “How far will an arrow fly given different amounts of pressure on the draw string?”

Daniel wanted proof that placing a coin in the bottom of a vase really extended the life of a flower and Edie searched for the dirtiest place in her house – computer keyboard, mobile phone, dish cloth or toilet seat.

The results from these experiments were interesting, more importantly the process of developing hypotheses, repeating tests to ensure accuracy of outcomes and analysing findings taught the students the discipline behind science and the enjoyment of exploration.

You wonder what captured the imaginations of Ernest Rutherford, John Brittan, Tom Schnackenberg and Ray Avery when they were younger. What sparked their interest and their enquiry? What did they submit to their school science fairs?

Oh and by the way, a vertical egg is structurally more sound, Granddad was right – a mix of wood burns best and Edie's mum is washing her dishcloths daily.

Sitting on the edge of my seat hoping Team NZ will Be All they Can,

Lisa Dunn, Trustee

BOOK REVIEW

High Country Woman—My Life On Rees Valley Station, by Iris Scot. This book is available in the Mapua Library. Reviewed by Terry Smith

Since the days of Lady Barker and her book, *Station Life in New Zealand*, written in 1870, there have been several books by women describing their lives on high country properties, such as Mona Anderson with *A River Rules My Life* and more recently Aucklander Christine Fernyhough's description of life on Castle Hill Station. These three properties are all in Canterbury, but the book under review takes us to Otago and the isolated Rees Valley at the head of Lake Wakatipu.

The book is unusual in that all the pages are glossy, all 352 of them, so it is heavy. And it is on glossy paper presumably because of all the photographs which make up as many pages as the text. More than half of the photos are attributed to Geraldine O'Sullivan Beere, an Auckland communications person. Many of the photos are double spreads and all are of high quality. They and the clearly written text make a delightful book.

Iris Scott was born and brought up in the Auckland area and as a teen was horse-mad. In 1965 she was one of five women accepted by Massey University to work towards a veterinary science degree. As part of her work experience she chose to work on a South Island property, and in 1967 made the long trip by rail, ferry and bus to Queenstown where she was met by Jean Scott (who was to become her mother-in-law),

and they drove on the dusty, rough and often narrow road to the head of Lake Wakatipu and Glenorchy and yet further on to the 18,000 hectare (46,000 acre) Rees Valley Station.

There she met Graeme Scott and four years and many letters later they married. They had three children and shared the countless duties running a large property required, then after 21 years of married life, Graeme died of cancer.

The book continues with Iris's determination to keep the farm running and is also a history of the region. She also manages to keep her veterinary practice going. She was a member of the Otago Conservation Board for eight years and gives us her thoughts on the politics of high country tenure. She says:

"High country farming is the heart and soul of New Zealand, our heritage, and a great tradition, but we are in danger of losing this way of life. Since tenure review there are fewer high country properties...When runs are cut up under tenure review, and the tops go into the conservation estate, then a smaller freehold parcel is left that may be uneconomic. The temptation then is for the remaining land to be sold to developers, who further cut it up."

A lovely book, well worth reading and enjoying.

Applications for Grants

Voluntary organisations are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant. Applications will be considered next month and should be in by 10 November. Application forms can be obtained from the secretary (ph 540-3203) or the treasurer (ph 540-2845) and returned to PO Box 19, Mapua 7048. Grants will usually be less than \$300 but this may be varied at the discretion of the trustees.

MAPUA LIBRARY



The arrival of a donation cheque in our post office box is always a cause for excitement amongst the committee. For our September meeting we were able to record two donations – Club Mapua made a generous donation towards the redevelopment of the children's area of the library. Thank you so much. Another local, community-based organisation also sent a cheque. It is very much appreciated.

A key part of our ongoing fund-raising project is grants applications. Our team in charge of this does a fantastic job. Thanks Vicky Stocker and Heather Quinn.

Fund-raising Committee

Are you interested in joining our fund-raising committee? We already have some projects under way and have started the planning for Lit Fest 2015. Anyone with some time, energy and/or ideas is welcome. Please contact Anne on 540-3934 or kjat@xtra.co.nz.

Displays in the Library

Our September exhibitor was Jane Smith. If you missed her work, go to her webpage www.chocolatedogart.co.nz, where a lot more of her work is on display. Do visit! Thanks Jane. Lovely work.

Nelson Arts Festival posters and information about Readers and Writers are also displayed at the moment. We have displayed relevant books that the library owns too.

Later in October, look out for Art in Windows. The library is thrilled to be a host for this new initiative of the newly formed Ruby Coast Arts Collective.

Book Reviews

These are readily available on our website (at the bottom of the menu down the left hand side), as well as being included in the *Coastal News*. If you are struggling to find something to read, this might just be a great place to start! Thanks to all of the reviewers who volunteer their time and energy to read and then write up their review. You do a wonderful job!

Lynley Worsley

Library Hours

Monday	2-4.30pm
Tuesday	2-4.30pm
Wednesday	2-6.30pm
Thursday	10am-12.30pm; 2-4.30pm
Friday	2-4.30pm
Saturday	2-4.30pm

mapualibrary@xtra.co.nz;

www.mapuacommunitylibrary.co.nz

Major sponsors: Canterbury Community Trust; Lion Foundation; Tasman District Council

Seventh Spring Fling Planned

Work is well under way for the 7th Spring Fling to be held at the Mapua Domain on Thursday, 24 October at 5pm to 7pm. It is an event for everyone young and old to make connections in our community.

Once again we have enlisted volunteers so there will be lots of fun things to do during the fling in a buzzy atmosphere. Come along and enjoy a fun-filled time with plenty of action for all with the TDC "Way-to-Go" trailer full of games or just enjoy a relaxing time with community members.

Being active in this event helps create the success. This event has always been well supported and we

know this year will match others and be even better. We say this every year and it happens! It is wonderful to see members of the community enjoying a sausage sizzle, ice cream in a cone and home-made lemonade. We have always been fortunate to receive donations that enable this event to happen.

Put it on your calendar now and keep Thursday 24th of October free between 5pm and 7pm.

For more information or you want to help in any way please contact: Tina Johansson tina.john@clear.net.nz, phone 540-3377, or Rose Barnes barnes126@xtra.co.nz, phone 540-3600

Coastal Garden Group

The September meeting of the Coastal Garden Group was held in the Tasman Bible Church. After the usual formal business plenty of time was given to discussing our up-coming "Festival of Flowers and Market Day" on 21st Sept at the Mapua Hall, 9am to 2pm, wet or fine.

Members were all asked to help, providing masses of plants for sale and plenty of tasty food for morning teas and lunch. There will be 25 stalls selling a variety of goods and of course a wonderful display of flowers.

Mapua School will be there, "BBQ-ing" up a treat with bangers and bacon and more.

The meeting watched an excellent video explaining the intricacies of grafting fruit trees. Time



was then given for members' Handy Garden Hints. For example, put on a pair of surgical plastic gloves before putting on your garden gloves. No dirty finger nails! Good for the lady gardeners.

Karin Lummis of FootCare Plus Motueka kindly donated a \$40 voucher for foot care. A lucky member bought this in a mini-auction.


Some discussion time was given to the reciprocal visit of the Tapawera Garden Group. We will need lots of lovely gardens and amazing morning and afternoon teas to keep up to their standards!

Our club was invited to visit the Hunters Daffodil Nursery in Richmond on 12 September. Talking of daffodils, we hope you saw the wonderful display in Aranui Park.

After our usual social break with afternoon tea we discussed the table of bright and cheery spring flowers that had been brought by members. Then our plant auction was held. Gino makes this great fun! This was followed by our raffle results. A very good meeting finished at 3.30pm.

Our next meeting will be in the new Mapua Hall on 3 October beginning at 1pm. All welcome, do come along. Phone Adrian on 540-3193 for more information.

Sheila Wilson



GARDEN AND ART TRAIL

When: Sunday 20 October
From: 10am – 4pm

Organised by Mapua Women's Recreation Group. All proceeds will go to the Cancer Society's "Relay for Life 2014", held on the 1-2 March 2014.

Mapua Women's Recreation Group has participated in all previous Relay for Life events, and next year we will be there for our 6th time. To kick start the fundraising effort our spring Garden and Art Trail is shaping up to be our best ever. This year we have included an art lover twist with artists displaying their works in the gardens on the Trail. So you can enjoy a day out in the Ruby Coast and Moutere Hills area exploring beautiful local gardens and discovering works of art along the way. There will be plant sales, raffles, Devonshire teas and coffee and much more. This year Snookie's garden with his wood masterpieces and The Boot at Jester House will be on the Trail. Cruising the region's best gardens, you'll be inspired, you might discover a must have piece of art, and you'll enjoy several opportunities to stop and smell the flowers at the refreshment spots on the way.

\$10 Tickets (cash sales only) available from:
Baku Cookware/Homewares in Richmond
Tessa Mae's,
Mapua Country Trading
Frank's Trees in Golden Hills Rd, Waimea West
Kennedy & Associates 218 High St Motueka
Or by phoning 543 2247 or 540 3364

Mapua Women's Recreation Group is extremely grateful to all the wonderful gardeners who have agreed to open their properties for our fundraiser, and the artists providing art for display. We also want to acknowledge and thank Mapua Auto (photo copying), Kennedy and Associates (photocopying), Chocolate Dog (Maps), Frank's Trees (display and raffle prizes) and the businesses above for acting as outlets to sell our tickets.

MAPUA COMBINED PROBUS

The club's monthly meeting on the 6th of September was a significant day, being the club's 13th birthday and the first meeting in the in the upgraded Mapua Hall. The main speakers were club members Jackie and Ian Buckland who spoke on their experiences four years living on the island of Nauru close to the equator in the Pacific Ocean

Jackie talked of her experiences as a nurse. The living conditions for the local people were very basic. Patients were expected to live in the cool areas around the hospital grounds. She said that some babies with medical problems had to be flown to other to other Pacific islands for medical help. Some of the local women would feed their babies a toddy of nectar from the flower of the coconut tree. If the toddy was kept too long it could develop a high alcohol content. This often became a popular drink for the local men. Jackie was able to work with some good New Zealand doctors; the local doctors were less efficient in their work.

Fishing was a popular pastime with the local people, though they had to be wary of the stone fish, which could produce a poison that could be lethal.

Ian continued their talk with his experiences on the island. He was involved in the phosphate industry as a mining engineer. The phosphate was mined from a variety of local islands, and processed by machinery powered by four diesel engines. These were later increased to 16 units to increases power efficiency.

There is one main road around the island of 12km. The island's population is about 6000. Beer and other alcohol drinks are popular with the men. This created

many antisocial problems. The bulk cans of beer were brought in by boat from Melbourne. The other major import was four or five expensive modern cars bought by the minority affluent society. There were no requirements for driver's licenses. It was not unusual to see a variety of damaged cars, many written off in a short time.



Vegetables were imported in bulk from Melbourne and supplied the one main store on the island. The European women were given the first opportunity to shop at the store before opening the store to the majority of Chinese shoppers. There are two main schools on the island, one Catholic and the other a state school that catered for children up to the age of 11. For the parents that could afford the cost, the children completed their education at a boarding college in Australia.

One of Ian's part-time jobs was to show old-time movies at a local cinema that paid him \$11 a night. There was always a keen interest in the films shown..

The rest of the meeting was a celebration of the 13th birthday. President Letty Thawley arranged for an area in the hall for 14 members to display their fancy hats. Marion Moat was invited to pick the winner, who was Margaret Stephens. The rest of the members were invited to read out some jokes or items of general interest. The birthday cake was again produced by Joy Sharman, and the committee and club members supplied the afternoon tea with a glass of wine. Ivan Wells was invited to cut the birthday cake, and read out the following poem:

Birthday wishes and good cheer/Hip! Hip! Hooray/
To everyone gathered here/ Today's a wonderful day/
With fancy hats, and happy chats/ a cup of tea a bun
and oodles of fun/ We celebrate our 13th year/'cos our
Probus is a teenager today.

David Higgs

Under The Bonnet with Fred

Man, This is a Truck!

To most New Zealanders a ute is a small truck with car-like comfort and easy to park. I have got to say that Devin's Ford F250 Lariat pick-up with a whopping accessories package still drives with luxury car comfort. Although angle parking in Nelson's Trafalgar Street is a problem.

The accessory package has everything from 4x4 drive, hi-lo ratio, luxury interior, three-ton tow hook, overload suspension for heavy loads on the tray, camper-towing package (suspension modifications), tough deck lining, drop-down tool bench under the back seat and that big sucker 6-litre V8 twin turbo diesel.

The engine is not the biggest options for the truck but does pull 325hp at 3300 rpm. The cast iron 6 litre Power Stroke V8 diesel has twin fuel injection and turbo. All of this equipment is usually only fitted to commercial trucks. Surprisingly it was very crowded under the bonnet with all this equipment, despite the bonnet seeming to be huge. The twin batteries usually indicate a 24-volt system but a more serviceable 12-volt electrical system is used. It has all-round disc brakes with 18in alloy wheels and LT 275x70x18 tires. Devin had the truck converted to right-hand-drive at a cost of \$21,000 in Auckland.

The body is typical Ford F-series which has evolved from the 1960s F100 but still retains the tough look. It is painted a nice jade/blue colour with a light tan leather interior. It has a shoulder-high bold chrome grill and heavy chrome steel bumpers. The deck is 1.9m wide and 2.4m deep with high sides so is designed to take sheets of Gib board or similar sized building material. There are side-stoppers for easy access into the vehicle. This vehicle weighs 3.423 tonnes and is 6.2m long. This is not a show pony it is a truck.

As I arrived Devin said, "Come, we'll go for a ride, no, you're driving."

Well, stepping up into the driver's seat in this beast is an experience. You are surrounded with more buttons than a space ship has and the comfort of a Lincoln Towncar. The seating position is high above the road, giving excellent road vision but snaking your way down the driveway you do have to keep in mind it is 6.2m long and 2.1m wide. So I drove it like a truck but its car-like comfort was sending a different message to me so I stayed alert.



Pulling out onto Stafford Drive the big diesel soon had me up to speed, assisted by the six-speed transmission. As we left Ruby Bay I almost went to 100kmh but slowed to 60kmh and on the corners the truck did buck a little without a load and with some oversteer. Going up the Bluff no acceleration was required as the computer, transmission and engine decided what gear to move to to maintain road speed.

Turning left out of Aporo Road onto the by-pass heading into the passing lanes with a campervan (the campervan season has started) struggling a bit on the hill, I slowed. "Go on, you can take him," so with those instructions from Devin I floored it and yes, the F-250 engine lit up, the computer selected the right gear and we were safely past the campervan. Cruising at 100kmh the vehicle was quiet with a little bit of diesel rattle as you would expect.

I have run out of space to tell you what all the switches inside the cab do but you think of one and I'm sure it's there. I liked the switch to raise and lower the accelerator and brake pedal height to suit the driver, and the extendable wing mirrors were great.

Devin went with a group on school camp at Hanmer Springs a while ago and took all the camping gear plus a tandem trailer full. He said, "The truck loved the load, still pulled well, it's better with a load."

Apart from towing his digger to the farm at Upper Moutere I think the F-250 keeps Devin connected to his origins in San Lui Obispo, California.

Again man, what a truck!

Fred Cassin

Mapua Health Centre

We are sad to announce that one of our longest-serving practice nurses, Jenn, is due to retire this month after 10 years of greatly appreciated work. Her extensive knowledge and experience, along with her kind and cheerful nature, have provided the health centre and community with a wonderful skill-set and an enormous quality and quantity of care. Also, this month, Leanne will be leaving after two years of providing excellent service and a friendly welcome in her role as a receptionist. They will both be deeply missed by patients and staff, and we wish them well for the future.

There is a new two-hour course for those diagnosed with pre-diabetes. Its focus is to build confidence in self-management and a 'plan of action' that will help in preventing progression to type 2 diabetes. The next two sessions are on 10 October and 5 December from 6-8pm at Nelson Bays Primary Health, 20 New Street, Nelson (contact Bee Williamson, 03 539-663, 021 409 552, or Bee.Williamson@nbph.org.nz).

Although the original meals-on-wheels is not available for our area, there is a provider available called 'Made2Eat' which can provide meals at a reasonable price. They can be contacted on 0800 328 333, www.eat.co.nz or email orders@eat.co.nz.

One of the minor hassles that many suffer from time to time is blocked ears. Although our ears are continuously cleaning themselves by moving a thin layer of wax to the outside with debris on it, sometimes the hearing canal gets clogged up with wax. It may then be necessary to use some drops to loosen the wax (e.g., Cerumol or Waxol from the chemist). Only if this doesn't work is it necessary to consider getting the wax syringed out and an appointment with the practice nurse can be organised. There is a special service at the hospital ENT department that offers ear toileting (using a specialised suction device). For more information please contact the practice nurse.

This month's health and school events include:

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|-------|------------------------------------|--|
| 1 | International Day of Older Persons | www.un.org |
| 1-31 | Health Literacy Month | healthliteracymonth.org |
| 1-31 | Breast Cancer Awareness | nzbcf.org.nz/home |
| 7-13 | Mental Health Awareness week | mentalhealth.org.nz |
| 11 | Pink Ribbon Day – Breast Cancer | www.nzbcf.org.nz |
| 14-20 | Cystic Fibrosis week | www.cfnz.org.nz |
| 14-20 | Health Safety week | www.acc.co.nz |
| 14 | Term 4 begins | |
| 20 | World Osteoporosis Day | www.bones.org.nz |
| 24 | United Nations Day | www.un.org |
| 29-3 | Blind Appeal Week | www.mzfb.org.nz |

As the beginning of this month celebrates the International Day of Older Persons it's interesting to read that green tea consumption is significantly associated with a lower risk of functional disability as we age, as well as a lower risk of stroke, cognitive impairment, and osteoporosis (Am J Clin Nutr. 2012). By adding some vitamin D at a daily dose of 800 to 1,000 IU it's been shown to have beneficial effects on strength and balance (J Am Geriatr Soc. 2011 Dec). The same has been found by taking up tai chi twice a week for 45 minutes (Am J Chin Med. 2012). If you are looking to lose weight it looks as if a low-carbohydrate diet might be more effective for both weight loss and for improving several metabolic parameters (JAMA 2012 Jun). And, for those who like a little tippie, the latest research on alcohol suggests that only red wine at an average of 1.5 glasses/day helps slow cognitive decline (Brit J Nutrition, Aug 2013).

The controversy about whether coffee is harmful or healthful got a shot of caffeine last year. Results from the largest study to date indicate that coffee consumption is inversely associated with total and cause-specific mortality. Men who drank two to three cups of coffee daily had a 10% decrease in their risk for death during the 13 years of the study compared with men who drank no coffee. Women who drank two to three cups of coffee daily had a 13% decrease in their risk for death. (New England Journal of Medicine May 2012). However, the very latest research suggests having more than 28 cups (8oz) a week seems to be related to a worse outcome (Mayo Clinic Proceedings, Aug 2013). So, once again, healthy living seems to be about balance.

Sam's Spam

Hi readers. I have been having a few calls from people having problems with their iPhones and iPads – here is the potential reason why.

iOS 7 is a free operating update system for everyone with an iPhone 4 and up, an iPad 2 and up, an iPad Mini and a fifth generation iPod Touch. You should automatically receive a notice telling you to update to iOS 7

However, there have been some problems with this recently. The servers have been overwhelmed by the number of people updating their software, causing people installing iOS 7 to experience delays or outright failure.

Some users who had downloaded and installed the update fell at the last hurdle, unable to activate the update and therefore rendering their iPhones useless, stuck in limbo during the installation process.

A similar problem may occur again when Apple's new iPhone 5S and 5C go on sale in New Zealand as new iPhone owners try

activating their smartphones. No release date has yet been announced for the new iPhones in New Zealand.

The changes / improvements include:

- new features built into Find My iPhone that make it harder for anyone else to use or sell your device if it is ever lost or stolen.

- a completely redesigned interface for most apps

- an improved notifications drawer

- a new control centre

- a new multi-tasking system

- improvements to apps

Free stuff - MoodGym

<http://moodgym.anu.edu.au/>

Here's an interesting free Australian website. MoodGYM is a free interactive web program designed to prevent depression and tackle negative thought patterns. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment.

MAPUA Bowling Club

The Write Bias

Winter is behind us, spring is in the air and all the hibernating bowlers are coming out to play in what we hope will be a successful season ahead. With lots of new members joining us last year and two coaches keen and eager to assist, we are hoping to keep the good name of the Mapua Bowling Club on the map.

The season is starting with a slight change of image. A new design of club shirt is in the pipeline made of modern, breathable and much more comfortable fabric but still sporting our traditional "apple" logo. With a new funky look how can we fail to dazzle any opposition?

League bowling will start again on Monday 21 October at 6pm. These sessions are open to new and

existing bowlers and are very much played for fun. Having said that there will be a competitive pair's tournament running throughout the season for players that want an extra challenge. There is no need to pre-book; just turn up on a Monday evening and give it a go. Flat-soled shoes are essential but there are plenty of sets of bowls to borrow and the bar is always open.

For information about bowling, coaching or booking the clubhouse and facilities please call the secretary, Jean Daubney (543-2765) or the president, Dave England (540-2934) or email s1ad2as3@xtra.co.nz

Sue England

Edited by Andrew Earlam (advertising) 540-2845, Terry Smith (editorial) 540-3203, and compiled by Barbara Mercer, 544 9689. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1st of the month. Deadline for paper copy at the Mapua Store and e-mailed items (preferred) to coastalnews@mapua.gen.nz is the 20th of the month. Small ads are by gold coin donation in the collection boxes, club notices free. Printed by the Tasman District Council.

Moutere Artisans Display Wares

Twenty Moutere artisans produce some of New Zealand's finest wines, cheeses, ciders, olive oils and art works, and on Labour Weekend Sunday they invite you to see what happens behind closed doors. Maps of the artisan tour will be available at each stop. The open days run from 10am till 5pm.

Each of the artisans will be on hand to show you and your family around their place. Watch sheep being milked and taste the stunning Neudorf cheeses. Tour Neudorf Olive's olive grove then tramp and taste at Neudorf Gourmet Mushrooms. Pop into Peckham's Cidery to learn about traditional cider while sipping a glass.

New Zealand's oldest pub, the Moutere Inn, is a destination for lovers of artisan beers and down the road Neudorf Vineyards will match their new wines with the finest artisan cheeses. Woollaston Estates have organised an art tour of their collection and you can take a glass with you. At Kahurangi you can enjoy a wood fired pizza alongside their wines. More delicious wines will be available at Sunset Valley, Himmelsfeld, Harakeke and Moutere Hills.

The Old Post Office in Upper Moutere is home to Moutere Gold preserves and Joanne will provide a memorable cream tea. Across the road will be Katie working in her studio set in one of the most charming galleries in a garden setting.

There will be something for art lovers at Icon and sculptor Michael McMillan will have sculpture and French oak products for sale. Close by will be Pegleg's tables crafted from New Zealand timbers, perfect for Kiwi outdoor eating.



Moutere Artisan chairman Andrew Sutherland says: "We all appreciate living in one of the prettiest parts of New Zealand. The village is the centre of our lives and everyone here is a producer. We are all small, dedicated creators of wine, food and art and we know the value of hard work and the pursuit of excellence. Being able to share our resources under the Moutere Artisans' banner is proving to be a huge success. We can offer bespoke tours and one stop organising for overseas tourists. And we all enjoy each other's company, over a quiet beer (or cider or wine)."

Visit moutereartisans.co.nz For more information contact andrew@harakekefarm.co.nz or Judy Finn judy@neudorf.co.nz 03 543-2643.

Wharenui at Playcentre

The last month has seen our older children building a scale wharenui with the support of Carol, one of our supervisors. Carol has been supporting their Tikanga Maori and Te Reo Maori learning. The children started by painting amo (carved upright posts, at the front of the wharenui) and have continued to put all the pieces together. Carol has weaved a roof for the wharenui and the children will be able to continue their learning by playing with it.

The mums had some time out this month and enjoyed brunch out together. At the start of term four Monday 21st and Friday 25th October (9.30am – 12noon) we will hold two open days during session. Join us for some fun and cupcakes and see first-hand what Playcentre is all about.

About Playcentre

Do you ever drop your child off at their day care and wonder what they get up to in their day? Have you considered coming down to your local Mapua Playcentre and spending some precious hours with your child while they play and explore what we have to offer?

Mapua Playcentre has been a prominent place for families in the Mapua community for the past 60 years. It is an undervalued resource in the centre of

our community for you and your children to use in a fun social learning environment and really worth having a look at.

Playcentre is a Ministry of Education registered centre, the difference being parents' input into their child's learning, development and fun. Come and stay and meet other parents from the area. It is a great way to really have your hands-on day with your child, while you also get the benefit of having social interaction with other parents.

We are not just a playgroup. We follow the Early Childhood Curriculum Te Whariki which is unique to New Zealand. We have two supervisors on team on each session. Their experience and knowledge is awesome as you get to see first-hand what your children do in a social learning environment and for you as a parent having that input can be extremely rewarding.

Any enquires please phone Mahala on 540-3744 or Selina on 021 50 2065. Or come down on our opening hours of Mondays and Fridays 9.30am – 12noon (school term time). We are on Aranui Road behind the tennis courts by the scout den.

We offer a free term for first-time families.

Police Report

Well, looks like spring is here and it is great to see the days getting longer. I am glad to be able to report that there have been no major crime trends in the Mapua area over the last month. Motueka police were having a real run of burglaries and thefts being done by a group of 13-15-year-olds; they did a burglary at the Tasman School. Thankfully they have been caught and have stopped their crime spree of close to 30 offences.

On the 16th there was a daytime theft from an open garage at a central Mapua address. A Husqvarna chainsaw model 455 was stolen and this was probably done by someone on foot. Just an opportunist who saw a garage open while the owner was around the back of their property. I am always aware of this at our place. It takes only a few seconds to wander in and pinch something.

I have been trying to update some of the neighbourhood support groups in our area over the winter months and I thank all the contact people for their ongoing support.

Grant Heney, Community Constable, Motueka. 03 528-1226 (Direct)

Mapua Occurrences:

Aug 24: Blue Yamaha AG100 farm bike stolen from Tasman

Aug 27: Attend to a family domestic argument in Mapua area. Youth intoxicated

Aug 30: 34-year-old Motueka man driving on Te Mamaku Drive while licence suspended. Car impounded

Aug 31: Domestic incident. Alcohol involved, no offences

Sept 3: Male seen acting suspiciously around the Mapua Hall. Warned.

Sept 5: Domestic argument Ruby Bay area. Cannabis plants located in Mapua area

Sept 7: Domestic argument Ruby bay area

Sept 10: Accident corner Aporo Road and Marriages Road. Car in ditch. Minor injury

Sept 16: Husqvarna 455 model chainsaw stolen from Mapua address

Fire Brigade



August- September 13 call-outs

Aug 6: Smoke on 1st floor of house in Tahurangi Street. Helped remove smoke. Large candle left on wood fire.

Aug 26: Alarm activation Upper Moutere Store, Turned back.

Sep 9: A shed fire Motueka, assist with water carriage and BA-wearing.

Sep 10: Investigate smoke Aranui Road, found a rubbish fire off Jessie Street. No permit. Those responsible asked to put it out.

Sep 17: A permitted burn got out of control on Harley Road, Put out with help from Motueka

43 calls this year.

Safety Tip – Clean and check smoke alarms

Over the last two weeks all members have travelled to Nelson Fire Station to do a BA (Breathing apparatus) refresher course. Nelson has a building they can heat up to 70 degrees and with the lights out we look for a person inside. Trying to get a 90kg person out in the heat and up/down stairs in the dark is very hard. The lights are out because smoke may have filled the house.

Visit us at http://www.ufba.org.nz/brigade/mapua_volunteer_fire_brigade/home or Google Mapua Fire

Hills Community Church

As I type this I am holding in my arms our new arrival. Our baby daughter, Emily, arrived into this world on the 20th September. She is a beautiful, perfectly formed bundle of amazing reality.

Emily is sleeping, my wife Connie is sleeping, the birds are gently singing outside. What a precious gift life is and yet how rarely are we ever aware of the miracle that life is.

A great deal of our daily experience swings between the frenetic pace of getting things done and feelings when we rest that we aren't getting enough done. There is nothing like a newborn baby to bring much of our business to a halt, and to wake us up to the preciousness of the gift and miracle of life.

None of us owe our existence to anything that we put in place or planned. Emily's life comes as a gift. Our life comes as a gift. With all that happens in the journey of life it is very, very easy to forget that. The gift of course comes from God, and it very easy to forget that.

The writer of Psalm 139 says it like this:

'For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.'

May we all know it well.

Rev John Sherlock, revsherlock.hcc@gmail.com

Hills Community Church is a community-based church with historical roots in the Anglican, Presbyterian, Methodist and Pentecostal traditions. We offer traditional and contemporary worship in an informal and relaxed style. Visitors and newcomers are most welcome.

Sunday Worship: Traditional service 9am, Contemporary service & Children's programme including crèche 10:30am; Holy Communion celebrated at both services on the 2nd and 4th Sundays with morning tea in-between. 1st Sunday of each month: one family-style service @ 10:30am followed by a shared lunch.

Weekly Calendar:

Wednesdays: 10am-noon—Kidz n Koffee Open to parents-caregivers-pre-K kids—a great way to make new friends!

Fridays: 10am-noon—Craft n Coffee—learn a craft & share a laugh! Open to all, crèche provided. Drop-off for area food bank – Bring your non-perishable food items to the church (122 Aranui Rd) on Friday mornings between 9am & noon.

We offer numerous activities throughout the week.

Contact 540-3848 for more information on our ministries

Noticeboard

Dancing again in Mapua: The Motueka Social Dance Group are putting on a dance in Mapua Hall on Saturday 19 October, 7.30-11pm, \$5 and a plate please. Excellent live music, all welcome. Our theme is the 60s. Always a good night. Contact: 035287564 Margaret.

Tutorial Assistance with Maths and Science. All levels, primary and secondary. Low fees/Free. References provided. David 03 540 2703

Wanted: Fit person with lawnmower to mow lawn Korepo Road, Ruby Bay fortnightly. Phone 03 540 3034

Builder/Handyman required: Mapua Playcentre are looking for a builder or handyman to assist with a few odd jobs and projects around the centre. We are in need of a refit of our carpentry area. If you are interested in donating your expertise and around 4 hours of your time a term please contact Maria, 540 3788.

Chess. Are you interested in forming a chess group in Mapua/Ruby Bay? Text/phone David at 021 185 6524.

Mapua Friendship Club meets at Mapua Hall on the 3rd Thursdays, for a game of indoor bowls and bring a plate afternoon tea. New members are enthusiastically welcomed, no prior bowling experience needed, our game is non-competitive, just a lot of laughs. \$3 door fee and 20¢ raffle. Contact: Val 540 3685.

Skye Harvest Extra Virgin Olive Oil 2013 Frantoio available fresh from the producer. 750ml \$20. Ph 540 2698, email mcleodsarah@xtra.co.nz. Orders delivered or call in 113 Seaton Valley Rd Mapua.

Coastal Connections Social Group. This month's luncheon is at the Moutere Inn, Moutere H'way, Upper Moutere, 11 October. Look forward to seeing you there. Julie H

Spinners, Knitters, Weavers – Wool Gatherers meet at Mapua Hall, second Tuesdays, 10am. All welcome.

Joie de Vivre Vintage Art and Craft Studio. Alterations and Sewing Repairs. Ph: Marijke Lups 03 5403498

Zhineng Qigong classes in Mapua every Friday, to improve your health and wellbeing. Info: Marianne 546 8584, bmtc@xtra.co.nz

New seasons Olive oil. Delicious Leccino 2013, \$20 750ml . ph5266288 fulford.kina @xtra.co.nz. Kina Olives.. We will deliver.

Childcare Services: Professional Nanny just moved to Ruby Bay available for any nanny work or babysitting. Police checked and excellent references. Phone Keryn 0273585227.

Coastal Garden Group meet first Thursdays, 1.30pm, Tasman Bible Hall. Members, guests & visitors welcome. Ngaire, 540 3193

Probus Club meets first Fridays. All retirees most welcome. Enquiries to Pres. Letty Thawley; 540 2876, Secr. Margaret Butchart 540 2686

Moutere Hills Rose Society. Are you a gardener with a special love of roses? We meet monthly - contact Margaret 03 5288477 or Cynthia 035288664.

Fair Exchange: We meet the second & fourth Wednesdays of the month. 9am at Hamish Café to exchange homemade or homegrown items. Info: Debby, 540-2942 or DLBamfield@gmail.com.

Ruby Coast Newcomers Coffee Group: meet new people, make new friends. 10am last Friday of month, Tasman Store. Info: Richard & Viv, 526 6707, rsclement@xtra.co.nz or just turn up. Everyone welcome.

Mapua Art Group: Painting/Drawing Thursdays 9-12.30, Old Church, Aranui Rd. Like-minded artists get together to paint and help each other in a fun, social environment. All levels & media welcome. \$4 session includes morning tea. Tables, chairs provided. Lisa Chandler, 540 3933

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

Recycling: Printer & Photocopier cartridges can be left at Tasman Bay Vets, 69 Aranui Rd, 8am-noon & 3-6pm. Consider reducing landfill and support fundraising. Managed by MDBA with thanks to Tasman Bay Vets.

Toy Library: extensive selection of toys, puzzles & videos for children 0-5yrs. 136A Aranui Rd every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Phone Anja, 544 8733, about membership or casual hire.

Kidz 'n' Koffee playgroup: 10am – noon, Wednesdays during school term at Old Church Hall, Aranui Rd. All parents and caregivers welcome, we cater for 0-6 yrs. Gold coin donation for a delicious morning tea. Come and make some new friends. Info: Debbie, 5432915

Daytime Book Group: Meets first Tuesdays at 9.45am. New members welcome. Phone Mary 5402450 or Anne 5403934

Need technical help? Bought a new smartphone /tablet /computer and can't set it up? Can't connect your Blu-Ray player? Don't know how to transfer photos from your camera? Local help is at hand! Average job price only \$30! Basic web design also available - pages start from just \$35. Call Sam, 544 0737.– sam@sambennett.co.nz

YOGA with Robin - Classes weekly. All levels welcome. Call 540 2113 for class times & information. www.rubybayyoga.com

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