



Mapua—Why do we like living here?

It takes us no time at all to list what we like about living here: Mapua has a village feel; it's near the sea; it's still pretty rural; we can walk to all the essential amenities; there's a lot to do; it's great for kids; there are lots of places where we can meet people; it's peaceful; people are friendly; it's more relaxed than a big city.

I'm sure you can add a few more opinions.

These are the reasons we all choose to live here. Some might say they never want to leave.

But change is constant. We are losing the rural feel as cultivated land becomes the next subdivision. Roads are busier. Some people find that property in the area is already beyond their reach. Rentals are expensive and short-term. Property owners understandably like to make the most of high summer prices, limiting rental agreements to the winter months. For people at either end of their dance with the property market (first-home buyers or downsizers), small, affordable places are hard to find.



I feel strongly that new subdivisions are simply not offering the range of housing we need.

I took a walk around the new subdivision of

Mapua Rise last Friday. I found myself in Koi Crescent – and for four o'clock on a Friday afternoon, I was impressed by how many builders, subbies and roofers were still on the job. Or jobs, to be more accurate – there were three Signature Homes and six Stonewood Homes all in various stages of construction, in a single street. All but one had double garages, and all looked the conventional size of, I'm guessing, three bedrooms and two bathrooms. The sure sellers.

I understand the limitations of water supply, and concerns about new sections increasing the load on the village sewers. I also understand that in a new subdivision, there is a relationship between property sizes, the levy paid to council per new property, and profit margins. And then there is the district plan.

It seems to me we are using the wrong model here. If we are going to rely, passively, on current practices and market forces to build up the Mapua housing

stock, I think we are going to be disappointed 10 or 15 years from now. How many people reading today's *Coastal News*, think they might one day like to downsize? How many might want to settle here to raise a family, and are looking for a home they can afford? How many people on single incomes might like to continue living in this community? How many businesses are finding it difficult to hire staff because there is a shortage of affordable housing?

If we lose diversity in our housing stock, we lose diversity in the people who can afford to live in our community. I think this is a tragedy.

It is not too late to achieve a vibrant and diverse community—a place where, in ten years, we still want to live.

Eight steps we can take:

1. Make the District Plan work for us: engage in consultation processes. These are important opportunities to influence what happens in our community.

2. Address issues of water supply and sewerage disposal, using new technology rather than antiquated processes.

3. Divide land into a true diversity of sections—from the really, really small to the larger rural lifestyle block. There is no reason, surely, for truly affordable sections to be confined to special housing areas or retirement villages. Tuck little cul-de-sacs of small sections into every new development.

4. Let's embrace the full range of housing solutions and allow them to happen somewhere in our community – including tiny houses, communal living solutions and shared gardens. With a will and good design, anything is possible.

5. Ensure subdivisions include footpaths, areas of shared open space and native planting,

6. Link walking tracks and cycle ways, playgrounds and sports fields, through new and old areas, thinking beyond the new subdivision to the area as a whole.

7. Do you have the opportunity to build? Dare to be different.

8. Urge developers to consider thinking imaginatively – you are leaving a legacy for this community.

If we continue along the present path, I don't like what Mapua will become.

Bridget Castle, Mapua

Botanist Lawrie Metcalf Leaves a Rich Legacy

Part one of a two-part Tribute

Distinguished botanist Lawrie Metcalf spent some of his most productive years in retirement in the Mapua district and left neighbours and friends with a great appreciation of his encyclopaedic botanical knowledge, his practical skills, his modesty and his love for his family and for New Zealand. Many residents will have some of his books on their shelves.

Lawrie Metcalf was a man of many parts—an internationally acclaimed botanist and ecologist, council parks supervisor, writer, tramper, mountaineer, photographer and devoted family man. He died on 28 August, his 89th birthday. He was farewelled on 1 September at a memorial service in Lincoln, where he and wife Lena had gone to live after they left their earlier home at Westdale Road Mapua.

In the early 1990s, Lawrie and family had arrived in the Mapua district after Lawrie's retirement as 15 years as parks and recreation director in Invercargill in 1992. He left Southland with a record of far-reaching improvements to the parks and gardens there, after a similarly outstanding achievement record during 22 years as deputy director of the Christchurch Botanic Gardens.

For their retirement in Mapua, Laurie and wife Lena had purchased a section of about 1ha after a subdivision of the former Silkwood Farm property. He initially moved to Stoke and from there, project-managed the construction of a two-storey home with an Oamaru stone exterior. It was completed in August 1993 and the family moved in.

Their new property, named 'Greenwood', after a family connection of Lena's, was raw farmland with a lot of clay. However, Lawrie came with a proven record of the skills and ability to transform it into a garden showpiece, without recourse to irrigation.

A near-neighbour, former Broadgreen principal Roger Brodie, said that the couple loved the Westdale location of their property, with its views east over the Waimea Estuary and west to the Arthur Range and the high point of Mt Arthur.

Roger noted that at one stage Lawrie had bought a lot of trays of very small plants with him that he obviously planned to plant out. Roger wondered if Lawrie

knew what he was doing. However, Lawrie knew that the predominant clay had an under-layer of Moutere gravels. His wife Lena said that Lawrie relied on the plants to spread their roots deeply into the clay, where they grew down to the moisture in the gravels. This meant the plants were stronger and better able to withstand the inevitable dry periods. During one very dry period, Lena recalls the garden surviving well when many other local gardens lost plants.

Later, Lawrie planted fruit and ornamental trees and a range of shrubs and grasses. He also developed an ornamental pond, and a vegetable garden.

Roger said he and his wife Ali noted that Lawrie's plantings included citrus trees, some rhododendrons, leucadendrons and a range of other exotic plants. Because of Lawrie's fame as an advocate for New Zealand native plants, this was a surprise. However, they came to appreciate that Lawrie and Lena loved many non-native trees, flowers and plants and they wanted them in their new garden too.

Lawrie was a meticulous and careful gardener, but the Brodies were relieved to learn that he was not infallible, and that, like all of us, he could make a mistake. At one stage, he had carefully planted a sequence of cherry trees to form a "cherry walk", Roger said. However, when the trees grew up, he felt that the "walk" did not work and promptly removed them.

On another occasion, Lawrie joined several of his neighbours in cultivating pumpkins to enter in the Mapua Biggest Pumpkin Competition. The neighbours had feared they could never compete with Lawrie's plant nurturing skills and were therefore surprised (and a little gleeful) to find that Lawrie's planned pumpkin entry suddenly went into near-fatal decline after he mistakenly severed a vital plant tendon.

Another near neighbour of the Metcalfs in Westdale Road was Dr Noel Porter, who earlier had worked in plant science with the Crop and Food Division in Lincoln. He described Lawrie as a "parks and gardens man with a range of very practical skills, and not just a plant ecologist".



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Noel had been impressed with the patience, care and precision that Lawrie demonstrated when he built some 6-metre long garden beds fed with capillary-piped water to raise seeds and very young plants. The construction had to be meticulous to ensure that all the plants had uniform conditions and that all received the right amount of water simultaneously. Lawrie's garden beds were "just immaculate," Noel said. "That was the way he did things."

Born in Christchurch on 18 August 1928, Lawrence James Metcalf was raised there, leaving school without a formal qualification and he did not go on to university. He had, however, showed an interest in plants at an early age. He later recorded that he was four-years-old when he was impressed by a flowering "veronica" shrub that was in the family garden.

"As a child, I had admired the numerous spikes and violet blue flowers that seemed to adorn the shrub for quite a long time... In later years I learned that the genus name had been changed from 'veronica' to 'hebe' in 1920, but the old name was still commonly used," he later wrote.

He also recalled that when he was at primary school, a gift of six New Zealand native trees and plant seedlings had further fired his interest in plants. The seedlings came from Lance McCaskill, a botanist and lecturer in agriculture and biology at Christchurch Teachers' College and nationally famous later for his work on erosion, flooding and soil control.

Lawrie's fascination with native plants developed as a teen when he took up a second love, tramping. In accessible hills and mountains of Canterbury, he discovered an abundance of interesting native plants and grasses, including more hebes. Lawrie collected and recorded many of the more than 100 different hebe species and sub-species that makes hebes New Zealand's largest native plant species.

Lawrie's real botanical training started after he left school in the mid-1940s. He worked briefly in a plant nursery and was then given a thorough grounding as a trainee gardener with the Christchurch Botanic Gardens. He later gained further experience at New Zealand's then largest commercial plant nursery, in Taranaki, before moving on and working for a year at the Melbourne Botanic Gardens and another year at the Adelaide Botanic Gardens.

Lawrie subsequently set sail for Britain, hoping to secure a job at the internationally-famous Kew Royal

Botanic Gardens in London, but on seeing Kew for himself, decided against working there. "I felt that they were not up to the standard of the Christchurch Botanic Gardens," he explained later. Instead, Lawrie worked for a firm specialising in alpine plants, then at a historic nursery in Winchester, south-west of London, and finally spent two years as a gardener at a historic property in Berkshire owned by the Royal Florist, Constance Spry. It featured a garden of old-fashioned roses and the knowledge he acquired then about the blooms was to serve him well later in life when he established a world-class garden of classic roses in Invercargill.

In 1955, when he was 27, Lawrie was lured back to New Zealand when he was offered – and accepted – a job offer as assistant curator of the Christchurch Botanic Gardens, a title later changed to assistant director. It was an inspired appointment.

Lawrie set to work with energy, purpose and passion creating a huge number of improvements. He oversaw development of a new water reticulation system, a heath garden, a primula garden, a cactus and succulent house, a trial ground for new and noteworthy plants, and he supervised the creation of eight new glasshouses. He also initiated an education service for schools, developed a comprehensive training scheme for horticultural apprentices and wrote a regular column of news from the Christchurch Gardens.

Simultaneously, Lawrie studied for the National Diploma of Horticulture in 1957 and 1958 and was awarded prizes for the highest marks in the stage 3 exams for the diploma. On completion of his di-



Lawrie Metcalf amidst beech trees on the track up to Mount Arthur
Photo by Melanie Kinsey

ploma, he was awarded the Cockayne Gold Medal for a thesis he wrote on New Zealand Alpine Plants.

During this period, Lawrie led numerous other excursions to collect more botanical specimens for the Christchurch Gardens, travelling from Kaitaia in the North Island to Stewart Island in the south. He identified the need for a reservation on the rocky clifftops of Akaroa Heads, to protect a small number of spectacular nikau palms, in what is the southern-most location of native nikau palms. Anyone lucky enough to be on a boat or ship entering the striking headlands of Akaroa Harbour can see high on the eastern cliffs and close to a waterfall, the spectacular sight of these nikau palms that Lawrie helped protect. He also spent a lot of time gathering tree, plant, grass and tussock specimens in the Southern Alps, combining four great loves, tramping, mountains, photography and plants.

In 1958 and 1960, he accompanied Canterbury Museum expeditions to Fiordland as botanist and gathered a range of species and a year later he spent a month in New Caledonia, where he made extensive collections of plants to bring back to New Zealand for horticultural and scientific study.

In November 1962, Lawrie married Lena Parker of Christchurch and she provided valuable assistance to him with typing and checking Lawrie's growing written output, at the same time accumulating a wealth of botanical knowledge herself. Lawrie and Lena had three children, Paul, Sarah and Victoria.

In the 22 years that Lawrie worked at the Christchurch Botanic Gardens as assistant director, he lodged nearly 1800 new botanical specimens of wild and cultivated plants at the gardens' herbarium, at that time, nearly half of the total collection. The herbarium where Lawrie worked so hard was subsequently named in his honour.



Lawrie and Lena Metcalf at their beloved Greenwood home near Mapua.

Photo by Melanie Kinsey

He was also active in professional associations and organisations, including the Royal New Zealand Institute of Horticulture, the Canterbury Botanical Society and the International Dendrology Society. Lawrie was also a fellow of the New Zealand Institute of Parks and Reserves Administration. Simultaneously, he also lectured on plants and botany to many groups and for 12 years ran classes on plants and gardening for the Canterbury Workers' Educational Association.

A later council summary of his contribution to the city said that Lawrie's "vision, skills and determination focused on establishing the Christchurch Botanic Gardens on a more scientific and educational footing for the benefit of all users". He could have continued his innovative work in Christchurch, but was offered an opportunity that he felt was too good to refuse. His career was to take an exciting new turn.

David Mitchell

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Mapua Health Centre

We would like to say thank you to all our patients for your support and understanding over the last few months while we have had a shortage of doctors' appointments. However, the good news is that we will have Lisa McIlwraith joining us at the beginning of December for three days a week and the possibility of another doctor also starting then for two days a week. At the end of this month Richard Van Gelder-Horgan will finish his six-month registrar attachment with us and we wish to thank him for all his help, hard work and caring attitude.

We also farewell a very special nurse, Chris, who has been with us for the last 4 years since she moved back to this area from Christchurch. She has brought an excellent skill set and a wonderfully compassionate nature to our team, and she will be greatly missed. Chris is now retiring from nursing and we wish her all the best for this new chapter in her life.

This month is Movember month. The state of men's health needs urgent attention. Men experience worse longer-term health than women and die on average six years earlier. Prostate cancer rates will double in the next 15 years. Testicular cancer rates have already doubled in the last 50. Three-quarters of suicides are men. Poor mental health worldwide leads to half a million men taking their own life every year. That's one every minute. The Movember Foundation is looking at ways that men think and act on their health, including:

Understanding how traditional notions of masculinity can impact on men's mental health

The way health services are provided to men

New tests and treatments required to be developed to slow or stop disease progression

Transforming health systems to place a stronger focus on outcomes that matter to men

It is also World Diabetes Day this month. Unfortunately, diabetes has become an epidemic related to modern lifestyles and more than 257,000 New Zealanders now live with diabetes. The chances of developing diabetes increase if you are overweight, not very active, and eat a lot of food high in sugar.

Some interesting bits of recent research about diabetes include evidence that eating too much red meat or darker cuts of poultry may be associated with in-

creased risk of type 2 diabetes as results of a study showed that, compared with those who ate the least amount, those with the highest levels (about one serving a day) of red meat or poultry consumption had a 23% and 15% increased risk of diabetes (*Am J Epidemiol* 1 October 2017). However, sugar remains the main concern and in a report entitled "Sugar Is the New Tobacco, so Let's Treat It That Way" an econometric analysis of 175 countries revealed that for every additional 150 sugar calories available for consumption, there was an 11-fold increase in the prevalence of type 2 diabetes in the population (*Medscape* - Oct 31, 2016). In response to this the World Health Organization (WHO) has called for a tax on sugary drinks of at least 20% in order to curb the global epidemics of obesity and type 2 diabetes.

With summer upon us it is a good time to consider having a skin check. It takes about 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.

The Mapua Health Centre committee AGM will be held on Wednesday 22 November at 7:30pm at the Health Centre. The committee looks after the health centre building and equipment, as well as how best to promote health and wellness in the community. Anyone is welcome to attend.

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

1-30	Movember (prostate prevention)	https://nz.movember.com
3	National Oral Health Day	www.healthysmiles.org.nz
14	World Diabetes Day	www.diabetes.org.nz
19	World Day for the prevention of abuse against children	http://www.woman.ch/june09/children/1-introduction.php
20	World COPD Day	asthmafoundation.org.nz/news
25	White Ribbon Day (aims to end men's violence against women)	https://whiteribbon.org.nz/

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'A Beautiful, Sweet Film'
Reviewed by Mapua Movie Mogul

'The Big Sick is a superbly original romantic comedy/drama based on the true story of Kumail Nanjiani and his wife-to-be Emily Gardner; they co-wrote the script and Kumail stars as himself.

It starts from the premise of the inherent difficulties of interracial, inter-religious relationship between a Pakistani-American comedian and a white woman in Chicago who face both the normal difficulties of relationships combined with the pressures of Kumail's overbearing, but loving family who demand that he participate in an arranged marriage to a Pakistani girl. Kumail is caught between competing worlds. The situation spins out of control when Emily becomes extremely ill and Kumail has to deal with her parents.

The screenplay is remarkable and nuanced, but is infused with a comedian's sense of humour that captures the real human comedy that exists in all personal relationships. You will die laughing when Emily's bewildered father turns to Kumail in a hospital cafeteria and asks him, "What do you think of 9/11?" and Kumail responds as a comedian should to such an outrageously stupid question.

Ray Romano and Holly Hunter are excellent in the roles of Emily's parents. This beautiful film deals so well with the complexities of overcoming cultural differences and serves as a good antidote to the demonization of Islam that has become all too dangerous.

This was the best movie I've seen in a very long time and just may be the best romantic comedy I've ever seen.

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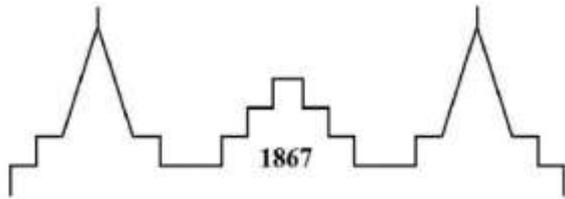
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Edward Buxton purchased 2000 acres in what is now known as Ruby Bay, from the Crown in 1854. He built a holiday house in 1867 in Dutch Colonial style, then accessible only by water, mainly as a shooting lodge. The boundary was then Pomona and Marriages Roads, and he planted the big gum trees.

Tragedy struck his family in 1881 when his son-in-law drowned while swimming out to save his own son being swept out to sea. The boy was saved, but the property was later sold in 1887 to William Stafford, who was the nephew of Sir Edward Stafford, NZ Premier. Mrs Stafford named the bay after the deep red stones found on the beach.

William planted the wisteria in 1887, but also recognised the area's value for fruit-growing. In 1913 he divided off many 10 acre orchard blocks for apples and apricots, the adverts for which were found under the scrim upstairs and are on display. The need for a wharf to export this fruit was the beginning of Mapua, and the orchards for the infamous Fruitgrowers Chemical Factory.

In 1919 what was left of the property was sold to Mr Watt who cleared many of the trees for his sawmill, and the Boyds then lived in the house from 1935 to 1953.

Eric and Phyllis Tyndale-Biscoe retired here in 1953, they had come here as fruit-pickers from Kashmir, and planted many of the exotic plants still here. Eric was known for his wicked curries, and Phyllis for her unending assistance in the area. The pebble pavement by the front door is Phyllis's work, and she milked a house-cow for many years. They both died old in the house, 4 years apart, and their son Hugh placed the plaque by the front step.

I bought the house with 8 acres at auction, with my then wife Lynda Mabin, in Dec 1988. The house was almost derelict and very sad, so we spent a year and a packet fixing it up as a boutique B&B, which we operated very successfully for 5 years. Lynda moved out in 2000, and soon I will have been here for 30 years. HB.

An Interview with Joe Bennett

Interviewer: *Mapua Library has its 75th Anniversary in September 2018. It is much loved and used by the many volunteers who are voracious readers and by the community, both adults and children. As our patron please can you give us your thoughts on libraries. Why we have them, why we want them, what you think about libraries, what might your experience be of our Mapua Library.*

I have no experience of the library itself but the people involved with it have been unfailingly delightful. I've attended all four of these Literary Festivals and have been very impressed that a place so small can run such a substantial and well-attended event, and one that draws people from far beyond the confines of Mapua. That it's all done in support of a library makes it all the more admirable from my point of view.

Though I'm actually not a library user. I hate having a time limit on a book. I dip in and out of books and often have several on the go, so the date stamp in the back niggles me. As a result I've always bought books second-hand rather than borrowed them. They used to cover every wall of my house but I've now got rid of most of them, keeping only the ones I know I'll re-read.

Nevertheless I'm hugely in favour of libraries. As repositories of the language they enshrine my idea of civilisation.

Language is all we have to tell the truth of things with. If the language becomes debased, perverted, as it is by Trump, for example, who describes any criticism of himself as fake news, then we're in dangerous territory. Every tyrant muzzles the press. Every tyrant

issues propaganda. Every tyrant tries to conceal the truth. If he succeeds then down the drain we go. Language matters. Libraries matter.

Are we not a long way down that line now?

No. To a child now this world seems as bright and full of promise as it did when you were a child. The clock restarts with every birth.

That said, our generation has had a very comfortable, war-free, prosperous time. No generation in history has had it as easy as we have. But ease leads to decadence. And decadence leads to Trump. He and his kind could bring it all down. There's a serious chance that he'll induce nuclear war.

The USA and North Korea – it's a bubbling pot. Two terrifying people, North Korea could be the excuse to start a war.

North Korea is stirring the pot but is never going to start the war. It knows that it will lose. Kim Jong Un's sole purpose is the survival of his regime.

Trump's only purpose, however, is self-aggrandisement. He has no principles, no knowledge, no understanding, no empathy. And he's a bully. So he'd enjoy destroying another country. He wouldn't care about those that died. And he'll do it if he thinks it will gain him popularity and praise.

Our only defence against Trump is the truth. It must be told – loudly and without fear. And libraries, those repositories of words well put together, have a part to play in that defence.

Some local experience? You've been to four Literary Festivals here, is there anything you'd care to say—interactions with fellow participants for example? Favoured authors?

I generally don't mix with writers. I have only one close writer friend and she's in Germany.

Writing for me is a solitary craft. And what matters is what a writer puts on the page, how he or she makes the language sing. It's the same with any craft. Take cabinet-making, for example. It doesn't matter what the cabinet-maker is like as a person. Can he make a good dovetail joint? Some writers I revere were apparently dreary or aggressive company. It doesn't matter. Read the books.

As for previous Literary Festivals here—I've always had a good time and met nothing but kindness. Long may they continue.



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Mapua Community Library

(Moutere Hills RSA Memorial Library)

Daylight Saving Wednesdays

A reminder that we are open until 6.30pm during daylight saving. We invite those who aren't in Mapua during regular hours to make the most of this later closing—we do it especially for you!

Thanks Network Tasman Trust

This Trust has recently advised that they are granting us \$1000 towards the purchase of new books. Grants such as these enable us to keep the library collection current and relevant and are very much appreciated. Thanks again.

Displays

Early in November we will put work by Graham Bainbridge on display. You are welcome to pop in and admire the local talent.

School Holiday Programme

Unfortunately Jerri wasn't able to make it to the scheduled reading. We apologise for the disappointment.

Magazines News

We have just started subscribing to *New Zealand Handyman* (which replaces our subscription to *The Shed*). Articles in the current issue include:

Bathroom Makeovers - tiles and showers; mirror installation; storage; Cleaning Tips - stains; dusting; Salvaging Old Timber; Safety tips when doing DIY; Lawn Revival; Building Children's Play Equipment; Growing Potatoes and Tomatoes; Facebook, Website and News

A reminder that the library has a Facebook page and a website. General news is posted here including a monthly update on recent book purchases.

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

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

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

Book Review

Decline & Fall on Savage Street by Fiona Farrell. Reviewed by Anne Thompson. This book is available in the Mapua Library.

In 2015 Fiona Farrell published the non-fiction work *The Villa at the Edge of the Empire: one hundred ways to read a city*. A book that explored the rebuilding of homes, communities and cities after their devastation in disasters such as the Christchurch earthquakes. *Decline & Fall on Savage Street* is the fiction companion to that 2015 work.

Beginning in 1906 and ending in 2012, this is the story of a Christchurch house, the people who lived there and the events that shaped their lives. The house is a large villa complete with turret built on a large sandy lot by a river. Originally designed as a large family home, the house and land changes over time. The lot is subdivided for new state houses and the garden becomes overgrown. The house becomes a rooming house, a home for an alternative life-style community, before being renovated to become a family home again.

The story is told chronologically in a series of short chapters. Characters come and go but the constant is the house. As the story progresses through the twentieth century the residents and the house are affected by war, changing fashions, changing life-

styles, new technologies, music, protests and feminism.

Meanwhile in the river an eel slowly grows, her life recorded in very short chapters interspersed into the story.

And beneath the house and the river the planet moves to its own rhythms.

In the second part of the book the house and the eel are changed forever. The house by the Christchurch earthquakes, the eel by her drive to leave the river to breed.

Each chapter in this novel is like a short story; each part building on the last to make a whole story. Written with insight, humour and deep knowledge, this book is a compelling retelling of one hundred years of history.

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Age No Barrier to Playing Croquet

Our very own Dave Davison, at the grand old age of 81, wins two gold medals in the senior category for Croquet Association and golf croquet.

After Dave's wife died in 2014 he moved from the North Island to Mapua and since then he has become entrenched in the Mapua community. As Dave has lost his peripheral vision and is unable to drive, you may see him swimming in the sea, riding his bike, singing in church or drinking coffee and chewing the cud in Java hut.

Dave has a passion for croquet and after surviving a triple heart by-pass, he finds croquet keeps him fit and active.

When asked over a celebratory coffee what he enjoys about it, he replied:

'I find croquet gives me sociability with other people, it gives enough exercise without overdoing it. I think it is a very underestimated game. It uses your mind in conjunction with your physical abilities. It is the ideal game for people with physical disabilities as you can adjust the way you hold the mallet to compensate for joint problems. Croquet improves your posture as some strokes encourage you to bend and stretch.'

Dave is in the process of setting up a croquet club in Mapua. He currently plays weekly at Riwaka and Richmond but believes a club in Mapua would be a real asset to our community.

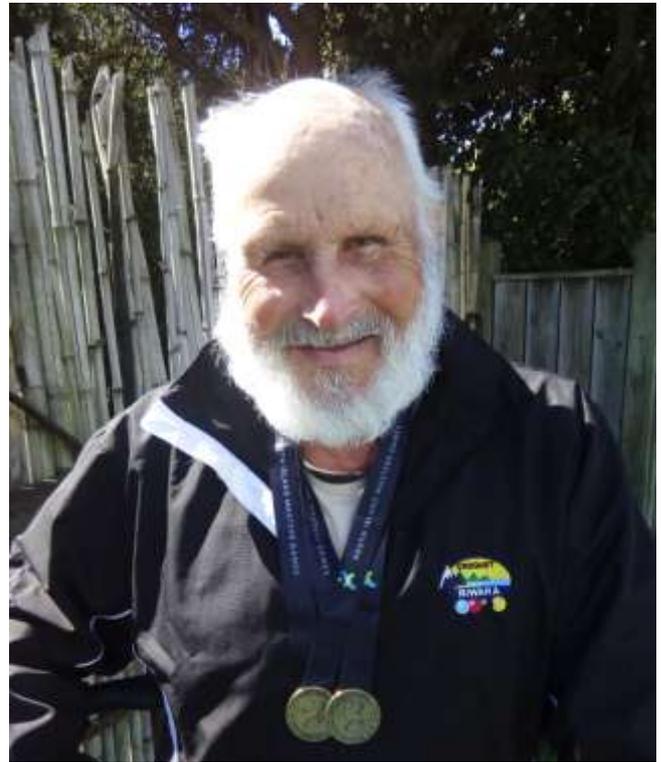
Dave is a true inspiration as he has just revealed his intention to hitchhike around the South Island, to play croquet in as many clubs as possible and raise

awareness and funds for croquet and the Heart Foundation.

He would welcome community support to make this happen.

Congratulations Dave, you are such an asset to our community.

Tracy Dawson



Playcentre

Session Times
Monday & Friday
9.30am - 12noon
during school term

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mapuaplaycentre@gmail.com
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Waimea Dam Consultation Comes to Mapua

With discussion about the proposed Waimea Dam heating up and the Tasman District Council opening consultation on the divisive issue in late October, the council will be in Mapua on Monday, 13 November, to hear local residents' opinions.

First at 6pm in the Mapua Hall, Councillors and their advisors will hold a "drop-in" session. Then at 7pm, the discussion will formally move to the Mapua and Districts Community Association's regular November meeting in the hall's Bill Marris room.

With an estimated \$82.5 million total cost, proposed to be funded by a mix of ratepayer, irrigator and Crown funding, and Nelson City just recently asked to pitch in \$5 million, the dam has been mired in controversy. The likely model going to consultation has the TDC in a joint venture with Waimea Irrigators Ltd., with the TDC responsible for \$26.8 million, underwriting a further \$29 million and covering the cost of any overruns above \$3 million.

At MDCA's October meeting, the AED (Automated External Defibrillator) subcommittee reported they had their first meeting and discussed the pros and cons of the MDCA taking "ownership" of the AED's at the wharf and outside Cushla's, with more research about the costs, obligations and liabilities needed before deciding. It was suggested that a fund be set up to help cover projected costs estimated at \$400 for a replacement battery every four years and \$75 for pads every five years, or after every use. The committee is investigating the expiry date on the defibs in the village to determine how quickly this fund is needed. The subcommittee will appoint two people to monitor each AED use, easily determined because they are behind glass. Thanks goes to the Mapua Four Square who recently announced they will place an additional AED outside their store.

The Waterfront Upgrade subcommittee reported that all materials have been received for the four picnic tables and construction would be completed soon. (*Where the tables will go is indicated by the white rectangles in the photo at right*). The tables and the children's playground equipment, including a grass-covered pipe tunnel and timber zig-zag pathway, balance rail and jump steps, should be installed in November. In addition, the Mapua School will be completing two interactive sculptures, their personally-designed and built tribute to the Mapua aquarium "Touch the Sea," destroyed by fire in 2011. (*At right*)

In additional news: The wet spring has been fantastic for plant growth in Dominion Flats and residents are encouraged to go for a bike ride or walk through the grounds as it is something we should all

be proud of. And the TDC has completed significant work on Higgs Reserve, on its way toward planting nearly 4000 trees in this location.

The TDC's announcement of its Wharf and Waterfront Park decisions, resulting from the many months of meetings and consultations including a recent visit to the area with the harbourmaster, is expected "before Christmas" per Councillor Tim King.

Discussions took place about the growing importance of a local public transport system – perhaps a community bus for local residents who don't drive to get access to the wharf, especially on weekends. Chairperson Elena Meredith said the time has come to explore in more detail the transport needs of our community.

Naomi Aporo, a recent addition to the MDCA Executive Committee and responsible for the portfolio of Relationships/Archiving, will be working with Shona Mclean to digitize MDCA archives and going out into the community to discover what Mapua historical stories and information other people might have. If you know someone who has a box of treasured information, please contact Naomi and share it so we can start to tell the stories of our community.

Tim Hawthorne, MDCA Executive Committee



Sunshine for the Spring Fling

This year's Spring Fling was much sunnier than the last few years, resulting in a great turn-out, swarms of kids and plenty of good spirits. There was plenty for all – plentiful things to do and plentiful things to eat and drink!

The Sports Tasman crew (courtesy of Tasman District Council) turned out with games galore and a sprinkling of bean bags. There was a giant Connect 4 as well as heaps of other games and activities. The Bowling Club opened its doors for people to try their hand at a spot of bowling – while celebrating having their green back open again after a period of maintenance. This year we were also able to have a go at croquet courtesy of Dave Davidson, who is trying to get a croquet club set up in Mapua. I hope many of you took the opportunity to find out a bit more about the cunning strategies and game play involved.

We also had the usual food and drink supply – all freely available and dished up by our team of volunteers, ably supported by some of the local cubs. Ice cream was donated by Talleys, cones from Hamish's and the rest of the food and equipment bought using funds donated by Club Mapua, New World Motueka and the Mapua/Ruby Bay Community Trust.

The objective of this free event is to develop community connections, bridge the generation gap and provide an opportunity to mix and mingle. It is fantastic to see friends and neighbours catch up with each other, locals meet locals they had never met before and make introductions, and everyone looking relaxed and happy.

Unfortunately there was also an element of drop-and-go with unsupervised kids being dropped off to run amok while the parents headed off to the pub, but hopefully we can encourage more people to stay and 'picnic' on the Domain instead next year and maybe help with the pack down and rubbish collection at the end too.

We have always been fortunate to receive donations and additional support that enable this event to happen and sincere thanks go to all those listed above as well as Mapua Auto Centre, NBS, Whenua-iti, local walking groups and various individual members of the community (you know who you are.) – who all make a contribution to this fantastic community event. Most of these donors have supported us for the full 11 years we have been running. We are very grateful for their generosity.

The Mapua Spring Fling is an event for all members of our community to come together and enjoy our Domain and each other's company. It is organised

by the "Strengthening our Community" group which works to fulfil the proverb "It takes a village to raise a child". Several of the key organisers have stepped back this year and we really need an extra couple of helpers to support us in getting things organised. It's not an onerous amount of work, maybe three to four hours spread over the year. After 11 years, the formula is well-defined, the 'to-do' list is complete and the organising is all run via an email trail. It doesn't involve meetings and is a worthwhile, rewarding activity. If you are happy to join the organisers or would like to know more, please contact Sally Hargraves on martinmapua@gmail.com or 03 540-3917.



Mapua Craft Group

Hi everybody, there have been a few changes within the group over the last few months.

Firstly we would like to thank Marian for all her hard work within the group, especially the great write-ups she did for the *Coastal News*. We hope she will be back to join us soon.

We were invited by the Crafty Tarts to their Monday morning meeting, which several of us did attend. This was a very enjoyable morning, with a lovely morning tea of homemade scones with jam and cream. We also enjoyed a show-and-tell with the group and I am sure we have all come away with some great ideas. After the show-and-tell a lovely lady came and talked about her work in the Congo for

three months every year. This was very interesting. So thank you Crafty Tarts for a great morning.

This is the last term before Christmas. Where has the time gone? It seems only five minutes since we were organising our last Christmas activities.

So far we have been busy making felt decorations and Christmas wreaths out of jigsaws. Also on the agenda are Christmas cards, and other Christmas activities. There will also be our Christmas outing, and our Christmas morning tea party.

We are always looking for new people to join our group, if anyone is interested please feel free to drop in at the church on a Friday morning between 10am and 12 noon.

Julie Cox

Dominion Flats Project Four Years Old

Well, this time four years ago we had just undertaken the first planting in Dominion Flats and what a day that was. Remember those truck-loads of plants and the 90 volunteers who put them in the ground? What a memorable day, and what progress we have made since then. It is great to compare then and now photos and see just how much growth there has been in four years. Not only are there about 35000 new plants, but also there are tracks that are easy to use and signage to tell you the way. I wonder how many volunteer hours have gone into all this... then....Progress



So far we have one table in the sitting area by the stream and we are about to get two more that have been made by volunteer Jim Hosie with funds provided by the Motueka Community Shop. One will be situated at the top corner of Area 1 and the other just through the gate into Area 8. Both are good lookout spots at present and, as the trees grow, they will be

quiet spots for people to sit and rest. Both are really great places to view our hard work from.

At the recent AGM of the Rata Foundation in Nelson we met one of the Trustees who accepted our invitation to come and see what we have been able to do with grant money we have received. Rata has been a huge contributor so it was great to show what progress we have made and tell the plans we have over the next few months to spend our money wisely. We plan to get a contractor to attack some patches of blackberry and prepare ground for next autumn's plantings and we will soon put in orders for plants for the autumn.

We have just received some grant money from the Network Tasman Trust which will be put towards work in Areas 2 and 3 which so far have had little done to them, and we are gradually working on forming the track down the back edge of the reserve.

And then of course we continue to weed, weed, weed on Tuesdays.

Helen Bibby



DELICIOUS News

Come and join us on the Mapua Wharf for an evening of shopping, just in time for Christmas on Thursday 9th November between 5.30pm - 7.30pm. The evening is to be very informal and a chance to meet some very special local people whose products we like to support as well. We have been busy unpacking the new stock for Christmas and Summer and are bound to have something for that special gift and don't forget our free gift wrapping service.

Our guests will be:

Emma Stevens - writer and author of her Alaskan adventures trilogy - What an interesting life!

Sarah La Touche - Plum Tree House Cook School and Nutritionist - Brimming with great foodie ideas and hints.

Ben, Amy and Bernie - creators of beautiful Black Matter Jewellery and the stunning new Penumbra range.

Enjoy a light refreshment whilst you relax and browse, plus take advantage of special discounts on the night.

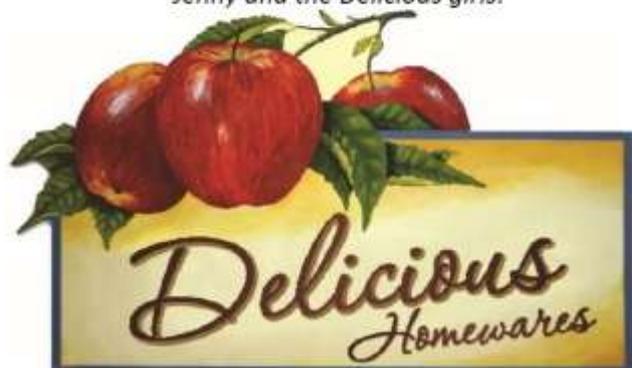
Numbers are limited so please register your attendance ASAP.

Phone 03 540 2463

or email info@delicious2015.com

We look forward to your company!

Jenny and the Delicious girls.



Hills Community Church



It has been said that life is a journey comprising two halves. In the first half of life we are preoccupied with finding our place in the world, and establishing our identity. We strive to achieve and to succeed, to become somebody. Much of this is a vital part of what it means to be human. But it is only half the story.

At some stage in our life we must realize that what is far more important than what we do in the world, our work, our achievements and our carefully cultivated image, is who we are deep within our being. The second half of life is all about this journey of discovering that our true being and identity, and the part that leads to wholeness, and fullness in life, and in fact leads to new life, and prepares us for the greatest journey of all; the end of this life.

One of great illustrations of this journey is the brilliant children's book, *The Very Hungry Caterpillar* by Eric Carle. In it, the caterpillar's sole purpose seems to be to eat and to grow bigger, and so it eats, and eats, and eats, and eventually, after a day of non-stop gorging, it comes to a crashing halt with one almighty stomach ache. The caterpillar stops eating, builds a cocoon, and rests, and in time, discovers that he in fact is no longer a caterpillar, but a beautiful butterfly.

This is our life's journey. We spend our life trying to be biggest caterpillar in the cabbage patch, and unbeknownst to us God's great desire and plan is for us to stop striving, and learn to rest in his abiding presence so that he can grow and transform us into his image. What God has planned for each of us is so much bigger and more beautiful that we could ever achieve by our will and strength. I think this is what Jesus is referring to when he speaks losing our life to gain the true life.

'For whoever wants to save their life will lose it, but whoever loses their life for me will find it.' Matthew 16:25.

Who really wants to remain a caterpillar?

In Christ, Rev John Sherlock

Hills Community Church,

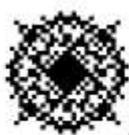
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Please see our website for further information.

www.hillscommunitychurch.org.nz, or phone 540-3848

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

Rev John Sherlock, revsherlock.hcc@gmail.com
hillscommunitychurch.org.nz or phone 021 070 7276



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14 Warren Place, Mapua facebook: [catalystfitnessandtraining](https://www.facebook.com/catalystfitnessandtraining)

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7.30pm Mapua Hall



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Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<p>What's On at the Hall In NOVEMBER</p>		<p>1 9am Aerobics 10am Pilates 12.30pm Tai Chi 3-6pm Mapua Afterschool Care</p>	<p>2 9am Mapua Art Group 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness</p>	<p>3 9am Aerobics 9.30am Low Impact Dance 10am Pilates 1.30pm The Mapua Fellowship Club 3-6pm Mapua Afterschool Care 6pm Mapua Youth Group</p>	<p>4 7.30pm SALSA & Dance</p>	<p>5</p>
		<p>6 9.30am Low Impact Dance 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness</p>	<p>7 9am PANZ 9am Sioux Line Dance 12.15pm MDBA Lunch n Learn 1pm Tai Chi 2.30pm Sit & Be Fit 3-6pm Mapua Afterschool Care 4.30pm Theatre Sports 6pm Middle Eastern Dance 6pm Aerobics 7pm Pilates</p>	<p>8 9am Aerobics 9.15am Yoga with Robin 10am Pilates 12.30pm Tai Chi 3-6pm Mapua Afterschool Care 6pm Yoga with Thomas</p>	<p>9 9am Mapua Art Group 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness</p>	<p>10 9am Aerobics 9.30am Low Impact Dance 10am Pilates 3-6pm Mapua Afterschool Care 6pm Mapua Youth Group</p>
<p>13 9.30am Low Impact Dance 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness 7pm Mapua Comm. Assc. Mtg</p>	<p>14 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 1pm Tai Chi 2.30pm Sit & Be Fit 3-6pm Mapua Afterschool Care 4.30pm Theatre Sports 6pm Middle Eastern Dance 6pm Aerobics 7pm Pilates</p>	<p>15 9am Aerobics 9.15am Yoga with Robin 10am Pilates 12.30pm Tai Chi 3-6pm Mapua Afterschool Care 6pm Yoga with Thomas</p>	<p>16 9am Mapua Art Group 2pm Friendship Group 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness</p>	<p>17 9am Aerobics 9.30am Low Impact Dance 10am Pilates 3-6pm Mapua Afterschool Care 6pm Mapua Youth Group</p>	<p>18 9am Aerobics 10am Pilates</p>	<p>19</p>
<p>20 9.30am Low Impact Dance 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness 6.30pm Hall Comm. Mtg</p>	<p>21 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 3-6pm Mapua Afterschool Care 4.30pm Theatre Sports 6pm Middle Eastern Dance 6pm Aerobics 7pm Pilates</p>	<p>22 9am Aerobics 10am Pilates 9.15am Yoga with Robin 12.30pm Tai Chi 3-6pm Mapua Afterschool Care 6pm Yoga with Thomas</p>	<p>23 9am Mapua Art Group 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness</p>	<p>24 9am Aerobics 9.30am Low Impact Dance 10am Pilates 3-6pm Mapua Afterschool Care</p>	<p>25</p>	<p>26</p>
<p>27 9.30am Low Impact Dance 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness</p>	<p>28 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 3-6pm Mapua Afterschool Care 4.30pm Theatre Sports 6pm Middle Eastern Dance 6pm Aerobics 7pm Pilates</p>	<p>29 9am Aerobics 10am Pilates 9.15am Yoga with Robin 12.30pm Tai Chi 3-6pm Mapua Afterschool Care 6pm Yoga with Thomas</p>	<p>30 9am Mapua Art Group 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness</p>	<p>WWW.MAPUAHALL.ORG</p>		

M i A

MEN IN ACCORD

Men in Accord are a Silver Medal-winning small chorus that represented the Nelson/Tasman region in the National 4 Part Harmony Convention last year.

We'd like to invite all you guys out there to our Open Evening Workshop.

Come along and learn the art of 4 Part Harmony Singing in a friendly, relaxed and fun environment on Tuesday 14 November at 7pm at Club Waimea in the Waimea Room.

Men in Accord are lucky to have a number of experienced and musically knowledgeable members, who will guide you through some easy exercises and have you singing 4-part harmony by the end of the evening.

Our song arrangements are structured with four separate notes with the intention to make most chords "ring". These ringing chords are the ultimate in harmony and create a truly wonderful sound which both singers and audiences find irresistible. Few people can resist the sound once they hear it. Beware – it is addictive!

Why not come along and give it a try? This is a cost-free event, so just you and your voice required.

To register your interest in attending, please call Dave: 540-2178 or go to itson.co.nz and search for Men in Accord for more details.



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Cooking Asparagus

By Sarah La Touche

It's asparagus time again! On the first day of daylight saving I found the first crisp bundles of asparagus in my local market. That evening we enjoyed fresh eggs from our girls, poached over lightly-steamed asparagus, with a drizzle of our neighbour's olive oil, and a light sprinkling of flaky sea salt and pungent black pepper. You couldn't ask for a more delicious Sunday supper.

I love the asparagus season, partly because it is finite. Once it's over, it's over. There's no more and you have to wait until next spring. No sense in buying imported imposters. They never taste the same in my humble opinion.

So through the season, we eat asparagus at least once a week, often more. In the beginning of the season it is usually just poached or steamed, the simpler the better, with a bit of Lewis Road butter or some extra good olive oil. As the season progresses, so too do the recipes – roasted to accompany fish or lamb, in flans and tarts, grilled, rolled in Prosciutto or speck and grilled, the odd asparagus soup, and toward the end of the season, when the stalks are beginning to get a bit woody, we sauté just the tips in olive oil and sprinkle them with some toasted hazelnuts or almonds.

A member of the lily family, asparagus grows from a perennial, underground rhizome, popping up in spring. Popular with the French especially, and considered a delicacy by the Greeks and Romans, it has retained its specialness through the centuries. Love it or hate it, asparagus is best at its very freshest before the flavour flattens out.

Bend the stalks at the cut end to find the natural snapping point, which gets rid of the fibrous inedible bit. You can use these for stock though if you wish.

Ideally, the stalks are prettier peeled a little at the blunt end before you poach them in salted water.

An average sized asparagus stem will take about three or four minutes to cook. You want a little resistance as you bite into them. Remove from the poaching water with a slotted spoon, and refresh in iced water to arrest the cooking process. Then drain on a linen tea towel briefly if you like your asparagus warm, or leave to cool.

This lovely flan makes a great brunch, lunch or supper dish for asparagus lovers.

Asparagus and Parmesan Flan

Serves 6 – 8 or 15 for small nibbles. This amount makes enough for two 23cm x 23cm fluted flan tins with removable bottoms.

For the pastry:

280g sifted white spelt flour
1 teaspoon baking powder
1/2 teaspoon salt

160g chilled unsalted butter cut into cubes
1 egg, beaten
2 tablespoons plain yoghurt

Mix the flour, salt and baking powder in a large bowl. Rub in the chilled butter with your fingers (run them under cold water first), until the mixture resembles breadcrumbs and the butter is evenly mixed in.

Combine the yoghurt and beaten egg, and pour into the dry mix stirring quickly to form a stiff dough.

Wrap in cling film and rest in the refrigerator for 30 minutes to an hour.

When ready, divide the dough in two, roll out on a floured surface, and line the greased flan tins. Alternately for a more rustic look, divide the pastry in two even pieces, and push the dough out with your fingers to line the tins.

Pre-heat the oven to 200C and bake blind for 10 minutes.

For the filling:

2 bunches fresh asparagus, tailed, halved and cut into short batons

4 #7 eggs

500ml fresh cream

½ teaspoon salt & freshly ground black pepper

A generous grating of nutmeg

250g roughly grated Parmesan or Pecorino cheese



Wash and prep the asparagus

In a large bowl, mix the eggs, cream, salt, pepper and nutmeg and beat well.

Take the tart cases, evenly lay the grated cheese over the bottom of the partially baked cases. Divide the asparagus and sprinkle the small batons over the cheese.

Now, dividing the egg mixture in two, pour into each flan case so that it just reaches the top of the cheese and asparagus. Place in the hot oven (200C) and bake until just set and lightly golden, approximately 30 minutes.

Serve in slices or small squares for nibbles.

Small Changes Make a Big Difference

One thing that I've learned from observing my patients over the years is that small changes make a big difference. The greatest health changes come from those who do small simple things regularly over a long period.

One related quote that I like is, "Ordinary things done consistently produce extraordinary results," and I've found this to be absolutely true in regards to health. Take working out at the gym as an example, going four times a week for 30 minutes and exercising moderately will produce much better results than doing one highly intense two-hour workout every two weeks. With chiropractic care it may be something as simple as some back-strengthening exercises done once every other day for several minutes, taking breaks from the computer regularly, maintaining your posture while working, drinking water instead of coke, or going for a walk instead of blobbing on the sofa and turning on the TV.

Although with chiropractic care and the work we do inside the office is a fantastic way to keep the spine and nervous system healthy and ensure optimal nerve function, it's the things that are done outside the office that really determine how much you get out of it. People who take full responsibility for, and actively participate in their health, understand this concept, but unfortunately not everyone has been taught to approach their health this way. In fact, our medical system, drug ads, and even our parents have influenced us with beliefs that run exactly opposite to this!

The fact is though, that our health is our choice and our responsibility.

If taking care of yourself is truly a priority then take to heart this quote which I think sums things up perfectly:

"Success is the sum of small efforts, repeated day in and day out" – Robert Collier

What changes do you know you would like to make regarding your health? Have you put it off thinking it would just one day go away? We can help you to get your body's health pointed in the right direction and help you to understand what you can do to be more active and participate more fully in changing those little things to help make a big difference in how you feel, think and move.

Dr Ron Howard



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That's Iconic!

The moment you say the phrase, "That's iconic" is the moment a whole world of values, aspirations, and devotion is opened up.

The fact that different people have either ideas, objects, or persons that become iconic to them does not alter the world that is opened up – it just happens to be their world of value, aspiration and devotion. We do not mind too much the fact that we have values and aspirations but if you suggest that something or someone is 'iconic' most might say it's a bit far to describe it as devotion – especially if it borders on notions of being religious.

The icon is very closely related to 'image' and for the Greco-Roman world and other cultures through the ages, the representative image points toward or is the god/goddess quality of something. We may not have the actual same baggage of twenty centuries or more ago, but the same instincts are there. What are the 'icons' of a twenty-first century 'western' materialistic world? What forms do the worship centres take and what are the masses offering their devotion towards? The God-given instinct to worship is there in all – it just takes different forms and is directed toward different ideas, objects and persons. What is your icon?

In the ancient text of the Psalms, it suggests that we begin to conform to what we worship or whatever our icon is. The psalmist mocks 'idols' that cannot speak or do anything and further states, '...those who make them will be like them'. The prophets in the Old Testament do the same – the great sin of Scrip-

ture is idolatry – the placing of anything or anyone alongside or in the place of the one true living and revealed God.

Paul writes of Jesus in the New Testament that Jesus Christ is 'the image of the invisible God, the pre-eminent one of all creation'.

Christians reserve the language of image and icon to the fullest, most revelational and demonstrable expression of God – the 'Son of God', Jesus Christ. They are happy to attribute the highest value, aspiration, and devotion to be directed toward Him. It is a rightly directed and attributed life of worth-ship or worship. What or who is it that you consider iconic and what are the effects of that devotion?

Richard Drury

For more information on Tasman Bible Church go to www.tasmanbiblechurch.org.nz

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Come and check out the games, singing, dancing, performances of songs composed by students, presentations, information kiosks, display of water saving products, the Scitech Expo research project that won a Gold award, drama, sculptures and much more!

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Playcentre: Helping Raise Our Children

We're running a series of family profiles over the coming months to introduce some of our Playcentre families and what they love about Playcentre. This is from Fiona who comes with her two sons Douglas, four, and Joe, one.

We moved to Ruby Bay three years ago after falling in love with the stunning landscapes and friendly atmosphere. Finally venturing out of the house after taming our chaos of unpacking and boxes, my one-year-old and I popped into Mapua Playcentre for a visit. We were delighted to be made to feel welcome straight away. We enjoyed advice about local walks, groups and activities and got stuck in digging, splashing and sliding in the peaceful garden.

Since then Douglas's interests have been nurtured by our supervisors. He has moved from playing storm rescues with his friend to dressing up as a policeman and fire fighter (putting out fires and giving out speeding tickets aplenty!) to being inspired by visits from the Mapua Fire Service and St John Ambulance.

He is now planning to be either a fire fighter or an ambulance paramedic when he grows up. Or maybe Superman—time will tell. I have to give a huge thank you to our supervisors for planning so well around his interests and providing so many exciting sessions.

Three years on, Douglas is getting ready to go to school. We joined a Friday morning Discovery Session at Mapua School organised by the Playcentre. It was lovely to see him settle in and play beside friends and children he already knows from Playcentre and

enjoy getting to know the grounds, building and new entrant teachers alongside his trusted Playcentre supervisor.

Not only did Douglas find his place at Playcentre, our whole family did. Helping out at working bees, my husband made friends to go kayaking or mountain biking with. The mums have been mountain biking too, and might even have been to Rimu Wine Bar once or twice. Not before the mountain biking though!



All in all, Mapua Playcentre has been the place where we have found our feet as a family in this beautiful place. If you're new to the area, or new to having children in the area, do pop in and I'll do my best to pass the welcome on!

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

We offer a term of free sessions for first-time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 253 4264, email: mapuaplaycentre@gmail.com or find us on Facebook.

Mapua Bowling Club

It is time to polish your bowls...the Mapua Bowling Club season is set to begin on Thursday, 2 November. Members are asked to arrive at 1:15pm for a 1:30pm start. There will be a shared tea after bowling is completed. Please bring a plate.

Roll-ups take place on Tuesday, Thursdays and Saturdays afternoons from 1:15pm. Have you ever thought it might be interesting to give lawn bowls a go? Well, there is no better time than the present to give bowls a try. The club warmly welcomes you to stop in at the Club and see what bowling is all about. No experience is necessary. The club has bowls available for use. Please wear flat-soled shoes to avoid damage to the green.

If you are busy during the day, maybe Monday night 'Leisure Bowls' would be good option for you. Play begins at 6pm. Leisure Bowls will begin on Monday, 6 November. Relax and unwind in the evening air with a friendly group of bowlers.

During this school term, the Mapua Bowling Club is participating in a Mapua Primary School programme in which the students (aged 11 and 12) are given a chance to experience various sports. Groups of about 15 students are coming to the club on Monday afternoons and are introduced to lawn bowls. Who knows, maybe there is a future New Zealand 'Black Jack' in their midst.

For information about the bowling club or booking the clubhouse and facilities please call the president, Dave England, on 540-2934.

Barbara Brown

Ketchup: A woman was trying hard to get the ketchup out of the jar.. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone.. 'Mommy can't come to the phone to talk to you right now, she's hitting the bottle.'



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PANZ

It is nice to see a bit more sunshine lately! I know most of us are "over the wet."

I hope that some of you had a chance to view the Impressions National Art Awards. There was some amazing artwork displayed. A few of our local and national pastel artists entered and were accepted into the awards. They entered some beautiful work and we are proud to say that one of our National members from the Marlborough region, Vicki Jackson, won not only NBS People's Choice Award but also the PANZ Nelson Bays Best Pastel for her work entitled *Solace*. Well done Vicki.

Our Nelson region pastel group will be gearing up for our February 2018 exhibition. When I say gearing up I mean "painting a lot. Watch this space for details.

One of our members, Michael Busby, gave an interesting mini-workshop at our Tuesday morning session in Mapua on perspective in our paintings. I never knew there could be so many vanishing points in a piece of artwork. Thanks to Michael for enlightening our group on a topic that helps us to keep our paintings at the correct angles.

Some of our pastel members attended a workshop sponsored by the Motueka Arts Group with Christchurch artist Maxine Burney who guided us through a "Journey to Abstraction." This was described by the artist as a fun way of looking at, learning and working with still life subjects. It was indeed just that and those of us who attended learned another way of seeing a subject and letting loose with our colour choices.



We always welcome new members to our group so if you feel so inclined to explore your hidden talents by dabbling in pastels feel free to come along to the Mapua Hall on a Tuesday morning between 9am and 12pm to see what we get up to.

For additional information please contact our Area Rep, Glenys Forbes, at 03 540-3388 or by email gmforbes@ts.co.nz. You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see what some of our pastel artists are creating.

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Sep 17 – Oct 17 call-outs

Sep 8: House fire Main Road Riwaka, Stayed at Motueka Fire Station as a cover.

Sep 22: Alarm activated Langford Dr. Defective alarm.

Oct 2: PFA alarm activated Mapua Medical. Nothing found.

Oct 3: Alarm activated Horton Rd. Nothing found.

Oct 16: Alarm activated Toru St. Removed battery, Calls this year – 64

Safety Tip – check and clean smoke alarms monthly. Dust and insects can set alarms off.

Police Report

It is great that the days are getting longer and warmer. This will mean that more people will be out and about at night. We have had three-vehicle accidents in Motueka over the last three weeks involving young drivers. Unfortunately one accident was a fatality when a rider was knocked off his motorbike. If you have young drivers talk to them about being extra responsible and careful this summer. It is a miracle that we didn't have three deaths from these accidents

Good to be able to report there has been very little crime in the Mapua area over the last month, but don't let that make you get slack and leave your car unlocked or your house open when you duck down to the shop

Grant Heney, Motueka Crime Prevention

Occurrences:

Attempted burglary at Kina

Motueka man aged 25 drink-driving and had an accident in Tasman

Domestic incident Mapua

School: A little girl had just finished her first week of school. 'I'm just wasting my time,' she said to her mother. 'I can't read, I can't write, and they won't let me talk!'

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4th Jan

PAUL MADSEN
5th + 6th Jan

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7th Jan

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9th Jan

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2

3

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25 70's vs 80's
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Under The Bonnet with Fred

Frank's 1960 DKW



Well, to be precise it is registered as a 1960 Auto Union 1000S DKW, which is quite a mouthful but it was the amalgamation of Audi, Horch, Wander and Auto Union in 1932 which has the familiar Audi four crossed rings as their logo which lives on in modern Audis. Like a lot of motor car companies they have evolved from manufacturing motor bikes. I can remember big long DKW motor scooters with two individual seats in Whakatane in my schooldays in the 1960s.

There is good local history with the car. Three DKWs were abandoned on a vacant section in Toru Street in Mapua. There was a two-door, a four-door and a station wagon in poor condition. The best parts of the two-door and four-door were used to restore a four-door sedan. Originally it was a burnt orange colour but Frank looked up the colour charts for the 1960 DKW and had the car painted two-tone—maroon with a white top—very much colours of the day.

All credit to Frank, he certainly has done it right with full body-off restoration with the chassis stripped until there was not one bolt on it and then powder-coated. Body parts from the two DKWs were trailered up north to a specialist who produced and restored one four-door from the collection of parts.

All chrome was redone and stainless steel and aluminium trim all polished. All panels and doors fitted perfectly. The interior has been done nicely with again matching original upholstery. It is a nice tan colour which complements the maroon and chrome-highlighted painted dash. The dash has two round dials with speedo, fuel and temperature gauges, and ahead of its time for a lot of 1960s cars imported to New Zealand, an interior light switch. Column change, under-dash hand brake and the lever which engages the second clutch. Frank managed to recover the original rubber mats for the car despite it having sat so long abandoned in the sunlight in Toru Steet

The engine is a 1000cc, three-cylinder two-stroke. It has three coils, three sets of points and three condensers but one carburettor. Very simple and it can still run with a cylinder down. It has a radiator and fan plus a flap over the fan which is lifted by an open thermostat to warm the engine in cold conditions.

The radiator is mounted against the firewall, allowing the heat of the engine to warm the cooling system quicker in cold winters. The engine is a nice bit of quirky alternative thinking on engine design of the 1960s.

To refuel the two-stroke correctly Frank has an ingenious trick. Using a plastic jug with \$20, \$40 or

\$60 marks for oil-to-fuel volume required he then flushes petrol through the jug slowly and into the petrol tank until the oil has cleared, then tops it up to whatever dollars as above.

The gearbox has a centrifugal neutralizer for the benefit of the two-stroke engine and I don't know quite how to describe it other than call it a "second clutch." There is a standard clutch for the four-speed box, but the two-stroke engine requires oil through the fuel for lubrication. With downhill braking the engine would be revving but not receiving lubrication through the fuel so the "second clutch" disconnects from the engine which goes to idle, as it does not require so much lubrication. On acceleration the "second clutch" automatically reconnects to the engine and the drive train and engine revert to normal. The lever under the dash engages this before downhill descents.



Frank took me for a drive and said you have to learn to drive the DKW first. As it is a two-stroke it requires more revs for initial take-off but once rolling it was

a good mover. The noise from the motor was like three lawn mowers moving off at the same time. Once out of Ruby Bay the DKW pulled very well and acceleration on the Bluff road to match any modern car. Out on the by-pass road Frank floored it and the DKW had no trouble doing 60mph up the rise.

The hub cap shape of the DKW and the front lights might have been stolen from the VW Beetle, but maybe European car makers were trying to make their mark after WWII. Frank, the world needs people like you to keep restoring cars like this as they preserve motoring history.

Fred Cassin



Science Fair Success for Mapua School

We had an awesome opportunity to enter in the Cawthron Scitec Expo recently. There were many categories to enter. There were: Technology, Experimental, Research, Baking (this had a small prize,) and this year they added in a new category, Art.

Lots of children had entered in the Scitec Expo. Two projects were very successful and got gold awards, and they were *Fashion in our Blood*, by Edie Morgan and Mia Fay, and *Salt to Fresh*, by Jack Trott, Isla Hill and Blake Davis. There were also two other projects that got prizes of highly commended. They were: *Plant growth in different environments* by Zoe Bonny, and *Sea Pollution* by Daisy Moncreiff and Zoe Bonny. Also, the Senior team entered some crystal art tessellations we did with Honour. We did really well with that and won the *Most Fun* category and won a lot of Mr Science boxes for the classes.

The other projects didn't quite get in but they were still very impressive. Those projects were: *Artificial Intelligence*, by Cleo Melville, *New vs Natural*, by Ben Martin, *Trees to be thankful for*, by Tiffany Cocks, *Tanks*, by Hector Perry, and Sam Lyth's pro-

ject *Rubba Dub-Dub*. Ruma Mahoe, entered an art piece, *Oil and Water Don't Mix*, but unfortunately didn't get a prize.

This year's Science Expo was the biggest one yet! We all had fun creating and researching for our science projects and we all will be looking forward to next year's Science Fair.

Edie Morgan and Mia Fay



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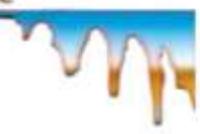
Dr David Orsbourn
MBChB, Dip Obs, FRNZCGP, FACAM
Fellow New Zealand Society of Cosmetic Medicine
Certificate of Procedural Phlebology
Member of Skin Cancer College of Australasia



7 Buxton Square, Nelson - 03 548 8216 - www.enhanceskin.co.nz

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

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Are you prepared to enjoy your Summer Holiday Motoring

Reduce the risk of your vehicle breaking down while you are away on holiday by organising a pre-holiday vehicle inspection.

We recommend a pre-holiday inspection so special attention can be given to the areas which are more likely to be put under pressure while you are away. Those areas include the braking system, cooling system, shock absorbers, wheel alignment, tuning, servicing items (fluid levels, belts, hoses etc), and ensuring you have a current WOF.

If you have a boat, caravan or trailer with your camping gear, don't forget to have the tyres and brakes checked so they are in sound condition and their WOF is also current prior to heading away.

I'm sure you've heard the saying 'prevention is better than the cure'. This saying is very pertinent when it comes to your vehicle, especially when the cure can entail spending hundreds of dollars. Coupled with the inconvenience, stress, and missed opportunities a breakdown can cause if holiday activities and/or travel plans have to be altered as a result.

There are definitely better ways of spending your holiday dollars and time than having your vehicle repaired.






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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Administrator: Mel Stringer
027 943 2469
mdba@mapua.co.nz

Well the rain seems to have abated and spring has finally sprung! Our lovely region is looking as beautiful as ever!

Lunch and Learn is back this month with Florence Van Dyke from Chia speaking on the 7th of Nov—RSVP or email me for more details mdba@mapua.co.nz

It's time to start thinking about the MDBA Christmas function! Keep the 14th of December free for an informal get together somewhere with good food and wine! Make sure you keep your eye out for the email and RSVP to me if you want to come along for a fun evening in the sun!

Mel Stringer

Sandstone House B&B

Welcome to Sandstone House – experience generous hospitality in a fabulous location!

Hi – we're John and Jenny Marchbanks and we're looking forward to sharing Summer again this season with our guests at our special spot on Korepo Road, overlooking Tasman Bay.

We have a two night minimum stay which encourages guests to make the most of our beautiful region and we offer plenty of off street parking and secure storage if required.

Guests can use Sandstone House as a base to explore further afield or simply enjoy the environment and facilities close at hand. Our accommodation is private and welcoming – we have two Queen bed rooms with ensuites and all you need for a comfortable and relaxed stay. Guests have their own entrance and balcony and can enjoy breakfast in the room or on the verandah overlooking the Bay. Breakfast provisions are supplied along with everything you need for snacks / tea / coffee in between etc. Enjoy a BBQ and fire in the evenings or we have plenty of options for a quiet wine and a read if preferred. We also offer complimentary WIFI and laundry facilities.

Our tariff is \$195.00 per night for a Queen Room and this includes breakfast.

Please contact us if we can assist with your stay in this beautiful part of the world. We've been around for a while and have plenty of local Knowledge—we'd love to help!



Sandstone House B&B
30 Korepo Road, Ruby Bay
03 540 3251 / John 027 540 3251 / Jenny 027 514 0652
Email: sandstone@rubylbay.net.nz web: rubylbay.net.nz

www.mapua.co.nz

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My family and I moved to Mapua back in 1993, when I teamed up with Bruce Thomson painting and decorating.

After a break away from decorating and living in Nelson, we have returned to Mapua and once again I have teamed up with Bruce.

My partner Denise and I now enjoy living in a mobile home which affords us the opportunity to travel and work around the country. We've done a few stints over in Golden Bay and down in Christchurch. I am an experienced paperhanger and can develop a colour washing and paint effect formulae for your project. Free Quotes are standard practice and I am more than happy to negotiate a price that is mutually satisfactory to both parties.

I am able to work on any size project, be it a set of drawers or kitchen cupboards right up to your commercial developments or farm buildings. Water blasting and spray painting is also available when required.

With a 'can do' attitude and plenty of enthusiasm I can create that special look that you want.

For further information
or quotes, call Trev on
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Noticeboard

For Sale: 2007 English Alpine 2 Sprite Caravan in excellent condition, 2 berth with end bathroom with toilet, basin, shower stall. Trumatic gas/electric fire, double glazed with blinds & fly screens. Porch awning used 1x, new bike rack, breathable cover for protection during storage. Alko stabiliser. \$29,500 Ph: 027 646 3066 or 543-2233 for further details.

Trailer for sale: WOF and rego until 02/03/2018. Price \$120. Ph: 027 646 3066 or 543-2233

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

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

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

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

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

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

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

Mapua Social Cycling Group: "Wheels 2 Meals". Approx 30 km ride, coffee break halfway, no racing! Depart Mapua Wharf each fine Thursday @ 9:30 am. Just turn up with your bike, HiVis top & coffee money, or email wheels2meals@gmail.com

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

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

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

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

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

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

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

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

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

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

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

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 528-5405

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

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

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

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

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.