

Estuary Provides Fun for Paddlers

The day of the Mapua mid-winter paddle rally provided perfect conditions—flat sea, no wind, warm sunshine and a backdrop of snow-capped mountains—for the inaugural Loyal Grossi Point Yacht Club paddle rally.

Just on 50 vessels and 70 crew left Grossi Point at midday for a cruise around the Waimea Estuary. After rounding a marker at Bronte, the fleet paddled across to the end of Hoddys Road where most stopped to inspect a half-built submarine. It was started by a man about 30 years ago but when his tools were stolen a second time he walked away from it. It was to have been a ferro cement craft but got only as far as the steel frame.

There were also birds to watch, including 40 godwits, and time to have a snack. Then, with the change of tide, it was back to Grossi Point, sign off the safety sheet and pick up a chocolate frog.

Organisers were impressed not just with the number, but also with the variety of craft that participated. The smallest were the two 8-foot dinghies rowed by Patty O'Flaherty and Rob Smith, Rob with his son Hue as crew. The longest boats were the two 22-foot St Ayles skiffs, one with four oars, and the other with two. Tamaha Sea Scouts' 17-foot cutter Pamir with a crew of six rowers and a cox'n carried the largest crew in the fleet.

Stand-up paddleboards were well represented with ten, a number of people taking advantage of the loan offer from Moana Paddleboards. Kayaks had the biggest fleet—sixteen singles and four doubles, ranging

from Jan Eggar in a 9-foot Minnow, up to Judith Holmes and Margaret Pidgeon (and dog) in their 18-foot double sea kayak. There was a beautiful wooden double kayak, Toby Shuyl in his 'see-through' kayak with a clear covering skin and a number of plastic and fibreglass models, both sit-on and sit-in.

In the dinghies, the Gloucester Gull of Terry Coburn, Peter Murtons in his restored 1909 Durville Island workboat Angeline, his son Andrew in a mini Whitehall, Roger Gastill in his graceful double-ended clinker skiff, along with the three larger boats mentioned earlier made a mini boat show out of the day.

The biggest boat attending was the newly commissioned 8m Tasman District Council patrol boat *Sentinel*, which Tasman Harbour Master Dan Cairney bought along to display. Dan also acted as patrol vessel in his 4m jet outboard-powered tinny which was very suitable for the confined spaces in the estuary. After helping deliver the safety briefing before the event, the Harbourmaster was later noticed handing out lifejackets to a couple of paddle-boarders who had not realised they were a requirement.

After the event about half the crews retired to the Mapua Boat Club where club members provided refreshments. This was an excellent day on the water enhanced by the fine weather, and enthusiasm of the participants, and aided by the support of Moana Stand-Up Paddleboards, TDC Harbourmaster Dan Cairney, Mapua Four Square and the members of the Mapua Boat Club.

John Leydon



Some of the fleet having a rest at the submarine Photo: John Leydon

Pastel Artists NZ

Following on from the success of the Art Awards and Convention, our Tuesday group has now formed an informal "working TEAM" of seven members to share the load and boost ideas.

The number of members in our Area has now grown to 55 and while this is wonderful for us, our Area Rep was becoming rather busy with the growth of organisational duties and paperwork.

With this new look and some renewed enthusiasm, we hope to generate more productive Tuesday sessions and in so doing, also have more fun.

We had our first programmed mini workshop recently where we were challenged to "Paint with our ears," ie: paint to a selection of music. We look forward to what the next one might be as we have now planned to have these mini workshops on the third Tuesday of each month with some extra challenges set in between.

We have also had some visitors to our sessions which we always welcome, so if you feel inclined to see what we are up to, just call at the Mapua Hall on a Tuesday morning between 9am and noon or call our Area Rep, Glenys Forbes (03) 540-3388 for further information.



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 a single 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.



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Loyal Grossi Point Yacht Club
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POKER RALLY

September 18th, 10:30 am
Grossi Point, Mapua
OPEN TO ALL POWERED CRAFT.
Max speed 5 KNOTS
Free entry, briefing 10 o'clock.
Lifejackets must be worn by all crews

The next club event is a Poker Rally on September 18th at 10:30 am. Aimed at the Power Boats in the area. Participants pick up a playing card from waypoints around the Estuary, and at the end of the day the best hand wins. Because we will be close to shore a speed limit of 5 knots applies, and as it is not a race, any craft from a ski boat to a Seagull powered clinker has an equal chance. If you have never been out of the ski lane, here is your chance to use a king tide to explore the Estuary! Enquiries to 5402543.



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Mapua Needs Major Bank to Provide ATM

Have you or your friends been “cash-strapped” after trying to tap the local private ATM machine? Tired of paying excessive ATM fees and getting little or no cash? A Mapua resident was concerned enough to write to the Mapua Community Association pleading for a major national bank to install a new ATM in Mapua Village.

“The number of people who leave the store very disappointed because there is no money available is growing,” says the correspondent. “Many people don’t understand that the 4 Square [which stocks cash in the ATM] is not a bank and does not have an endless supply of money.” The writer continued, “The ATM in the store does not support a lot of credit cards that are used by overseas tourists and so the whole community is missing out on them spending money.”

So can we get a major bank to install a new ATM? Easier said than done. One major bank contacted by the MDCA specifically said Mapua was “too small” to support their bank ATM. “Our ATM in Motueka isn’t even doing well,” said the banker. Nonetheless, the MDCA is contacting all the major banks to make our case for meeting the cash needs of our growing community. Nelson Building Society could be a likely provider as it had done this for Murchison and is community focused and local. They will be in a position to look at the proposal in a couple of months. However, a suitable site is needed locally. Let us know where you think it should be installed.

Voting documents for our hotly contested local Mouere-Waimea ward for the Tasman District Council will be sent out starting in a couple of weeks. Voters have until noon on 8 October to return them. Who is running and what do they stand for? Find out at the Mapua Hall on Thursday 15 September 7pm. This will include Mayoral, Ward and District Health Board contenders.

Seven candidates are standing for just three councillor seats from our Mouere-Waimea Ward. Be sure to hear from incumbent deputy mayor Tim King, standing along with Andrew Gould, Dean McNamara, Richard Osmaston, Graeme Stradling, Anne Turley and Gary Watson. Find out where everyone stands on rates, local housing development, wharf and park development, water and the Lee Valley Dam project.

Elections were also held for the Mapua and Districts Community Association at their AGM on 8 August at the Mapua Hall. A full house saw the re-election of Elena Meredith, Helen Bibby, Wayne Chisnall, Colin Walker, Devin Gallagher, Aileen Connell and Tim Hawthorne to the MDCA executive committee and Elena elected again to continue as chairperson and Tim Hawthorne to the new position

of social media manager. With regret, Neville Bibby, Jan Long, Graeme Stradling and John Fountain stood down from the executive committee. All were thanked for their service, especially Neville and Graeme who have served as treasurer and secretary, respectively.

The MDCA executive committee can be comprised of 11 members. With just seven current members, wouldn’t you like to play a larger role in our vibrant community and join the executive committee? If so, please contact Elena Meredith at elena.meredith@xtra.co.nz. Or do you want to help out on a specific subcommittee or do you just have an opinion you would like to share? Here are the 2016-17 subcommittee contacts: Waterfront/Wharf Advisory Forum, Martyn Barlow; Waimea Inlet Forum, Gillian Pollock; Footpaths and Roads, Wayne Chisnall; Cycleways, Bruno Lemke; Dominion Flats planting, Helen Bibby and Gillian Pollock.

After the AGM, the MDCA’s August meeting covered a variety of issues and topics:

Cr Trevor Norriss said that the boat ramp concept plan would come back to the Boat Club, MDCA and the wider Mapua community before any TDC decision to include it in the Ten Year Plan.

Mapua resident Pat Russell spoke of her gratitude to the association for the personal support and advocacy concerning her neighbouring Mapua Rise land-use disturbance and earth-moving. She was still upset and frustrated at the Tasman District Council’s response. It was moved that the association write to the Mayor asking for a response to Pat’s complaints as well as a meeting with the Mayor.

Graeme Stradling detailed the proposal and opportunity to create an interpretative panel at the contested wharf fence. No recommendations followed, except to once again ask for recycling bins at the wharf and not just commercial rubbish installations. The disability parking areas have been re-instated also.

Cr Tim King confirmed that the further stages in the landscaping at the wharf, which include enhancing public green space, will not proceed until well into next year and the completion of the Strategic Review.

Nev and Helen Bibby reported that the Dominion Flats/Mamaku Wetland planting continues to prosper and the project features strongly in the TDC documentary film *Our Waters In Common* which advocates for regional water care and the positive projects happening across the region. Watch the full movie at: <http://www.tasman.govt.nz/environment/water/rivers/our-waters-in-common/>

Enjoy the spring!

Tim Hawthorne, MDCA Social Media Manager

Mapua Bowling Club

Nine or ninety? We just don't mind! There is a place for everyone at the Mapua Bowling Club.

It is a popular misconception that lawn bowls is a sport restricted to the elderly, those retired folk who can no longer wield a tennis racquet or cricket bat. Ha! Trying telling that to our top teenage bowlers in New Zealand! There truly is a place for everyone within the lawn bowling family.

Here in Mapua we are extremely fortunate to have one of the best club-houses in the Nelson/Tasman area and a fine, natural green to play on. The game of bowls is fun and can be played purely socially or competitively if desired. We also have an accredited NZ coach and plenty of senior bowlers all anxious to share their knowledge and enthusiasm for the sport.

Throughout October we will be encouraging people to try bowls completely free of charge. Plenty of support will be available on the afternoons of each Tuesday, Thursday and Saturday to get you underway. We have the bowls if you have a pair of flat-soled shoes and the willingness to try. If you would prefer to have private lessons that is also an option; please give me a call.

Of course, as with any sporting club, there is the post-game camaraderie. Ours is a sociable group of people who enjoy the well-stocked bar, the outpourings from the kitchen and the occasional opportunity to release the inner child! One of the ladies on the right is this year's Club Captain – need I say more?



The new season opens on Saturday 1 October. Sessions start at 1.15pm. A six-week coaching programme will run on Fridays starting at 4pm. Session 1 on Friday 7 October is entitled, "I've never bowled before but think I might like it." Come on, you know you want to!

Dave England, Club president: 03 540-2934, s1ad2as3@xtra.co.nz

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This decline is very apparent in people over the age of 40 and particularly in those taking statin drugs. Statins are known to reduce an enzyme in the liver, which not only reduces the production of cholesterol, but also lowers the natural production of CoQ10. A supplement of CoQ10 is therefore essential to restore natural levels to their optimum and to counter the effects of statin drugs.

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For local arts information



Visit us for information about Ruby Coast art events, exhibitions, artists, potters, craftspeople and galleries.
Enquiries : info@rubycoastarts.co.nz

Cauliflower Soup

Ingredients

- 2 Tbs coconut oil or ghee
- 3 cloves of garlic (minced)
- 3 carrots, peeled and chopped
- 3 celery Stalks, chopped
- ¼ cup gluten-free flour or normal flour
- 4 cups chicken stock
- 1-2 cups coconut milk
- 1 head cauliflower
- Sea salt and black pepper to taste
- 6 slices of bacon - cooked (Optional)
- 2 Tbs parsley - garnish

Method:

1. In a large pot over medium heat, melt the coconut oil/ghee. Add the garlic, onion, carrots and celery. Cook until tender.
2. Blend the cauliflower in a food processor/blender until the consistency of fine pieces is achieved.
3. Add to the pot and cook through.
4. Add in the flour and cook for another 5 minutes.
5. Add the chicken stock and coconut milk. Bring to the boil and then reduce the heat and simmer for 15-30 minutes until the desired consistency is achieved.
6. Season to taste and garnish with the bacon and parsley.
7. Serves 4-6



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Playcentre

Session Times
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Moisture no Help with Building

After two rodent-centric articles it's time to return to the house. From buying the land in November last year, plans to council in December, breaking ground in March to now: an edifice standing proud on its land, looking like a house. Well, kind of.

Things have not gone to plan. Last November we were told by building folk to expect to move in by September, as these things fly along once started. The greybeards, the komatua, begged to differ: "In by Christmas" was the call. I fear they are right. Actually I hope they are right.

Two things have not been our friends: moisture and sunshine. You'd think they'd counter each other, but you'd be wrong. The moisture is a build-up of the regular heavy rain over May and June. Water accumulated wherever it could, which was pretty much in every piece of timber. The roof stopped additions but we haven't had the dry, warm weather to get the moisture out. Things came to a head when "gibbing," a mediaeval-sounding word that is actually a trade name and not old at all, had covered ceilings and walls down to near the floor. The council test meter came out, squeaked and the man from the council said no.

If you live in Ruby Bay and your oven has been running a bit cool for the past two weeks, I can explain. I have been consuming your power for you. I have been converting it into a hurricane force wind in the house aiming to shift that water. I think it has been working, I'm told the levels have come down and the next inspection is tomorrow, as I write. I have to admit to not being confident.

The sunshine is a reverse indicator of activity. After a long sunny day, we drive to the house and on the trip we nearly always say, "Well, it's been nice weather so things will have been done today!"



I reckon seven out of ten times we are wrong. Five days of brilliant sunshine where rendering the outside is the scheduled activity for the week: guess what didn't happen. It's these little disappointments that make us go there every three or four days instead. That way, we see something has changed and say "they've done something!" and feel good that there is some motion towards a goal.

As the house has come into focus and rooms start looking like rooms, we wonder whether we have got it right. Scale and perception of size is a big problem at this stage. "The bookcase won't fit there" is followed by a hurried trip home to measure bookcase and check against plans. "At least 30cm free on each side" was the answer. And so it is for beds, sofas, desks, dining table and so on. I think we'll know only when we are in and the garage is full of stuff with no place to go.

The most baffling thing to date is our sprinkler system. We had to have one as we have no mains water—the alternative was 60,000 litres of water always sitting within 6m of the house—and I don't remember seeing a plan where the nozzles will go. Nozzles seem to have gone everywhere, including outside on the house in the porch above a window. Not even our builder can explain that one. I'm sure it's on the consented building plans so I most certainly won't be challenging it. That could make the due date 2017.

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Playcentre

At our Open Day this term on 5 August we celebrated the many different nations our families represent with a Multicultural Morning Tea, where we shared dishes from all over the world including some Dutch Beschuitjes with gouda cheese, cinnamon swirls from Finland, lamingtons from Australia (or New Zealand, ouch), Cranachan from Scotland and some tasty cucumber sandwiches to complete our High Tea. It was a real delight to get to know more about the heritage of our whanau and share food together.

We have been dreaming about enhancing our playground and our outdoor environment for our tamariki and we have been awarded a generous grant from the Mapua/Ruby Bay and District Community Trust to put together a Scent-sory Garden, which will surround our slide area in the playground. Our plan is to bring in scented lawns, herbs and flowers to create a special exploratory garden to allow the children to explore smells and textures with all their senses as well as their hands and feet. Watch this space for updates as our garden transforms and grows over this spring.

Special dates for Playcentre calendar this month: 'Pyjamas & Pancakes Family Breakfast' on Sunday 28 August from 9am: 'Park Clean Up,' join us as we grab a bag and do our part to collect rubbish from our lovely parklands on Monday 12 September : Stretch our legs at 'Nelson Gymnastics' on Monday 19 September. For further information on any of our events or trips find us on Facebook or contact us on mapua-playcentre@gmail.com

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 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 located at 84 Aranui Road, behind the tennis courts by the scout den. Enquires, please phone Anita on 021 1265 357.



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Mapua School

At Mapua School we believe in providing opportunities for our students to develop and flourish in many different ways in order to develop as a whole person. Reflecting on past months, and looking ahead to the months to come, we are certainly living that belief.

Last term the whole school was involved in a school production. Students were active participants at every stage of this – from writing the script to making props to use while performing on stage. Monopoly “Tiki Tour Version” was a true celebration of the performing arts.

This term we have had two groups of singers preparing for performances. A group of year five and six students participated in the *Kids for Kids* concert last week. A group of year seven and eight students are busy rehearsing for a performance in the *Rock da House* choir performance in Motueka on 30 August on 1 September.

Term Three is a big term for sports at Mapua School and we have teams currently practicing for both Winter Tournament and our annual Takaka Sports Exchange. We are hosting the exchange this year and we welcome members of our community to come along and cheer for the teams on 9 September.

Many of the learning teams have a science focus this term and our classrooms are full of budding scientists exploring the laws of science, hypothesising and experimenting. You will also find classes absorbed by the world of the Ancient Greeks as they develop their historical and classical understandings. All of this is, of course, happening alongside close monitoring of the Olympic Games.

Recently over a hundred year 5-8 students, along with a support crew of parents and teachers, spent a day at Rainbow Ski-Field skiing and tobogganing. It was a fabulous day in the outdoors with students pushing themselves in an unfamiliar environment. They had to assess risk, show resilience and persevere in order to make the most of the opportunity.

The whole school took part in Arbor Day planting at Aranui Park in July. Students have a real connection with the Tane’s Ark Wetlands restoration project and the leadership shown by our year 8 students has ensured the momentum has continued. It was particu-

larly heart-warming to see our students interacting and benefitting from spending time with members of our community on a shared project. These projects help ensure our tamariki learn the value of giving back to their community.

As well as all of these fantastic learning opportunities, core learning continues in the classrooms. Judgments are made twice a year for individual students with regard to how they are progressing in mathematics, reading and writing against the National Standards. It is pleasing to see from the judgements made that Mapua School students are performing well above the national average in all three National Standard areas.

The students at Mapua School continue to thrive in a positive and challenging environment that is created by a shared belief in the importance of the “whole child”. They benefit from a willingness to go the extra mile by both their teachers and the community they live in. Thanks to everyone who help our students to “be all they can.”



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Mapua Community Library

(Moutere Hills RSA Memorial Library)

Magazines

We have added *Lifestyle Block* magazine to our subscription list. Did you know that we have a selection of popular subscription magazines available to borrow? There is also a great range of donated magazines that are free to take away. Pop in and have a look.

Website

I apologise for the temporary closing of our website. We are exploring various options to achieve an inexpensive, informative, easy-to-update and future-proofed website – which unfortunately is not a short term process and does involve waiting for folk to get back to us on various things. We don't have any 'in-house' experience in building websites so if you are interested in offering your expertise on this project, please contact me on 540-2292.

Display

Didn't Fay Christie's alpaca garments and hangings look stunning? Denis Emery will be displaying

his ballerina artwork from 8 September. Thanks again to our local artists for sharing their talent with us.

Book and plant sale

Advance notice – the next book sale will be on Labour Day weekend. Friends of Aranui Park will also be present and will have a variety of plants and seedlings for sale so come along and get yourself a bargain!

Lynley Worsley

Library Hours (closed Statutory Holidays)

| | |
|-----------|--------------------------|
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| Tuesday | 2pm-4.30pm |
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| Thursday | 10am-12.30pm; 2pm-4.30pm |
| Friday | 2pm-4.30pm |
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BOOK REVIEW

Murder as a Fine Art, by David Morrell. Reviewed by Terry Smith. This book is available in the Mapua Community Library.

Have you ever come across a book written by someone you have never heard of, then learn that he or she has written a dozen books or more? That was the case with me when I picked up *Murder as a Fine Art*. David Morrell has written 30 books, the first being *First Blood* which apparently introduced the character Rambo, the hero of so-called action films played by Sylvester Stasllone, I think. I am not a film-goer.

Normally I don't like books which duck backwards and forwards in time, but this one works. It brings up fascinating facts of history from England's Victorian era when outward respectability often hid a private life of debauchery and a fascination with murder, incest, drug abuse, blackmail, rape and arson.

It was a time when people thought diseases were contracted through breathing foul air, when in fact it was through drinking polluted water. In 1854 there was an outbreak of cholera in London that killed 700 people in two weeks. It was learned that in Soho people were pumping water from a well that had been dug next to a cesspit from which excrement was leaking.



We also learn about the formation of a London police force in 1829 by Sir Robert Peel—hence the nicknames of “bobby” and “peeler” for policemen. We also learn about the popularity of laudanum, a liquid that was 90 percent alcohol and 10 percent opium. It was prescribed as a medicine for headaches and stomach, bowel and nervous disorders. It was even given to babies with colic. It was so widely used that nearly every household had a bottle. The concept of addiction was unknown.

One of the main characters in *Murder as a Fine Art* is Thomas de Quincey, an English essayist best known for his *Confessions of an English Opium-Eater*. Other characters in the book also were real, such as Lord Palmerston; others are fictional but they are interwoven so cleverly that we have no trouble accepting them as part of a fascinating picture.

This book is highly recommended as a historical novel.



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Mapua Health Centre

Unfortunately, Dr Cindy de Villiers will be leaving our practice this month as she is making some career changes which involve moving out of general practice so that she can devote herself more fully to her areas of interest related to integrative medicine. We have all greatly appreciated her wonderful patient care, support and friendship over the last seven years, and we wish her all the best for her new career.

It is fortuitous that we have two new doctors starting at the end of August, Jenny James and Robin Barraclough, who are experienced GPs and who are looking forward to being part of a team that can build up and develop the practice over the coming years. Also, a trainee intern, Ben Wilkinson, will be joining us from Dunedin in mid-September for four weeks. 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've been dealing with lots of coughs, colds and a number of cases of flu. It's really helpful if you or your child are becoming unwell and would like an appointment that you let us know early in the day if possible, as it can be quite hard fitting in extra patients towards the end of the day.

Thankfully, we will soon be emerging from the challenges of winter into the gentler climes of spring. This can be a good time to check options for health and lifestyle. A famous health advocate, Dean Ornish (<http://ornishspectrum.com>), has shown that the main factors that can improve our risk for heart disease (the number 1 cause of death in our society) are:

Stress management

Exercise

Nutrition

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local institutions
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Social / Spiritual interaction

Education (including non-smoking, etc)

[Ornish, D. et al. (1998) JAMA, 280(23): 2001-7]

So what is happening in or around Mapua to help develop our common SENSE? You might be surprised to know that the following are some of the activities and classes available:

Pilates

Walking groups

Tai chi

Aqua aerobics – Richmond

| | |
|--------------------------------------|------------|
| Healthy lifestyle+green prescription | Girotonics |
|--------------------------------------|------------|

Tennis

Yoga

Meditation

Stop smoking

Girotonics

The practice nurses at the health centre can help you find out more about any of these. Please let us know if you are aware of other healthy lifestyle activities or groups happening in the area.

We are also moving into the high UV seasons of spring and summer and it's important to take notice of any unusual skin spots. If you have any concerns there is a full comprehensive skin check available by appointment. This is a 30-minute check-up and also gives you the opportunity to discuss any issues you have or that may arise. Appointments can be made with one of our receptionists on 540-2211.

Here are some of the local and world health initiatives for September:

1-30 Cervical Screening Awareness Month www.nsu.govt.nz/

1-30 Save Our Sight month www.nzao.co.nz/

1-30 Students Against Drunk driving (SADD) www.sadd.org.nz

1-30 Breathe Better Sept (asthma) breathebetterseptember.co.nz

1 Gamble Free Day www.gamblinghb.co.nz

8 World Literacy Day <http://internationalliteracyday.org>

9 Fetal Alcohol Awareness Day www.fan.org.nz

10 Suicide Prevention Day <http://wspd.org.au>

12-18 Keep NZ Beautiful Week www.knzbcleanupweek.co.nz

15 World Lymphoma Day www.leukaemia.org.nz

21 International Day of Peace unesco.org.nz/homepage.htm

21 World Alzheimer's Day www.alzheimers.org.nz

22 World Carless Day www.carfreemetrodc.com

23 Term 3 ends

27-5 Age Concern Awareness Week www.ageconcern.org.nz

Message from Dr Cindy de Villiers

It is with much sadness that I am leaving Mapua Health Centre to further my vocation in Integrative medicine. I wish to thank each and every patient that I have had the privilege to care for. Thank you for trusting me with your problems, concerns and interests. You have taught me much – about medicine and about life.

Thank you to the wonderful staff who have put up with my quirks and idiosyncrasies. Thank you especially to Dr Tim Ewer who took me under his wing and saw fit to include me into the practice and the community. My life has been enriched beyond expectation. It is due to my experience at Mapua Health Centre that I am able to continue, with joy, on the path that I have chosen. Namaste.

Perfectly Potty with Mapua Crafts & Events

“She sees seashells on the seashore.” Yes. I realise that opening line of the tongue-twister is a bit to pot. Flower pot to be precise.

For the past two weeks of this winter term it has been a Mapua Craft Group case of “We seize sea shells from the seashore.” Then filled with flair and finesse, we fancify and affix to flowerpots in a flight of fancy. Well, in a row actually but you get the drift.

First: Go and collect your seashells from the seashore. This may be more fun than when I collected mine, as the weather is now turning warmer and so there is less chance of frostbite to the fingers and a runny, chilled nose.

Second: Soak your shells in a 50:50 bleach and water for a day or so to make all pristine white. Then wash off with soapy water and leave to dry.

Next: Take yourself to the \$2 shop and buy some indelible marker pens in assorted colours. Yup, indelible is what you need. These cost over \$2. Something like \$3.50 from memory which is odd really as you would expect them to be \$2. Or the shop to be called the \$3.50 shop to avoid confusion. Let’s not split hairs though as an indelible Sharpie brand pen, just one all on its own, can set you back several more dollars than \$2 or \$3. If you want a variety of colours then best to slip out after dark to purloin and then sell your neighbour’s flowerpots to then have enough dosh to afford a selection of colours.

Anyway, settle somewhere comfy. Place a pen in one hand and a seashell in the other. Breathe evenly and release the inner doodler in you. That’s doodle. Not doddle or diddle. Decorate your shells with a simple design. Then comes a fiddly bit. You need glue as the seashells will not stick to the flowerpot by willpower alone. No, they won’t. We used AllFix glue which is a bit stinky but does the job.

Stick your seashells to your flowerpot per the All-Fix instructions or whichever other strong glue you prefer. If you are a member of the Mapua Craft Group, then you also need to stick your fingers to each other or perhaps your shells to your work table, missing out the flowerpot completely. Or in the case of our esteemed and recently returned MCG member, Val Hunter, sticking your own trouser legs together. We didn’t ask why. Clearly a fashion statement.

Once your shells are in situ on your pot, seal with clear nail varnish or perhaps an acrylic sealer if you have some in your shed.

If anyone wants to experience these delights in person or simply wants to know about any of the assorted crafts we talk about, just fetch on up to Hills Community Church supper room on a Friday morning between 10am and noon. Everyone is welcome. The more the merrier.

Not every week is craft week. Sometimes we have a bit of an outing with some morning tea along the way and sometimes someone comes in to give a bit of a demo and a talk. On 19 August the Motueka Crafty Tarts kindly visited us for a morning of “Show and Tell.” They even brought morning tea with them, so they can come again. It was a very fine turnout by both groups and we filled the HCC supper room to capacity.

For Show and Tell everyone brings some project that they have worked on, either as part of a group or individually. Everything is first displayed on tables and then we each spend a little time explaining our craft ideas and projects.

It is extremely interesting to see all the imagination, skill and talent out there. All manner of craft ideas from practical to quirky; from traditional skills



to innovative. Not just that, it is a great way to meet new people, make new friends and have some fun.

They have kindly come to us twice now, so next time it will be our pleasure to travel to them be it for a workshop or two, a Show and Tell or just a good old chat. We might even bring a packet of biscuits and a curly cheese sandwich or two.

Many thanks to Joan Damien for her work and organisation in pulling this together for both groups. She made a fine Master of Ceremonies, keeping the event flowing smoothly. The layout of the room and the timing meant we all managed to see each other’s work and that we all had our moment. Also, I cannot end this month’s article without adding further thanks to Rowena for being the Mapua Craft Group’s spokesperson on the day and welcoming the Crafty Tarts on behalf of the Mapua Craft Group. Last but by no means least, a huge thank you to Ella for being a whirling dervish around the kitchen while still finding time to participate in the morning. I don’t know how you did that Ella. You’re a wonder to my eyes.

Marian Bevan

Learn how to Graft Apple Trees

An apple tree-grafting day will be held at the Mapua Country Store (corner of Mapua Drive and Aranui Road) on Sunday 2 October from 10am to 3pm.

The Nelson branch of the New Zealand Tree Crops Association invites everyone to learn about grafting, and if you wish, take home your own grafted apple tree, for a small fee. There will be helpful tree croppers to assist.

There will be apple rootstocks available to graft onto. Some small apple trees will also be available for topworking – allowing for multiple grafts on a single tree. Scionwood from a wide range including heritage apples will be available, such as Bramley, Blenheim Orange, Geheimrat Oldenburg, Gravenstein, Sturmer Pippin and Altlander Pfannku-chenapfel.

We have access to an ample covered area so will be able to go ahead rain or shine.

Further information can be found at:
www.mapuacountrystore.co.nz and
www.treecrops.nz

The New Zealand Tree Crops Association is a voluntary organisation promoting interest in useful trees, such as those producing fruit, nuts, timber, fuel, wood, stock fodder, bee forage and other useful crops.

For any queries please contact Annie at reesey@xtra.co.nz

Matariki Marked

Last term Tasman School celebrated Matariki. This year the event was held on the school grounds, beginning with a hangi.



Tim Hikuroa (Deputy principal and teacher in senior room) was responsible for organising the hangi, and was ably assisted by a group of helpers. The process was keenly watched by students and parents alike throughout the day, and the end result did not disappoint.

On a lovely, clear and cool Friday evening, pupils and their wider families gathered for a communal dinner. There was quite an array of food, and it was delicious, many going back for seconds.

Everyone was then moved inside for a variety of Matariki-themed plays, with each of the four classrooms giving a performance.

The plays were followed by a great selection of dessert, which was provided by students of Room Four, as it has done in the past. This provides a boost to the funds for their annual class camp – this year to Lake Rotoiti, later in Term Three.

Tasman School's Matariki this year was a great occasion, bringing together our families and many from the community; with the hangi sure to be a much anticipated event on the calendar.

Church notice: For those of you who have children and don't know it, we have a nursery downstairs.

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Personal Trainers: No longer Just for the Rich and Famous

Once upon a time, it seemed that personal trainers were just for the rich and famous. Not anymore. More and more people these days are choosing to make the most of their fitness training by having regular sessions with a personal trainer.

How can having a personal trainer be of benefit to you?

You may be keen and motivated to exercise, but not sure of the best exercises or how to do them well. Or perhaps you are, like many of us, someone who really needs and wants someone else to plan out the sessions, motivate and encourage you to attend, and keep you on track to achieve your goals. Your per-

sonal trainer will plan your sessions with your goals in mind, keep them interesting and fun, and at the same time be building up your fitness, strength and flexibility. Whether it's weight loss, muscle gain, aerobic fitness or just all round health and wellness you are looking for, having a personal trainer can make the difference between just going to the gym and getting the results you want.



At Catalyst, we have two personal trainers available, each with a different style, so there will be someone who fits your personality and temperament.

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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.

Ruby Bay Author Launches New Book

Ruby Bay resident David Briggs is looking forward to the publication and launch of his new novel, *The Direction of Our Fear*, in September.

The story follows three people who unknowingly live in the shadow of an impending catastrophe, as they travel together on the morning commuter train to Wellington. Sally is a 17-year-old schoolgirl, stepping tentatively into womanhood. Brendan is middle-aged, Irish, a widower, trying to move on from the death of his wife some years before. Tamás is a Hungarian immigrant, struggling to lay the foundations of a new life in New Zealand for his wife and son.

Meanwhile in Dunedin, Farida, a young Muslim woman working as a translator for the security forces, catches ambiguous glimpses of the terrorist plot that threatens to engulf them all.

David, who writes poetry as well as novels, says that most of his writing starts with a moment of reflection out of which a question or a dilemma worth exploring emerges. *The Direction of Our Fear* was the same, he says: "After reading about a devastating building collapse in Bangladesh, which hardly ruffled the news here, I found myself wondering why we care so much about the suffering and death of people we know, or think we know – even film-stars, roy-

alty, characters in books – yet give so little thought to those countless millions we don't know."

Writing the novel helped him discover his own answer to this question. "I think we care about those with whom we can empathise," he says. "It's an empathy that I hope readers will feel for the characters in this story."

The book is David's first novel to be released in print form, and is being published by BMS Books Ltd, Rotorua.

After a national launch in Wellington, the book will be launched in Nelson, on Thursday 22 September at 4pm– 6pm, in the Jaycee Room, Founders Park. Entry is free, refreshments will be provided, and everyone is invited. So come along.

BOOK LAUNCH



Ruby Bay author
David Briggs

invites you to the launch and book-signing for his new suspense novel

The Direction of Our Fear

Jaycee Room, Founders Park, Nelson

Thurs 22nd September, 4.00 – 6.00 pm

Refreshments provided; free entry

Fashion by Fibre Row

Have you ever thought about what ultimately happens to all of those clothes that get thrown away every year, if you looked into the statistics you would be amazed. Think about the high street fashion stores where you can buy two t-shirts for the price of one. How long do they last in your wardrobe? Not all of them end up in land-fill; some get donated to charity stores, some of these are sent on to Third World countries, but what about the ones that don't re-sell?



Instead of going for the high street bargains why not try to restyle your own garments, maybe they no longer fit or they just need up-dating? Rowena has spent a lifetime re-fashioning her own garments; she can often be found rummaging around op shops to find something that might just work with a snip here a tuck there and a bit of stitching.

Row's mother taught her how to sew as soon as she could hold a needle so has grown up with the ability to sew and now even makes pictures using her sewing machine. Maybe now it is time for you to learn these skills and Rowena is here to help you with up-cycle workshops in the beautiful Moutere Valley.

We will run through some basic sewing skills, such as making a dart, placing in a godet, button holes

and other essentials so that when you look at your ready-to-revamp-garment from your wardrobe or the op shop you will have the skills to proceed. The hardest decision is making that first cut/slash, but from then on things take on a life of their own and each garment develops into a unique one-off design.

During a series of three small group workshops, you will learn some basic sewing skills and decide on what might suit your body shape. You will be given time to work on designs at home or visit the ever-growing opportunity shops around the area; once you start you will know what to look for. Then there will be a couple more weeks of stitching, embellishing and honing our creations. The only worry Rowena has is that someone else will find that op shop bargain just before she does.

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Tasman Bible Church



Everyone's a Winner!

That was the refrain I remember hearing at the A&P show in Richmond when I was young. The man shouting reassurance was selling tickets for the "Winning Wheel" game. The showman's encouragement quickly attracted people who believed they couldn't lose. Of course when the wheel finally stopped spinning and the lucky ticket number was called, only one person grinned with glee and stepped up to collect the prize.

While the winning wheel was a bit of a joke and losing didn't really matter given the cheap nature of the tickets, other claims that "everyone's a winner" are more sinister and destructive.

The cold caller who promises a risk free return of 20% on your investment if you just deposit money into his bank account today. The ex-rugby greats and retired TV personalities enthusiastically promoting the latest cure-all remedy made of 100% natural herbs and spices (clinically proven). "I tried it and it was the best \$300 I ever spent. Honestly, you can't lose!"

Spiritual hucksters also abound. There are promises of health, wealth and prosperity to those who give themselves (and especially their money) to "the Lord." These predominantly Christian salesmen (and women) assure you that they have a direct line to God and if you make a \$50 donation you will be blessed, getting back ten times what you gave. After all, they say, "God is no man's debtor!"

Probably one of the most tragic examples of the spiritual "everyone's a winner" message is heard at funerals. The minister assures everyone that Jack was a really good bloke, and he is now set free from life's struggles. Instead, he is safe in the arms of his creator. Never mind that Jack never set foot in a church apart from the funerals of friends and family. Never mind that Jack's primary religious references acknowledging the existence of God were ones venting frustration: "Good God!" and "Jesus Christ!"

In the spiritual realm, there must be nothing more devastating than being confidently assured of heaven only to wake up in "the other place". How tragic! The Bible says that everyone is NOT a winner. It says, "Small is the gate and narrow the road that leads to life, and only a few find it." John 14:6 is worth reflecting on. Everyone is definitely not a winner.

Geoff Paynter

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



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Free to all

18
Open
11am till
4pm

19

20

21

22

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\$15, 8pm
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24
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25
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26

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27

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for
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28

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29

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WEDDING

2

Open
11am till
4pm

Sorry team, CLOSED ALL OF AUGUST FOR THE WINTER BREAK

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Moving to Mapua, an early account

Part 16 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.

Settling on Home Ground

In the early 1950s my husband, Ian, bought the section of land next to ours and cleared all the broom and rubbish ready to plough the land for planting. He worked the soil up with plenty of manure and then planted potatoes. After the potato crop was harvested he planted nectarines and peach trees along with some plum trees.

With lots of loving care, feeding and spraying, the orchard flourished and the tree grew so big that the branches met overhead. When they were in bloom it was like walking in a pink tunnel of flowers. The work was very rewarding and the crops of fruit were of good quality. We sold most to the public and the surplus, after jam-making and bottling, went into Nelson to Park Davis, the auctioneers. The nectarines, a beautiful fruit with a red skin and white flesh, were especially sought after. The variety was called *Goldmine*, a variety no longer on the market today. The peaches were early varieties through to the late *Golden Queen*.

The orchard flourished for a long time until one season when disaster struck! The peach and nectarine trees started to wilt and die. No sprays or pruning made any difference. They were suffering from a virus in the sap called 'blast disease' which started in their roots. There was nothing else to do but pull them all out (Luckily our plum trees were not affected.) We were so sorry to see them go. Ian had put a lot of time into the orchard with my help.

Ian was still working the chemical factory full-time and on shift work. The stone-fruit season came before the apple picking started so after we had harvested what was left of our orchard I went back to



Iola with Jeanette and nectarine crop 1953

packing apples for Norm Langford, taking my daughter, Jeanette, with me.

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

Church notice: The peacemaking meeting scheduled for today has been cancelled due to a conflict.



Craft Market

Mapua Hall

Sunday 25 Sept

10 am – 3 pm



Low impact dance
FREE for your first class.

A friendly group of folks learning the basic steps to many styles of dance. All ages welcome. Includes a cuppa afterwards.

 **Ph: Hilary 5432290**
or just turn up to the next class.

Monday & Thursday 9.30am
Mapua community Hall

Under The Bonnet with Fred

Chevrolet Impala with a Romantic Twist



What's the status of a Chevrolet Impala in New Zealand car history? In the sixties they were a status car when size, not economy, was important. In the 1960s they had great status and were used by the NZ Government as prestigious transport and Ministerial cars.

The then Prime Minister, Rob Muldoon, had a big black Impala. His driver's nickname was Frosty and I remember they tried to interview him on TV but Frosty was loyal to the bone, with a cold hard face saying he couldn't remember anything about Muldoon.

Doug's 66 Impala is a real local car, sold new in Nelson. The first owner was Keith Robson Ltd, in Bolt Road. The original colour was green with a

white roof. Doug bought the car in rusty condition from a Murchison farmer, but it had done only 88,000 miles 34 years ago. After the purchase he drove straight back to Nayland College to see his then teenage girlfriend, Charlotte, so she could have the first ride in his new car.



A nice maroon colour now gives the car the imposing look of wide, flat and long, almost like an aircraft-carrier driving down Aranui Road. It has bold chrome bumpers and grill with double headlights. The wide blood-red seats and matching door trim look good. I found that when sitting in the car you instantly feel safe. Is it the distance to the front or is just an ego-buzz of riding in a big car? Doug has fitted 16" Cragar SS wheels but I like the fact that he

has kept the exterior original as an Impala should only look like an Impala.

Under the bonnet it now has a 5.7 litre Chev Camaro engine with a Holley 600CFM carburettor with a 350 turbo transmission. Brakes and power steering have been updated. It has chrome tappet covers and the engine bay is painted nicely.

Rumble is the word when riding in the Impala. Is it that reassuring noise of the 5.7 litre of engine or again the combination of noise and size? After 34 years of owning the car Doug says there is nothing like slowly cruising in the Impala with the potential to get there faster on tap.

How did the car have a romantic twist? Charlotte, the girlfriend 34 years ago, moved back to Australia with her parents in 1982 so the romance ended then. But Doug and Charlotte met again online by accident two years ago and struck up the romance again. When Doug decided to buy an 84 Chev Corvette recently

she couldn't resist being the first one to ride in the new car. She flew from Australia to Christchurch and was there when Doug picked up the Corvette, and never been back.

This story is one of life's nice twists with Doug, Charlotte and the Chev. Was it "what is meant for you won't pass you by," I wonder. Did Doug keep the Impala for 34 years waiting for Charlotte to come back?

Fred Cassin

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Quiz Night Fundraiser

in Aid of the Mapua Youth Club

Saturday 17th September 7 pm

Hills Community Church, Aranui Road

\$10.00 each or \$15.00 a couple

This includes a delicious dessert and tea, coffee or soft drink. There will also be a silent auction and raffle.

Hills Community Church



In our household the coming of September is not only the start of spring, it is also birthday month, with three out of five of us sharing September birthdays.

For our youngest, Emily, the anticipation around her coming third birthday have lasted about the past eight months. I am not sure exactly what threshold turning three signifies to a two-year-old, but it is a joy to share in the sense of wonder, excitement and expectation. Somehow my soon-approaching forty-something birthday doesn't quite capture my imagination in the same way.

As we journey through life it is all too easy to lose a sense of joy and wonder at life's journey. Not only this, but in our life we will experience all four seasons, seasons; joy and wonder, the promise of spring and summer, but also seasons more like autumn and winter.

At times in our lives it may seem that the hope of spring is impossible. Through events or things that feel completely out of our control we feel as though we are in a never ending winter, like the permanent cold and snow in C.S. Lewis' land of Narnia in *The Lion, the witch and the Wardrobe*.

The amazing thing about the new life that blossoms in spring, is that winter is its necessary preparation. Beneath the surface things are happening; seeds are waiting to germinate and take root and burst forth.

The ultimate reality of our life is that beneath the surface of what we can see God is preparing a new birth for us, this is of course a mystery, but it is a mystery that is founded on the resurrection of Christ from the dead, the ultimate turning of winter to spring. As we welcome the coming of spring, may we find in Christ the hope, joy and expectation that transcends the seasons of our earthly life, to our true calling and home, God himself.

Blessings in Christ, Rev John Sherlock

A date for your diary: Costume Carnival Monday 31st Oct 5-7pm.

Hills Community Church will hold its free, annual Costume Carnival at Aranui Park, Mapua on Monday 31st of October. As a trick-or-treating alternative, bring your children for a fabulous, fright-free evening of old fashioned games, sledge rides, bouncy castle, free sausage sizzle and more. Non-scary costumes encouraged. Fairies, pirates, superheroes, princesses, animals, All Blacks, etc-- and a prize for the best! In case of rain a smaller scale version will be held in the new Hills Community Church. Queries, contact Connie 5403005.

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 and share a laugh! Open to all, crèche provided.



Every person Harcourts Tasman does business with during Spring, whether buying, selling or visiting an open home, is eligible to enter.

3 x \$1000  **vouchers to be won!***

1 x Richmond 1 x Mapua 1 x Motueka

Live prize draw at each office in December

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Mapua Boat Club

NOTICE OF ANNUAL GENERAL MEETING

Friday 9th September 2016
7 pm at the Mapua Boat Club
rooms, Mapua Wharf.

Agenda: Present, Apologies, Previous Minutes, Treasurers Report, Presidents Report, Election of 2016/2017 Committee, Boat Ramp Presentation, General Business

All welcome, financial members only holding voting rights. Following the close of the meeting supper and refreshments will be provided.

Enquiries to: Clare Kininmonth, Secretary:
mapuabcsecretary@gmail.com or 0221771186

FISHING/ BOATING GARAGE SALE



It is almost fishing season –

- ⚓ Time to clean out the garage and the boat
- ⚓ Bring your excess gear along to the Mapua Boat club
- ⚓ Buy, sell or exchange ready for the new season
- ⚓ Or just come along and get some fishing/boating gear
- ⚓ Sausage Sizzle by Mapua Boat Club

When? 17th Sept 9am to 12 midday

Where? Mapua Boat Club behind the museum on the wharf

Cost? Free Entry. Stalls \$10 non-members \$5 members

How? Book your stall/space by the 10th Sept, call the secretary Clare 0221771186 or email mapuabcsecretary@gmail.com



Why not consider joining the club? Talk to us on the day!

“Meet the Candidates”

Thursday 15 September 7pm
Mapua Community Hall

Nau mai; Haere mai

A chance to hear & question the candidates for:

- TDC Mayoralty
- Moutere/Waimea Councillors
- Nelson, Marlborough District Health Board

Mapua and Districts Community Association is hosting an open forum to give you this opportunity. All are welcome to attend.

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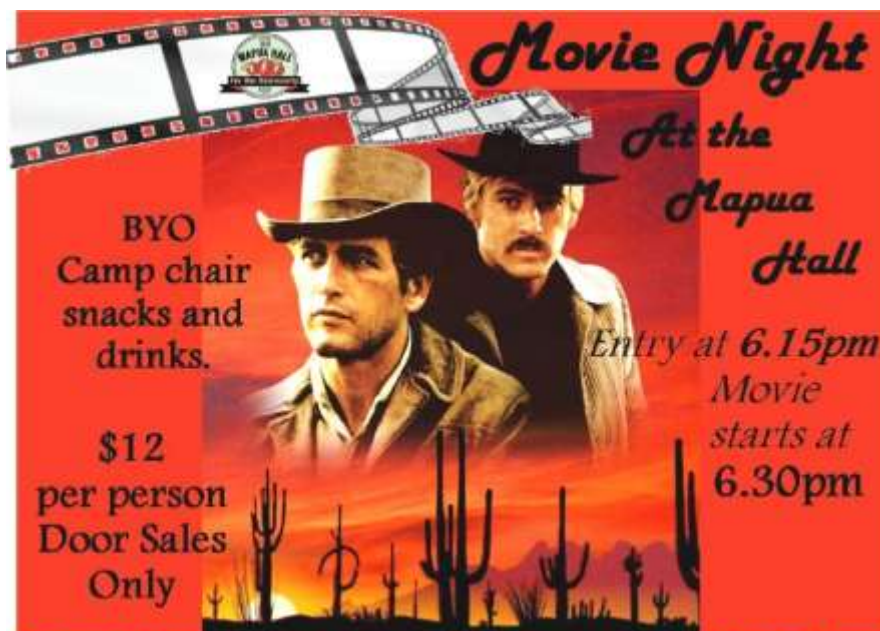
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17TH SEPTEMBER

5.30pm

Bring along
something to eat &
drink and a comfy
camping chair,
cushion or
bean bag.

Drop the kids off for a
fun night out.

\$5 Entry
\$12 per family



What's On at the Hall In SEPTEMBER

| Monday | Tuesday | Wednesday | Thursday | Friday | Sat | Sun |
|---|---|---|--|---|---|--|
| CHECK OUT OUR NEW LOOK WEBSITE AT WWW.MAPUAHALL.ORG | | | 1 9am Mapua Art Group 9.30 Low Impact Dance 3.30pm Karate 6pm Zumba 6.30pm Healing Workshop | 2 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Probuc 6.30pm Mapua Youth Group | 3 12-4pm Painting Class | 4 |
| 5 9.30 Low Impact Dance 3.30 FUNK BUSTA 6pm Zumba 7.30pm Mapua Cycle & Walkways Meeting | 6 9am PANZ 9.15am Mums 'n' Bubs Exercise 2.30pm Sit & Be Fit 6pm Cardio/Pump 7pm Pilates | 7 9:05am Aerobics 10:05am Pilates 12.30pm Tai Chi | 8 9am Mapua Art Group 9.30 Low Impact Dance 3.30pm Karate 6pm Zumba | 9 9:05am Aerobics 10:05am Pilates 6.30pm Mapua Youth Group | 10 | 11 9am-1.30 Tai Chi Intensive 6.30pm Mapua Movie Night |
| 12 9.30 Low Impact Dance 3.30 FUNK BUSTA 6pm Zumba 7pm Comm. Assc. Meeting | 13 9am PANZ 9.15am Mums 'n' Bubs Exercise 10am Mapua Creative Fibre 2.30pm Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates | 14 9am Yoga 9:05am Aerobics 10:05am Pilates 12.30pm Tai Chi | 15 9am Mapua Art Group 9.30 Low Impact Dance 2pm Friendship Club 3.30pm Karate 6pm Zumba 6.30pm Meet the Candidates MDCA | 16 9am Yoga 9:05am Aerobics 10:05am Pilates | 17 9:05am Aerobics 10:05am Pilates 5.30pm KIDS MOVIE | 18 |
| 19 9.30 Low Impact Dance 3.30 FUNK BUSTA 6pm Zumba 6.30pm Hall Comm. Meeting | 20 9am PANZ 9.15am Mums 'n' Bubs Exercise 2.30pm Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates | 21 9am Yoga 9:05am Aerobics 10:05am Pilates 12.30pm Tai Chi | 22 9am Mapua Art Group 9.30 Low Impact Dance 3.30pm Karate 6pm Zumba 7pm Comm. Assc. Meeting | 23 9am Yoga 9:05am Aerobics 10:05am Pilates 6.30pm Mapua Youth Group | 24 | 25 MAPUA MAKERS MARKET |
| 26 9.30 Low Impact Dance 6pm Zumba | 27 9am PANZ 9.15am Mums 'n' Bubs Exercise 2.30pm Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates | 28 9am Yoga 9:05am Aerobics 10:05am Pilates 12.30pm Tai Chi | 29 9am Mapua Art Group 9.30 Low Impact Dance 6pm Zumba | 30 9am Yoga 9:05am Aerobics 10:05am Pilates 2pm Friendship Club |  Like us on facebook | |

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Ashes to Ashes

Over the last few months there have been a number of call outs caused by open fires in the home.

Lighting a fire in a house made of wood sounds just a little dangerous but it's something most homeowners do every night during the dark, cold winter months. It's simply inevitable that there are going to be incidents.

I'm reminded of a fire a couple of years ago where the homeowner discarded the previous night's ashes over the fence adjoining his section.

The embers were still smouldering and the fire quickly took hold. The damage was serious and the final bill handed to the homeowner was over a million bucks.

I'm not a great fan of sermons, but with the number of call outs we get for this type of incident maybe I can urge you to take just a few seconds to think about the consequences a momentary brain fade can bring.

Embers can smoulder for days so make sure they're left in a metal container in the short

term. When you dispose of them make sure it's in a suitable environment, that's to say well away from combustible materials like dry grass and leaves etc.

There have also been a number of chimney fires in our area this winter. If a chimney isn't swept regularly the soot builds up and will eventually take flame. Chimney fires can soon get out of hand and break through into the stud work spreading unseen throughout the house. Our advice is always call 111 and get out.

Having said that, there will always be people who take the opportunity in the early stages to put the fire out.

Obviously, I don't endorse anyone other than firefighters tackle a blaze but surprisingly, chimney fires in their infancy can be extinguished with very little water. Just a mug full thrown on the base of the fire produces huge amounts of steam. This travels up the flue and can often be all that's needed.



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Maintenance of Automatic Transmission

Do you know when the last time you had the fluid in your automatic transmission (auto trans) replaced? And which method was used (drain or flush) to replace it?

Clean auto trans fluid is translucent red with protective additives to extend the life of seals, 'o' rings and mechanical components. As the fluid degrades it becomes brown in colour; is no longer translucent; it thickens; and the protective additives lose their effectiveness.




All mechanical components require clean fluid (oil) to effectively protect and lubricate moving parts and limit the effects of friction. Friction produces heat, hence, an increase in friction could cause over heating and accelerated component wear.

The first signs of wear within an auto trans is harsher shifting through the gears followed by the gears starting to slip and then eventual failure. Repairs can be very expensive, usually starting at \$2000.00.

We recommend the much cheaper option of a regular servicing program, especially vital for CVT auto transmissions. As a rule of thumb, we suggest the following servicing intervals:

1. Every 40,000km when vehicle is used frequently for towing.
2. Every 60,000km under normal use.

Please check your vehicle manufacturer's frequency recommendations, in case it differs from the above. Also check the fluid type recommended by the manufacturer as not all auto trans fluids are made equal and serious damage can occur if the incorrect fluid composition is used.

Flushing is the recommended regular servicing method. Flushing involves attaching your vehicle to a specialised flush machine which removes all the old fluid from the entire auto trans system by forcing new fluid in. An external viewer on the machine alerts the technician to when all the old fluid has been removed.



The alternative 'drain and replace' method is an ineffective option as it only removes approx 25% of the fluid within the auto trans system.

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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Coordinator: Janet Taylor
P: 540 3364 or
M: 027 230 2943

Mapua and Districts Business Association

The MDBA has been active in our local Ruby Coast and Moutere Hills region since 1992. Membership is open to any business person who operates a business in the area or lives locally and has a business outside the area. The Association's membership is interesting because of its diversity - there are those with businesses that are visible but there are also many owner-operators who do a wide range of interesting work that goes beyond our local region to the wider Nelson Tasman district and also nationally and internationally.

The MDBA offers its members:

- A variety of member meetings and networking events,
- Business development seminars, workshops and courses,
- Promotion of local businesses and the Ruby Coast and Moutere Hills region. This includes the production of a visitor map each year (11,000 were printed this year and we'll be printing more for the next season),
- Opportunities for businesses to promote themselves to the wider community,
- An extensive website offering visitor and community information and free business listings for members,
- Production of the annual Community Directory which is delivered free to all households in the area,
- Member only advertising opportunities in the Directory,
- Support to community initiatives and events such as the Unicycle Fun Day, the Sarau Festival, the Great Taste Cycle Trail, the Gateway Sculpture Project and the Welcome Bag Project.

Currently the annual membership fee is a very reasonable \$75 (in GST). If you are interested in finding out more about becoming a member, please feel free to contact Janet, our part-time coordinator, whose details are above or email her via the website below.

www.rubycoastmouterehills.co.nz



New Directory On its Way

Preparations for the 2016 - 2017 Community Directory are well underway. The MDBA is aiming to have these delivered to local households and businesses, free of charge, by the middle of October. This community service is possible thanks to the local MDBA members who advertise in the Directory. Members' details can also be found under the Business Listings on the www.rubycoastmouterehills.co.nz website.

Be Local buy Local

BRUCE THOMSON PAINTER & PAPERHANGER

Hi I'm Bruce. I was born in Nelson and went to Victory School, Nelson Intermediate then Nelson College. Soccer played a big part of my sporting life, playing for Nelson United in the Central League. I did my painting & paperhanging apprenticeship with Nelson firm Harry Cotton & Sons.

After qualifying I spent 7-8 years working my way around Australia. When I came back to Nelson I worked for a tradesman but unfortunately he got seriously ill so I was virtually running his business for him. The next obvious step was to be self employed. This

happened after a 1yr trip around the world in 1983/84. I've lived in Mapua since 1996 when I relocated my 1880's cottage to a section in Higgs Rd. I thoroughly enjoy the Mapua lifestyle and also being a member of the Tasman Golf Club.

What I especially like about my trade is the satisfaction I get with transforming the look of my clients homes (interior & exterior). I'm also very trustworthy and take pride in my workmanship. For all your decorating needs contact...

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

Mosaic workshops: Keen to start a mosaic project, or continue work on one you've had on the back burner? Enjoy the stimulation of working with others, and become more confident in your skills. Tools and some materials provided. \$10 per session. Contact: Bridget 540-2461 or bridgetpcastle@gmail.com Session times to be decided on, to suit participants. Starting September.

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

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

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

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

Kidz 'n' Koffee playgroup: 10-noon, Wednesdays in school term at Old Church Hall, Aranui Rd. All parents & caregivers welcome, we cater for 0-6 yrs. Koha for morning tea. Make some new friends. Info: Bridget, 540-2572.

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

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

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

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.

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

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

Qi-gong practice weekly in Mapua, YUAN GONG form. Info: Marianne, 0220 828 559.

Probus Club meets Mapua Hall, 1.30 pm, first Fridays. Guest speakers talk for about an hour, and club member will also give a short talk. Now in its 15th year, new members always welcome. Pres: Bill Hall, 540-2522, Secr: Rita Mitchell, 03 528-8097

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

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

Mapua Craft Group meet Fridays 10-noon, supper room, Hills Community Church. Simple craft work including: paper craft & card making, sewing, knitting, cooking, small upcycling projects. Occasional guest speakers, demos & outings. A social, some fun and a chat, some easy craft along the way. Info: Julie Cox 540-3602, juliecox@xtra.co.nz and facebook.

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.

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