

## Mapua loses a 'Good Sort' in Bill Williams

Last month a noted resident of Mapua for 35 years left the village for the lights of Nelson with little or no public fanfare, but we at the *Coastal News* thought he deserved some recognition for what he had done for Mapua over the years.

Bill Williams was sometimes dubbed the Mayor of Mapua. He and his wife Karen had been active in many aspects of the village and its district. The *Coastal News* in April 2006 ran an account of some of Bill's life after his 80th birthday the previous month, so anyone who keeps back copies of the *News* can remind themselves of what Bill accomplished.

Bill is actually named Theophilus Richard Hamlen-Williams, but his mother called him Bill right from the start. He was born in Hertfordshire, England, and after a spell in the British army he worked



his way on a ship to Australia then came to New Zealand about 1953. He did several different jobs before attending art classes, first in Wellington and then Christchurch. He decided art was not his calling and trained as a teacher and got a degree in education.

Bill and Karen moved to Mapua in 1980 and bought the old Higgs homestead on the hill above Mapua village. After a trip to England they decided to open a restaurant, the first in Mapua, in a small paddock just across the road from Perry's garage.

For more on Bill and Karen's activities we are indebted to Hugh Gordon and Andrew Earlam, whose contributions follow.

There will be many in Mapua and Ruby Bay who will remember Bill and Karen, and some might like to share with the readers of the *Coastal News* what they remember of them in the form of a short letter to the editor. Letters have been a bit thin on the ground lately and we would welcome your contributions.

### **Hugh Gordon writes:**

I negotiated the purchase of their property on Aranui Road when they came to Mapua. I was selling real estate for B B Jones at that time. Shortly after they bought a school room from the redundant Dommet Street primary school in Nelson and brought it to

Mapua in the middle of the night. They placed it across from Perry's garage and turned it into the Inlet Restaurant, which they ran for a year or two and then sold it on.

Bill took an active part in community affairs and was instrumental in forcing the closure of the Fruit-growers Chemical Works. He also rejuvenated the Mapua/Ruby Bay Ratepayers Association. (Now the Mapua & Districts Community Association). He re-established the community newsletter with the present *Coastal News* as the result of that. The Mapua/Ruby Bay Community Trust is his doing. He supported the drive to get the new Community Hall project under way and his "Fund Thermometer" on the front of the old hall showed the progress of the community funding effort.

As for Karen, she and Betty Higgins raised \$200,000 to make the present Mapua Community Library building a reality and then served for many years as an active library committee member and volunteer at the desk.

### **Andrew Earlam writes:**

When I arrived in Mapua there was nowhere to eat or drink – just the small dairy. I don't think there were even peppermints at the garage. There was great excitement therefore when Bill and Karen opened up The Inlet (1982 maybe). At last we could dine out, buy a drink and sometimes listen to some music. The Inlet morphed into The Grapes, Village Rest, The Tap (may have missed some out. Not long after that, when the chemical works was going to expand operations Bill set up CAN – Campaign against Noxious chemicals. Some will remember when they were processing Gusathion™ the smelliest substance known to man! The very small concentrations that escaped were not harmful but boy did it smell!

When the Post Office closed not long after that (1988 perhaps) Bill once again was one of the movers and shakers that got the Health Centre built.

The *Coastal News* itself owes its existence to Bill Williams in part. Originally founded as the *Mapua News* by Bernard Wells, Bill took it over when Bernard had had enough, producing it with the help of the school Gestetner. When there was another blank spell after the *Village News* stopped in the 90s, Bill again stepped in to revive it as the *Coastal News*. And here we are today.

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# Mapua Health Centre

It has been a pleasure and a great help to have Dr Morgana Woolhouse-Williams with us over the last three months as part of her general practice work experience. Morgana will leave us on 20 February. However, we are pleased to announce that Jessie Ma will be here from 23 February as her replacement. We would also like to thank Kyle Grabowski for his much appreciated input as a final year medical student and welcome Liam Beaumont who will be taking his place in the practice.

Liam will be with us until 1 March as part of his training. During his time with us he will be sitting in on consults (with the patient's consent) as well as consulting patients under supervision of our doctors. This is a great opportunity for all our house surgeons, registrars and trainee interns to obtain a greater understanding of primary healthcare in the rural community. We thank you for allowing them to assist in your health care and for making them feel so welcome.

Rachel Boon has decided it is time to step down from her role as senior nurse and reduce her hours to two days a week so that she can enjoy semi-retirement. We hope you enjoy your new lifestyle, Rachel. We are delighted to advise that Sarah Hammon has been appointed to the role of senior nurse leader.

**Skin checks:** With summer upon us it is a good time to have a skin check. They take approximately 30 minutes and the main focus is to check for any suspicious moles or lesions. This is a full comprehensive body check and will give you the opportunity to discuss any issues you have or that may arise. Appointments can be made with one of our receptionists on 540-2211. And a reminder to keep in mind avoiding too much sun exposure between 11am and 4pm, wear a hat + long sleeve shirt + sunglasses, slop on sunscreen 15 minutes before going outside and use a broad spectrum product with a sun protection factor of 30+ (they usually last only 2-3 hours so need re-applying for longer sun exposures).

This month includes heart awareness and there are some worrisome statistics to wonder about:

Cardiovascular disease (heart, stroke and blood vessel disease) is still the leading cause of death in New Zealand, accounting for 30% of deaths annually.

Every 90 minutes a New Zealander dies from coronary heart disease.

Many of these deaths are premature and preventable.

One in 20 adults have been diagnosed with coronary heart disease. That's 176,000 New Zealand adults

It is estimated that 5000 people die prematurely from smoking each year. This equates to around 12 people a day dying from smoking.

How much you move, what you eat and whether you smoke are important factors that influence your risk of heart disease. Current figures show that:

One in six New Zealanders older than 15 smoke

Almost half of adults are not physically active for more than 30 minutes a day

One in three adults do not eat three or more servings of vegetables a day

Two in five adults do not eat two or more servings of fruit a day

About one million adults are now obese in New Zealand.

The Nelson Bays Primary Health is encouraging people to come in for a 'Heart and Diabetes Check'. This works out a person's risk of having a heart attack or stroke in the next five years and if there is any diabetes or pre-diabetes. So it's a great opportunity to find out how to lower the likelihood of developing a heart attack, stroke or diabetes. We will be offering free health checks with our practice nurses, especially for those who are at higher risk or who have missed the previous screening programme.

Some of the events for the month:

1-28 National Bike Wise month\*\* [heartracer.org.nz/rideforheart](http://heartracer.org.nz/rideforheart)

1-28 5+ A Day Early Childhood Challenge\* [5aday.co.nz](http://5aday.co.nz)

2 World Welfands Day [www.welfandtrust.org.nz](http://www.welfandtrust.org.nz)

2 Nelson Day public holiday

6 Waitangi Day

9-15 Heart Appeal Week [www.nhf.org.nz](http://www.nhf.org.nz)

11 Go by Bike Day\*\*\* [www.bikewise.co.nz](http://www.bikewise.co.nz)

23-28 Well Child Week [www.wellchild.org.nz](http://www.wellchild.org.nz)

\* The 5+ A Day Early Childhood Challenge is all about encouraging healthy eating and specifically eating 5+ A Day, fresh fruit and vegetables for health and vitality.

\*\* Bike Wise is New Zealand's national programme of activities, which promote cycling as a fun, healthy and safe way to travel. Over the past few years, through a dedicated network of regional and local coordinators, we've been getting more people on their bikes and improving bike safety. Why not join them and get back in the saddle?

\*\*\* A one-day event in your region that encourages people to switch from cars, buses and trains to biking to work for a day. At certain events, a free breakfast awaits cyclists at the end of their ride.



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There was no shortage of books, fiction and non-fiction, for sale in front of the Mapua Library in January. There were plenty of bargains at \$1 or \$2 each. The proceeds go towards buying new books.

**Mapua Literary Festival 2015**  
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# Mapua Library

We have had two fund-raising successes at the end of last year—being the Christmas raffle and the book sale.

## Christmas Raffle

Sincere thanks to all members of the community who donated hamper items for our annual Christmas raffle. We were thrilled to raise \$1175, despite the weather not being entirely co-operative to sitting outside 4 Square. Thanks again to the 4 Square team for allowing us to sell tickets from their veranda and huge thanks to all of you who bought tickets.

The lucky winners were: Gail Bensemman, , Barbara Brown and Peter Riedinger. We congratulate them.

## Christmas/New Year Book Sale

We received a fantastic response to our call for donations of holiday reading and were very well stocked for a successful sale. We also gratefully received a donation of bread and sausages for a BBQ. We struck wonderful weather and raised a total of \$1536 and were thrilled with the support we received.

Both of these fund-raisers are very important to the library budget as funds are used to buy all of those “behind-the-scenes” items that support us being able to maintain and update our collection. Grants organisations provide wonderful funding for book-buying, but fund-raising is vital to purchasing covering material, labels, tape, toilet paper, stationery etc.

Our volunteers rally to plan, co-ordinate, staff and support these two fund-raisers at what is a busy time of year. They donate time, expertise and equipment. The success of these fund-raisers is due to the wonderful support of library volunteers and the support of the wider community. It is a special combination!

## Visitors to Mapua

If you are visiting Mapua, you are welcome to become a temporary member of our library. We are a community library staffed and run by volunteers and it is free to join. We have free magazines to take away as well as current magazines to borrow, second-hand books to buy and a great selection of up-to-date books to borrow. We look forward to welcoming you to our library.

**Lit Fest:** A reminder—this is on next month, 27 to 29 March.

**Display:** Thanks to the students of Mapua School for allowing us to display some of their stunning artwork over the holiday period.

**BDS:** If you’ve ever wanted to join a book club, or your present book group is looking for inspiration, we have some information in the library about the non-profit organisation, Book Discussion Scheme (BDS).

Lynley Worsley

## Library Hours (closed Statutory Holidays)

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

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**Major Sponsors:** Canterbury Community Trust; Lion Foundation; Tasman District Council; Mapua and Districts Business Association.

# Book Review

*Ordinary Thunderstorms* by William Boyd. Reviewed by Martin Trickett. This book is available in the Mapua Community Library.

Question: Has William Boyd ever written a bad novel? Well, not as far as I’m concerned, although I confess I haven’t read everything he’s written but I’ve thoroughly enjoyed all those I have.

You won’t be surprised, therefore, to learn that I turned to the first page of *Ordinary Thunderstorms* with a degree of pleasant anticipation.

The plot is fairly basic, and frankly not that original; a drug company is attempting to get approval for its new asthma drug. Big profits will follow this approval; but there’s skulduggery afoot. However, if I may borrow and paraphrase a line from *The Castle*, it’s what William Boyd has done with it that counts.

The main player in the novel is a young climatologist, in London for a job interview at Imperial College. While gazing at the Thames from Chelsea Bridge he spots a fig tree. That simple observation leads him, through a complex series of many branching pathways, in to the depths of life as a...sorry, I mustn’t give away any more of the details. Just let me say that you’ll be enthralled and amazed by his journey.

There’s a large cast of characters, one or two of them slightly unbelievable to me but that’s an insignificant detail. The way the lives of this assembly of apparently unrelated individuals are gradually drawn together is a credit to the author’s powers of imagination.

My initial pleasant anticipation was well rewarded. This was a fast-paced, hard-to-put-down book. I thoroughly enjoyed it.

I think you will too.

# Letters to the Editor

## *In Defence of a Right*

Freedom of expression has a special status as a human right because we need it to promote and protect all human rights. It embraces free speech, the sanctity of an individual's opinion, a free press, the transmission and receipt of ideas and information, the freedom of expression in art and other forms, the ability to receive ideas from elsewhere, and even the right to silence. We value freedom of expression because of what it means for us and what it helps us to attain.

"Freedom of expression is one of a number of mutually supporting rights (including freedom of thought, of association and of assembly, and the right to vote) and is integral with other civil and political rights, such as the right to justice, and the right to take part in public affairs. Equally, the right to freedom of expression impacts on social and cultural rights such as the right to education.

"Debate about freedom of expression is both wide-reaching and constantly evolving in response to the development of the human mind, technological innovation and a globalised media, community practices and standards, and political and judicial responses. What is more constant is the fundamental idea that freedom of expression is designed to protect and enhance democratic ideals.

"Three overlapping arguments have historically been used to advance the right to freedom of expression: the search for truth; democratic self-government; and autonomy and self-fulfilment."

The above is an extract from <http://www.hrc.co.nz/report/chapters/chapter08/expression01.html>

So! What does the freedom of expression, new driveways onto Mapua Drive, one's own driveway and a boat have in common? It depends on your opinion and whether it's different from that of your near-enough neighbour. An article written by Hugh Gordon in the *Coastal News* in late 2014 raised the ire of a local man who then personally confronted Hugh on his property in a loud and rude manner.

The subject of the confrontation was the newly laid-out exits leading from a new subdivision directly

onto Mapua Drive, a busy coastal route. On this occasion I am with Hugh in regard to his and numerous others questioning the wisdom of this given that at the time the limit was much higher than its recently (and speedily!) reduced speed limit of 60kmh. This subject matter has been raised at several of the Community Association's general meetings, notably in October, November and, more memorably, December.

Remember that general meetings are just that; these are held for anyone to attend, members of the association or members of the public. We have been fortunate to enjoy the regular attendance of our three local Tasman District Council members at each month's general meeting—Crs Tim King, Brian Enson and Trevor Norriss. If any questions arise and they are not able to answer or clarify on the night, they will go back to TDC staff to get the answers. We are very lucky to have the good support of our three councillors. This was the case in regard to said subdivision exits on Mapua Drive; Cr Norriss was asked to clarify on an issue relevant to the community and, more specifically, concerns about safety.

When we look around Mapua and its broader surrounds we can see so many structural and cultural improvements undertaken by dedicated groups of people with a keen interest in their community. I won't even begin to list these, but "gifting" a piece of turf in the development of a subdivision simply does not sit on the same page

Article 14 of the New Zealand Bill of Rights Act 1990 – Freedom of expression – says that everyone has the right to freedom of expression, including the freedom to seek, receive, and impart information and opinions of any kind in any form. What we don't expect is direct retaliation or intimidation simply because we dare to question, even if the information we have to hand at the time is partially or otherwise incorrect. Hugh has made an appropriate written retraction via the *Coastal News*. Furthermore, it is my understanding that Hugh's apology was printed and distributed publicly via the *Coastal News* before the driveway incident to which he was subjected.



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I've been thinking quite a lot about this incident. Hugh is a good friend of mine, and indeed a good friend to many people in this community. My experience of Hugh is that he has strong views on all things community; now these may not necessarily meet with your total agreement on occasion – depending of course on the subject matter – and my other experience of Hugh is that, having then been given the correct information or another's sound point of view, he is very amendable to reconsidering his own view and certainly not above apologising. And he did so in a timely manner on this subject.

When the shocking Charlie Hebdo incident occurred in Paris, it raised anger and demonstrations from a broad selection of communities across the globe, including those of Muslim faith. And understandably so. The freedom to satirise, remonstrate, question and demonstrate is something we are often told we take for granted in New Zealand where we do not expect to be bullied or threatened in response to such activities. As my husband says, the response by other countries in regard to the Rainbow Warrior incident was limited to one country—New Zealand! That was a single act of terrorism in our country and yet France held the moral high ground over a distant and apparently forgettable piece of ex-colonial turf at the bottom of the world.

You will often hear people say that we, as New Zealanders, tend to take for granted the freedom of expression that we enjoy and our right to question without retaliation or intimidation. I don't agree with that view. Our recently hard-fought seat on the United Nations Security Council clearly demonstrates our commitment to the nurturing of human rights in the international community. Our intentions for our local community should be no less stoic; the community has the right to know what's going on, whether developers like it or not.

Our own Human Rights Commission website says we need to do better in the realm of human rights. Quote: "Few media and public opportunities exist for both informed stakeholders and members of the public to freely debate, in an informed and constructive manner, the modern tensions between the right to freedom of expression and social responsibility (for example, the impact of hate speech)."

In my view, our community has the right to freely debate in a constructive manner on all manner of subjects that affect our community. We may not always get the facts right in the first instance; hence the request to be better informed on the matter of this particular subdivision's exit driveways is at very basis of where this debate began simply because the community association and those at the general meetings late in 2014 felt they had not been updated by the TDC. And by the way, it's not just in our general meetings that this subject has been discussed – how about listening-in at the Mapua Library, the 4-Square, various workplaces within the community, our own homes, down at the wharf, in local restaurants... Should we implant devices all over the show so that one can angrily confront the "stirrers" with evidence of their "nosy" discussions and the threat of litigation?

As the old saying goes, I may not agree with what a person says but I defend their right to say it. What we should not defend is someone who thinks it's OK to intimidate other people on their home turf – and that goes for driveways and boats.

Je suis Charlie, Je suis *Rainbow Warrior*.

*Pam Stinton-Whetnall, Mapua*

## Local Subdivision

On behalf of the Mapua and Districts Community Association I wish to clarify the sequence of communications between the community association and our councillor, Trevor Norriss, regarding the subdivision on Mapua Drive. Late in 2014, following public discussion at the association's general meeting, we instigated contact with Cr Norriss in the first instance to ask if he could follow up in order to clarify some information regarding the subdivision and, in particular, the driveways attached to it which exit onto Mapua Drive. He responded with information he obtained from council staff. We wish to clarify that it was the association which first made contact with Cr Norriss on this matter.

*Helen Bibby, chair, Mapua & Districts Community Association*

**The next meeting of the Mapua & Districts Community Association will be held on 9 February at 7pm in the Mapua Hall (main meeting room).**

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# Aranui Park—Ideas for the Future

Recently Richard Hilton from the Reserves Department of the Tasman District Council asked us to look forward about 10 years to what we envisage for Aranui Park.

Bernard Wells's wish, when he gifted the land, was that the park should feature lowland native forest as would have been there when the early European settlers came. The family also wants a peaceful place where people can relax and appreciate the surroundings; not only Mapua residents, but all New Zealanders.

As you are probably aware, Mapua School with guidance and help from Friends of Mapua Wetlands, is planting an area of native trees on the south-western side of the park and if you haven't already, it is well worth a visit to see the progress they have made and the growth of the trees. This Tane's Ark project has been recognised for their work in this area and it is intended to be ongoing.

The Coastal Garden Group has also had input into the park and there is now a real rhododendron dell with a bank of daffodils that is really beautiful in the spring, as well as other more recent plantings.

The area of the park that fronts to Aranui Road is planted with exotics, some of which have been there for many years.

Recently a small group with representatives from the Mapua Wetlands Group, the Coastal Garden

Group and Mapua and District Community Association met to discuss Aranui Park. We all agreed that it is a beautiful restful place and one that should be preserved as Bernard Wells wished.

We also thought it appropriate to extend the 'Think tank' into the community to gather your thoughts for the future of Aranui Park.

From our small group meeting we agreed there needs to be an open space area, that the stream needs to be improved and enhanced, that there could be a transition between the native area at the back and the exotics at the front by way of clusters of trees, perhaps some native, some exotic, some hybrid, but keeping this to an area towards the northern end so that a large open space is retained.

More connections with pathways could be advantageous, perhaps one connecting with the path through the rhododendrons to the west across the small ditch. Perhaps some sculpture pieces by local artists could be features. Better or more obvious signage to advertise its presence facing Aranui Rd might be useful.

Richard would like ideas so now we are asking for yours. Perhaps you like it just the way it is now. Think about it and send ideas to Richard Hilton at TDC. Be a part of your community's future.

*Helen Bibby*

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## PANZ

Our painting year was completed at the end of November with a party kindly hosted by Phil and Julie Booth in their beautiful garden in Upper Moutere, a fitting end to a successful year for PANZ Nelson.

The summer break is always welcome but not without its own challenge. We were all tasked with "homework." From two selected pictures we were asked to be inspired to produce our own work of art and these will be displayed at our first session back together in February.

After weeks of sunshine and relaxation it will be all hands to the pump as we prepare for the "Top of the South Pastel Art Exhibition" scheduled for 20, 21 and 22 February. We invite you to join us in the Mapua Community Hall at some time during the weekend to enjoy the artwork, possibly purchase and certainly vote for your favourite painting.

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

*Sue England*

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## Probus Club of Mapua

The club held its end-of-year social in December with a BBQ at the home of club members Jackie and Ian Buckland of Seaton Valley Road. The main course and BBQ equipment was supplied and cooked by Bevan Keys, catering for 36 members. The second course of sweets was supplied by club members. It was a good social afternoon with club members getting together and comparing interests of the selection of speakers the club held during the year.

The club's first meeting for the New Year will be in February with the annual picnic at Rabbit Island.

*David Higgs*

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# Tasman Bible Church

A hope-filled New Year? Let's hope so



It's the thing that keeps you going, helps you to look forward with confidence, endure difficulties, and, maintain a reason for living. It's the small, unassuming term – 'hope' – and we all need it, big time!

You may be aware of the national 'Hope-Project' initiative and the Hope-for-All booklet—a gift to each household in New Zealand. The project celebrates the bicentenary of the proclamation of the Christian faith to these shores at Oihi. The Ngāpuhi Chief Ruatara invited his good friend the Rev. Samuel Marsden to preach and his text was, "Behold I bring you good tidings of great joy." This was on Christmas day 200 years ago.

That message cemented a great friendship and declared the basis of Christian hope for all who would listen. That hope was not a vague one. Rather, it was based upon the person of Jesus Christ coming to Earth for the express purpose of living, dying, and rising from the dead so that forgiveness could be won, again, for all who would listen and respond to such a hope-filled message.

Hope, for some, is in short supply and this can be both painful and overwhelming. You might like to visit the Hope Project website, [hopeproject.co.nz](http://hopeproject.co.nz) and read there about some folk whose lives have been deeply affected by the Christian hope they have found through Jesus Christ. The accounts are inspiring.

As we enter into the New Year may we reflect again upon the basis of hope in our lives?

*Richard Drury*

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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 1<sup>st</sup> of the month. The deadline for emailed items to [coastalnews@mapua.gen.nz](mailto:coastalnews@mapua.gen.nz) is the 20<sup>th</sup> of the month. Notices are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.*



**Frank Gibbison accepts the Daubney Trophy on behalf of the Kiwi team.**

# Mapua Bowling Club

## *The Write Bias*

The New Year has seen both new members and long-time members enjoying bowls in the lovely summer weather. Club competitions are under way and the club has had teams entered in various Nelson-wide competitions as well.

One annual tournament that is always hotly contested at the club is the Kiwis vs The Rest of the World. This year it was held just before the holidays. Members, dressed in costumes to represent their countries of birth, battled for the Daubney Trophy. After an afternoon of keen bowling, the Kiwis won the close contest. Frank Gibbison, captain of the Kiwi team, accepted the Daubney Trophy on behalf of his team. The competitive tournament was followed by a harmonious BBQ.

On 18 January nine club members travelled to Ngatimoti to play in the Rose Bowl Tournament. Although it looked at first that rain might delay play, the sun emerged and play proceeded with Mapua winning the day two games to one, retaining the Rose Bowl for the third successive year. Well done, team.

The new bowling green at the club continues to improve under the watchful eye of Ben Whitten, the greens keeper. The club was fortunate and grateful to recently receive a \$500 grant from the Mapua/Ruby Bay & District Community Trust towards the cost of the green's maintenance. This will help to ensure the new green will be well cared for and an asset to the community.

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

For information about bowling, coaching or booking the clubhouse and facilities please call the secretary, Jean Daubney (543-2765) or the president, Michael Busby (544-6325).

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# Under The Bonnet with Fred

Last of the USA Road Trip—Kansas to LA



Our road trip USA coast-to-coast had changed from lush green land on the east coast to a dry landscape as we drove west. It always left me thinking, how did anyone make a living?

Our main purpose of going to Kansas City was for a tour of the Harley Davidson factory just east of the city. At the sales shop near the factory they had every model or configuration of Harley you could think of, along with all the accessories. You could buy a bike then customise it with all the different colours and accessories so it really was your bike. Outside they had a stage and bar set up and every Friday it was Harley party night surrounded by everything Harley. Great marketing.

The Harley Davidson factory was mostly an assembly production line apart from the tanks and guards which we saw being pressed from steel sheets.

They said they made a Harley every half-hour but I'm not sure about that. Every one that worked there was a true Harley person, including our sharp-speaking lady tour guide. As soon as she found we didn't own a Harley she lost interest in us.

Dodge City was the next stop after driving through arid land, but surprisingly we were passed by enormous stock trucks. We later found out that Dodge City has meat processing plants that kill 11,000 head of cattle a day. Most of the meat goes east to the big cities on the Atlantic coast. As much as Dodge City is perceived as a rough and tumble place, it wasn't. We went to Boot Hill and there are only 28 people buried there and Wyatt Earp was the sheriff for only three years. So don't believe all the cowboy movies you see. Interesting place, but arid. Leaving Dodge City we drove west along Highway 50, the so-called loneliest road which I had imagined to be a dusty gravel road. No, this was America—we were doing 70mph on a smooth concrete road with light traffic. I did find some good car parts on Highway 50 which has many car junk yards.

Driving through Colorado included Highway 70 through the Rocky Mountains and the Eisenhower twin tunnels at 9500ft above sea level. Later we went through another pass at 11,000ft and the Chevy Suburban didn't like the thin air, as shown by the loss of power. If you want to do *Rocky Mountain High* as per John Denver's song, this is a must-do: Take Poudre Canyon Highway (Hwy 14) north of Denver to a place called Walden, population 500 people. Cowboy hats on all the locals and a greeting

for the strangers in town. The air is clear as and the coffee in Rocky Rover Café was the best I had in the USA.

In Salt Lake City the Mormon Church has a genealogy computer where for free they will trace your history and they managed to get back another 50 years on my Irish ancestry. Lunch in the Mormon Café was good food and everyone talking to fellow diners, including us. I suppose it creates the big family? We had a grand tour and history lesson plus we were allowed into a hall to see paintings of the twelve apostles (Mormon executives) and a grand painting of the current president. One of our group did wonder how many wives he had! There was one grand building across from the museum which was where the church business was done. There was no shortage of money spent on any of the buildings. I must say from talking to an older couple at lunch they have security of life, ie, business, house and finances but I'm not sure I could be that committed to a church and lose my freedom.

It was meant to be Speed Week on the Bonneville Salt Flats but it was rained out. We stopped to take photos and I scooped a bit of salt to check how salty it was. Believe me, it is salty! Our hire car had a warning on the hire document telling us we were not allowed on the salt flats. 100mph on the salt flats in the Chev Suburban might have been exciting.

Lake Tahoe, California, was a nice stop with America in full swing with their summer break, boats, water-skiing, trapping. A waitress there said she was thinking of buying a house for \$40,000 with five acres but she was worried about the bears as apparently they can knock on the front door.

At Santa Cruz I poured a bottle of Atlantic Ocean water we had carried across America into the Pacific Ocean to complete my American coast-to-coast ambition. Our 2014 Chev Suburban had a 6.4 litre petrol engine and it did 23mpg or 12.3 litres/100km. It was a good vehicle for the 8695km journey. We spent NZ\$1116 on fuel. The automatic kick down on the Suburban on steep hill descents was a pain.

Best meal, Ruby Tuesdays, Georgia. Best steak, Bad Habit Dodge City. Santa Cruz Dinner on Ocean St best breakfast. Best beer, Fat Tire in Santa Cruz but Old Pilot in Steam Boat Colorado close. Thank you America for the adventure. I did like the good bye we received many times, "You-all have a good day."

Fred Cassin



# Out and About with Hugh

**F**reedom of speech: The recent tragic events in France has brought “freedom of speech” to worldwide attention. On a day-to-day basis, we don’t give it much thought. Ask someone and they will tell you, “It’s our right.” That’s okay, but what do we mean by that? What exactly is this “right” and where did it come from?

Looking back to ancient Athens: In the 5th or 6th century BC, the Athenians wrote of “a democratic ideology of free speech.” About the same time, the citizens of the Roman Republic were entitled to “freedom of speech and religion.” It’s plain that this has been considered a fairly basic human right for a considerable length of time. This should be a wake-up reminder of what we all take for granted in this country; our “freedom to speak out.”

I was surprised in my search when I found that one of the early tenets (belief or principle) of Islam was the right to free speech. However, free speech didn’t mean much at that time as a threat to those in power because the number of people who could hear what you had to say was limited. All that changed dramatically with the invention of the printing press. Suddenly, messages could be spread quickly and widely.

The Catholic Church reacted with restrictions on what could be said. The Protestant Reformation followed close behind and the new churches reacted with their own restrictions; none willing to give up their power of control. The “Enlightenment” followed and science came forward with its theories which ran counter to church doctrine. The concept of “democracy” was becoming widespread and countries started writing constitutions and bills of rights. In England this appeared as England’s Bill of Rights in 1689 which granted “the freedom of speech in Parliament,” which is still in force today.

However, the right did not become universal until the United States established its own constitution in 1787. The Declaration of the Rights of Man and of the Citizen adopted during the French Revolution (1788-99) stemmed from that and affirmed freedom of speech as an “inalienable right,” stating: “Every citizen may, accordingly, speak, write, and print with freedom, but shall be responsible for such abuses of this freedom as shall be defined by law.”

It’s an interesting coincidence that I had picked freedom of speech as the leader to my column for February 2015. Why? Because of the spirited discussion during the Community Association meeting on last 8 December. The meeting was well attended. To my dismay the issue of my remarks in an earlier edition of the *Coastal News* relating to the “Sonoma Orchards” subdivision and the driveways fronting on Mapua Drive was raised. I had apologized for those

remarks in the December 2014 issue of *Coastal News* to any and all who may have been misled or misinformed. My apology was not acceptable to two persons attending the meeting, both of whom spoke out quite forcefully.

What does this have to do with “freedom of speech?” Just this: Both of these individuals felt “free” to speak out publically about how they felt. That is a first-class example of our “right” to freedom of speech and expression. They spoke out freely without fear. I might not like what they said but I surely defend their “right to express their opinions freely.” There are many places in this world where the people can’t do that without fear of a violent reaction of some sort. We must do our best to protect what is a priceless privilege. Pope Francis put it succinctly when he said, “We are free to speak our minds for the common good, while being mindful of others beliefs.”



Mapua is in for a major period of growth as both the Freilich subdivisions and others bring new residents to this area. Something approaching 100 sections will have considerable impact as they are developed and sold and houses built.

The rather forlorn and empty Tap premises are to be replaced with a Sprig & Fern Craft Beer Tavern for Mapua where “real beer is to be served to real people.” Emphasising a “family-friendly, welcoming and cosy atmosphere,” they deliberately have a “no TV screens, no pokies, no pool tables” policy. They will be offering their “full range of Sprig & Fern craft beers on tap, local wines, spirits, soft drinks, meals and snacks”. “Flaming Hot Caterers” under the watchful eye of Sue Blomfield will offer full meals and snacks. They hope to be open for business early in April. Prepare yourselves for some big changes in the new layout! In one sense it is a return to its origins as the restaurant started by Bill and Karen Hamlen-Williams in the early 1980s. There are still quite a few of us around who remember the “Inlet.”

Have you seen the red paint on the fencing and gate around the Memorial Library? It a part of special Anzac Day 2015 observations this year as New Zealand prepares for the 100<sup>th</sup> anniversary of the Gallipoli Campaign which commenced 25 April, 1915. It lasted eight long months and claimed the lives of 2779 New Zealanders. We will remember with both sorrow, regret and honour to those who lost their lives.

Hey! The summer solstice has come and gone and the days are getting shorter.

*Hugh Gordon*

# Rangers Rugby Football Club



The Rangers Rugby Football Club is your local rugby club. Being a smaller rural club gives us the ability to be family focused, and we work hard at ensuring we create a fun and supportive environment for our players to learn, improve, and play the game of rugby.



Last season our senior team played in the second division and we had a total of four JAB teams. This season we aim to increase our team and player numbers. So if you are keen to become part of the Rangers Rugby Family we would be pleased to have you join us.

**JAB Rugby:** This has not yet started for the season but registrations will be in March so

keep an eye out for our flyers which will be up around the district once our JAB registration date has been confirmed.

**Senior Rugby:** Training is due to start at the end of February but to kick-start the season some fitness training has started. This is on Saturday mornings at 8am at the Moutere Hills Community Centre

**Rangers Summer Touch:** Tuesdays nights from 6pm to 7.30pm.

Anyone is welcome to come along and join in a friendly game of touch for just a gold coin donation which goes towards the Rangers Rugby Club fundraising. Touch takes place every Tuesday night at 6pm-7.30pm at the Moutere Hills Community Centre. Feel free to bring along the kids as well and we can get them having a throw around of the rugby ball too!

Don't forget to keep up to date with what is happening with the club by checking out our Facebook page, Rangers Rugby Club.

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# Stable Blood-Sugar—Stable Life

A stable blood-sugar is important for weight management, emotional balance, a good night's sleep and much more. Stabilise your blood-sugar levels through incorporating some simple diet and exercise changes into your daily life.

The level of sugar in your blood depends mainly on how often and what you eat. It usually rises after a meal (especially after a meal rich in refined carbohydrates), and it goes down when you fast. The pancreas and the liver help you regulate these fluctuations by secreting appropriate hormones into the bloodstream. Some degree of fluctuation of the blood-sugar levels is admissible but in general, the more stable your blood-sugar is the better.



Benefits of keeping your blood-sugar stable:

- Stable mood—the more stable your blood-sugar is, the more stable emotionally you will feel.
- Less stressed, worried and anxious—fluctuations in blood-sugar are associated with hormones that turn on the stress response in the body; therefore, you will feel more stressed and anxious if your blood-sugar is unstable.
- Control of appetite—the less stable your blood-sugar is, the more the appetite goes out of control. People who constantly feel hungry usually experience big fluctuations in their blood-sugar levels.
- Improved quality of sleep—the more stable your blood-sugar is, the better you will sleep and the more refreshed you will feel on waking.
- Stable energy—if your blood-sugar doesn't fluctuate unhealthily, you will have more stable and even energy throughout the day.
- Less fat around the abdomen—the fat-burning mechanism is turned on when the blood-sugar levels are stable; when big fluctuations in blood-sugar levels occur, people tend to put on fat around the abdomen.

What should you do to stabilise your blood-sugar? If you answer in the affirmative to some of the ques-

tions below, chances are your blood-sugar is not as stable as it can be. Test yourself:

- My waist circumference is larger than my hips.
- I crave sweets.
- It is difficult for me to lose weight.
- I feel much better after I eat.
- I am very irritable if I miss a meal.
- I often cry for no reason.
- Sometimes I feel a bit spacey and disconnected.
- I have elevated blood-sugar or cholesterol.
- I get anxious for no apparent reason.
- I wake up often during the night.
- I feel hungry all of the time.
- I often get very sleepy in the afternoon.

**To stabilise your blood-sugar:**

- Eat smaller meals more often.
- Include healthy fats in your diet
- Include protein with all your meals.
- Eat more vegetables and fibre
- Cut out all refined sugar, processed foods and refined carbohydrates.
- Eat fruit in moderation, especially fruits that are very sweet like bananas.
- Cut out alcohol, coffee and other stimulants like chocolate.
- Eat as much grapefruit as you want though – it will help your blood-sugar levels.
- Add chilli if you can tolerate it.
- Add cinnamon to your deserts.
- Add lemon to your meals.
- Exercise regularly

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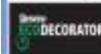
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I know a lot of people didn't expect our marriage to last, but we have just celebrated our two-month anniversary.  
Brit Ekland, actress

# The Shed, by Peter Francis

Dear Editor

Can someone tell me just who are these old men in a shed. Why do mainly pakeha, decrepit old men think get to think they are entitled to a shed which women are barred from entering?

What are we women entitled to? Maybe we should ask Rolf Harris or Roger Sutton? They seem to think we are entitled to be sexually harassed or would it be better to ask that South African maniac who stabbed his ex wife, daughter and son-in-law?

Child abuse, family violence and rapes occur every day in our communities. Why don't these white-skinned, lonely, indolent men form a group to do something useful about that?

Am I the only woman in New Zealand who is mystified about what kind of man would want to share a shed with other grumpy, useless men just like themselves and why has the Equal Opportunities Commissioner not taken steps to ban such an obviously sexist organisation?

Publications from the *Men's Shed* say: "Men of all ages are welcome to join and they assist with community projects," but in their promo materials I haven't seen evidence of anyone looking on the right side of a pension, nor have I read any word about them building a new play centre or women's refuge.

Apart from that it's apparently a female-free zone where men can share a laugh or a beer (plus lubricate their vices and compare tools?) with other likeminded Neanderthals. Do they have a secret handshake like Freemasons, or is it just a Kiwi version of Rotary International who barred women from membership until challenged in the US Supreme Court in 1987?

Another issue that really concerns me is the whole sexist approach to retirement. There's plenty of evidence that women are much more likely to be involved in volunteer community work than men and this increases as retirement age approaches. I imagine members of *The Shed* would say "that's because women have more time." Yeah, right!

I doubt there would be any retired designers, writers, sculptors, artists or other intelligent men who regularly go to a shed to find inspiration. If my Dad was still around I can just imagine what his tough, self-reliant response would be to such a sexist concept. It wouldn't bear repeating in mixed company.

My real concern is the possibility that city councils, government agencies and others may think it's OK to offer them financial support. I mean if Kim Dotcom was willing to donate \$3.5 million to the Internet Party, surely men's sheds could be a candidate for a huge contribution.

Rather than asking others to help fund the handful of selfish, misogynistic, old males who want to play in a shed, why don't they show some altruism by going out and volunteering to help their communities? Which would surely give them a sense of being valued, plus "get them out of the house" – a constant war-cry from the *Men's Shed*.

If they can put one man on the moon, why not all of them—with their sexist bloody shed?

*Respectfully yours, Rebekah Hardbottom*



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Unicycle Fun Day and Picnic at MAPUA Waterfront Park

Saturday 14 February 2015 11am start.

FUN for ALL ages

Unicycle races – test your speed and skill against the clock on a time trials course. \$1.00 per circuit for under 18s. \$2.00 for seniors. Race as many circuits as you like. Hire cycles available - \$1.00 per circuit. The fastest time in each category wins!  
Lots of great prizes for male and female winners in each category:  
Over 7 – 10yrs, over 10 – 13yrs, over 13 – 16yrs, over 16 – 18yrs, 18+ (senior).

Registration from 11am  
Racing begins at 12.30

Lots of other activities for all the family -

- on the day art competition,
- music and entertainment,
- unicycling demonstrations and workshops,
- the bike skills trailer will be there to have a go,
- bring or buy a picnic,
- enjoy the beautiful Mapua Waterfront.



Further information contact:  
Wheelie Fantastic Cycle Tours  
0800 2 cycle  
or  
MDBA - 540 3364

# 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 Mapua Playcentre and spending some precious hours with your child while they play and explore what we have to offer?

We are looking at opening some new sessions. Please let Anita know on 021 1265 357 if there are any days you would be interested in.

We also welcome you along to an open day on Friday, 13 February from 9.30am to 12noon to experience first-hand what we have to offer. There will be plenty of cupcakes and fun to be had.

We are open Mondays and Fridays 9.30am – 12noon (school term time). We are on Aranui Road behind the tennis courts by the scout den. Any enquires please phone Anita on 021 1265 357. We offer a free term for first time families and children under two are free!



SPACE welcomes babies aged 0-3 months to join a programme with their parent/caregiver. SPACE is run throughout Nelson/Tasman area in a relaxed, baby-friendly atmosphere.

SPACE is a three/four term programme for first time parents and their babies.

Weekly sessions include:

- opportunity to meet other parents
- discussions on child development & parenting topics
- music, rhymes and story times
- introduction to play supporting baby's learning and development



Mapua Playcentre is looking at running one in term 1.

# GOLDEN BEAR BREWING COMPANY

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## FEBRUARY 2015 – ENTERTAINMENT CALENDAR

Sun, Feb 1 – 3:00p	<b>CRAIG LEE</b>
Sun, Feb 8 – 3:00p	<b>BRIAN CRADDOCK</b>
Fri, Feb 13 – 6:00p	<b>CHRISTINE OLIVE</b>
Sun, Feb 15 – 3:00p	<b>MEDICINE WOMAN</b>
Fri, Feb 20 – 6:00p	<b>SONIC DELUSIONS</b>
Sun, Feb 22 – 3:00p	<b>MUDWOOD</b>
Fri, Feb 27 – 6:00p	<b>LUKE HURLEY</b>

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# BUSINESS FORUM

An event for business owners and those thinking of going into business not to be missed.

## Inspire Business Forum

- the best 2 hours of business support at no cost to you!

Brought to you by Xero, BNZ, AIA insurance and The Angel Group and hosted by **First Class Accounts Mapua.**

Hear the latest in business trends, challenges and solutions from some **BIG** names in business.

*Free entry with drinks and nibbles.*

**Tuesday 24th February from 5pm.**

For more information call 03 5402751, or email [info@firstclassaccounts.co.nz](mailto:info@firstclassaccounts.co.nz).

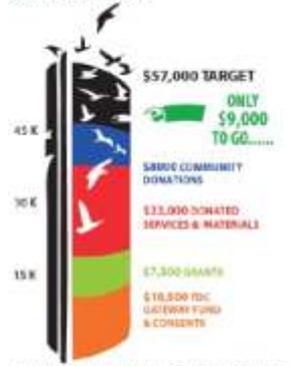
Life is what happens when you are making other plans. *Betty Talmadge, American meat broker*

Bigamy is having one husband too many. Monogamy is the same. *Anonymous*

## Help Celebrate Our Place

### RUBY COAST GATEWAY SCULPTURES PROJECT

After several years of design, planning and consultation, the Ruby Coast Initiative Trust is close to beginning construction of the Aporo Gateway Sculpture at the Tasman entrance to the Ruby Coast. We have raised most of the required funds but need your help to raise the last few dollars to make this happen by March when our first grant is forfeited.



With several grants confirmed, generous donations in kind and great progress on our public fundraising campaign, the Trust plans to install the Aporo Sculpture as soon as all funding is secured.

We are now seeking YOUR SUPPORT to bring this exciting project to completion. All donations will help us reach this goal.

The Aporo Sculpture is the first of a series of three Gateway Sculptures planned for the Ruby Coast and designed by a group of Tasman artists. The long term vision is to create attractive gateways that will foster a sense of community pride and artistic richness.

With continued support from the community, the Trust is optimistic that all three Sculptures will be completed during 2015. Please indicate if you would rather donate toward the Mapua or Seaton sculptures.

A - TONGALUPOKO B - MAPUA C - TEATU VALLEY JUNCTION



The location of the three sculptures is shown on the map insert. We thank you for your contribution to the artistic and cultural enrichment of our community.

**GATEWAY SCULPTURES PROJECT**  
[www.rcit.co.nz/donating/givealittle.co.nz/org/rubycoastsculpture](http://www.rcit.co.nz/donating/givealittle.co.nz/org/rubycoastsculpture)

A diamond is the only kind of ice that keeps a girl warm. *Elizabeth Taylor, American actress*

# 25 HOURS TO MAKE YOUR HOME SPARKLE

To celebrate 25 years in Nelson/Tasman Harcourts is offering all new exclusive listings up to 25 hours of FREE\* time to take the stress out of being on the market. Let us help make your home shine throughout the marketing period to achieve the best price. The choice is yours and the bill is ours. Contact your salesperson to find out more.

Celebrating 25 years supporting the Nelson/Tasman community

\*Conditions apply



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Gavin Barlow  
027 559 1993



Trudy Lewis  
021 458 415

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P 03 540 3425 [www.teamtasman.co.nz](http://www.teamtasman.co.nz)





A Mapua Hall low tide fundraiser:

**Sunday 1st March - 2 Family Events.**

**Event 2:  
RUBY COAST FUN RUN/WALK**  
\$10 adults \$5 students \$25 Family  
Spot prizes around 12.30/1pm or when folk  
are back . . . Please stay on to support late  
comers if you can!

**Event 1:  
Decorated Wheelbarrow Race**  
Teams of 3 or more  
\$25 per wheelbarrow **10.30am!**  
Prizes for best dressed wheelbarrow and racing around  
domain route.



Sausage sizzle fundraiser with some other foods for purchase or bring a picnic and sun umbrella and relax afterwards while waiting for prize giving. BYO water bottles for run.

Cash entry on day/ registration from 9.45 am.

Further donations to the running costs of the community hall are welcomed at any time.

There is a posting slot to the office at the front of the hall if you would like to give us feedback, suggestions, offers of help, spot prizes, donations for the fun run or money!

**SUMMER DRIVE**

A huge **THANK YOU** to those who have given a 'summer donation' to the hall in December & January.

We have raised **\$1069.00** so far!

Summer Drive funds will go towards the hall's insurance bill in March which at present is around **\$15,000.00!**

If you haven't yet donated please do!

Mapua Hall Society: NBS - 03-1354-0308218-00

*More of the fabulous*  
**Mapua Tea Towels** have arrived.  
**\$12.50 each**, they make great gifts for any time of year! **Get your orders in now!**  
**Order forms available on our website.**  
Payments can be made online or through the office.

**Our Gathering Place**

This hard covered book covers the opening weekend of the Mapua Hall Rebuild. It is a collection of photos with a little text. If you'd like to see it, there is one at the hall office to view, or leave a message in the hall mail slot or online. **\$40 per copy.**

**'HIT THE DECK'**

Come and join us for music on the deck on

**Friday 20th February, 5pm - 7pm**

Bring along a family picnic & relax with friends in the sunshine.

**What's On at the Hall In February**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
2 Nelson Anniversary Day	3 6pm Yoga	4 9am Yoga 12.30 Tai Chi	5 3.30pm Karate	6 Waitangi Day	7	8
9 9.30 Yoga with Robin 5.30 Yoga with Robin 7pm Mapua & Districts comm. Assc. Meeting	10 9am PANZ 10am Mapua Creative Fibre 1pm Beginners Tai Chi 2.30 Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	11 9am Yoga 9:05am Aerobics 10am Pilates 12.30pm Tai Chi	12 3.30pm Karate 7pm Salsa Class 7.30 Mapua & Districts comm. Assc. meeting	13 9am Yoga 9:05am Aerobics 10am Pilates	14 9am-3pm Wetland Workshop 7.30pm Motueka Social Dance Group	15 1pm-5pm Yoga Workshop
16 9.30 Yoga with Robin 5.30 Yoga with Robin 7.30pm Hall Com Meeting	17 9am PANZ 1pm Beginners Tai Chi 2.30 Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	18 9am Yoga 9:05am Aerobics 10am Pilates 12.30pm Tai Chi	19 2pm Friendship Group 3.30pm Karate 7pm Salsa Class	20 9am Yoga 9:05am Aerobics 10am Pilates 8am - 10pm Top of the South Set up & Launch	21 Top of the South Art Exhibition	22 Top of the South Art Exhibition
23 9.30 Yoga with Robin 5.30 Yoga with Robin	24 9am PANZ 1pm Beginners Tai Chi 2.30 Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	25 9am Yoga 9:05am Aerobics 10am Pilates 12.30pm Tai Chi	26 9am Mapua Art Group 3.30pm Karate 7pm Salsa Class	27 9am Yoga 9:05am Aerobics 10am Pilates	28	

# Fire Brigade



Nov 14-Dec 14 call-outs

- Nov 16: Logs on fire Kina Peninsula, no one around, fire put out.
- Nov 24: Tanker to digger fire on Supplejack Valley Road Upper Moutere.
- Calls for 2014: 44.

Dec 14-Jan 15 call-outs

- Dec 26: Fire at a skid site on Old Coach Road, started by fireworks. Bonfire at McKee Domain, allowed to burn.
- Dec 27: Back to bonfire above to put out.
- Dec 29: Cover move to Richmond station
- Jan 14: Suspected fire Stringer Road. Was fertiliser being spread on paddocks.
- Jan 17: Small bonfire Stafford Drive. No action taken.
- Jan 18: House fire King Edward Street, Motueka.

Incident Type	No. of Incidents
Structure	2
Mobile Property	3
Vegetation	5
Miscellaneous	7
Rescue, Emergency, Medical	2
Chemical, Biohazard,	1
Mobile Properties Hazardous	1
Special Service	3
Good Intent	1
False Alarms	3
Natural Disasters	1
Total Incidents: 29 in Mapua's area, 20 calls helping other brigades	

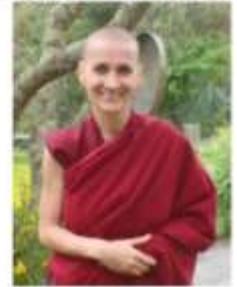
# Mindfulness Meditation

6 Week Programme

Tuesdays from 24 Feb to 24 March

6.30 – 8.00 pm – With Ven. Thubten Khadro

Mindfulness is the skill to be present without judgement and with acceptance. The meditations will include: practices focused on the breath, practical hands on ways we can integrate mindfulness in our daily lives, how to transform negative thinking patterns and develop a good heart. Khadro has lead many mindfulness based programmes throughout NZ and is the Spiritual Programme Coordinator of Chandrakirti Meditation Centre in Nelson. It is recommended to attend the whole programme: \$50 - pop in sessions are welcomed too: \$10



## Ruby Bay Studio

155 Stafford Drive, Ruby Bay  
For bookings call Seija 540 2657-  
rubyblustudio@gmail.com

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- |                  |  |
|------------------|--|
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| Stop Smoking     | Relationship Issues                    |
| Weight Loss      | Past Life Regression                   |
| Stress & Anxiety | Motivation for Personal & Sports Goals |
| Depression       | Sabotage Clearing                      |
| Addictions       | Bed Wetting                            |
| Grief            | Life Between Lives                     |
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## coast & country

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showcases works of over 100 established & emerging artists from Nelson & the West Coast regions.

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"God's Word For Today's World"

## Tasman Bible Church

Part of the Tasman Community for over 50 years, our desire is to help young and old alike come to know the God of the Bible.

mainly music®

4G youth

— Church Service on Sundays @ 10:00 —

# SIT AND BE FIT

In the Mapua Hall (Bill Marris Room)

2.30 - 3.15pm Tuesdays during school terms.

Seated exercise is great for;

- anyone with impaired mobility or balance;
- strengthening the bits that don't get used much in "daily life" (especially upper-body muscles);
- injury rehabilitation, or anyone with a dodgy back, hips, knees or ankles;
- seniors.

We play great old-school sing-along music.

*Using small hand-weights and mini-Swiss balls improves strength, flexibility, range of movement, joint mobilization, blood pressure and circulation, all from the safety of a chair.*

Gold coin donation.

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*Kevin Brown*

Chartered Accountant

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RD1 Upper Moutere  
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Cell: 021 029 87087  
Email: kevin.brown@clear.net.nz



**+ Mapua Pharmacy**

**Special offers**

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Go Healthy Fish Oil 1500mg, 210 Caps \$18.00  
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**Lynda's Exercise Classes in the Mapua Hall.**

Term 1 ~ an eight week term starts Tuesday 10 Feb to Wednesday 1 April (Friday 3<sup>rd</sup> is Good Friday).

**Tuesday 2.30pm – 3.15pm Sit and Be Fit.**  
Seated programme for rehab, seniors, mobility/balance impaired. It's fun. Gold coin donation.

**Tuesday 6pm – 6.50pm Cardio/Strength**  
(no coordination required)

**Tuesday 7.00pm – 7.50pm Pilates**  
(all levels, beginner to advanced)

**Wednesday 9.05am – 9.55am Aerobics**  
(the old-fashioned dance-around and sing-along kind)

**Wednesday 10.00am – 10.50am Pilates**  
(all levels, beginner to advanced)

**Friday 9.05am – 9.55am Cardio/Strength**  
alternating every 3rd week with fast **Aerobics/Pump** and **Step Cardio/Weights.**

**Friday 10.00 – 10.50am Pilates**  
(all levels, beginner to advanced)

**FOR THE TERM:**

1 session per week	\$65.00
2 sessions per week	\$120.00
3 sessions per week	\$145.00
4 sessions per week	\$160.00
5 sessions per week	\$180.00

Please email lynda@hht.co.nz, or ph 543-2268 or 027 222 1491 to reserve a place, maximum 29 per session, no casuals sorry. Newcomers welcome. No special gear or talents required, you don't have to be "fit" to come.

*If you have to miss a session, you can make it up by attending another one, numbers permitting. You can also roll over missed sessions from week to week – so effectively you are getting an 8, 16, 24, 32 or 40-trip ticket. It's up to you to keep count ☺*



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**OPEN 7 DAYS A WEEK**  
9.30am to 4.30pm for brunch, lunch, fantastic coffee  
Fri & Sat evenings from 6pm for dinner

**Arabian Nights Dinner**  
Sat 14<sup>th</sup> Feb from 6pm  
Special Menu suffused with all the heat, spice and sensual aromatics of Persia. Dine with a loved one, friends or family. Book now!

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**WIN A CAR!**

\*Simply list and sell your property with Ray White before 27th February 2015 to be in the draw to win.

The lucky winner will be drawn on 6th March 2015 at 5.30pm.

Winner will be drawn 5.30pm 6th March 2015

Hyundai i20

Presented by Ray White Hyundai

Ray White Karyn Holland & Sian Potts Licensee Salespeople 027 223 9561 | 03 544 8778

# Hills Church



Warmest blessings for the new year from Hills Community Church. I trust that you have been able to find some peace, relaxation and down time over the summer season. For many of us it is the beginning of February that kicks us into “real life” again. Life though, is all about balance, and to live well we really need to find a balance between the “down time” of holidays and the busyness of our normal life.

In this balancing act of living life we are looking forward to a great year ahead of us for HCC and for the Mapua community.

*Blessings in Christ, Rev John Sherlock*

## Hills Church—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 Road) on Friday mornings between 9am and noon.

We offer numerous activities throughout the week. Contact 540-3848 for more information on our ministries.

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# Motoring

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2014

## Regular Servicing -

### What price are you willing to pay?

An emerging trend among many vehicle owners is an increase in the intervals between regular vehicle servicing. This may be done as an attempt to save money, it is however false economy. Extending the servicing interval sets up a chain reaction which can result in vehicle unreliability, increase fuel consumption, compromised safety, and eventual engine failure.

We have recently had two instance where conscientious owners purchased, unbeknown to them, poorly serviced vehicles. Unfortunately for them this has resulted in the need for costly vehicle repairs.

Images to the right show what happens when vehicle servicing has been irregular or absent. 1. A sump oil pick up coated with a tacky, tar like residue. 2. A sump bottom plate where the sump oil pick up sits is coated in a thick oil that resembles treacle rather than oil. 3. The presence of huge carbon deposits on the cylinder head. 4. A pile of carbon that was scraped off the cylinder head. 5. A dried tar-like substance that has started to flake off the rocker cover.



These changes, due to irregular or absent servicing, have severely compromised the reliability, performance and fuel economy of these vehicles.

It is cheaper, over the life of a vehicle, to keep to a regular servicing schedule and attend to maintenance items as the arise.

We recommend you check the odometer reading when your last service was undertaken on your vehicle and compare this against the current odometer reading. If the difference between the two is greater than 10,000km, we strongly advise you to have a full service undertaken.

**Happy & safe motoring  
from the team at**





# The Playhouse Cafe

## FEB 2015 What's On Guide

Mon Closed, Tues and Wed 11am til 4pm  
Thurs - Sun 11am til late

Free Pick Up and Drop off to Mapua, Moutere, Appleby, Tasman  
Call 5402985 for bookings

M T W T F S S

### SPRING WEDDING SPECIAL

Book in Sept or Oct  
FREE VENUE HIRE and a  
BOX of BUBBLES ON US!

						<b>1</b> <b>SALMONELLA DUB</b> FULL LIVE BAND \$40, Music from 6pm with Lady J, Nom and Nic salmonelladub.com for tickets
<b>2</b> <b>SAL DUB</b> Extra show! Early show Lady J, Nom and Nic \$40, Music from 430	<b>3</b> Open 11am till 4pm	<b>4</b> <b>Quiz Night</b> 7pm start Up to 8 per team koha for quiz	<b>5</b> To Be Announced	<b>6</b> To Be Announced	<b>7</b> <b>YULIA</b> "Beautiful Song" World class opera \$30,8pm Dinner 6pm Be in quick	<b>8</b> Open 11am till late Live music "Endeavour" from 1pm
<b>9</b> Closed	<b>10</b> Open 11am till 4pm	<b>11</b> <b>Quiz Night</b> 7pm start Up to 8 per team koha for quiz	<b>12</b> Open 11am till late	<b>13</b> <b>Delaney Davidson</b> Haunting Performer Full band \$20, 8pm Dinner 6pm	<b>14</b> Closed to public for Wedding	<b>15</b> Open 11am till late
<b>16</b> Closed	<b>17</b> Open 11am till 4pm	<b>18</b> <b>Quiz Night</b> 7pm start Up to 8 per team koha for quiz	<b>19</b> Open 11am till late	<b>20</b> Closed to public for Wedding	<b>21</b> Closed to public for Wedding	<b>22</b> <b>MUSOS FOR MAMMALS</b> 10 local musical acts supporting The SPCA. Two stages music all day from 12pm Koha entry goes towards Motueka SPCA
<b>23</b> Closed	<b>24</b> Open 11am till 4pm	<b>25</b> <b>Quiz Night</b> 7pm start	<b>26</b> Open 11am till late	<b>27</b> Closed to public for Wedding	<b>28</b> Closed to public for Wedding	
<b>2</b> Closed	<b>3</b> Open 11am till 4pm	<b>4</b> <b>Quiz Night</b> 7pm start	<b>5</b> <b>Bella Kalolo Band</b> Awesome funk music \$20, 8pm	<b>6</b> <b>Summer Tango Nelson</b> Milonga from 7pm Dinner from 6	<b>7</b> <b>Pole Performance Night</b> Massive line up of New Zealand's finest, \$25, 8pm	<b>8</b> <b>Musical Soriee</b> Classical Music and more Free, 7pm

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# THE SHED MAPUA

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# MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Coordinator: Janet Ph 540 3364

### MEMBER PROFILE

#### MAPUA NATURAL HEALTH CLINIC

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

The Clinic offers a variety of therapies including BodyTalk, Reiki, Counselling, Nutritional and Supplement advice. (Jude was a nurse, a health store manager and consultant and has been in the health arena for 35 years).

BodyTalk is a revolutionary approach to healing that blends the wisdom of ancient healing traditions with modern scientific understanding. The BodyTalker, "talks" to the body and "listens" for answers—because the body knows itself, what is wrong with it, and how to heal itself.

Everything that has happened (and is happening) to you - all your choices, experiences, etc. - contributes to your current health situation and makes up your whole story.

BodyTalk addresses all these aspects and uses the entire context of your life to aid in healing. It can address many conditions - back pain, migraine, allergies, emotional disorders, menstrual irregularities, phobias, acne and other skin conditions, digestive disorders, sports injuries, scars, stress and anxiety, sleeping difficulties, depression and much more.

Any bodily symptom - pain, discomfort or distress is our body's way of telling us, we are off track, out of balance or heading in the wrong direction. By using the simple, non-invasive BodyTalk techniques these symptoms are reduced or often just disappear.

Maybe conventional medicine has not worked for you and you are looking to try something different.

Contact Jude to discuss your health concerns and how she can assist you to wellness.

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



February/March Special -  
BodyTalk Access Treatment.  
Was \$40 now \$30

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



#### BikeFest Event in Mapua

If Unicycling is your thing, you'll enjoy being part of the first ever **Unicycle Fun Day and Picnic** at the Mapua Waterfront Park on 14th Feb. If its not your usual activity it'll still be a fun day to come on down and enjoy watching the time trial events, and even give it a go! Bring a picnic and the whole family! There'll be music, an art competition, unicycling demonstrations and workshops, and the bike skills trailer will be there. See all the details in this Coastal News or go to the MDBA's website: [www.rubycoastmouterehills.co.nz](http://www.rubycoastmouterehills.co.nz) for details.

### MEMBER PROFILE

#### A little MAGIC in Mahana

Carla Zurne, partner Devon Millar and their daughter Jessica love the peaceful nature of this part of the Tasman region. Carla is a wood worker and makes furniture and cajon drums amongst many other things. After living in a housetruck for five months and purchasing a peaceful two acre property in semi-rural Tasman we had the perfect opportunity to transform our beloved house truck into a unique space for couples or singles to escape the city life.

After many hours of repair work we opened in December 2014 our alternative guest accommodation. **Pixie Magic Hideaway** features beautifully handcrafted woodwork and is placed in a tranquil field overlooking farm land and hills. It is a wonderful space to experience a unique simplistic life-style of living in a small space with all its quirky charm and character.

We are an eco-friendly establishment and supply guests with environmentally friendly and fully biodegradable hand wash, locally made soap, and shampoo bars. Pixie Magic is fully fitted with super energy efficient LED lighting and uses gas to heat water. Facilities are provided for guests to compost and recycle waste. The housetruck is powered by solar panels when vacant, and Carla has created a clever water collection system. 100% biodegradable and environmentally safe cleaning products are used.

Our property is undergoing a lot of changes and currently we are in the planning stage of building more unique, self contained, environmentally friendly huts for guest accommodation. An outdoor bath is days away from completion, and the garden is being tamed and cleared in order to allow the existing established natives and new native plantings to thrive and encourage more of the native bird life. We are preparing to plant more fruit trees and extend our vegetable growing spaces. Our aim is to offer future guests fresh honey from our bees, and home grown herbs, fruit and vegetables.

Carla and Devon are excited to share the local magic with visitors both from within the area and further afield.

**Pixie Magic Hideaway**  
Alternative Guest Accommodation  
59 Nuttall Road, Mahana, Tasman.  
Ph: 021567006  
[pixiemagic.hideaway@outlook.com](mailto:pixiemagic.hideaway@outlook.com)



Supporting local businesses since 1992

# Noticeboard

**Tai Chi:** New Beginner Class starting Tuesday 10 February, 1-2.30pm Mapua Hall. No bookings required. [www.taoist.org.nz](http://www.taoist.org.nz) Phone (03) 545-8375

**Mapua Mosaic Project:** Workshop sessions starting again soon, open to all from around 12 year olds to adults. Most Mondays, Thursdays and Saturdays from 2 - 4 pm, but please contact Bridget Castle on 540-2461 or [bridgetpcastle@gmail.com](mailto:bridgetpcastle@gmail.com), to register your attendance and check on details as times might vary depending on participants.

**Motueka Social Dance Group's** St. Valentines Day Dance, 14 Feb at Mapua Hall 7:30pm to 11pm. Live music, dance prizes & raffles. Admission \$6 plus a supper plate. Contact: Gary 03 528-5363, Lloyd 03 528-0617

**Probus Club** meets first Fridays. All retirees most welcome. Enquiries to Pres. Stan Lawn, 540-2699.

**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.

**Ashtanga Yoga**, Upper Moutere, Tuesdays 6pm. [www.angepalmer.com](http://www.angepalmer.com) Ph 5530353

**Spanish Tuition:** Starting classes for adults and children in Mapua. Small group or private. Reasonable prices. Experienced native speaker. Jairo: 0224 139 802, [marlocoliwi@gmail.com](mailto:marlocoliwi@gmail.com)

**Mapua Art Group** meets in Bill Marris Room, Mapua Hall Thursday mornings, 9 to noon. Like-minded artists get together to paint, draw, help each other in a fun, social environment. All levels & media welcome. \$5 /session includes morning tea. Tables, chairs & easels provided. Lisa Chandler 540-3933.

**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. Our January 15th meeting will be a New Year lunch, place TBA, please contact Valerie for information.

**Mapua Social Cycling Group:** "Wheels 2 Meals". Approx 20 – 30 km ride with coffee break at halfway point and no racing! Departing from outside the Golden Bear, Mapua wharf. When? Each fine Thursday @ 9:30 am. Anyone interested - just turn up with your bike, "Hi Vis" top and coffee money or contact me by email [wheels2meals@gmail.com](mailto:wheels2meals@gmail.com)

**Ruby Coast Walking Group** meets every Wednesday morning at 9.30am outside Tasman Store, Aporo Road, Tasman. We walk for about 1½ hours around the area and then enjoy a coffee and muffin back at the Store. Walk according to your ability and speed.

Newcomers to the area and everyone (including couples) are very welcome. Just turn up or contact Fiona - 526-6840 or [fiona.oliver@xtra.co.nz](mailto:fiona.oliver@xtra.co.nz)

**Notices** here are free for Clubs and Groups, a gold coin donation for others. Email [coastalnews@mapua.gen.nz](mailto:coastalnews@mapua.gen.nz)

**Ruby Coast Run Club** meets Monday 6pm, Tues 9am, Sat 2pm at the Mapua School Car park. For all level of runners. Contact Debbi 027 327 4055 / [DLBamfield@gmail.com](mailto:DLBamfield@gmail.com) or Kristin 027 598 2424 / [info@kristin-harrison.com](mailto:info@kristin-harrison.com).

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

**Joie de Vivre** Vintage Art and Craft Studio. Alterations and Sewing Repairs. Ph: Marijke Lups 03 540-3498

**Moutere Hills Rose Society.** A gardener with a special love of roses? We meet monthly - contact Margaret 03 528-8477 or Cynthia 03 528-8664.

**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.

**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: Bridget, 540-2572.

**Daytime Book Group:** Meets first Tuesdays at 9.45am. New members welcome. Phone Mary 540-2450 or Anne 540-3934

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

**Qi-gong**, Yuan Gong form. weekly in Mapua. Info: Marianne, 546-8584 or [bmtc@xtra.co.nz](mailto:bmtc@xtra.co.nz)

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

**Coastal Garden Group** meet first Thursdays, 1.00pm, Tasman Bible Hall. Members, guests & visitors welcome. Ngaire, 540-3193

## Postal Delivery

We can post you the *Coastal News*. Post \$20 with your name and address to *Coastal News*, PO Box19, Mapua Store, 7058, or email [coastalnews@mapua.gen.nz](mailto:coastalnews@mapua.gen.nz)