

Community Association Keeps in Touch

The Mapua and District Community Association is making progress on a number of fronts. Infrastructure and new facilities are being rolled out around our town at an accelerated rate and the busy association has delegated the overview of these important changes to individuals in the executive group to collectively keep up with the play. Unprecedented growth and development, however, carries with it risks and challenges.

The Tasman District Council and the association have a close and respectful relationship but there is often tension as the community desire and the council resourcing and constraints frustrate us. Roads, planning, development and public safety are controlled by the dollar, a raft of central government legislation, centralised agencies and rule books. Also the council has to measure and incorporate community views that are often divergent. At its worst the TDC overlays a series of ad hoc answers or low-cost options as it sorts out the continual run of headaches that is local government. It can get messy.

Later on the community asks the question, "How did that happen?" or "Why is that ugly thing there?" The answer from councillors often starts with, "Well, at the time, we..." The building wrapped in rusty metal, the remnants of the mains water system at a strategic corner of Waterfront Park, Mapua Wharf is a good example of a bad result. Good results also happen, where council foresight and support are behind successful and inspiring community projects. The Mapua Hall redevelopment and Dominion Stream Flats restoration project are good examples.

Hot on the association's books at the moment is the "Better Broadband" lobby, (email interest to John Fountain at betterbroadband-formrm@gmail.com), the Waterfront Park upgrade and pedestrian strategies around the wharf, on Higgs Road and down Mapua Drive to the village and the school.

The Mapua Drive footpath, or lack of it, has been a hot topic ever since the bulldozers began levelling sites for the many new homes and families, in place of what was a population of fruit trees and sheep a few years back. Now we have a new roundabout, a proper one rather than a 'traffic-calming' red road

wart, housing expanding up on the subdivision, and a pathway down the hill on the village side of Mapua Drive planned for this year.

At the Community Association meetings over the last few months a regular source of frustration has been the uncertainty about this footpath and what happens at the tavern corner. The Mapua School Board too, has tried to define a plan with TDC Traffic Management for some time. They saw only too well the risks to our children from a bad result. The lack of a plan worried many in the community. How do the two road crossings work for primary school children, pushchairs, scooters and young families? Where and what will they be?

We have to develop a clear community consensus. The Community Association is working with Mapua School Board, the Aranui Park community stakeholders and TDC to try and sort out a route through Aranui Park rather than around the tavern forecourt, and a crossing on Aranui Road. This will probably be a 'Kea' style crossing. This is a type we are allowed by NZTA in a 50kmh zone. They have proscribed engineering features to improve their safety. The roadway is narrowed by kerb extensions and require permanent signs and markings. Kea crossings also have school-managed temporary signs that are present only when the crossing is operational. They are removed when the patrol finishes operation and the site reverts to normal roadway where pedestrians give way to traffic. Up near the roundabout the allowed crossing is a centre refuge type with kerb and surface design features and signs. That's what the rule book says. We don't qualify for NZTA zebra crossings.

Having a master plan, over-arching strategy or a developed community consensus are some of the best tools to protect our future from the effects of bad decisions. Without a long term vision or plan, decision-making can be reactive rather than strategic, or affordable rather than prudent. The association tries to exercise patience, and to keep in mind 'the long game', to consult with the wider community agencies and to harness the creative opportunities available from within our community. That's our 'Mapua Project.'

Graeme Stradling



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- ❖ **ARTISANS WEEKEND Sunday 25th October**
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- ❖ **LIVE MUSIC 3 PM Monday 26th October "ULC Trio"**
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- ❖ **FINE DINING EVENING Saturday 31st October 7pm \$50**
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 3rd Thurs Country Night, This month on the 15th

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Ness Beere – a Remarkable Life

(This is the first part of a two-part article.)

Ness Beere, who died aged 96 at her Mapua home recently, was a district nurse for Mapua and the Moutere Hills area in the 1960s and 1970s and greatly respected for her dedication, kindness and generosity.

In sports, Ness was an accomplished tennis player, one of a group of Mapua Tennis Club members who helped build the first courts in Aranui Road. She also had a life-long love of tramping and the outdoors, which she shared with her husband, the late Len Beere.

As a district nurse, Ness was a familiar sight driving around the Moutere Hills in the family car. While some other nurses found it tiresome negotiating what were then often winding, unsealed and poorly sign-posted back roads, Ness loved nothing more than driving from patient to patient, often remarking on the beauty of the Moutere landscape.

Ness had no nurses' "base" office and little in the way of a job description. She worked from home, drove her own car and any hospital supplies needed were kept in a wardrobe in the family wash-house.

Rachael Stringer, another Mapua district nurse at the time, says that Ness's "energy and enthusiasm and the time and effort she put into her district nursing work made her a well-loved nurse in the Mapua and surrounding districts."

Ness often went beyond the call of duty. Her family recalls that it was an everyday event for her to return home with a huge load of washing from her patients. She would wash, dry and iron the laundry at home and return it to the grateful patients. She also generously dispensed home-grown fruit and vegetables when they were available.

Along with other Mapua residents of the time, Ness and Len helped with food and drinks for dances in the 1950s and 1960s held at the Mapua Hall.

Ness also offered care to a young boy patient from Ngawhatu Hospital and for many years provided him with outings and a warm family welcome at Mapua. She also welcomed to Mapua her children's friends, relations and, sometimes, total strangers who would end up staying in the family home. They included dental nurses temporarily in Mapua, a Thai university student here on a scholarship and missing his family at home, a young Samoan high school student and later, a German exchange student attending Nelson College for Girls. All were treated as family members and became long-term friends.

At home, Ness was an industrious baker and liked to ensure that her kitchen tins were always full. Visitors were often encouraged to help themselves. Even in her last weeks, Ness urged her carers to check the tins and, if anything was in there, to "take anything you like".

Ness Beere (nee Lyver) had a remarkable whaka-papa. She was descended from an 1840s Marlborough union of an Irish whaler, publican and farmer named John O'Brien, and a Ngati Toa Rangatira Maori, Metapere Kawhe. Her grandmother, Charlotte Robertson, was from the Shetland Islands and was charismatic, witty and a great story teller.

Ness's values were strongly shaped by the experiences of being one of eight children in a family with a limited income. Ness was born at Arthur's Pass on 1 June 1919 when her father, Robert Lyver, managed the small post office at nearby Bealey. Her mother, Elizabeth O'Brien, was a dedicated and loving person, but Robert's meagre pay was stretched by the size of his family. He supplemented it with government bounty payments for shooting kea—three pence a beak—as a reward for getting rid of a bird then regarded as a pest.

Living in the post office building, the family depended on a horse and cart to cross the Waimakariri River to get to Arthur's Pass township for supplies. Ness recounted stories of her mother piling the children into the rear of the cart before driving the horse and cart through the often turbulent river and 14km up the winding main West Coast road to the township.

The family moved with Robert as he was promoted by the post office to other management jobs in Christchurch, Ashburton and Blenheim before the family finally moved to a more permanent home in Lower Hutt. There, a comfortable house provided a better base for the family and a large vegetable and flower garden which Robert maintained to a high standard. However, the debilitating effect of the Great Depression in the early 1930s severely limited options for the family and the children had to make do with hand-me-down clothes and shoes. A major setback for all was the sudden death of mother Elizabeth when Ness was only 15. Led by an older sister, Charlotte, Ness and the other children quickly learned how hard they had to work together to manage the housework, cooking and other essential chores.

Later, Ness was urged by her father to take a clerical government job and she did for a period with the Transport Department. However, she did not enjoy



desk work and later left to start training as a nurse at Wellington Hospital, a job she loved.

Ness found an outlet from work in sport, revealing a competitive and determined streak. She joined a choir and the Hutt Valley Tramping Club, a close-knit group of young people with a busy programme of trips, including to the Nelson region. Ness enjoyed playing tennis through to middle age. At the Mapua Tennis Club later on, Ness was remembered particularly for the way she partnered and encouraged younger players new to the game.

Through the tramping club, Ness met and fell in love with Len Beere, 10 years her senior and a chief guide for the club. They became engaged, but the Second World War intervened and, along with many other male club members, Len felt obliged to volunteer for service—despite Ness’s protestations. She had no enthusiasm for war.

“To me it was like killing somebody you knew nothing about,” she said later, “They might be a marvellous person with a wonderful voice, or pianist, or a genius, someone really talented, someone that the world needs.”

Len, however, felt compelled to “stop people like Hitler” and signed up as a volunteer. As a member of an engineering company, Len was dispatched overseas and caught up in the chaotic retreat of the New Zealand Second Division from Greece to Crete. With other men of the Second Division, he was subsequently involved in the desperate but unsuccessful defence of Crete by Allied forces and Cretan civilians. Ness received a few letters from him, posted from Egypt and Greece, but they were so cut about by military censors that they were of little comfort. And then there was silence. Along with hundreds of other troops, Len was captured after the Battle of Crete and detained as a prisoner in a makeshift camp on the north-western coast of the island, close to Xania.

(To be concluded next month)

Out & About

Welcome to Mapua: “Hi there,” “I’ll meet you at the corner of Mapua Drive and Te Mamaku Road.”

“Mamaku Road? Where is that?”

“Don’t you know where it is?”

Of course this is an imaginary conversation. But not surprisingly, not many Mapua residents do know where it is, or even anything about Te Mamaku Road.

More on that next month. Meanwhile, I’m having a “Winter Break.” That’s all for October’s *Out & About*.

Hugh Gordon

Planting Continues

Another busy month for our band of workers. The planting is almost completed for this season which is good as it looks as though it could be a dry spring and summer so the plants need to get their toes in the ground. We have also been donated about 120 locally grown native plants for the project.

We are getting extra helpers joining us on Tuesday mornings now which is really wonderful as not only is there planting to do but always other maintenance work with lots of weeds to pull, plants to free up and tracks to deal with.

Earlier last month we had help from a group from Wellington after a chance meeting a month or so before. Jonathan Kennett, who is very involved with cycle trails through New Zealand, and some friends of his, have a block of land in Golden Bay and offered to stop here for a few hours to lend a helping hand. We had a group of about 15 of us for about four and a half hours planting and weeding in block number one and wow, what an impact!

Last week CrombieLockwood insurance firm from Richmond gave a day of hard work to the project as they did last year and managed to plant more than 500 plants this time. DOC, who was the coordinator for this, also organised a talk about the fish in the stream for all those who were there. It was interesting to see the size of some of the eels that were stunned and later released.

As always we would love help from anyone who is interested in the project, on Tuesday mornings if you would like the company or any time that suits you to go and pull a few weeds.

Helen Bibby

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What's On at the Hall In October

Thursday	Friday	Saturday	Sun
1 9am Mapua Art Group 7.30 Mapua Assc. meeting	2 9am Yoga 1pm Probus	3	4
5	6 9am PANZ 1pm Beginners Tai Chi 6pm Yoga	7 9am Yoga 12.30pm Tai Chi	8 9am Mapua Art Group
9 9am Yoga	10 10 11 Mapua Movie Night	12 7pm Mapua & Districts Comm. Assc. Meeting	13 9am PANZ 10am Mapua Creative Fibre 1pm Beginners Tai Chi 2.30 Sit & Be Fit 3.45 Junior Music Club 6pm Cardio/Pump 6pm Yoga 7pm Pilates
14 9am Yoga 9:15am Aerobics 10:10am Pilates 12.30pm Tai Chi	15 9am Mapua Art Group 2pm Friendship Club 3.30pm Karate 6pm Zumba 7pm SALSA	16 9am Yoga 9:15am Aerobics 10:10am Pilates 6.30pm HCC Mapua Youth Group	17 Motueka Social Dance Group
18	19 9.30 Yoga with Robin 5.30pm Yoga with Robin 7pm Hall Committee Meeting	20 9am PANZ 1pm Beginners Tai Chi 2.30 Sit & Be Fit 3.45 Junior Music Club 6pm Cardio/Pump 6pm Yoga 7pm Pilates	21 9am Yoga 9:15am Aerobics 10:10am Pilates 12.30pm Tai Chi
22 9am Mapua Art Group 3.30pm Karate 6pm Zumba 7pm SALSA	23 9am Yoga 9:15am Aerobics 10:10am Pilates 6.30pm HCC Mapua Youth Group	24 Kids Movie Night!	25
26 9.30 Yoga with Robin 5.30pm Yoga with Robin 7pm Waterfront Park Group	27 9am PANZ 1pm Beginners Tai Chi 2.30 Sit & Be Fit 3.45 Junior Music Club 6pm Cardio/Pump 6pm Yoga 7pm Pilates	28 9am Yoga 9:15am Aerobics 10:10am Pilates 12.30pm Tai Chi	29 9am Mapua Art Group 3.30pm Karate 6pm Zumba 7pm SALSA
30 9am Yoga 9:15am Aerobics 2pm Friendship Club 10:10am Pilates 6.30pm HCC Mapua Youth Group	31		

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Mapua Health Centre

We welcome Andrew Curtis who is a trainee intern and will be with us for four weeks during October. This is a great opportunity for final year medical students to get some insights about general practice and health care in the community setting.

We are now able to offer a patient portal service that allows patients to have access to their own medical notes. Manage My Health™, www.managemyhealth.co.nz is a web site that uploads patient information from our computer to a secure web server so that you can access your own health information and manage aspects of your health care where ever you may be. It also allows us to communicate about test results, appointments, etc. If you would like to register for Manage My Health™ please contact Caroline on 03) 540-2211.

A nuisance that many suffer from time to time is blocked ears. Although our ears are continuously cleaning themselves by moving a thin layer of wax to the outside with debris on it, sometimes the hearing canal gets clogged up with wax. It may then be necessary to use some drops to loosen the wax (eg, Cerumol or Waxol from the chemist). Only if this doesn't work is it necessary to consider getting the wax syringed out and an appointment with the practice nurse can be organised. There is a special service at the hospital ENT department that offers ear toileting (using a specialised suction device) as well as private options through Ear Health (0800 400 403) in Nelson, Richmond and Motueka. For more information please contact the practice nurse.

This month celebrates the International Day of Older Persons and the latest research even suggests

that coffee and alcohol intake (one to three drinks per day) may give better walking and balance in older adults, but smokers were more likely to have worse gaits than non-smokers (*Eur J Clin Nutr* 2015). Pilates has been found to improve quality of life in the elderly, due to the benefits of fall prevention, physical fitness, and improved mood states (*Prev Med*. March 2015). It looks like Omega-3 oils (as in fish and flax seed oil) may be able to improve several of the negative consequences of ageing, including inflammation, high cholesterol, platelet stickiness, and high blood pressure (*Nutrients*. Oct 2014). Also, green tea consumption is significantly associated with a lower risk of functional disability as we age, as well as a lower risk of stroke, cognitive impairment, and osteoporosis (*Am J Clin Nutr*. 2012). By adding some vitamin D at daily doses of 800 to 1,000 IU it's been shown to have beneficial effects on strength and balance (*J Am Geriatr Soc*. 2011 Dec) and preventing falls (*J Am Geriatr Soc*, Dec 2013). The same has been found by taking up tai chi twice a week for 45 minutes (*Am J Chin Med*. 2012).

There is more on the controversy about whether our flat whites and long blacks are harmful or healthful. On the good side, coffee drinkers in a long-term study were about half as likely to develop type 2 diabetes as those who didn't drink coffee, and researchers think an inflammation-lowering effect might be the key (*Eur J Clin Nutr* 2015). However, in a study of 18-to-45-year-olds with untreated high blood pressure, "moderate coffee drinkers" who drank one to three espressos a day were three times as likely to have a cardio-vascular event (mostly a heart attack) within a decade as those who did not drink coffee (*Medscape*. Sept 2015)—so not a good idea if you have hypertension.

This month's health and school events include:

- | | | |
|------|------------------------------------|------------------------------------------------------------------------------|
| 1 | International Day of Older Persons | www.un.org |
| 1-31 | Health Literacy Month | www.healthliteracymonth.org |
| 1-31 | Breast Cancer Awareness Month | www.nzbcf.org.nz/home |
| 5-11 | Mental Health Awareness week | www.mentalhealth.org.nz |
| 9 | Pink Ribbon Day – Breast Cancer | www.nzbcf.org.nz |
| 12 | Term 4 begins | |
| 16 | World Food Day | www.fao.org/world-food-day |
| 20 | World Osteoporosis Day | www.bones.org.nz |
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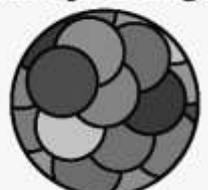
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The Want List

Last week I was introduced to a great idea—the Want List. Most definitely not a Need List, the Want List is a summary of the things you really want, that you really, really want. Not just those passing things like an exotic cheese you're told to get the next time you're in the supermarket. You then spend 15 minutes walking the aisles trying to find an employee who might have heard a rumour about the legend of the cheese and where it might have been sighted once. I reckon you could hide the Ark of the Covenant in some supermarkets around here.

Anyway, back to the Want List. Everyone should have one and check it regularly. The list changes as you do, and that's the point. As we grow, mature and then expand horizontally, that sports car we've always wanted works its way down the priorities, eventually being nudged off the list by a strong desire for a nearly new Corolla or other practical, affordable car. The sports car was wanted, sure, but not really, really wanted. If you'd really wanted it, you'd have sold a kidney by now and got it. The Want List reflects our evolving selves, becoming a vivid record of how we thought at a certain time of our lives. As we understand what we want and used to want, we can understand what we might want in the near future and what is really important to us.

Coming back to real estate; my wife and I have wanted our dream house in the area for some time. After much deliberation and inspection, we are taking the plunge. Our want list had three bedrooms, insu-

lated, quiet, cheap and all the other great stuff. And, of course, it didn't exist. Our Want List didn't seem to be anyone else's old Want List.

So, with a deep breath and no small amount of terror, we are buying a section and building. Or rather our builder is and we'll just watch him. Building really sharpens up that Want List. We start every discussion with our little prayer: "This is going to be our last home so we want it to be perfect for us." And then we realise the enormity of what we are doing.

If there's one word that sums up building, it's "compromise." The end objective, the top of the Want List, is that dream home. But that dream home is made up of hundreds of smaller want list decisions. Do we go for cedar cladding? If we have less cedar, could we upgrade to a really cool kitchen workbench? But if we made the whole house just 300cm narrower, we could have lots of cedar, a kick-arse kitchen and nice carpets. Nice carpets in all bedrooms, too, not just the main bedroom. But if the house is that little bit narrower it might look weird, as if we'd run out of money or something.

And if narrower, would that hulking great four-wheel-drive fit in the garage? We could always get a smaller car, perhaps that sports car we've always talked about getting? Now stop it, just stop it: that sports car is off the list. And if you did get it, you'd have to sell the brand new carpets just to replace the tyres on it.

And so it goes on, long into the evening and sometimes into the small hours. The saying "a camel is a horse designed by committee" is never truer than when designing one's dream home. Will we get that dream home, or end up with a hideous, uncomfortable house that no one will ever like, let alone love? I don't know yet, but watch this space for how we go.

John Bampfylde



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(Moutere Hills RSA Memorial Library)

Book Reviews

We would like to add a few new reviewers to our list as some of our long-standing contributors are standing down. Huge thanks to them all – some have been reviewing books for more than seven years! A great contribution.

If you are interested in joining the list of reviewers and contributing around one review a year, please contact Joyce on 540-2311. We would love to have a variety of books reviewed.

Book Review Survey

Before we launch into extending our list, we would like to ask you:

Do you read the book reviews? Do you value them? Should we continue them? Would you miss them if we discontinued them?

Please forward your answers to these questions to Joyce at richbull@clear.net.nz.

NB: Reviews are published in the *Coastal News* and on our website.

Spring Book Sale

A great big thanks to all of you who contributed – to those who donated books, sorted, organised and displayed the books, and to those who purchased books! Around \$330 was raised. Thanks to you all.

Displays

Annie de Groot's wonderful paintings are displayed until 18 October. Di O'Halloran's work will feature following Annie's. Pop in and visit – you don't have to be a member to come in and enjoy the work of our wonderfully talented locals.

*Lynley Worsley, Chairman
Lynley Worsley, chairman*

Library Hours (closed Statutory holidays)

Monday 2pm-4.30pm
Tuesday 2pm-4.30pm
Wednesday 2pm-4.30pm (6.30pm during Daylight Saving)
Thursday 10am-12.30pm; 2pm-4.30pm
Friday 2pm-4.30pm
Saturday 2pm-4.30pm
mapualibrary@xtra.co.nz,

www.mapuacommunitylibrary.co.nz ph 540-2545

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

BOOK REVIEW

The Total Zone, a novel by Martina Navratilova and Liz Nickles. Reviewed by Martin Trickett. This book is available in the Mapua Community Library.

I have loved everything about tennis for as long as I can remember; which is a very long time believe me. So this book really leapt out at me when I saw it on the Mapua Library shelves. I had to read it.

There can be few people, even those who have no interest in tennis, who have not heard of Martina Navratilova; one of the true legends of the sport and whose own personal life story is certainly quite exceptional. So if she was involved with the writing of the book I was hooked.

The design of the book's cover would lead you to believe that Martina is the main author of the two named. Her name is there in the largest gold type face, while her co-author is given a half-size and rather faint type face.

Having read the book I would conclude that Martina was the source of all the tennis-related details while Liz Nickles did all the writing. Fair enough. That's pretty much how I imagined it would be.

It's the story of a troubled teenage girl player, with, surprise surprise, the parents from hell.

Well, there's a scenario that has occurred with monotonous regularity ever since tennis became a

professional sport. And while it seems to be mainly the women that suffer this problem it's not unknown amongst the men either.

Suffice it to say things don't go particularly well for this young girl. The plot has a couple of surprises along the way and is fairly well supplied with bits of tennis trivia (none of it surprising, however). The characters are all rather obviously drawn as regard to their place within the narrative, and the mention of famous tennis players from the time in which the book is set only serves to make it seem very dated these days.

Most irritating of all, to me, is the suspicion I got that Liz Nickles had been on a descriptive writing course. No opportunity is missed to launch in to a long description of rooms, or clothing, or food or... OK, I'm sure you get my drift.

However, I found the book sufficiently readable for me to get to the end and not have to struggle too hard to get there. I would call it a long-haul flight book, a beach holiday book, a Wellington-Picton ferry book.

When I withdrew this book from the library I didn't have particularly high expectations of great literary merit, or even of fascinating, previously unknown insider tennis secrets. How wise of me.

Lynda's Exercise Classes in the Mapua Hall.

Term 4 - a ten week term starts

Tuesday October 13, ends Friday December 18

Summer term start times for day-time sessions

Tuesday	2.30-3.15pm	Sit and be Fit (seated exercise for Seniors/rehab - gold coin)
Tuesday	6pm-6.50pm	High Intensity Interval training rotating with Step-based toning and Cardio/ Strength training every 2 nd week (no coordination required)
Tuesday	7.00pm-7.50pm	Pilates (all levels, beginner to advanced)
Wednesday	9.05am - 9.55am	Aerobics (the old-fashioned dance-around and sing-along kind)
Wednesday	10.05am - 10.55am	Pilates (all levels, beginner to advanced)
Thursday	9.05am - 9.55am	Aerobics (Wakefield) (same class as Wednesday Mapua)
Thursday	10.05am - 10.55am	Pilates (Wakefield) (all levels, beginner to advanced)
Friday	9.05am - 9.55am	High Intensity Interval training rotating with Step-based toning and Cardio/ Strength training every 2 nd week (no coordination required)
Friday	10.05 - 10.55am	Pilates (all levels, beginner to advanced)

FOR THE TERM: Exactly the same last term ☺

10 sessions	\$82.00	(\$8.20 per session)
20 sessions	\$150.00	(\$7.50 per session)
30 sessions	\$205.00	(\$6.80 per session)
40 sessions	\$240.00	(\$6.00 per session)
50 sessions	\$290.00	(\$5.81 per session)

Note the new system where you are paying for x number of sessions, not any particular session. If you book a particular session you are **guaranteed** a place; any extras are dependent on availability, first in first served. There will be **SIX extra FREE Saturday sessions** which you can use to make up for classes you might miss, **November 14th, 28th and Dec 12th**. No casuals sorry (except on Saturdays, gold coin donation). Newcomers welcome. No special gear or talents required. Please email lynda@hht.co.nz, ph 5432268 or 027 222 1491 to reserve a place

Mapua Strengthening Our Community Spring Fling – Community Event

Thursday October 22nd 5-7pm

Mapua Domain

Free sausage sizzle, homemade
lemonade, ice cream.

All welcome to come and socialise with your
neighbours, socialise with your village, and
celebrate being in Mapua.

With thanks to Mapua/Ruby Bay District Community Trust,
Club Mapua, Couplands, New World Motueka, Talleys,
Mapua Auto Centre and NBS.

Garden & Art Trail

Tickets are now available for the Mapua Women's Recreation Group Garden Trail fundraiser. The Garden Trail will take place on Sunday 18 October (wet or fine) and offers the opportunity to visit 13 different and interesting local gardens—from Mapua to Kina. A great day out by bike or with a car load of friends!

This is a fund-raiser for the Cancer Society's 2016 Relay of Life – an event the Mapua Women's Recreation Group has been involved with since it began in Nelson. Tickets cost \$10 per person (cash sales only please) and must be bought before to the event. They are available from:

Tessa Mae's – Mapua Mall

Richmond Mall – Information Centre

Motueka Floral Studio – 159 High St, Motueka

Or by phoning 540-364 to reserve tickets.

There will be plant sales, raffles, tea/coffee, food (Devonshire teas and more!) and art sales along the way.

It'll be a fun day out; however tickets are limited so be in quick to avoid disappointment!

The Mapua Women's Recreation Group would like to acknowledge and thank the above businesses for their support along with Frank's Trees, Pacifica Skincare, Mapua Auto Services, Chocolate Dog and Country Trading Co. who have all contributed to this fund-raising event.

If you jumped off a bridge in Paris, you'd be in Seine
Two silk worms had a race. They ended up in a tie..

SENIOR MOMENTS

Hills Community Church

Held on the *second Wednesday and last Wednesday*
of the month

At Hills Community Church - 122 Aranui Rd, Mapua

10 AM to 12:00



COME ALONG
AND MEET NEW
FRIENDS, HAVE
FUN AND ENJOY
MORNING TEA.

Motueka Valley, Spring

The apple trees
that have danced naked all winter,
arms akimbo,
have suddenly remembered their vows
and clothed themselves in white.

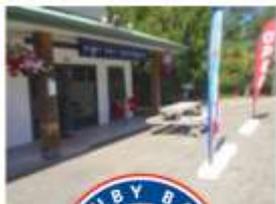
But I'm not fooled.
Before the autumn comes
they will be rosy-cheeked
and outrageous again,
virgins no more.

David Briggs

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Pastel Artists of NZ

The eight members of the 'Purely Pastel' Art Awards committee are all beavering away with their allocated tasks and all looks to be on schedule for the influx of visitors next April. Fund-raising began with a highly successful movie night at Motueka State Cinema. Eighty-five people laughed their way through *A Walk in the Woods* and a substantial sum was raised to help offset the costs of staging a national event. It was such a popular evening that we will probably 'go again' in the New Year. Watch out for posters around the village if you would like to join us for a fun social night that also helps to support the PANZ Art Awards and Convention.

You would be forgiven for thinking that Picasso had joined us in the Community Hall on Tuesday 25 August. Marian Painter gave a short talk on the origins of Cubism and then led a painting workshop where we all tried to emulate the master. The outcome was inspired! We have many interesting sessions on Tuesday mornings but for me, Cubism was a particular favourite. I have been inspired to paint a self-portrait Picasso-style; see if you recognise me if it ever sees the light of day in one of our exhibitions!

For three weeks during September, an exhibition by three local artists took place in the Icon Gallery in Upper Moutere. Works in oil were shown by Fran Gould, jewellery by Janis Holland and collage by our own Anne Bannock. Very well done to all three ladies for sharing their beautiful work.

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

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Call Outs May 15th- June 15

- 8/08/15 MVC SH60 - Mapua Dr. Van v Car, two taken to hospital.
- 3/8/15 Assisting with lifting patient on Higgs Rd.
- 22/8/15 Rubbish fire Gardener Valley Rd.
- 24/8/15 Lifting assist Aranui Rd.
- 27/8/15 MVC corner SH60 and Mapua Dr, car v car. One person trapped in burning car. Three taken to Hospital. Thanks to all the passers by who helped extinguish the car fire
- 10/9/15 alarm activation at Mapua School, insect in alarm unit..

Calls this year - 37

Sunstrike

There have been two serious crashes this month and although the causes have not been established yet, our magnificent winter sun does cause issues on the highway

Sunstrike can occur at any time during the day, but is most likely during sunrise or sunset, when the sun's rays hit your windscreen at a low angle.

The effects of sunstrike can be blinding and effectively obliterate other road users from your field of view. To avoid an accident, follow the guidelines shown below.

Reducing the danger of sunstrike

- Be prepared for possible sunstrike when driving at sunrise or sunset, especially when turning or driving towards the sun.
- Be especially careful in winter, when sunstrike is more likely to occur because the sun is lower in the sky.
- Keep your windscreen clean, inside and out. Dust and grime on the windscreen can make the effects of sunstrike much worse.
- Wear sunglasses when driving with the sun in your eyes.
- Use your car's sun visors to block the sun.
- If you experience sunstrike, it may be best to pull over and wait for a few minutes until your eyes adjust or visibility improves.

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VOLOUNTEERS NEEDED!

Low on day time, Mapua area fire fighters.

Over the last six months we have had a few personnel changes.

If you live or/and work in the Mapua urban area and think you would like to / could get away to do fire call outs then come and see us at 7:30 on a Thursday night.

Safety Tip

Check and clean your smoke alarms monthly.

Friends & Neighbours Group

This is a new venture that has started up in Tasman, and to find out more about it I talked to Judy Martin and Lorna Martin, sisters-in-law and longstanding Tasman residents who are prime movers behind this group.

What is the Friends & Neighbours Group all about?

It is intended to be a friendly space where seniors from all over the district can come, relax, share morning tea, get to meet new and old friends, and get to know their neighbours. Because it is held in Tasman, at the Tasman Bible church (on the corner of Williams Road and Aporo Road), we are hoping that many local people will come along, but it is for anyone who wants to come, really.

We're starting off with monthly meetings, on the third Friday of each month for October and November, finishing the year with a Christmas meal on 18 December. Then we'll break for January and be back again on 19 February.

How did you get the idea for it?

Well, that's rather a long story. We've been at Tasman Bible Church for too many years to count, and have seen so many changes in the make-up of our community over the years. Some of us at the church got to thinking about the things we could do that would be a help to the people of our community. But who is our Tasman community in the early decades of the twenty-first century?

We commissioned a professionally-run market research survey to look at the current Tasman demographics. It turns out that just over 30% of our population is over the age of 60, and there are no local groups just for these folk. Many of these "seniors" indicated that they would like to be more involved in something in their local community, so we've been puzzling and praying about what we could do.

At a recent church camp at Teapot Valley, a core group just kind of came together with one mind and the TBC Friends & Neighbours group was started.

Who are you hoping will come along?

Anyone who feels that they are a senior is welcome to join us. We've got comfortable modern premises and plenty of home baking. We have an access ramp and disabled facilities, so no one should feel excluded.

What will each session look like?

Well, what's better than sharing a cuppa and some baking together? We'll start with morning tea, then either a game, talk, quiz, sing-a-long, entertainment, or occasionally an outing. This is a new thing so we are very open to hearing what people would like to do. Bring a friend, or just come along, you will be very welcome, and may get to make new connections or even reconnect with old ones.

What will it cost?

This is a service for the community so we're not charging, but if people want to give a gold coin donation that would be lovely. There may be a small charge to cover fuel for the buses if we go on an outing.

What do people do if they want to know a bit more about it?

They can call me, Lorna Martin, on 526-6868 or read the advert in this edition of the *Coastal News*.

Is there any transport available?

We have buses and bus drivers, and some car owners who are willing to help out with rides. It's probably best if people ring me, Lorna, and I'll help to arrange something. There is a lot of easy parking at the church too if folk want to drive themselves.

Lorna and Judy are bubbling with enthusiasm about this and I look forward to hearing in a few weeks time about how many new friends they've made.

Jane Anderson

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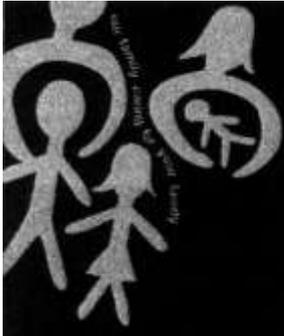
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Edited by Andrew Earlam (advertising) 540-2845, and Terry Smith (editorial) 540-3203. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1st of the month. The deadline for emailed items to coastalnews@mapua.gen.nz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



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Mapua Bowling Club

The Write Bias

The lawn bowling season has begun and Mapua Bowling Club warmly welcomes new members to join. Why not come along and give lawn bowling a try? Equipment, support and enthusiasm are readily available for you to have a go.

You don't need to have a set of bowls. The club has sets of bowls of various sizes and weights for anyone wanting to give bowls a go. No need to worry about wearing 'whites' on roll-up days but please wear flat, smooth-soled shoes so that our new green is protected from damage.

Mapua is one of the smaller clubs allied to the Nelson Centre and is fortunate to have two accredited coaches. This is a real plus and means that free coaching is available for beginners and improvers.

Lawn bowls is an activity that can be enjoyed by a wide range of ages. Come and meet your neighbours and make new friends.

Club roll-up days are Tuesday, Thursday and Saturday afternoons from 1:15pm. Feel free to turn up at 1pm to join in.

We are just behind the tennis courts at Mapua. For information, telephone Michael Busby 03 544-6325.

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Playcentre

We have been busy rehearsing our Playcentre waiata, Te Kakano, in preparation for our visit to Te Awhina Marae along with Motueka and Tapawera Playcentres. Such an honor for us to experience and learn about our local heritage and build strong connections within our wider community, not just for our tamariki but for the parents to learn and grow alongside them.

We also had an Open Day enjoying a coffee coming with cupcakes, healthy treats and lots of laughter. It was wonderful to have our tamariki bring their extended family along and join us for the morning, with dads and grandparents bringing so many new ideas and inspirations to the session. Our next free Open Day is on Friday 23 October between 9.30am and noon, welcome to all visitors.

We wish to acknowledge the Pub Charity for their generous donation for our new flag and sign on our fence. These marketing tools will help make us more visible on Aranui Road and from the domain—yes we are down the driveway by the tennis courts. We look forward to welcoming more families and it will now be a lot easier to locate us.

About Playcentre

Playcentre is Ministry of Education-registered centre, the difference being parents' input into their child's learning, development and fun. At Playcentre we follow the Early Childhood Curriculum Te Whariki which is unique to New Zealand with an emphasis of child-initiated play and parent education. It's a great way to really have your hands-on day with your child, while you also get the benefit of having social interaction with other parents.

Mapua Playcentre has been a prominent place for families in the Mapua community for more than 60 years. We have a qualified supervisor on each session, whose experience and knowledge is awesome. Visitors are always welcome. Drop in and find out what Kiwi families have been embracing for generations.

Session times Mondays and Fridays 9.30am – 12noon (school term time). We are at 84 Aranui Road, behind the tennis courts by the scout den. Any enquires please phone Anita on 021 1265 357.

We offer a free term for first-time families and children under two are free.



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Police report

Great to see the days are getting longer and warmer. Still unsettled weather though and wet roads from time to time so allow some extra time for travelling on these days.

I was lucky enough to be able to apprehend three Motueka youths recently who had been complete opportunists and stole cash and a phone from a charity run. I was on my bike and located them and got all the property back. They had seen where the money from the charity run was put and distracted a young male who was safeguarding it. Just goes to show that thieves can be resourceful at times and how little it takes to give a thief an opportunity..

Otherwise very little crime to report over the last month. Don't get complacent and leave your car unlocked up the drive or the kids' bikes on the front lawn though. You just never know when a dishonest person will wander past.

Grant Heney, Community Constable, Motueka

Mapua Occurrences:

Aug 27: Car accident Te Mamaku Drive/Mapua Drive intersection.

Diesel stolen from a house tank, Pomona Road.

86 Aranui Road, Mapua



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Or choose a good quality magnesium supplement and take as directed. (Some styles of magnesium, ie, magnesium oxide, can cause a loose bowel. Seek advice about which magnesium is best for you).

Resources: Prescription for Nutritional Healing
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Cardamom

A close relative to ginger, cardamom is known for being beneficial to the digestive system in a variety of ways. Cardamom is commonly used to help reduce indigestion and nausea, and to soothe stomach discomfort and promote digestion. Its distinct scent can lessen motion sickness while promoting a positive

mood. Cardamom has profound effects on the respiratory system, it promotes clear breathing and respiratory health. Cardamom is added to traditional Indian sweets and teas for its cool, yet minty aroma and flavour.

- Use internally as part of a daily health regimen to support healthy gastrointestinal function.
- Diffuse or apply topically to promote clear breathing.
- Add to bread, smoothies, meats, and salads to enhance food flavour and aid digestion.
- Diffuse or inhale to alleviate feelings of nausea or motion sickness.

The mental /emotional balancing aspects of Cardamom Oil: It assists people in taking personal ownership and responsibility for their feelings.

Breakfast, a Snack or Dessert?

In the past, I have struggled to know what to eat for breakfast. I am not one of those people who wake up hungry and ready to eat. I wanted something light and nutritious but most of all I wanted something delicious.

Chia Seed Pudding with Mango

Take 250ml of milk. It can be cow, goat, almond, coconut or rice. (I use an almond/coconut blend)

- ¼ cup Chia seeds
- ⅛ cup of maple syrup or other sweetener
- ¼ tsp pure vanilla essence

Flavour options: Mango, banana, chocolate, lemon, cardamom and many more.

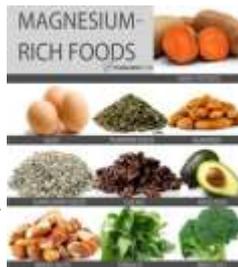
Place all the ingredients in a container with a screw top, stir and leave for 10-15 minutes then stir again. Leave in the fridge overnight. It is ready to eat when the seeds have gelled. It will keep in the fridge for days.

Serve with fresh or stewed fruit.

(It can be served warm which is great when the weather is still a little chilly).

I always have a container of this delicious pudding in the fridge. I eat it at least once a day for either breakfast, lunch or dessert.

Jude Twin, phone 021 202 0339
www.mapuanaturalhealth.co.nz



Motueka Garden Trail 2015

31 October & 1 November, 10am - 4pm

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Aporo Sculpture – It has Arrived

Finally, on the clear and still morning of 21 September the Aporo Sculpture was gently lowered into place on the 'nib' at Tasman Village. Thanks to the expertise of Brightwater Engineering staff and Lift 'n' Shift transport the installation of this recycled stainless steel sculpture was placed its foundations and secured.

The nine-metre structure is clearly visible from the by-pass. Next will be the application of information panels on the sculpture and paths and landscaping of the area.

for a link to a You Tube video of the process visit the Trust's website at www.rcit.co.nz

Mapua Shed 4

With the Mapua Shed 4 concrete floor laid last week the project is now 'full steam ahead' and this week after an initial grinding of the concrete floor, sections of timber framing are being placed. Footings and veranda posts are going in and veranda roof sections above will follow. Next week roof trusses will start going up, and the placing of roofing iron is scheduled for the week after that.

Design is under way for additional roadside car parking spaces in Aranui Road and Tahī Street and the contract for this work will be out for tender soon.

Tender documents are also being prepared for footpaths in Mapua Drive. This will provide a link from the new roundabout at Higgs Road to Aranui Park and the intersection of Aranui Road and Mapua Drive.

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Tasman Bible Church



Just what were you expecting?

It's a fair question! It pertains to the design and choice of a new national flag, who you think should win 'Bill' (the William Webb-Ellis Cup), or, the person that turns up on a blind date. Our preconceptions and prior expectations have a great deal of influence over our commitments and beliefs. Sometimes those pre-conceptions are adjusted, or changed; sometimes confirmed or re-affirmed as 'set in stone'. Whatever the case, pre-conceptions and prior expectations are nevertheless a strong and persuasive starting point.

When it comes to the subject of belief in God, what you think before a discussion, rejection, or formal debate will again be influential in your tentative or firmer conclusions later on. You might be surprised to hear or read directly that some of the early followers of Jesus in the accounts of the Gospel are an interesting case of (for some) a tortuous journey of discovery before their final view and commit-

ment to the person of Jesus Christ – it was not 'plain sailing'.

The Gospel accounts were partly written to persuade readers to come to faith in Jesus. Mark's account of Jesus' followers is instructive and a shocker. It seems quite impossible at times for them to 'get it'. They are candidly described as fearful, faithless, slow-to-understand, hard-hearted, deaf, and blind (See Mark 4:40; 6:52; 8:17-18).

Their rather bumpy journey of faith included specific and prior expectations of Jesus – they wanted physical rescue from a brutal Roman regime. Who could blame them? Any 'Messiah' worth his salt should deliver such. Vast parts of the globe today would share those expectations – again, who can blame them?

Jesus' central question and ongoing explanation pointed toward a greater deliverance than the one his followers had in mind. He asked, "who do people say that I am?" Some ideas included a prophet or teacher, a messenger from God and such like. Jesus then challenges them as a group, directly asking 'but who do you say that I am?' After Peter's inspired response, he then goes on to explain that he (Jesus) will suffer, be rejected, die and rise again (see Mark 8:27-32). That message is repeated intensively on numerous occasions the closer he gets to Jerusalem for the final 'showdown'.

What was it that often prevented the disciples 'seeing' and 'understanding'? Prior notions and ill-informed expectations were a major preventative to repentance and genuine faith. Their pre-conceptions and prior notions were challenged and eventually changed – how about yours and mine?

Richard Drury

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Rangers Rugby RFC



We have had a great season and our players have all gained lots of new skills and played some awesome games of rugby. A big thanks goes out to all our team coaches and managers who volunteer their time to the club and their teams. We appreciate it guys and gals!

It is now time to sit back and watch the big boys play against the big boys on TV and hopefully some of you will be going down to Trafalgar Park to support the 'Mighty Makos.'

Don't forget if you are keen to keep you your fitness in the off season or just want to have a run around and some fun join us for our Tuesday night social touch at 6pm at the Moutere Hills Community Centre.

We had our club prize-giving on 12 September and congratulations to the below players:

UNDER 6: Coach, Kristy Bishop. Assistant Coach, Clare Jones. Player of the Year, Morgan Jelfs Berry. Most Improved Players, Harley Bishop, Jess Perry, Jake Roberts. Rippa of the Year, Beau Davis.

UNDER 7 ORANGE: Coach, Manoli Aerakis. Assistant Coach, Greg Stewart. Manager, Nikki

Aerakis. Player of the Year, George Aerakis. Most Improved, Caleb Cook. Rippa of the Year, Peter Gould.

UNDER 7 BLACK: Coach, Andy Marr. Assistant Coach, Joey Manihera. Manager, Jeanine Marr. Player of the Year, Isaiah Marr. Most Improved, Tyla Gower. Rippa of the Year. Jake Gardiner.

UNDER 8: Coach, Adam Berry. Manager, Leah Bailey. Player of the Year, Brecon Jelfs Berry. Most Improved, Tilio Barbier. Tackler of the Year, Riley England.

UNDER 10: Coach, Isaac Day. Assistant Coaches, Karl Griffith, Steve Thomas. Manager, Sarah Thomas. Player of the Year, Liam Thomas. Most Improved, Henry Stephenson. Tackler of the Year, John Brown.

SENIOR B: Coach, Mark Forward. Manager, Cameron Strange. Most Improved, Greg Young. Best Sportsman, Shaun Berkett. Fairest Player, Cody Golding. Best Tackler, Best Back (Players' Choice) Cameron Nott. Best Forward (Players' Choice) Nathan Teece.

Cindus Colonna

A Delectable Black Comedy

Nelson's newest theatre company, Duck Bunny Theatre, presents the South Island premiere of Marius von Mayenburg's internationally acclaimed satire, *The Ugly One*. Performances will be held at The Nelson Musical Theatre Complex on 2-3 October and at the Playhouse Café Mapua 6-7 October.

The Ugly One is a scalpel-sharp comedy on beauty, identity and getting ahead in life. With the British Premiere at The Royal Court Theatre, London in 2007, it was described by *The Evening Standard* as "a delectable black comedy." This play has gone on to be loved by audiences and critics around the world ever since. *The Ugly One* is precisely the kind of work which appeals to Duck Bunny Theatre, Nelson's newest company which loves theatre to be fresh and lippy.

Using a fast-paced form where four actors play eight roles with no traditional scene breaks, *The Ugly One* tells the story of Lette, a successful engineer who is also unspeakably ugly. When a plastic surgeon restructures his face, Lette emerges from the operation irresistibly gorgeous. His life changes overnight; women lust after him and men want to be him. But this dream life soon becomes a nightmare, as his surgeon begins to offer his face to anyone who will pay.

The cast of *The Ugly One* is a mixture of faces familiar to the Nelson theatre scene and some fresh new talent. Lette is played by newcomer and Mapua

local, Bryn DuFresne-Mann; Scheffler is brought to life by Keith Marshall (*Addams Family* and *Oh What a Lovely War*); Fanny is played by Louise Sables (*Addams Family*, *Gypsy*, director for Nelson Musical Theatre's *Spamalot*); and Karlmann played by Bryn Rowland (*The Adding Machine*).

The show is directed by Alister Emerson who has returned to live in Nelson after a 14-year hiatus which saw him working in Christchurch with NASDA (The National Academy of Singing and Dramatic Arts) and in Australia with the Canberra Youth Theatre. He has returned to Nelson with Duck Bunny Theatre Company, with a Master's degree in theatre-directing focused on satire and is looking forward to making funny and thought-provoking theatre in Nelson.

Nelson shows

Where: Nelson Musical Theatre Complex

When: Friday 2 October – Saturday 3 October, show starts at 7:30pm

Tickets: \$20 Adults / \$10 Students.

www.eventfinda.co.nz/2015/the-ugly-one2/nelson

Mapua shows

Where: The Playhouse Café, Mapua

When: Tuesday 6 October – Wednesday 7 October.

Doors open 6pm, show starts 8pm

Tickets: \$20 Adults / \$10 Students.

www.eventfinda.co.nz/2015/the-ugly-one/nelson

More information go to www.duckbunnytheatre.com

Hills Community Church



Returning home after a journey is an odd thing. It is a mix of both the comfort and the familiarity of home, but also the sense of loss of over the end of the adventure.

The past three months have been quite the journey for the Sherlock family. As I write this it just a week that we have been back in Mapua after three months living in Nairobi, Kenya, on sabbatical leave.

It has been an incredibly rich and rewarding experience in so many ways. To see and experience the vitality and life of the church in Kenya, to do some study around the development of African Christianity, and to travel to Rwanda for a week, visiting the child we sponsor through World Vision, and to learn something of the tragic history of Rwanda, (remember the film *Hotel Rwanda*).

For me it was an amazing experience to see some of the projects and people that I visited briefly in 2007. In the intervening years Nairobi and Kenya have developed enormously – one example: the main road north of Nairobi to Thika, which was a four-lane dual carriageway, is now a 14-lane ‘superhighway.’ It is, though, a country that faces many, many challenges and there are no easy or quick answers.

In one sense, Africa seems about as far away from Mapua as it’s possible to be, and yet the reality is that we all breathe the same air, and it is the same sun that

gives us light. It is also the same God that created us all in his image.

Looking forward to the next phase of the journey.
In Christ, 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.

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.

The Weakest Link (BBC2)

Anne Robinson: Oscar Wilde, Adolf Hitler and Jeffrey Archer have all written books about their time in what? Prison or the Conservative Party?

Contestant: The Conservative Party.

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Mapua Probus

Neil Page and Ann Webb were the club's guest speakers for the club's birthday meeting on 4 September. Neil introduced their subject of bird conservation. They are both members of the Native Bird Recovery Richmond group. Their bird recovery groups of 12 dedicated members have been working together for more than 10 years. Within that time they estimate that their group has eradicated some 8000 pests in various areas around Richmond.

Within these controlled areas there has been a very noticeable increase in native bird life including tui, bellbird, wax eye and the fantail, to name a few. Neil pointed out that their dedication to native conservation is an ongoing demand. Their conservation areas that have been eliminated of such pests as stoats and rats gives a significant increase in the native bird population. Over time the traps for the pests have still got to be set as the younger rats and stoats move back into these conservation areas.

Neil spoke about the introduction of these pests by many of the early settlers. The animals were stowaways on the early sailing ships. Rabbits were brought out here for the settlers' shooting sports. The rabbits fed on native flora and had no natural predators. Before the arrival of the early settlers to New Zealand there were no natural predators.

Their other major concern is the increasing number of feral cats that live off the bird life. This can become a social problem for some people that have poor management of their cats which often become rejected. The major problem is how can a practical law be enforced to give better cat control?

A question was asked about the use of 1080 poison for pest control. Neil considered there has been a good improvement in its distribution with the use of helicopters, although it was not a good look for New Zealand's "green and clean" image.

Neil finished his talk by showing several books and calendars with photos of native birds. The photos were taken by a photographer of their conservation group. The items were produced by Dave MacManus of the Copy Press in Stoke.

Ann Webb gave an interesting conservation talk. Some 25 years ago Ann and her husband bought a 2½-acre section in the Tasman district. At that time they were living in Golden Bay. Their section lacked much in the way of native plants, but they planted a selection of native shrubs totalling some 1000 plants.

There was a steady increase in native bird life such as the grey warbler, tui and bellbirds. She was encouraged the birds by setting up a bird feeder, supplying a sugar solution. Their use of predator traps gave a good control of pests. Their group photographer took over 1000 photos of the various birds, a selection of which was used by Copy Press.



David Higgs

Coastal Garden Group

The Coastal Garden Group speakers for September's meeting were Don Grant, Aurora and Danielle from Tasman Bay Herbs who spoke on Integrated Pest Management and Medicinal Herbs.

Aurora is a registered medical herbalist and investigates all the health benefits of herbs. Danielle has had a lot of experience in England growing organic vegetables, horticultural experience at Government House in Auckland and has been at Tasman Bay Herbs for four years.

The discussion started with integrated pest management. Taking a holistic approach to pests and diseases, moisture levels, dry places—they start from the ground up (spraying is a last resort). Targetted spraying only when the need arises. American upland cress is planted as a sacrificial plant to attract the diamond-back moth. The upland cress is sewn every two weeks which controls the environment.

Encarsia formosa is a species of wasp and well known natural parasitoid of greenhouse whitefly. The tiny females are black with yellow abdomen and opalescent wings. There are considerably fewer males than females. Population of these wasps must be kept up by releasing successively every three weeks into the greenhouse.

Yellow sticky traps (Tasman Crop Protection/Bunnings), can be used to attract white fly, wasps and other bug outbreaks.

Medicinal Herbs:

Mint family, Chamomile: (Easy to grow. Crush leaves/steep to make tea).

Calendula: (vibrant orange) Potent antioxidant. Dry the flower and soak in oil which can be used for skin conditions.

Dandelion: The root of the dandelion is good for the liver.

Chickweed: Joint pain, inflammation, rashes, itches and stings.

Tips for growing herbs

For the first month the parsley plant does not like being disturbed. Sow in pots until 4cm high then transplant into well rotted compost and fine soil. For the first six weeks feed a small amount of Nitrosol.

Thank you to Don, Aurora and Danielle for an extremely informative question-and-answer panel discussion. Gino on behalf of the club gave a token of our appreciation to them.

Judy Sisam

Cashtration: The act of buying a house, which renders the subject financially impotent for an indefinite time.

Inoculate: To take coffee intravenously when you are running late.

Moving to Mapua, an early account

Part 6 of a series of excerpts from the book, Turning Back the Clock, by the late Iola McPherson. Iola moved from Nelson to Mapua in August, 1932, at the age of nine and this is part of her story.

The Depression times were still with us during those early days in Mapua and there was very little work to be had, so Dad decided to go fishing for a living. This had been his intention when he first came to Mapua. He knew fish were plentiful in the area. He had a partner, Charlie Brothers, who was also looking for work. Charlie had a Model T Ford truck with a container on the tray. He and Dad would hawk their catch – which was mainly snapper and flounder, and occasionally red cod – around the outlying places in the country. There was no electricity for ice cubes then so they presented the fish on enamel trays with wet cloths covering them to keep them cool. They charged only sixpence for a nice fillet of snapper. Times were tough and people didn't have the extra cash for fish, which to them was a luxury. By the time the men paid for their petrol and twine to mend their flounder nets they didn't make much – just broke even.

I remember Dad telling us that Mrs Arthur McKee, who was a well-off woman even during the difficult Depression days, had grumbled about the price of the fish which she thought was much too expensive. She bought a fillet of fish from Dad anyway but when he had wrapped it up and given it to her she angrily threw the sixpence on the ground. Dad picked it up but said that if he hadn't been so hungry he would have walked off and left it there.

Nevertheless Dad enjoyed the fishing experience and he did build himself a dinghy which we kept for many years. Dad also had a launch named *Rona*. He had bought it from Mr Avery whose house he had built in Iwa Street next to ours in 1933.

On December 20, 1933, my father wrote in his fishing diary:

Calf whale in Mapua Harbour about 2 feet long. Hump-back species came in and out with a spring tide. Plenty of fish in the Mapua Channel: snapper, bream and red cod. Two and a half dozen flounder caught on the flats of Mapua and Grossi Point on one day.

My brother, Bob, used to go spear fishing for flounder at night with a carbide lamp on the mudflats and the shores of Rabbit Island. One night when Bob and his friend, Bob Argue, were spearing alongside the island, a man with a gun approached them and asked for a ride in their boat across the channel to the wharf. They gave him a lift although they were a little scared of him. He thanked them and continued on his way. When the boys arrived home and told Mum and Dad, they rang the police and reported the man. Mum

locked the doors that night and the man was found hiding in an orchard in Tasman. He was wanted by the police but I never found out why.

My Working Days

On leaving Mapua School at the end of the last term in 1936 and attaining my Proficiency (which I sat at the Moutere School) I didn't go on to have a secondary education as there was no bus going to Motueka High School or Nelson College for Girls. They were the only two local secondary schools at that time. As a consequence I went out to work. My first job was housework and looking after a 10-month-old little girl named Romola Wells while her parents worked on their apple orchard in Seaton Valley Road. I had no pushbike so had to walk and be there at 7.30 in the morning to enable Mr and Mrs Malcolm Wells, Romola's parents, to get an early start on packing apples. Romola was such a dear wee girl and so good. I liked the job but towards the end of the season it was getting dark by the time I walked home.

In the apple season of 1940 my girlfriend, Lorna Gifford, and I worked on Peter Coutts' orchard in Aranui Road. The shed had a dirt floor which I had to sprinkle with water and sweep before Mrs Coutts and her two daughters came down to grade the apples. I worked at the orchard for four or five years, picking first then packing apples in the shed.

Toss Woollaston and Colin McCahon also worked with us picking apples at the orchard. Toss and his wife, Edith, lived in a mud-brick house in Seaton Valley Road past the old bowling green. After a while they shifted to a house in Aranui Road. They had a family of three boys and one girl: Joe, Paul, Anna and Philip. Colin McCahon went on to live in Mr Busch's house in Toru Street.

One afternoon at 'smoko' break while we were sitting on apple boxes in the orchard having our mugs of tea, Toss took out his pen from his shirt pocket and sketched Lorna and me – just our head and shoulders. The sketches were well done and Toss signed them too. I still have mine. Lorna didn't like the pen scratches on her nose and she burnt hers. She wished later that she hadn't for both Woollaston and McCahon went on to become two of New Zealand's most notable painters and today their work sells for many thousands of dollars!

They were happy days working in the orchard. I loved it.



A Toss Woollaston sketch of Iola



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18 October, 10 am - 4 pm

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for Life in March 2016. Our Garden and Art Trail fund raiser will offer a variety of interesting gardens and art works in our local Ruby Coast area. Most of the gardens

will be new and different from our very successful Trail two years ago.

There will be plant sales, garden raffles, Devonshire teas/coffee and other interesting surprises at the various locations. This will be a great day out exploring our fantastic region, with all money raised going to the Relay for Life. Tickets will cost \$10 per person and can be pre-ordered by phoning Janet on 540 3364 or emailing to mapuarecgroup@gmail.com

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Kiwiana 'Fashion and Passion'

Born and educated in Christchurch, Roger Griffiths graduated in the 70s with a fine arts degree with a major in photography. From Ilam to the emerging world of television, it wasn't long before the advertising industry claimed his attention and emerging talent.

For 20 years Roger was one of the creative forces of advertising. From New Zealand to New York and on to London he took the dull, lifeless and repetitive messages of advertising and transformed them.

But his first and major love remained painting. Two decades ago he turned his back on the world of advertising to follow this love.

A child of the 50s, Roger grew up with all that was Kiwiana – from Brasso to the Morris Minor, buzzy bee to buzz bars. Simplifying his life, he took to the roads to rediscover these images of New Zealand. From Bluff to his home in Mapua Roger shared the stories and captured the Kiwi life. Those images are now the continued theme of Roger's second exhibition in his Kiwiana series called Kiwiana Fashion and Passion. Capturing the essences of the simple things, and what brings back memories of all that the word 'kiwi' imbues.

In Roger's words: "Life can pass you by so quickly so it seems to be a shame to waste time on your own. Artists are creative creatures, which means in my case can be destructive, loving, caring and hopefully a good person all rolled into one. On the negative side is the loneliness! When I paint I go into a strange space or zone; I am not sure exactly what happens but at the end of it a painting emerges and then another, and another.

"These works express my love and intrigue with Kiwiana Fashion and Passion with a slightly different painting style from my last exhibition, I feel excited and proud to showcase my latest works to you and know these are my best works yet and hopefully you will feel the same."

Today he produces single originals but enjoys experimenting with using a mixed medium approach to meld his love of photography with his art. "I see my use of technology as an extension of the art of photography. I'm looking at producing a Giclee from an original that will always remain with me in the studio – so that in effect the Giclee will become the original. It is another way for me to manipulate and capture, multiply and strengthen the image."

Roger Griffiths

Artist

Kiwiana Fashion & Passion Exhibition

18 months in the making and well worth the wait.
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Date:
Labour Weekend,
Saturday 24th October till
Monday 26th October 2015

Where:
Mapua Boat Club & Maritime
Museum on the Mapua Wharf

Open daily from:
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"These works express my love & intrigue with all things Kiwiana. I'm excited & proud to showcase my latest works to you & know these are my best works yet & hopefully you will feel the same" Roger Griffiths.

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Mahana School Centenary

I have been principal at Mahana since 2008. At first I was presented with two challenges. The first was how to find the place. Although I grew up not far away, I needed a map to get here. Today, hardly a week goes by without somebody requiring instructions on how to get here and I was the same. The second challenge was what to do. In reality I had no idea of what being the principal of a small, community orientated country school entailed. In fact, I remember asking Rodger Smith, ‘so what do you actually do once you are in your office?’

For me, working here is an honour and a privilege. Sure, it is not always easy, and it is not without its challenges, but every day I remind myself of the responsibility we have not only to the students and the families who are here now, but also to the families and students who were here before us. We are all simply carrying on the legacy established 100 years ago by people who cared so much about their children and their community that they went ahead and created an entirely new school. It’s hard to imagine the difficulties, challenges and setbacks they must have endured in that process, but I’m sure that the reward and satisfaction at the end result was enormous. We should all be proud of the fact that their hard work and dedication has not gone unrewarded and that it continues to flourish.

Mahana School opened with 12 pupils—Alice, Ruth and Albert Thawley, Huia and Hans Bensemann, Arthur Davey, Edwin Eggers, May, William and Raymond Barnes, Jack and Lillian Henderson. It had one teacher, Miss Huffam, who was in charge temporarily until Miss Dolamore took over not quite a month later. The school was Kemp’s packing shed. We still owe a lot to this family for their support for the school in its early days. We are here today to celebrate the successes of all those early people whose vision established something very special here. It is nice to read the statement read out by the chairman of the provincial school committee at the time, Mr C A Henderson, who said at the opening, “This was the first public function which had been held in the district, and it would probably become a prominent feature in the history of the place.” He was right.

In reading the histories of this place one learns of the many significant events that have occurred throughout its 100 years. The planting of the Kitchener Tree in October 1916; the move, on 24 January, 1920, at 3pm, to its current site; Armistice Day 1918; the first Armistice Day Sports Day in 1919; the planting of the Oak Tree in 1937 to celebrate the coronation of King George VI; the construction of the teacher’s residence in 1944; and the new classroom in 1953. Of course there are many more, and all these

significant events contribute to the tapestry that continues today.

But for me it is not necessarily these big events that interest me the most. After spending some time here it is the everyday happenings that I can perhaps relate to best. I’m fascinated by the repeated discussions held over time about amalgamation with other nearby schools, and how these were often put forward by groups of people from those neighbouring schools. Each time these seem to have not been favourably received here, as this is a distinct community that is proud of its school. I’m fascinated by the commitment to swimming. The Archibald pool is legendary, as was the building of the present school pool in 1975. Today, the level of support for our pool and our swimming programme continues as we are committed to keeping it as an asset for the whole community to use. I’m fascinated by the references to water supply, to bus routes, to grounds and garden developments, and even to tree-plantings and tree cuttings down. All these things are what weave the fabric of the everyday comings and goings of our school and community.

I cannot speak of what it was like here for you when the apples surrounded the school. I imagine that in many ways it was quite a different community from today. I understand that there was perhaps less travel in and out of the area by people going to work, as the work was, by in large, within the community. I understand that there was perhaps a strong sense of community understanding, where everyone knew each other well due to sharing similar working relationships. I understand the stories of community support and encouragement for each other when calamities or celebrations happened.

But some things have not changed at all. I have witnessed the rallying of support amongst the current community when someone is suffering or is in need of a hand up. It is heart-warming to see the lengths people will go to help. I have been part of enormous outpourings of grief at losses amongst our friends, and I have seen fantastic celebrations as well. But foremost of these things is the commitment to this school.

Yes, the land use has, by and large, changed, but the spirit of wanting to make a contribution to the lives of the children in this community has not. The same spirit that was evident in 1915, when in when it was said, ‘not only are we here to educate children, but that there are children to educate. We are still here to educate, and the children are still here too, so we have a bright future and can look forward to the next 100 years.

Justin Neal, principle



Under The Bonnet with Fred

Jaguar XKR—The Cat that Roared



Neil had talked about a Jag for some years but a Mercedes Benz SL got in the way for a while. He did confide in me it's just not the same as his boyhood wish of owning a Jaguar sports car. While playing football on the quiet streets of his home town of Stockport, near Manchester in England he used to see E-Type Jaguars pass at the end of the road and he put one on his wish list. I think Neil was a bit embarrassed when one evening at a Thursday night gathering of the Tight Five he told us he had brought a 2004 Jaguar XKR Roadster convertible with twin superchargers.

The car was brought to New Zealand by its first owner in 2007. He rarely drove it on our windy roads. Neil says as soon as he saw it he knew he would buy it. It is a nice soft blue colour called Ziron Blue with white leather upholstery and wood grain dash. It is a very traditional British sports car in the colours except the white upholstery, which makes the interior very modern.

Lifting the long bonnet reveals a mass of components surround the 4.2 litre twin supercharged V8 engine producing 400bhp. The Jaguar head is embossed on the tappet cover to remind you this car goes fast. The supercharger overlaps the intake manifold, all perfectly done as you would expect from Jaguar. Most of the basic requirements of the engine's operation are identifiable but the rest would require some expertise.

The interior is done beautifully with nice off-white soft doeskin leather. The real oak wood grain veneer dash contrasts with black and chrome highlights for the gauges. The gear lever has the J-gate shifter and tiptronic set-up should you want to shift gears yourself. You can't get away from being reminded you are sitting in a Jag with the Jag logo discreetly placed so you don't forget.

An on-board computer even assists braking when using cruise control. While cruising, if you approach a slower vehicle it automatically brakes and the park-

ing sensors will keep the car 15m away, then when it is safe to pass you pull out and the cruise control will accelerate you back to the set cruising speed. The computer does away with all the knobs of older sports cars but has more tricks than could be imagined a few years ago.

The body is what Jaguars are about. The design hints at the E-Type with a nice modern update. Some might say it's an E-Type retro but not everyone will agree on that. It still has the nice high boot line of the E-Type. Vents in the bonnet are there to provide air to the supercharger. It has chrome 20in Montreal wheels with 285/35/R20 tyres which Neil said cost \$1200 each.

We went for a road test and I must say again the



feeling of luxury and speed comes with that word Jaguar. Neil did an acceleration test and I was surprised we reached 100kmh so quickly without feeling a gear change. Top speed for the XKR is limited to 250kmh by UK Government regulations. It does 0-100kmh in 4.8seconds.

They say Jaguars never roar, they only purr. Well, I disagree as there was a nice growl coming from the exhaust as we blazed up the by-pass road.

Fred Cassin



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Applications for Grants

Voluntary organisations are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant. Applications will be considered at the next meeting of the Trust in November and should be in the hands of the secretary by 1 November.

Forms may be obtained from the secretary (John Sharman, Ph 540-3642) or downloaded from <https://mapuacommunitytrust.wordpress.com/> Applications should be emailed as an attachment to:

mapuarubybaycommunitytrust@gmail.com
or mailed to PO Box 19 Mapua

Grants will usually be for less than \$500 but the trustees have a discretionary right to vary this in individual cases.

SIT AND BE FIT

In the Mapua Hall (Bill Marris Room)

2.30 - 3.15pm Tuesdays during school terms.

Seated exercise is great for:

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

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Wellbeing Saturdays

8.30am – 9.30am
 Yoga (Gentle Flow) with Bryony Chester - 021 083

10.00am – 2.00pm (approx)

- Massage with Diana Wilks - 021 046 4887
- Access Consciousness Bars with Luisa Giacon - 021 071 6361
- Oneness Blessing with Seija - 027 304 6952

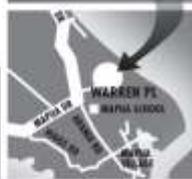
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Oct 2015

Fuel System Purge

- Power vs Economy or Both -

Your fuel injection system is designed to deliver fuel at extremely accurate amounts to increase performance and fuel economy and to decrease emissions, however to do this efficiently the delivery system must also be regularly cleaned and maintained.

Many of the additives in fuel and sometimes even the fuel quality itself can cause problems such as varnish build-up, corrosion and carbon deposits. These can all reduce the efficiency of your vehicle, can cause excessive black exhaust fumes and your fuel costs to increase.



Complete fuel system cleaning/maintenance can only be achieved with the use of a fuel system purge machine and a throttle body wand.

The fuel system purge machine runs your vehicle on a specially formulated solution which breaks down and removes most of the contamination from the injection side of the system leaving the injectors, cylinder heads and combustion chambers clean.

The throttle body wand is attached to the fuel system purge machine and using the same specially formulated solution decontaminates the air in-take manifold housing and pipes, leaving them clean.



When both the injection and air in-take sides of the fuel system have been cleaned, performance and economy should improve.

Fuel system purge machine in action

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The Playhouse Cafe

What's On Guide

OCTOBER 2015

Open Fridays to Sundays from 11am
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 Events, Functions and Group Bookings
 Free Pick Up and Drop off to Mapua, Moutere, Appleby, Tasman
 Call 5402985 for bookings

M T W T F S S

FILM CAMP 2015
 Sept 28th till Oct 2nd & Oct 5th till 9th
 9 til 4 daily, For kids 9 to 15
 For budding filmmakers, actors, performers
SUPER FUN WEEK OF CREATING!

1 Big Daddy Wilson
 \$20, Music 8pm
 Dinner 6pm
 International Real Deal Blues
 guru, not to be missed

2 The Eastern's Adam McGarth
 \$20, Music 8p
 Dinner from 6pm
 The Eastern Solo Arts On Tour gig

3 Pole Performance Competition
 Comp/Show 8pm
 \$20, Dinner 6pm
 Great night out
 Dynamite Pole Studios

4 Open 11am till 4pm

5

6 **The Ugly One**
 presented by Duck Bunny theatre group
 6th and 7th, 8pm, \$20, \$10 Student
 A comedy by Marius Von Mayenburg on beauty, identity and getting ahead in life.

7

8

9 **FILM CAMP SCREENING NIGHT**
 Free to all
 come see what the kids created

10 Closed For WEDDING

11 Open 11am till 4pm

12

13

14 **NEON**
 \$15, 730 music
 Part of Nelson Arts Festival
 for tickets and details

15 **Jon Toogood Acoustic Set**
 \$40, Music 8pm
 Dinner from 6pm
 Shihad frontman solo, sings his hits

16 Closed For WEDDING

17 Closed For WEDDING

18 Open 11am till 4pm

19

20

21

22

CHRISTMAS FUNCTIONS:
 Nov 19th to 22nd:
 Variety Show Extravaganza
 Nov 26th to 29th: **MURDER MYSTERY**
 Dec 4th and 5th: Gary McCormick
 Dec 10th to 12th: Paul Madsen's Superstar Show
 Dec 18th and 19th: Wizard of Oz Burlesque Show

23 Closed for Private Function

24 Closed For WEDDING

25 Open 11am till 4pm

30 Open 11am till 4pm
 Closed for Private Function evening

31 Closed For WEDDING

1 Open 11am till 4pm

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985



MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Coordinator: Janet Ph 540 3364



New Community Directories, made possible through the advertising support of members of the Business Association, will be delivered free to all households in the Ruby Coast Moutere Hills area in early October.

After this time 'Welcome' bags will also be available as a gift for new comers to the area. These eco friendly (made from recycled plastic bottles) reusable bags contain useful local information (including a Directory). They have been produced by the MDBA, with funding support from the TDC and are designed for locals to give to new neighbours when they arrive in the area. If you have new neighbours and would like to say 'hello' with a Welcome bag contact Janet to arrange collection.

Lesley Evans—Life Healing Coach

My passion is to help people to live their lives to the full. Whether that is clearing old patterns, beliefs, or sabotages that keep us stuck, or addictions, phobias and fears that hold us back. With working in this field for over 10 years, I have seen some amazing results with my clients as they become more empowered and take control of their lives, instead of being the victim of circumstances.

I give my clients tools to take away and continue to improve themselves each day, and life just gets better and better. The tools have scientific backing and are being used by millions of people around the world today.

Our one biggest issue in society today is Stress and the levels are higher than they have ever been. Stress is affecting people of all ages including children. Some of the things stress causes are below. Please take note:

- Pain- anywhere in body,
- Physical ailments,
- Diseases- Autoimmune, cancers, diabetics, heart Conditions,
- Emotional issues- depression, anxiety, fear, phobias, mood swings,
- Addictions – Smoking, drinking, drugs – a way to try to suppress stress, a quick feel good.

If any of these sound like you, you may want to seek help. I can assure you that I can change your life for the better.

What my clients say " Never thought it could be so easy, and life could be so good!"

Lesley Evans

Clinical Hypnotherapist,
EFT Practitioner &
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The quality of workmanship is outstanding but also surprisingly affordable. Their aim is to put craftsmanship, quality and enduring beauty back into homes to leave a lasting legacy for the next generation.

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Noticeboard

Motueka Social Dance Group: next dance 7:30pm 17 October at Mapua hall. Admission \$6 plus a supper plate. There will be live music, dance prizes & raffles. Contact Gary 03 528-5363 or Lloyd 03 528-0617

Skye Harvest Extra Virgin Olive Oil 2015 Frantoio, available fresh from the producer. 750ml \$20. Ph 540-2698, email mcleodsarah @xtra.co.nz. Orders delivered or call in 113 Seaton Valley Rd Mapua.

Xmas Holiday Accommodation: 1 bedroom modern unit in Mapua 19 Dec to 19 Jan. \$600 pw. Known to a local preferred. Call Kerri 0210 781 336.

Therapy room available in Mapua - by the hour or have a day. Contact Kerri 540-2782.

Walnuts: Spray free, Motueka Valley. Shelled (\$9/200gm) and inshell (\$8/kg). Delivery/pickup by arrangement. 027-233-5336 or daveyturtle@hotmail.com

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

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 9.45am. New members welcome. Anne 540-3934

Qi-gong, Yuan Gong form, weekly in Mapua. Info: Marianne, 546-8584 or bmtc @xtra.co.nz

Fair Exchange: A small group meets at Appleshed restaurant under the outdoor covered area at 9am on 2nd & 4th Wednesdays of the month to exchange home grown and home made produce & goods. We wel-

come everyone! Even if you have something as small as a bunch of parsley, come along. You will leave with something that you need. 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 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. Judy Sisam, 547-7292, 142doubleview@gmail.com

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.

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.

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 halfway point and no racing! Departing from Mapua Wharf each fine Thursday @ 9:30 am. Anyone interested - just turn up with your bike, "Hi Vis" top and coffee money, or email me 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

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