

New Attempt at Subdivision

Surprise has been the main reaction from Mapua residents to news that a new attempt is being made to revive a controversial subdivision in the heart of the village.

Mapua and District Community Association chairperson Helen Bibby says neither she nor members of the association committee were aware of an application for a 92 section subdivision in central Mapua that was lodged with the Tasman District Council in July last year. It came from a company called Mapua Coastal Village Ltd, and sought to revive a failed development proposal attempted seven years ago by an organisation called Aranui Road Trust.

In 2009, the trust organisation was given council consent for an 89 residential section subdivision, but went bankrupt and its assets were disposed of. The trust's consents for earthworks and water permits have since expired and the existing subdivision consent is now considered by the new applicant to be unusable.

Mapua Coastal Village is seeking a new consent for 92 residential sections and also wants a combination of new consents and an amendment to the existing land use consent that would give it a longer term to complete the subdivision.

It also asked the council not to notify other parties of the application, because the company had "endeavoured to address or respond to matters that have been raised in discussion with council officers". An exchange of correspondence and discussions have continued in the eight months since the application. The council says it has not made any decisions on it.

Mapua Coastal Village proposes to develop the same 10.2 site of land immediately north of Mapua Domain as the Aranui Road Trust. The land is currently owned by Bill Glazebrook of Hastings, who is also the principal (not sole) shareholder of the applicant company.

The site is best known as the area used every year for the main carpark for the Mapua Easter Fair and was made available free-of-charge to the organisers by the previous owner, Sarah Glazebrook.

If the Mapua Coastal Village proposal goes ahead, it would follow close on the heels of a similarly sized subdivision of the Freilich orchard

that includes an 80-lot subdivision, Village Rise, which is now well-advanced in land and roading preparation.

The sudden rapid growth in Mapua residential housing is expected to have a big impact on shops, traffic and services, particularly the school and medical centre.

Mrs Bibby expressed surprise that there had been no prior information for the community association about the new Aranui Road application or about the extensive discussions the applicant has had with the TDC since the application was lodged. She had heard informally that the central Mapua block of land had been sold but neither she nor the committee knew anything at all about the new proposal.

She and the committee are now considering the application from the association's point of view.

For both the old and new proposals for the 102 Aranui Road site, the main entrance would be a new street intersecting with Aranui Road. This new street would interrupt the main footpath along Aranui Road, which is a shared path for cyclists and pedestrians and one of the main routes to school for Mapua School pupils.

Both the old and new applications have emphasised that the site at 102 Aranui Road is the last main area of flat land in Mapua available for subdivision, that the site is strategically located close to village centre and services, and that it links to reserves, particularly the domain and esplanade reserves and the road network. It also has a residential zoning.

The applicant for the new consent, Mapua Coastal Village, says that its plan allows for "a highly integrated and high standard of urban design that will create an attractive neighbourhood and living environment for future residents and neighbours."

There are some differences between the new and the old applications to the Aranui Road subdivision. These include:

- 1) The new application has a new and different road layout, which Mapua Coastal Village says is better in terms of the amount of roading and also to optimise the number of lots with frontage to an esplanade reserve.

2) However, the new application does not include a roading connection through to Iwa HStreet, as the applicant company does not nnection.

3) On the advice of its consulting engineers, Mapua Coastal Village proposes that the height of residential sections will be raised to 4 metres above mean average sea level, compared with 3.5 metres in the old application.

The new proposal still includes one of the most controversial proposals of the old one, a proposal for a temporary water supply for 67 of the proposed houses that would use a combination of pumped bore water from a shallow aquifer underlying that part of Mapua, and individual rainwater collection tanks for each house.

The application specifies 25cu m rainwater tanks which are available commercially. They are big tanks, 3 metres high and 3.5 metres in diameter and on the small sections are likely to be a very visible feature of the subdivision.

The temporary water supply would also have some significant limitations. Residents using it would have to form a body corporate to administer it. In the event of the aquifer going below minimum levels, the

body corporate would be bound to introduce rationing plans in the event of the aquifer going below minimum levels. If saltwater intrusion occurred, the water extraction would have to stop completely.

The old application for the Aranui Road subdivision in 1987 attracted 73 submissions, of which 85 per cent were opposed for a range of reasons, 12 per cent were neutral and 3 per cent in favour. Most of those opposed criticised the proposed temporary water supply.

One submitter, the Friends of Mapua Wetland Inc, appealed against the council's consent order on the ground that the subdivision's water take would cause adverse effects and possibly irreversible loss of its trees planted in Mapua Wetland and Aranui Park. The issue was resolved at court-ordered mediation, with tighter conditions on the water take and specific measures in the event of issues arising.

The new applicant, Mapua Coastal Village, has proposed incorporating the same court-ordered conditions in its new water consent application as part of the latest subdivision application.

David Mitchell



Mapua Health Centre

A reminder that this year's flu vaccine is now available. The vaccine is free for those over 65 years and for anyone with respiratory problems requiring regular use of inhalers, heart disease, stroke, diabetes, kidney disease, cancer, certain neurological conditions and auto-immune disease. If you would like to receive immunisation please phone the practice nurse on 540-2211.

There will be a special Efudix clinic in May. Efudix cream is used to treat skin conditions such as growths of the skin (keratoses) and some simple skin cancers. The active ingredient, fluorouracil, belongs to a group of anti-cancer medicines. One of our nurses, Fleur, will be organising the clinic.

This month includes asthma awareness week and a recent review of integrative treatment approaches suggests that nutrition modification, mind-body medicine, physical activity, and certain dietary supplement interventions can be helpful (*Current Allergy and Asthma Reports* Oct 2014). For instance, children who eat fast-food three or more times a week had a much higher likelihood of severe asthma, as well as more hay fever and eczema; whereas eating extra fruit appeared to be protective (*Thorax* 2013).

Another study looked at vitamin D levels in adults and found that most asthmatics had deficient levels and this related to the severity of asthma which suggests the need for increased vitamin intake and more sunlight exposure (*Allergy Asthma Immunol Res.* 2013) A couple of concerning articles looking at the effect of our environment suggest that mold exposure from water-damaged buildings during infancy was associated with childhood asthma at age seven years

(*J Allergy Clin Immunol.* 2012); and that a common toxin in our environment, BPA - bisphenol-A, which is used in plastics (food can liners, some plastic bottles and food wrappers, etc) as being linked to the risk of developing asthma and perhaps helping to explain the dramatic increase in asthma over the last 30 years (*J Allergy Clin Immunol.* 2013).

Also this month are food allergy week and coeliac awareness week. Although coeliac disease has been associated with diarrhoea, weight loss and failure to thrive, there is now a lot of evidence that the majority can present with "non-classical" issues like bloating, osteoporosis and anemia. (*BMC Gastroenterol* 2014). Thankfully, we now have some screening blood tests which can help to sort out who is likely to have the condition, but, this is further complicated by the recognition of non-coeliac gluten sensitivity which may be more common and explain why quite a lot of people feel better when they remove gluten from their diet. (*Gastroenterology* March 2015).

As part of increasing patient access to their medical information we will be texting lab results as well as reminders for recalls and appointments. We hope to soon be able to offer a much greater access for patients to access their own results and make appointments online through a patient portal arrangement More on this next month. You can also request prescriptions by email at prescription@mapuahealth.com.

This month's health and school events include:

4	Salvation Army Red Shield Appeal	salvationarmy.org.nz
4-12	Sign Language week	www.deaf.org.nz
4-12	Road Safety Week	www.brake.org.nz
5	International Midwives Day	midwiferycouncil.org.nz
5	World Hand Washing Day	www.handhygiene.org.nz
5	World Asthma Day	www.ginasthma.org
8	World Red Cross Day	www.redcross.org.nz
11-18	Food Allergy Week	www.allergy.org.nz
12	ME Awareness Day	www.anzmes.org.nz
12	International Nurses Day	www.nursingcouncil.org.nz
15	International Day of Families	www.un.org
18-25	Hospice Awareness Week	www.hospice.org.nz
18-25	Coeliac Awareness Week	www.coeliac.co.nz
17-24	Youth Week	www.arataiohi.org.nz
22	World Vision - 40 hour famine	www.worldvision.org.nz
23-30	Youth Week - "we are the future"	www.arataiohi.org.nz
25-31	Counselling Awareness Week	homeandfamily.org.nz
27	Multiple Sclerosis Day	www.msNZ.org.nz
31	World Smoke-Free Day	www.who.int
31-6	Infant Gastric Awareness Week	cryingoverspiltmilk.co.nz

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Book Review

Broken Harbour by Tana French, reviewed by Adrienne Taylor. This book is available in the Mapua Community Library.

Tana French grew up in Ireland, Italy, the US and Malawi, and has lived in Dublin since 1990. *Broken Harbour* is her fourth detective story, all set in Ireland. This setting for the novel is Brianstown (disparagingly known as Broken Harbour), an almost deserted, half-built, decaying development on the coast of Ireland.

This domestic paradise gone wrong was victim to Ireland's recession, vivid evidence of the devastating boom and bust in real estate. Moral devastation exists here too where a father and two children are found dead in one of the few occupied houses in Brianstown. The mother/wife has also been stabbed but is clinging to life and potentially might recover and tell her story.

Dublin Murder Squad star Mick (Scorcher) Kennedy is called in along with his new rookie partner Richie. First off Scorcher and Richie think this is a simple case where the father (Pat Spain), was a casualty of the recession, so he killed his children, tried to kill his wife and then killed himself.

However, there are too many inexplicable details and the evidence is pointing in more than one direction. Kennedy also has contradictions in his own life

and says he doesn't like "dealing with unusual people" though clearly that has been his life's work. He has very particular beliefs that this kind of crime doesn't happen out of nowhere but is invited in and that the roots of evil are in the heart of the home, the family..."Murder is chaos. Our job is simple, when you get down to: we stand against that, for order". Kennedy and working-class Richie have something to prove and so the plot adheres to a really good police procedural/mystery story—who? why? when?

For the first half of the book, Richie is a stand-in for the reader as Scorcher shows Richie how to solve a case, but then the story moves away from crime solving into the breakdown of relationships, personality, the exposure of flaws and weaknesses of all the main characters.

Tana French writes smoothly and with sharp observance; beautiful descriptions abound but enhance the story, (not always the case with crime novels). But, at the heart of this book is a kind of domestic horror story about boundaries and transgressions. The ending is satisfying but unsettling, a mystery beyond the mystery about why do terrible things happen? I have read one other of Tana French's books, *The Likeness*, and enjoyed it just as much. Once I picked up these books I couldn't put them down and the vacuum cleaner sat quietly in the corner of the room for some days.

Mapua Community Library

(Moutere Hills RSA Memorial Library)

AGM

Our AGM will be held in the library on Tuesday 12 May at 7.30pm. All are invited and are very welcome. There will be a light supper after the meeting. Nominations for chairman, vice-chairman, secretary and/or treasurer should be forwarded to: Secretary, Mapua Community Library, PO Box 49, Mapua 7048, or left in the library.

Literary Festival

Our third Literary Festival proved to be a wonderful success – both as an event and financially. The final total is yet to be confirmed but we are expecting the profit to exceed \$7200. I encourage you to read the Talking Mapua item which has some fantastic photos and is a great article about the key people involved at:

<https://talkingmapua.wordpress.com/2015/04/14/mapua-literary-festival/>

Our co-ordinators, Sue England, Catherine Butchard, Jane Smith and Anne Thompson brought together passion, community spirit, commitment to our library, organisation skills and the willingness to go the extra mile. They were ably assisted by a number of others in myriad ways – big and small. Special thanks go to those who aren't even library volunteers yet offered their time, skills and energy. Also a big vote of thanks to all who supported the event by purchasing tickets and attending the events. You all came together to once again put Mapua on the map!

Sue has advised that as this is her third Lit Fest, the time has come for her to step aside from this re-

sponsibility, along with her other library responsibilities. Thanks for all you have done for us Sue. Maybe we will see you back again one day!

Poppy Display

Poppy Display and Learn-to-Knit Workshop. I do hope that you took the chance to view this display. A big thanks to everyone who contributed poppies and to the Creative Fibre Group folk who assembled the wonderful hangings.

With the success of this display and the poppy workshops in the library, the Creative Fibre Group has offered to host further workshops in the library with the focus being 'learn to knit.' They will be for over eight-year-olds and will be held in the mid-winter school holidays. Further details to be advised.

Photo Display

Our next display will be hung on 8 May and features photographs by young local photographer Alfie Linn. Don't miss it!

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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Suggestions Deadline for Aranui Park Near

Thank you to those residents and park users who have contributed ideas about future development of Aranui Park in the coming decade, after a request from the Tasman District Council to come up with ideas.

Any further ideas on future plans for Aranui Park need to be submitted by 9 May to one of the three organisations involved in co-ordinating a Mapua-Ruby Bay community response to the council request. These are:

The Mapua and District Community Association (contact, Helen Bibby, phone 540-3830).

The Coastal Garden Group (contact, Barbara Hosie, phone 540-3205) and

The Friends of Mapua Wetland (contact, Judy Mitchell, phone 540-2873).

It is hoped the three groups will meet later in May to co-ordinate a community response for the council. Plans for Aranui Park have to take into account the wishes of the donor family, the Wells family, that the park should feature New Zealand native flora, and that the family did not wish it to be a venue for organised field sports games.

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Rare maire trees to be a park feature

A start has been made on a small “forest” of rare narrow-leaved maire trees that could become a significant feature and possible visitor attraction in Mapua’s Aranui Park.

The stand of trees, to be developed close to the Tāne’s Ark notice board in the park, is one of a number of improvements being made in the rapidly-changing park by Mapua School children involved in the Tāne’s Ark planting project.

So far, the team has planted 10 white maire and 10 black maire trees, but more narrow-leaved maire are expected to be added in about two years. About 15 narrow-leaved maire trees are planned to be in the maire “forest,” complemented by some black maire and white maire.

The maire-planting initiative has occurred as the pupils have literally seen the fruits of their labour from their work with narrow-leaved maire trees. In the first week of April, about 20 Mapua School Tāne’s Team members harvested thousands of narrow-leaved maire seeds from a tree near the notice board. Their successful harvest was watched by a group of guests from the Tasman Environment Trust, the Waimea Inlet Forum, and the Mapua and District Community Association as well as parents.

The bountiful harvest of maire seeds came from a tree that was one of four bushy and mature narrow-leaved maire planted in 2010. Members of the team involved in the purchase then were: Emma Mackay-Smith, Jessica Cox, Cacilda Rodrigues, Owen Jemmett and James Crosbie. The trees had been found for sale at Nikau Nursery in Stoke by a group of pupils in that year’s Tāne’s Team. The trees were bought by the pupils with money they had raised themselves through an Air New Zealand grant.

Our understanding is that the seeds harvested by the Mapua pupils comprise the first major crop of narrow-leaved maire seed to have been collected in Nelson since 1982, when alarms were first sounded at the tree’s possible demise in wider Nelson.

Titoki Nursery owner Tim Le Gros was grateful for the bucketful of seeds given to him by the Mapua School pupils and said it should be enough to produce hundreds of new plants in coming years. The narrow-leaved maire are smaller trees than most New Zealand natives, reaching a maximum height of 10 metres.

The tree does not like to be crowded and if planted with space will bush out with dense foliage of deep green and long narrow leaves. It flowers from spring through into summer but the “blooms” are minute, bright green and have hairs but no petals. However, the attractive fruits forming from January through till April, change their colour from green to red, then to purple and, finally, black.

Tim expects growing demand for the rare maire trees once people see how attractive they are. One Nelson nursery owner has already placed an order with him for 100 trees to be grown from the new seed. However, the prospective buyer will need to be patient, as the seeds are slow to germinate and difficult to propagate. Tim does not expect the first seed-



The big crop of seed on the Tāne’s Ark maire tree

lings from the new seed for two or three more years.

Another improvement in Aranui Park is the placing of a new and attractive park bench made by Mapua craftsman Andreas Niemann. The seat is also near the Tāne’s Ark sign and looks out on the whole park. It has been kindly donated by long-standing Aranui Road resident and frequent park visitor Liz Lock.

Further improvements are planned for June, when a group of more than 100 Mapua School pupils is expected to continue the improvements in the central area of the park by planting two large drainage swales with a combination of native reeds and grasses. Their Arbour Day planting blitz on Thursday 4 June will be assisted by a team of workers from TDC and the park management contractors Nelmac. It is also hoped that it will be a family occasion and that some school parents will also come.

Tāne’s Team and the Friends of Mapua Wetland then have a busy Aranui Park winter planting programme lined up, with planting by either school pupils or adults every Sunday and on most Tuesday afternoons. Parents, friends and interested residents are welcome to join us. If you want information about planting, phone David or Judy at 540-2873 or e-mail wetland@mapua.gen.nz

The Tane’s Ark project has received a Tasman District Council grant from rates of \$1000 for its project. The school children have also raised considerable funds themselves. In the past year, they raised \$620 from the sale of pohutukawa trees and renga-renga lillies in pots.

David Mitchell

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Coastal Garden Group

Al Check from Department of Conservation, Motueka, was the speaker at the April meeting of the Coastal Garden Club.

Al was transferred to DOC, Motueka, from Stewart Island and is assisting with the protection, enhancement of ecosystems and threatened species in and around the Waimea Inlet, is the largest in the South Island.

DOC, along with the Tasman District Council and The Waimea Inlet Forum have a significant part to play in addressing the sustainable future of the estuary. DOC's role is to help identify, planning and prioritising with the council, businesses, iwi and the eco systems and also to create an inventory of the values (birds) threats (predators, rats, ferrets, stoats) and to provide advice, tools and the right approach. The department provides funding through the Minister of Conservation and community partnerships.

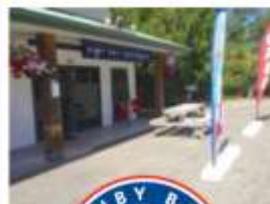
The key issues are protecting our bird species, in particular the banded rail. The target predators are hedgehogs, which eat the birds eggs. Rats will eat various species of birds and have a territory of 50 to 70 square metres. Stoats are destructive predators and can also breed with their own pups. They have a territory of around 1km. The banded rail is found mainly in the north-western end of the estuary. They feed on a little snail which is found around the wetlands and they also need rushlands to breed.

About 120 traps have been set around edge of Hody Peninsula and 11 volunteers check the traps regularly.

Al said that not only do we have to limit development and reclamation around the estuary, but with all the schemes for bio-diversity, eco systems, planting, rehabilitation and habitat it was important that the Waimea Inlet's estuarine bird species thrived and through native planting around the wetlands/rushlands it should build up sequences of vegetation for the future.

Judy Sissam

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Community

This year marks the 100th anniversary of the Anzac cause. We remember those soldiering Kiwis who gave their lives, beginning in World War 1 with Gallipoli. A large number of soldiers who left our shores never returned, having made the ultimate sacrifice on foreign shores.

It is right to remember them. It is right to reflect on the cost of our freedom and not to take it for granted. An increasing number of Kiwis will get out of bed early and make their way to a local memorial in order to attend a service of remembrance as the sun comes up.

There is something about being together with others on such an occasion that heightens the sense of its importance. Community, to the degree that it occurs in human society, is unique in creation. You won't see groups of any other creature coming together in remembrance of something that happened in the distant past!

To be human is to be part of a community that transcends time. Of course there are many other traits that are also unique to human beings, but this desire—this need to be together, is telling.

What makes us come together for birthdays, for family holidays, for sports events and days of national importance, or when disaster strikes?

Whether we want to admit it or not, God has created us for community. Whenever something of significance happens, we come together. There is nothing "practical" to be gained from such gatherings—it is simply something we know we need to do.

When God made us he built into our humanity a deep-seated need to be with others. This need goes far beyond the physical—the need for cooperation in order to survive. We are important as individuals, but this deep need for community gives our individual identity significance. In community we are valued. Even those who are dead and gone are valued.

John Donne, an English poet from the 17th century, reflected this profound truth when he penned the lines, "No man is an island, entire of itself...any man's death diminishes me, because I am involved in mankind." We are all connected.

In our increasingly impersonal world we need to remember this. We were designed for community—both with each other, and with God himself.

Geoff Paynter

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

Tea Cosy Competition

The cooler days are here and that means it is time to start thinking about getting an entry ready for the Motueka Arts Council annual craft competition.

This year we are focusing on tea cosies. The classes cater for all mediums of craft from creative wool, inspired fabric to the most outrageous where anything goes as long as it can be displayed on a teapot. There is also a class for a person aged under 16 years.

With increasing interest in our competition a selection of the tea cosies will be displayed in shop windows in Motueka then on the final day they will all be on display in an exhibition with a prize-giving held later in the afternoon. This will be held in the St Thomas's Auditorium on Friday, 7 August.

All information about the competition, prizes and our wonderful sponsors are on the entry form which is available now.

Entry forms can be picked up from Potters Patch in Motueka, Cushla's Village Fabrics in Mapua, Cruellas Wool Shop in Nelson or by emailing motuekaartscouncil@gmail.com

Motueka Arts Council



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Police Report

Greetings all. Cooler weather has arrived and frosty, wet roads will soon be with us. We have noticed that speeds on the open road have dropped over the last few years which has resulted in a reduction in accidents. This has led to the ACC levies dropping on car registrations. So in the long run a nationwide social change in driving habits and improved road safety has saved us all money. Well done everyone.

Luckily there are no major crime trends in the Mapua area at present. This doesn't mean that you can start leaving your car unlocked up the driveway though. My work at the police station has been re-structured a bit and I don't get as much time to come out Mapua way as I used to, but I still visit every seven to ten days or so.

Thanks to the neighbourhood watch co-ordinators out there. You haven't been forgotten.

*Grant Heney, Community Constable, Motueka.
Ph 03 970-5271 (Direct)*

Mapua occurrences:

- Mar 15: Te Mamaku Drive male driving while forbidden. Car impounded. Eighty-three-year-old Mapua man forbidden to drive
- Mar 31: Unlawful hunting reported in Tasman View Road. Enquiries continuing.
- Apr 5: White Apple I-phone 5 stolen from a party in Aranui Road.
- Apr 13: Mapua man arrested for breaching a police safety order.

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Moving to Mapua, an early account

This is the first of a series of excerpts from the book, Turning Back the Clock, by Iola McPherson. Iola moved from Nelson to Mapua in August, 1932, at the age of nine and this is part of her story.

Not long after the Murchison Earthquake in 1929, came the Great Depression. There was no work in Nelson and no money coming into the house to live on. People had to sell and get out, and many started drifting away to find employment of some sort in the country. My father, who was a boat builder and a keen fisherman as well as a carpenter, decided to move also.

On the 22nd of August, 1932, during the school term holidays, we moved to Mapua, 30 kilometres out of Nelson. I was aged nine. My father had long known that fish were plentiful in this area. The name 'Mapua' in Maori means 'plentiful' or 'bearing and abundance of fruit', referring to the berries that attracted the native birds and were, along with fish and shellfish, the main diet of Maori in the area.

The roads in Mapua were in a very rough state when we arrived. They were really narrow tracks and scrub and broom brushed the cars on both sides. Luckily there were very few cars as well as some early model motorbikes and pushbikes. Most people walked. The roads were covered with rough gravel and were very dusty in the summertime. The cars then often had canvas hoods and open sides with no windows. We had brought with us a 1925 Studebaker painted violet which we kept for a few years in Mapua until it finally gave up on the rough country roads. We had had the Studebaker for years in Nelson and went for many trips and picnics in her but a trip up Spooner's Range finally proved too much for her. Dad jacked her up on boards and let her rest in the bushes for a while and she was later sold to Roy Sharland who had a garage in Nelson and did up old cars. Meanwhile a Dodge truck, still with no windows, took her place.

At the beginning of November Dad rowed us over to Rabbit Island in the dinghy to see the seagulls nesting among the dunes. The whole area was covered with seagulls. Their newly hatched chicks were running everywhere, while their parents took turns dive-bombing us. Lamb tails, which the adult birds had brought from the freezing works for food, were scattered around on the sand but their chicks didn't seem to be interested in them.

There had been a Maori pa on Rabbit Island, or to give it its Maori name, 'Moturoa' meaning Long Island. (Rabbit Island, which borders the Mapua Inlet, is around 10 kilometres long.) The pa had, of course, disappeared way before my time, but when we first came to Mapua, before the big sand dunes that covered the island were bulldozed and the pines were planted, evidence of the pa was often discovered among the dunes.

One day while my father was on the island he spotted burnt stakes surrounding what appeared to have been a pa. There had been a strong wind blowing that day and this had shifted the sand, exposing the remains of what had been a fortification. My father put in a stake to mark the spot, but when he returned the next day the wind had blown in the opposite direction and everything had been buried in sand again.

The Rabbit Island pine plantation was planted during the Depression. A camp was erected for the workers who stayed there all week. They would call for a boat to fetch them across the channel to go home for weekends. Years before there had been a plantation of gum trees on the Waimea end of the island. There was also a small sawmill operated by a diesel engine. It was situated by the caretaker's home.

(A limited number of copies of Iola McPherson's book, Turning Back the Clock, are still available. Please ring Jeanette on 540-2769.)

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Out and About with Hugh

Anzac Day 2015: Yes, “We will remember them,” one-hundred years on; sons, brothers, family men and women filled with patriotism. A tragic sacrifice of young and old. New Zealand, marching and assembling on 25 April with pride and mourning. And yet, the wars and the killing continue unabated amid a never-ending flood of words and rhetoric. Enough said.

Local and not so local: I spent some last month “out of the house frolicking.” Remember frolicking? Spending time with friends, and driving around. That’s me.

Part of my frolicking was not so local. It was an OE to the North Island. We visited a part of the Wairarapa, an hour’s drive from Carterton, through Gladstone and Te Wharau. Over the hills to an area of the coast named Flat Point. A winding metalled, dusty road to get there.

Some of New Zealand’s oldest inhabited sites are at Flat Point. Local tradition is that this is where Kupe the Polynesian explorer and his companion Ngake discovered New Zealand and that Kupe once lived there. Cape Palliser, the southernmost point of the North Island, is referred to as “Matitaki a Kupe.” He and Ngake gifted the name “Wairarapa,” known by Maori as the “Land of the Glistening Waters.” Archaeological research has shown that parts of Wairarapa have been occupied for at least 800 years. Close observation at Flat Point reveals ancient garden stone rows (the 1140 AD boundary markers for old garden sites); the ancient karaka trees with their engravings; the pits, terraces and pa. A truly fascinating mixture of legend and fact is found at this place.

The first Europeans to this area arrived with Captain Cook in 1770. Cook named it Flat Point because that is indeed what it looks like when viewed from the sea, a ‘Flat Point’.

The Europeans who first lived in the district were whalers, sealers and flax cutters. As often happens, some stayed and founded families with their Maori wives.

This area with its sparse bush, easily cleared and broken in, was perceived by some of the English and Scottish settlers as ideal for farming sheep. Consequently, in 1844 flocks of Australian-born Merino sheep were landed at Port Nicholson (Wellington Harbour) and driven over the long and extremely difficult coastal route to Wharekaka near presentday Martinborough. The first New Zealand sheep station was created there and by 1851 extensive farming was becoming well established with over 20,000 sheep in the district. At the same time, the New Zealand Government started buying Maori land which was then on-sold to the Europeans (the Pakeha’s).

Back to Flat Point; a huge area of land stretching back from the sea. Today, the Flat Point and Glen-

burn sheep and cattle stations almost completely dominate the area. Flat Point Station is 9000 acres (3642ha) and Glenburn is 14,000 acres (5665ha.). The two share a common border running inland from the coast and they are bounded by about 9km of coastline that is characterised by its long flat sandy beaches and occasional rocky outcrops.

The two stations on this remote area, are steeped in early New Zealand history. Quoting from *Tora, Te Awaiti History*: “Like no other place on earth, the coastal area of Tora/Te Awaiti offers locals and visitors alike a sense of place and perspective on the world that settles the mind and rejuvenates the soul.”

Times change and aside from agriculture, both stations now offer large residential sections of their coastal frontage land for sale. The location is stunning. There are several of types of accommodation available including a lodge. If you’re frolicking about, it’s worth having a look if you’re near there.

Sprig & Fern: I’m writing this on 22 April. I had a peek inside at the smart new bar, kitchen, log burner and the radiators around the walls. Outside, the wheelchair access is re-designed and user-friendly. The place is refurbished and refinished inside and out. The manager of Sprig & Fern asked me to “Please tell your readers that we are now open for business. We are hoping to meet them and introduce them to the warm and welcoming atmosphere of the Sprig & Fern. To partake of our quality food and varied selection of craft beers and spirits.” There you are Peter Frye, I’ve done my bit; the rest is up to you!

Mapua Waterfront Park: Following on from Peter O’Halloran’s presentation to the Community Association regards his suggestions and ideas for the Waterfront Park, several members of the association met with Beryl Wilkes and Richard Hilton of the TDC and spent some time at the Park domain. An association sub-committee has been formed and will meet soon to decide how best to implement ideas and suggestions to progress this new project. This will be a very worthwhile community endeavour. Please give it your full support.

Information Overload: Feel distracted at times for no apparent reason? Confused in the middle of something you’re doing? Can’t remember stuff? (hopefully not too often). You may be experiencing the mental jolt of “Information Overload.” Also known as infobesity or infoxication. How’s that for a couple of cool words? Thanks to Margarita Tartakovsky, M.S. at PsychCentral in Auckland, here is her explanation for Information Overload: “One bit of information leads to five facts, which lead to three articles, which lead to an interesting interview you must listen to right now, which leads to 10 pages in your browser.”

I’d best leave it there.

Hugh Gordon

The Probus Club of Mapua and District

The caretaker of the Motueka Museum, Pauline Westall, was the guest speaker at the Probus Club of Mapua and District's April meeting. She has been the caretaker for 12 years. The building the museum is now in was built in 1913 as a high school. It was vacated by the school in 1987 and set up as a museum by the then Motueka Borough Council.

There were fund-raising projects to get the museum established. Over half of the original artefacts were gifted, many with no record of the donors. A local person, Laurey Canton, provided many early items that were kept in sealed boxes for several years.

Today when items are gifted to the museum, the owner is required to sign an acceptance form; otherwise the museum cannot accept them. The museum artefacts can be taken out on loan only for a specific exhibition. It is important that the items accepted have some local historical value; items from outside the Motueka district will not be accepted. Items are photographed before acceptance to show any damage or defects.

Pauline brought two sealed boxes of items of interest. The first box, very carefully wrapped for protection, contained a rope about two metres long that was used on the very early migratory sailing ships. There was also a hand-operated tool, made in America in 1911, that made the rope from the hemp.

From the other box Pauline showed several beautiful china items, including a 1920 Victorian cup. Also well protected was a smooth, grey round stone about twice the size of a tennis ball, that was shaped from rock off the Takaka Hill. Another unusual item was a cylindrical glass container that was half-filled with water. It was the size of an average jug. Much to every one's surprise Pauline said it was used to be thrown on to the fire as a fire extinguisher. It made by a company called Hargen.

One of the museum's prize exhibits is a 1929 Cadillac car imported from America. The museum allows the car to be hired out for special occasions, such as weddings. Apart from the Cadillac the museum items are not insured.

The American invasion of the South Hams, Devon, was the subject of the mini-speaker club member, Barbara Halse.

On 12 and 13 November 1943 the residents of the villages of Blackawton, East Allington, Sherford, Slapton, Street and most of Stokenham were called to meetings at their churches or village halls. They were given until 20 December to evacuate themselves, stock, machinery and in-ground crops. This involved 3000 people and 180 farms, an area of about 30,000 acres, roughly from Appleby to Tasman and to Upper and Lower Moutere then to Rabbit Island.

The Americans were to use the beach at Slapton Sands to practice landings and shelling during the spring of 1944. It was named "Exercise Tiger." Their ships were ambushed by a German E-boat flotilla and set on fire, killing 749 sailors and soldiers.

Authorities hushed this up. Dr Harry Bennett, a WWII expert said: "Without Exercise Tiger the liberation of Normandy, France and Europe might have been a more protracted and bloody process." Many survivors said it wasn't the memories of Utah or Omaha beaches that haunted them decades later—it was the carnage of the invasion of a practice gone wrong that lived in their nightmares.

It was 18 months later before people were allowed to return to their homes and farms and sandbagged churches, once the area had been swept of bombs.

Years later on their East Allington farm Barbara's father heard a rattle in his ploughshares—it was a bomb, five miles inland from where the invasion had occurred.

Barbara's husband Mike and friends found a shell at Slapton Sands when biking along the road in the mid-1950s. They contacted the police and a bomb disposal squad from Plymouth removed it.

At the car park at Torcross (the village nearest the sea on the Slapton Sands) an American tank has been recovered, restored and is on permanent display. The Americans erected a memorial to all those who left their homes and farms.

At the end of her talk the meeting stood for a short prayer, *We Will Remember Them*, read by Norm Thawley.

David Higgs

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Tiger Lily – Project Manager

Tiger Lily is the village cat who visits several businesses as part of her daily tour of Mapua shops. Apparently she sits across at Zoom hairdressers on the deck getting the first of the morning sun until she sees Perry Auto forecourt open whereupon she crosses the road to have breakfast, which I understand is milk and a treat. After breakfast the tradies working on the new Sprig & Fern see her slow walk across the road to Zoom again and sun herself on the deck.

Tiger Lily must have a body clock as about smoko time she appears, sidles around all the tradies with a quiet purr, seeing what she can get. On a recent morning we were amazed as Tiger Lily, with the noise of diggers, trucks and compactors operating, slowly walked across the road from Perry's, under the back of a truck being loaded, and quietly up the back walkway to us having smoko on the deck. She doesn't like the ham out of my sandwiches and prefers smoked fish from Ash's sandwiches. She walks around all of us with a quite purr with her tail half up, almost talking to us in her own way.

Her favourite is Gordon—he seems to get loud purring and the straight tail. Soon as the food is gone she wanders off to find a warm place to sleep. Her favourite spot is on Andy's polar fleece jacket in the front bay window overlooking Perry's Auto. We note

she will stand up now and again to look out the window to see what's going on in her village.

Tiger Lily always appears when major events happen during the renovation. Sleeping in the bay window she was there watching as the new 6m long bar top was craned up to the deck. With six men with gloves on so as not to mark the new top, it was manhandled inside. Despite all the hassle and noise she did not move until after all the adjustments were done and the bar was in the correct place. Tiger Lilly jumped down and slowly walked along the line of the new bar, sniffing as she went, then walked outside. All good project managers have to know what's going on but also not to waste time. I'm sure she consults JP over matters.

We have learnt a few secrets about Tiger Lily. It's not the treats at smoko that brings her to the Sprig & Fern, it's something in the grass bank behind the building that she likes, but none of us have found out what it is.

While I was working on the new gas bottle area Tiger Lily would appear about the same time and just watch. As I was working on my own I would have a conversation with her. So Tiger Lily, if someone reads this to you I enjoyed our little talks and hearing your gossip.

Many people have stories to tell about Tiger Lily, but from all the tradies working on the renovation, we know if she could talk she could tell us all about what's going on in Mapua.

Peter and Sue, you have a new café and bar with the bonus of Tiger Lilly coming to see you every day.

Fred Cassin

Photo by Ashley Potts



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Hills Community Church



One of the things that Hills Community Church seeks to be in Mapua is a church of and for the wider community. This lies close to the heart of being a multi-denominational church: we are committed to welcoming people from all denominational backgrounds as we come together as followers of Christ.

We are also committed to serving the wider needs of our community. There are two areas where we have been working at developing this community-focused aspect of what it means to live out the love of Christ in our community.

Community Elder Care worker.

We have recently employed Heather Hoad in a part-time position as a coordinator for our Elder Care programme. This is a development of our monthly 'Senior Moments' gatherings as we seek to provide more community based advocacy and support for the elderly within the Mapua community. Watch this space for more details throughout the year.

'Senior Moments'

'Senior Moments' is a community initiative provided by Hills Community Church which aims to bring some of our older folk in our wider Mapua community together to socialise, relax together, connect and form relationships. The next gathering is on 29 April at 10am. Please call Heather Hoad on 543-2018 for more information

Community youth Club.

Mapua Youth Club to open Friday 1 May. All Mapua secondary school students and Year 8s are invited to come along to the opening night of the brand new Mapua Youth Club

It will be based at the Mapua Hall

It will take place on Fridays 6.30pm-8.30pm starting on 1 May

Hang out and enjoy options such as table tennis/indoor tennis/pool/X Box/cooking/craft/softball under the floodlights and much, much more. Don't miss out! A gold coin donation is all you need to bring.

The HCC Mapua Hall Youth Project is a community-based youth project for Mapua and district, for the benefit of secondary-aged students in our community and is funded and coordinated by Hills Community Church in partnership with the wider local community. Thanks goes to the Mapua Hall Committee for encouragement and support and also to the Nelson Anglican Diocese for help with funding for equipment.

For more details call Andy Price on 540-3316 or email him at swimschool@mapuachalets.co.nz or Marv Edwards on 027 312 6435.

Blessings, Rev John Sherlock

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: 9am, Traditional service. 10:30am Contemporary service & Children's programme including crèche; Holy Communion celebrated at both services on the 2nd and 4th Sundays with morning tea in-between.

May 31: Combined service at 10:30am and 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 Road) on Friday mornings between 10am & noon.

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

So I got home and the phone was ringing. I picked it up and said, "Who's speaking please?" And a voice said, "You are." *Tommy Cooper*

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Please bring each week: Your own ukulele and recorder, colouring in pencils/pens, a new blank paged exercise book, a glue stick, a ruler, a water bottle and socks if it's cold as it's a wooden floor. A glockenspiel or small chime-bar and own keyboards would be extremely useful and fun too and welcomed. Additionally you can bring Garage Band or other music IT games to share with us if you wish!

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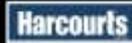
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Saturday 9th May

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Legends of Oz Dorothy's Return



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Legends of Oz: Dorothy's Return is a 2013 American-Indian computer Animated musical fantasy film that is loosely based on Dorothy of Oz.

What's On at the Hall In May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
		www.facebook.com/mapuacommunityhall www.mapuahall.org		1 9am Yoga 9:15am Aerobics 10:10am Pilates 1pm Probus 6.30pm HCC Mapua Youth Group	2 12pm Painting Class	3
4	5 9am PANZ 1pm Beginners Tai Chi 2.30 Sit & Be Fit 3.45 Mapua Junior Music Club 6pm Cardio/Pump 6pm Yoga 7pm Pilates	6 9am Yoga 9:15am Aerobics 10:10am Pilates 12.30pm Tai Chi	7 9am Mapua Art Group 3.30pm Karate 6pm Zumba 7.30 Mapua & Districts comm. Assc. meeting	8 9:15am Aerobics 10:10am Pilates 6.30pm HCC Mapua Youth Group	9 5-7pm KIDS MOVIE NIGHT!	10
11	12 9am PANZ 10am Mapua Creative Fibre 1pm Beginners Tai Chi 2.30 Sit & Be Fit 3.45 Mapua Junior Music Club 6pm Cardio/Pump 6pm Yoga 7pm Pilates	13 9am Yoga 9:15am Aerobics 10:10am Pilates 12.30pm Tai Chi	14 9am Mapua Art Group 3.30pm Karate 6pm Zumba	15 9am Yoga 9:15am Aerobics 10:10am Pilates 6.30pm HCC Mapua Youth Group	16 Hit Int with Lynda followed by Pilates	17 9am-5pm PANZ Workshop
18	19 9am PANZ 1pm Beginners Tai Chi 2.30 Sit & Be Fit 3.45 Mapua Junior Music Club 4.30pm Comm. Trust Meeting 6pm Cardio/Pump 6pm Yoga 7pm Pilates	20 9am Yoga 9:15am Aerobics 10:10am Pilates 12.30pm Tai Chi 7pm MDBA AGM	21 9am Mapua Art Group 2pm Friendship Club 3.30pm Karate 6pm Zumba	22 9am Yoga 9:15am Aerobics 10:10am Pilates	23	24
25	26 9am PANZ 1pm Beginners Tai Chi 2.30 Sit & Be Fit 3.45 Mapua Junior Music Club 6pm Cardio/Pump 6pm Yoga 7pm Pilates	27 9am Yoga 9:05am Aerobics 10am Pilates 12.30pm Tai Chi	28 9am Mapua Art Group 3.30pm Karate 6pm Zumba	29 9am Yoga 9:15am Aerobics 10:10am Pilates 2pm Friendship Club 6.30pm HCC Mapua Youth Group	30	31



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- 5 **Michael Potter - Ceramics**
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- 6 **Chocolate Dog Studio - Painter / Photographer**
9 Te Aroha Place, (off Jessie St), Mapua
- 7 **Lynn Price - Fused Glass**
166B Seaton Valley Road, Mapua
- 8 **Graeme Stradling, KOREPO Gallery - Printmaker**
169 Stafford Drive, Ruby Bay
- 9 **Maureen Ryan - Painter**
51 Brabant Drive, Ruby Bay
- 10 **Peter Copp - Painter**
77 Pine Hill Road, Ruby Bay
- 11 **Jane For Art - Painter**
27 Goddard Road, Tasman Village
- 12 **JointWorks Studio - Furniture + Weaving**
413 Aporo Road, Tasman Village
- 13 **Darryl Frost, Playing With Fire - Potter / Sculptor**
147 Kina Beach Road, Tasman
- 14 **Sue Newitt - Ceramics**
173 Weka Road, Tasman

Queen's Birthday Weekend Artists' Open Studios www.rubycoastarts.co.nz

Saturday 30th, Sunday 31st May
and Monday 1st June,
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and participating artists. All welcome.



Scouting Thriving in Mapua

Scouting in Mapua is alive and well, in fact over the last nine years it has seen a resurgence. Tamaha Sea Scout Group consists of a Kea Group, Cub Pack, two Sea Scout Troops and a newly formed Venturer Group. Keas is for kids of school years 1-3 (5-8 years old), Cubs from school years 4-6 (8-10 years old), Scouts from school years 7-10 (10-15 years old) and Venturers from school years 11-14 (15-18 years-old).

Scouting is not just about knots, woggles and big shorts, and it's not just for boys either! There are 16,000 young people in Scouting in New Zealand, spread across five sections: Keas, Cubs, Scouts, Venturers and Rovers. Each section has its own balanced programme of activities, badges and awards. New Zealand Scouts are just some of the 30 million young people in 216 countries and territories who join in the fun of Scouting every week. Members have adventurous experiences that last a lifetime.



Tamaha (Ta=Tasman, Ma=Mapua & Ha=Mahana) is one of eight scout troops in the region (but only one of two Sea Scout Troops) and has kids coming from as far away as Ngatimoti to attend. There are at present 11 Keas, 20 Cubs, 33 Scouts and 6 Ventures who are guided by 13 parent volunteers and a committee of five.

Tamaha operates a Scout building called a den (or ship for the Scouts) at the Domain and a boat storage facility on the wharf next to the Jellyfish Restaurant. A huge effort has gone into increasing the size of the boat fleet as numbers grew and the group now oper-

ates two cutters, five Optimists and a number of kayaks on the water during the summer months.

The mission of Scouting is to contribute to the education of young people, through a value system based on the Scout Promise, to help build a better world where people are self-fulfilled as individuals and play a constructive role in society.

During the year the kids attend numerous group and regionally organised camps, help with plantings and beach clean-ups, in-den activities and of course, being Sea Scouts they are on the water most of summer.

The present focus at the time of writing is marching in the Anzac Day Centennial Dawn Service in Nelson and then, the Mapua Anzac Day Parade and Service. The Tamaha contingent will be out in force this year to commemorate the centenary of the ANZAC landings on the Gallipoli Peninsula in Turkey.

If you would like more information about your children attending Tamaha, or becoming a leader please contact Group Leader David Scott at scotty@ski.co.nz

Further Resources:

Tamaha Scouts <https://sites.google.com/site/tamahamapua/home> Scouting New Zealand <http://www.scouts.org.nz/>



Pohutukawa Popular

Pohutukawa in pots have proved a highly successful fund-raiser for Mapua School children involved in the Tane's Ark planting project in Aranui Park. The photo shows members of the school Tāne's Ark team carrying out some of the trees for sale at the recent Easter Fair. Although the fair sales proved a little slow, the pupils have raised a total of \$620 in the past year to buy trees for Aranui Park.

Pohutukawa in pots like those in the picture are still available and now is the best time to be planting. Any inquiries please to Judy Mitchell at phone 540-2873. The boys are, from left, Jacob Evans, Broady Peacy, and Max Francis.



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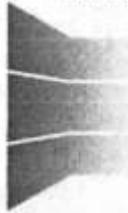
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Fire Brigade



March 15-April 15 call-outs

Mar 13: Permitted burn Pomona Road. Assisted owner to put out.

Mar 24: To tree on fire on Aporo Road. Was on Moana Road, Mapua. Turned back.

Apr 12: Unattended beach fire at Pine Hill Reserve. Brigade put it out.

Apr 17: Shed fire Davey Road. Permitted burn, turned back by Upper Moutere brigade.

Safety Tip: Rechargeable batteries, If you drop or damage a rechargeable battery they can explode when being recharged. If batteries are damaged please dispose of them. Check charging units are not getting too hot.

Visit as at <http://www.fire.org.nz>

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Dominion Flats Planting

The Dominion Flats Restoration Project is planning two planting days during May and we would love to see a huge turnout like those we have had before.

We are pleasantly surprised with the survival rate through the long dry period we have had and although there are some losses there are a number that are shooting up from the bottom.

There is always work to do to free the plants from weeds and grasses immediately around them, but the long grass that we left has acted as a good screen and helped to protect the plants from the sun and wind.

The new boardwalks still have a little work to finish them off but by the time the frosts come there will be netting on the surface of them all and you will be able to traverse the area with dry feet.

We have several thousand plants to get in the ground again this year so look forward to seeing lots of willing hands at 9am on 16 May and again on the 23rd. Even if you can make only one of these days it all helps and is a bonus for us and fewer plants left for a small band to finish planting. This group try to go and work every Tuesday from 9am to noon and are always keen to see some extra help.

Helen Bibby

Pastel Artists of NZ

My attendance at the regular Tuesday sessions has been sadly remiss and I am full of excuses! But by the middle of April my excuses were exhausted and so I returned on a bright but cold morning to join my fellow painters. And it was great to be back. Admittedly not a lot of painting was done as I caught up with all my friends and joined in the group discussion about our convention next year. But it made me realise just what there is to be missed when you belong to a group, any group, of like-minded people.

On this morning there were three visitors eager to learn more about PANZ and our Nelson group in particular. By now I was in full throttle and happily chatted about my own pastel journey and the pleasure of working with this forgiving and vibrant medium. The measure of success will be three new members!

The annual national PANZ convention in Wellington was considered and inspired our resolve to offer a varied and innovative programme when we are the host group next year. This will be a great opportunity, not just for our small band of painters but for the whole of Mapua. If you would like to learn more about this event and think you might like to be involved please call Glenys or me and we would be happy to talk with you.

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 between 9am and 12 noon when you see the PANZ board outside. Or contact Glenys Forbes on 540-3388.

Sue England (540-2934)

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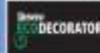
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Fending off Winter Chills – a Chinese medicine view

When we have a warm body our day-to-day energy and our deeper energy resources are strong and vital. We have the oomph to get up, make decisions, handle multiple events and cope with that extra unexpected happening in the day.

When we feel chilly it's often accompanied by lethargy, muscle aches and pains, sniffles, moans and groans and each little task seems insurmountable.

We can reduce our susceptibility to external cold by wrapping up warmly on a cold evening, especially our neck which is a sensitive place to cold. Avoid prolonged swims in cold water, washing hair in cold water, avoid draughts and cold wind, and avoid leav-

ing ice packs on soft tissue injuries for prolonged periods. Keep the shoulders and knees of elderly and susceptible people covered and warm. As most heat is lost from our heads especially keep babies, young children and frail people warm with snug hats.

Cold is seen in Chinese medicine as a slowing, dense, contracting energy/Qi that can be stored in the body, disrupting the free flow of Qi in the meridians (circuits of Qi) and looking like pain and stiffness, ie, of the knees after kneeling on cold, hard floors for prolonged periods, of the lungs—that low-grade fever and cough that just won't resolve. It can look like stiff neck and back muscles and it is often linked with a deeper dampness causing congested, heavy sensations in the body, ie, in the lungs, lower abdomen and womb area in women.

Eat warm and nourishing foods like bone or vegetable broth to boost your digestion, heating your whole body from the inside. Move about more creating inner warmth, use wheat bags on the back, chest, neck and knees to bring heat in (not more than three minutes in the microwave). Use menthol rubs on the chest and back (follow instructions). Rest and relax in a warm place.

In this way you can prevent cold from entering your body and take measures to move its effects out of your body.

*Diana Wilks, Ora Health Centre,
69 Aranui Road, Mapua, Ph: 021 0464 887*

Bone Broth, great for the winter months

1 kilo (or more) of bones (especially beef bones with marrow)
1 onion, 2 carrots, 2 stalks of celery, 2 thick slices of fresh ginger, 2 tablespoons Apple Cider Vinegar
Optional: 1 bunch of parsley, sea salt, 1 teaspoon peppercorns, additional herbs or spices to taste. Add 2 cloves of garlic for the last 30 minutes of cooking.

You will also need a large stock pot or slow cooker to cook the broth in and a strainer to remove the pieces when it is done. It improves the flavour to roast the bones in the oven first. Place them in a roasting pan and roast for 30 minutes at 180.

Place the bones in a large stock pot. Pour (filtered) water over the bones and add the vinegar. Let sit for 20-30min in the cool water. The acid helps make the nutrients in the bones more available.

Rough chop and add the vegetables (except the parsley and garlic, if using) to the pot. Add any salt, pepper, spices, or herbs, if using.

Bring the broth to a boil. Once it has reached a vigorous boil, reduce to a simmer and simmer until done. Beef broth/stock: 6-12 hours. Chicken or poultry broth/stock: 4-6 hours

During the first few hours of simmering, remove the impurities that float to the surface. A frothy/foamy layer will form and it can be easily scooped off with a big spoon. Throw this part away. Check it every 20 minutes for the first 2 hours to remove this. During the last 30min add the garlic and parsley, if using.

Remove from heat and let cool slightly. Strain using a fine metal strainer to remove all the bits of bone and vegetable. When cool enough, store in a glass jar in the fridge for up to 3 days, or freeze for later.

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Two Wahines, a short story by Peter Francis

10th April 1968, 6am

The moon disappeared behind dark clouds. I'd thrown up five times, just wanted to die and sobbed, "Mother we're heading for Davy Jones Locker." My name's Elizabeth. We were sailing home after visiting my grandparents. Mother said, "Elizabeth you're such a Drama Queen. If the Captain thought it was dangerous he wouldn't have left Lyttelton." She then tried to distract me by asking who I thought would attend my 13th Birthday party tomorrow. I just wanted to get ashore before I vomited again.

My name's Dave; I live in Upper Hutt. I'm an engineer at Ford Motors. The melodious radio voice pronounced: "Extreme cyclonic force winds are currently being experienced in Wellington. Police advise everyone to stay indoors until the wind abates."

7am

Mother took me onto the deck for some fresh air; I could see house lights in front of us and like smell wood smoke from fireplaces. Mother said, "You're dreaming Elizabeth, we're in the middle of Cook Strait." Suddenly there was a tremendous crash and the ship lurched violently. I

screamed, "We're on the rocks, we're sinking!" Mother said quietly, "Elizabeth, if we were sinking the Captain would call everyone to the lifeboat stations." We went below and donned lifejackets, mine far too large.

As I drove towards Seaview the cyclone was reaching its peak. Upon arriving at Ford we decided it was too dangerous to work or go home, so ushered those who had arrived into the café, providing magazines, hot drinks and food.

10am

Everyone was called to the dining room and given hot drinks and biscuits. Mother and I were the only ones wearing lifejackets, like, I was sooo embarrassed and wanted to remove mine but mother said, "No, Elizabeth keep it on – just in case."

I rang home and told my wife not to take our baby daughters out in her tiny Fiat Bambina.

11am

A tugboat fired a towrope onto our ship. I yelled, "Hooray, we're going to be saved," then the rope snapped. I screamed, "We're going to sink, we're all going to drown." Mother quietly said, "Elizabeth you're such a Drama Queen. If we were sinking the Captain would call everyone to the lifeboat stations."

Radio Wellington broadcast that the Wahine had struck Barrett's Reef and was in serious trouble. I rang 111 and told the police we could help with heaps of trucks and a well trained Civil Defence team. He replied, "The ship is in no danger. Police have the situation under control. We don't need help!"

1.30pm

The PA system blared: "Abandon ship! This is your captain speaking. Because of severe listing port side lifeboats cannot be launched; please go to the starboard lifeboat stations where crew members are waiting to help."

Mother said: "I told you the Captain would know what's best." I asked, "Which side is starboard?"

Radio bulletins reported passengers were seen abandoning ship. I rang the police again, but was told, "Don't believe everything you hear on the radio. The Wahine is perfectly safe. Make no attempt to assist, you may place yourself at risk."

1.45pm

We scrambled into a lifeboat with one of the ship's officer's in charge but were swamped by a huge

wave that tumbled everyone into the cold sea. My lifejacket popped off and floated away. I screamed, "Help Mother, I'm drowning." She didn't call me a Drama Queen, she just held me in a bear-hug until our officer took off his lifejacket and helped me into it. Some passengers were swept away—I never saw them again.

I decided to help anyway, so climbed into my Ford Anglia and drove to Eastbourne, where I found a policeman preventing anyone from driving past. I ignored him.

2pm

Our officer said, "Hold onto ropes on the side of the upturned boat and don't worry, the gales will quickly blow us across to Eastbourne where people will be waiting to rescue us." A man called Tipene began to sing *How Great Thou Art* in Maori just like Howard Morrison. Everyone joined in the chorus. It made me cry.

Donning boots and waterproof jacket I followed the shoreline until I reached a little stony beach between sharp rocks, where I waited for any survivors.

3pm

We were close to the coast with huge waves crashing onto rocks. The officer said we must let go of the



boat and swim for a gap between the rocks. He told mother and me to hold onto his shirt. As we swam frantically toward the gap a big wave tossed all of us onto a stony little beach. A man waiting at the water's edge grasped mother and me and helped us up the beach. I turned to see the officer struggling to stand in the wave surge then being swept out to sea. I never saw him again.

I saw an upturned lifeboat with a number of people clinging to it, three of whom swam between the rocks onto my beach. I grasped two women who were struggling to stand, dragged them up the beach and turned to help the man with no lifejacket, but he'd disappeared.

4pm

Shivering with cold, we waited until an ambulance drove along. It took us to Wellington Railway Station and just left us to fend for ourselves in sodden clothes, without luggage or money, until a kind passer-by gave us our bus fare.

I remained helping stragglers until dark, but alone was unable to rescue everyone, watching helplessly as some were smashed to their death on the rocks.

Every year since:

Mother and I agreed that in an emergency, always trust those in charge who know what to do. Each birthday I go to church light a candle and softly sing *How Great Thou Art* in memory of that brave officer who saved our lives.

I decided that in another emergency I would never trust those in charge; I would make my own decisions.

Each anniversary I throw a small floral tribute from Eastbourne wharf, in memory of fifty-one passengers and crew who perished.

Grant me the senility to forget the people I never liked anyway. The good fortune to run into the ones I do, and the eyesight to tell the difference.

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Tasman School

Term one is behind us and what a busy term it was! The largest event at Tasman School was Muddy Buddy 2015.



This is the school's major fund-raiser and has been run for six years now, in conjunction with Sport Tasman.

Much work was undertaken over the past year to ensure the event went ahead; all parties worked towards a revised course and conditions which would have the least impact on the environment. This was achieved and consent was given – limiting contestant numbers to 1400.

Sunday 15 March arrived and the sixth Muddy Buddy got under way. Numbers were slightly down (just under 1000), but considering the short time-frame in which to advertise the event, this was a great result. The entrants were suitably muddy and some went home with the spoils of the many spot prizes up for grabs, including two bikes.

Muddy Buddy is a real school and community event. The school stalls on the day are manned not only by school parents, but also their wider families and many from the Tasman community offer their time to help make this a successful day. We expect another memorable Muddy Buddy in 2016 – keep an eye out for the date.

Almost upon us is Anzac Day and Tasman School will host its usual service on Saturday 25 April, beginning at 10am. This is another example of school and community coming together, with students being involved in the service. This year will be a special one, to commemorate 100 years since the Gallipoli landings. Come along to share in this occasion.

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Rangers JAB Rugby

Your kids keen to play JAB rugby? You can still join us!

This season we have five JAB teams, U6, 2x U7 teams (U7 Orange & U7 Black), U8 and U10. Due to there being not quite enough numbers to form a strong U9 team we have merged these players into our U8 and U10 teams. Our JAB numbers have increased by 25% and we are looking forward to the first JAB games on 2 May.



Rangers Senior B

In May we have four home games so come down and support us. The bar is open and we have great club rooms at the MHCC that look out over the playing field. Our home games for May are:

16 May vs Riwaka 9 May vs Marist

16 May vs Wanderers 30 May vs Nelson

Rangers rugby dates for your diary:

9 May – Club Day

All our teams play at home today and we get together to celebrate being a family-based rugby club. The day is great fun, and we encourage everyone from the community to come down and join us, whether you are a past, present or future Ranger Rugby supporter. The bar will be open, we will have meat on the spit, and fun activities for the kids, as well as some great grassroots rugby to watch.

23 May – Quiz Night

Our annual fund-raiser. A great night out and everyone gets a prize, \$10 a ticket, 7pm MHCC

20 June – 60th Season celebration cabaret

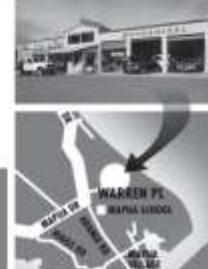
To celebrate our 60th season as a club we are going to eat, drink, dance, and be merry! We want you to join us – book the babysitter! Further details next month.

Don't forget to keep up to date with what is happening with the club, our draws and any other news we may have by checking out our Facebook page RANGERS RUGBY CLUB.

For more information about our club you can contact Cindus 03 543-2033 or 027 358 7233.

The police arrested two kids. One was drinking battery acid and the other was eating fireworks. They charged one and let the other one off.

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It has a limited lifespan, with most manufacturers recommending full replacement every 90,000 to 100,000km (check your vehicle owners manual for recommended replacement intervals as some can be sooner than 90,000km)

The cam timing belt provides synchronisation between the crankshaft which controls the movement of the pistons, and the camshaft which controls the movement of the valves.

Cam timing belts can fail for several reasons. They may have reached the end of their life, deteriorated due to unattended oil & fluid leaks onto the belt, or the bearings on the idler pulleys and pumps etc. may have seized or collapsed. It is highly recommended a full cam timing belt kit which includes idler bearings, pulleys and tensioners be fitted at replacement time.

Failure of the cam timing belt will cause major engine damage if the pistons and valve train collide, resulting in an expensive repair bill.

If you are considering purchasing or have purchased a secondhand vehicle it would be wise to check when the cam timing belt was last changed. If this information is unavailable, we would advise you get the belt checked or replaced.

The images below show:

1. A cam timing belt weaving its way in and around pulleys, tensioners and idler bearing.
2. A fractured cam timing belt.
3. Valves protruding into the cylinder head which have been hit by the piston on its upward stroke, the result of a cam timing belt breaking.
4. Bent valve stems, the result of a cam timing belt breaking.



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5
Shakespeare
Drama Night
Waimea college
fundraising night
Doors from 6pm

6

7

1
Tegan
and Friends
Local music
for local
people
FREE, 730pm

2
Hell on Heels
Pole
Performance
show
\$25, 8pm start
Dinner from 6pm

3
Open for
lunch
11am
till
4pm

8
DISCO
PARTY
NIGHT
Free to all
6pm dinner
Music all night

9
The Things
We Do
Amazing play
over from
Wellington
\$10, Show 8pm

10
MOTHER'S
DAY
Book ahead!
Open 11am
till 4pm

11

FREE VENUE HIRE
For your private
function till Nov
(conditions apply)

12

13

14

15

Closed to
public for
private
function

16

Closed to
public for
Wedding

17

Open for
lunch
11am
till
4pm

18

SPRING WEDDING SPECIAL
Book in Sept or Oct
FREE VENUE HIRE and a
\$250 gift voucher

19

20

21

Nayland
College
Music Night
Dinner available
from 530pm

22

The Deep End
Improvised
comedy
\$15, \$12 kids
Show 730pm
Food all night

23

Closed to
public for
Wedding

24

Open for
lunch
11am
till
4pm

25

MIDWINTER FUNCTIONS:

June 13th: Mapua Charity Ball

June 19th & 20th: Paul Madsen's
CCR and Queen Tribute

June 25th till 28th: Last Man Standing
A Play by The Tasman Coastal Players

26

27

28

29

QUIZ NIGHT
Starts 730pm
\$5 per person

30

Grandiose
Burlesque
Our annual
spectacular
THIS WILL SELLOUT
Book early.
Red Carpet Theme
\$20 pre booked
\$30 on the night
Call 5402985
for bookings

31

Closed
for
Private
Function

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

THE SHED MAPUA

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F/B the shed mapua

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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Coordinator: Janet Ph 540 3364



The MDBA AGM will be held at the Mapua Hall on the evening of 20 May from 7pm. All existing and potential members are welcome to come along and enjoy a social evening - hear about the Association's progress over the past year, connect with other local business owners and enjoy an entertaining presentation by our guest speaker.

Community Directories are in short supply this year - if you have extra copies that you're not using we would love to share them around. These can be left in the letter box at Bounce - 86 Aranui Rd. Much appreciated!

Quality Service and Unbeatable Fee

It's a new season; a time for change. So that's what I've done! I've become a Tall Poppy.

I love real estate. I think it's a great industry. But at times I thought the percentage based commission was unfair. While we work hard for our clients, I often wondered "why should sellers pay more just because their property is worth more".

And then Tall Poppy came to Nelson.

Tall Poppy's vision is to transform the real estate industry and bring a full service agency that is truly fair to both clients and agents. They still offer all the bells and whistles, everything that other real estate agencies do; they really strive to make sure their service is top notch; but they do it for an unbeatable flat selling fee which is capped at \$10,000 + gst, (or by special quote for lower-priced properties). Sort of like Jet Star prices, but with Emirates quality!

So I thought 'this is me'. It reflects what I think is fair. I can still provide great service, earn a good living, and my vendors can spend the money they save on a holiday (to get over the stress of moving!).

I'm an Upper Moutere resident (with a lifestyle block) and am equally at home in gumboots or heels. I am on the committee of the MDBA and have helped out with a number of local events (you may have remembered my exceptional service behind the bar of the Upper Moutere Community Hall quiz night or organising the art competition at the recent Unicycle event in Mapua). So I'm local. I know this area and I have my finger on the pulse of local real estate. I try to keep the process simple, transparent and stress free. I believe communication is key and I continually strive to provide great service.

I'm always working to get the best result. If you want to hear more I'm happy to take you through our full real estate service.

Contacts:

021 462 629

debbie.watson@tallpoppy.co.nz

03 543 2629

www.tallpoppy.co.nz



MEMBER PROFILE

Annie Semmens

Small Business Office is a Telemarketing Company based in your local community; we specialize in Outbound Telemarketing Services to All Business Sectors

Our team are mature, well spoken, professional telemarketers who offer a first class service.

We pride ourselves on getting to know your business and your particular requirements in order to answer all relevant questions so much so that your customers know we are part of your team.

We do not require that you sign contracts; you just pick us up and put us down as required.

We offer a variety of services which include, but not limited to:

- Business to Business
- Real Estate lead generation
- Lead generation
- Appointment setting
- Telesales
- Customer follow-ups
- Product launches

We guarantee a personable, professional approach to achieve the very best results.

**Please contact us on:
0800 550221 - Anytime**

We see ourselves as an extension of your business, geared primarily to find innovative ways to maximise sales opportunities and manage client relationships. We enjoy forming long term working relationships with our clients, and learning about your business.

We are a company with "people skills" who are 100% committed to assisting your business, our team of mature well-spoken professional telemarketers offer a first class service.

Telemarket4U believe that the key ingredient for outbound telemarketing success is the quality of our small dedicated team.



www.rubycoastmouterehills.co.nz

Supporting local businesses since 1992

Noticeboard

'The Journey' free introductory talk. Transformative Life Tools for living a happier life pioneered by Brandon Bays. Saturday 2 May 2pm Trafalgar Street Hall, Nelson - small room. Friday 8 May 7pm The Life Centre, 9 Towai St, Stoke.

Mapua Friendship Club meets twice a month, 3rd Thursdays & last Fridays, at Mapua Hall 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.

Mapua Social Cycling Group: "Wheels 2 Meals". Approx 20 – 30 km ride with coffee break at half-way 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

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

Probus Club meets at Mapua Hall, 1.30 pm, first Friday of each month. Guest speaker at each meeting for about an hour's talk on various subjects. After afternoon tea a club member will give a short talk of their interest. Now in its 15th year, new members always welcome. President: Janice Higgs, 03 528-8883, Secretary: Rita Mitchell, 03 528-8097

Motueka SeniorNet: Get tech savvy and share more family experiences. Community computer support for 50+. Training courses for iPads, Phones, Tablets, PC and Mac. Members meeting 10am first Monday of month. 42 Pah Street, Motueka. www.seniornetmotueka.org.nz

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, to register your attendance and check on details as times might vary depending on participants.

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 or Kristin 027 598 2424 / info@kristin-harrison.com.

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

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 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.

Qi-gong, Yuan Gong form, weekly in Mapua. Info: Marianne, 546-8584 or 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, or just turn up.

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

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 Ph 5530353

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. Cushla Moorhead 03 528 6548.

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