

## Residents Air their Grievances to TDC

Mayor Richard Kempthorne was at the Mapua and District Community Association meeting in March and faced some criticism over council information, communication and process. There was also an appeal for help. Dust, smoke and heavy machinery nuisance had been a real issue for residents opposite residential development onto Seaton Valley Road, part of the Mapua Rise subdivision.

One complainant described her expected pleasant rural life as an ongoing “nightmare.” She had received different stories and responses from TDC calls, which she described as a “labyrinth” of misinformation. There was considerable sympathy for the complainant in the meeting and Mr Kempthorne offered to personally try and help.

Development issues otherwise took a fair amount of the mayoral forum time as process issues, council communications and outcomes such as the causeway debacle were aired. Walkways and the lack of progress to agreed outcomes were also discussed. The boat ramp planning was one long-term example where the council had consulted and studied the options, publishing a Mapua Wharf Framework document in 2004 which decided a new ramp would be needed, initiated a technical survey of the Waterfront Park option, in which that option was discounted, and

advised that work should begin to find an alternative site away from the wharf area. Twelve years later and where are we now?

Another example was the 2008 Mapua Structure Plan, with its considerable community input, which had led us to expect a treed corridor coming into Mapua on Mapua Drive. The “gateway” concept instead gave way to the suburban developers.

The meeting wasn’t just complaints though. One speaker was happy with the council’s approach and thought the tone of negativity in the community didn’t reflect the outcomes.

Councillors were quick to endorse this view. Cr Brian Ensor said that much had been achieved by our ward councillors, who were a strong team and deserved more thanks. He cited the large investment on the Mapua Wharf retail development as a success story. More next month...

The 11 April meeting of the association also will have a strong council presence. TDC will be here again to report on the council’s current position and to outline the plans it has for this area over the next year or so. The TDC is out touring its Annual Plan. All monthly meetings are open to the public and are held at 7pm in the Mapua Hall’s Bill Marris Room.

*Graeme Stradling, secretary*

## Aquarium Garden for Roundabout?

An opportunity to make a creative entranceway to Mapua, at the Mapua Drive/Higgs Road roundabout, may yet see some results. The Community Association had asked for some sculpture or entrance icon to grace the roundabout, along with the planting and rock features that are planned.

Graeme Stradling from the Association has come up with a concept to make this into a community-based creative workshop. Graeme’s idea takes its lead from the old aquarium which was on the wharf, and the lost “sea-creatures,” as Mapua’s coastal emblem. The concept could then be repeated in the family areas at Mapua Waterfront Park.

The planted roundabout would have some sculpted fishes and sea-creatures threading through. Graeme



and others behind the idea got approval from the association to proceed to develop the idea; funding for some creative workshops has been applied for.

The first job is to talk through the project, decide on the concept and the techniques to be used. Graeme said, “I really like the Hamish heron at Mapua Wharf and a similar idea of a couple of blue cod weaving through the roundabout planting beneath a shoal of little herrings was the initial vision.”

Graeme emphasised that this was just the start of developing ideas and other people’s input and enthusiasm is what is required to make the project happen. Anyone for fish? Other ideas?

Come along. An initial ‘meet and greet’ will be held at Alberta’s Coffee Shop on the wharf 8.30am on Monday 11 April. Come down and enlist for the project or bring your ideas and views. Phone Graeme on 540-2050.

## Coastal Garden Group

Margaret introduced our guest speaker, Robbie Francis from the Marybank Club, who demonstrated several beautiful arrangements as follows:

For Robbie's first arrangement she used a recycled pot filled with stones two-thirds up the pot, finishing with plaster of paris, placing an 80cm stake in the centre of the pot so that it was a permanent fixture, then taping a small green funnel over the top of the stake for the oasis and wire. Paint it all green and wind white ribbon around the stake (this is lovely for weddings). Start from the outside using ivy, working around the arrangement in a circle and filling with roses, mignonette, daisies etc. Really lovely and so simple.

The second arrangement was in a square, black, low container using one long piece of green flax in the centre. The second piece, cut slightly shorter, was curled around and stapled at the back then two large curls of flax at the base, green kangaroo paw and red alstromeria finished the arrangement. Very striking.

For the third arrangement Robbie used a large piece of driftwood nailed onto a circular board with tree bark behind (dried oasis is best for this arrange-

ment). She had bleached Teasels in Janola, making them creamy white, then finished the arrangements with succulents at the base.

The fourth arrangement was a very large glass vase with a wide base where a small block of oasis was placed in the bottom with a pin-holder, Robbie wound ladder fern inside the vase then placed bright pink proteas, white alstromeria and some leucadendrons into the oasis as well as looping a small branch of hops over the side so that it hung down. Quite spectacular.

For something very simple use the lid from a jar—just place a little piece of white Blu-tack in the centre, push in three or four small-stemmed flowers into the Blu-Tack, fill the jar with water to the top, screw the lid back on then turn upside down and you have a floating posy in water.

Another wonderful way to keep things simple is to use a small block of oasis covered with a leaf and stapled underneath, then one small dahlia in the centre and three large triangles of thin papyrus stalks pushed into the oasis. This then can be placed on a saucer or small flat dish. Great for decorating birthday or wedding tables.

Remember to soak your oasis well and pick your flowers ahead of time and soak in a bucket of water. For maidenhair fern, put stems in boiling water then in cold water.

Everybody thoroughly enjoyed watching Robbie create these arrangements so effortlessly and it also gave inspiration to members to see just how easy it is to pop a few leaves and flowers to make a lovely arrangement. Judy on behalf of the club thanked Robbie for coming and sharing her wonderful talent with us.

*Judy Sisam, secretary*

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# Wheelie Fantastic in Permanent Premises

Visitors to Mapua will have seen the Wheelie Fantastic Cycle Tours company at various locations in the wharf area over the last five years. They are now located in very attractive premises in the recently opened Shed 4.

Lisa, one of the three owner-operators of the company, explains what Wheelie Fantastic Cycle Tours has to offer, a little about its history and the three people who run the company:

We are a cycle tour company with a simple formula—local people +local knowledge = a great experience.

Wheelie Fantastic Cycle tours is locally owned and operated by enthusiastic cyclists who want to share what our beautiful region has to offer to visitors. Our primary focus is customer service and we aim to give a unique cycling experience in this fabulous part of New Zealand.

As many of the locals know we started the business five years ago, before there was a cycle trail and before there was even a ferry to Rabbit Island. Why did we do it? Simple. We knew Mapua, Ruby Coast and Moutere Hills was a cycling paradise. So we took a gamble and bought 10 bikes and a trailer and started the hire business at Mapua Wharf. Business was slow at first but it gradually built up and so did the official trail. By our second year of trading we were also doing multi day tours and big group bookings. We have seen a steady increase in numbers of visitors that come here to cycle every year since.

By our third year of trading we had a shed on the wharf which allowed us to store more bikes for the day hire and act as the local tourist information centre. We have been proactive in getting everybody involved with the growth of cycle tourism in this area, from promoting the local café/bars to the wineries, art galleries and, of course, local accommodation providers. Our new premises in Shed 4 at the wharf is a testament to the way the area is now firmly on the tour-



Elaine from Christchurch (left) about to go for a ride after being 'fitted' with a bike by Nicky of Wheelie Fantastic.

ist map that we have got a permanent home for the business. Incidentally, all our shop fit-out and design was done by some of our very talented local people.

We are a small but very professional company which allows us to focus on our customers' needs, so when someone or a group book a tour with Wheelie Fantastic they don't get a 'one-size-fits-all tour.' We listen to our customers' needs and interests and build a tour around them. We offer bespoke private tours that fulfil our customers' wishes.

All the staff at Wheelie Fantastic are keen and very capable cyclists so we have a wealth of knowledge and experience that we draw upon to give our customers the best days out. We take them to little hidden gems on back roads that most locals forget about or even don't know exist.

We offer lots of different types of biking options as well. From trail/comfort bikes to mountain bikes and road bikes. There is a bike and a route out there for everyone.

The development at Mapua Wharf has had a very positive effect on the area. It has become a hub for tourism but it has still managed to keep its friendly laid back atmosphere. The development still has a long way to go but careful management and local input will help it maintain its characteristics.

The future for Wheelie Fantastic is, well, wheelie fantastic. Bookings are already coming in for the next couple of seasons and we are putting plans in place to increase visibility to potential tourists from around the globe. We are proud to operate from Mapua Wharf and help put Mapua firmly on the tourist trail.

As for Wheelie Fantastic staff, Jo will be off to do an Ironman Triathlon in July (Barcelona, I think). Nicky and Lisa are looking forward to a winter holiday and getting back in shape for racing this winter.



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To remind us of those who gave  
Young lives, consigned to early grave

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Reminds us all that War is Hell  
But don't we owe them more I fear  
Than only half a day each year?

Now retailers want 'All day trading'  
'Coz' they say, 'the past is fading'.  
Numbers marching have begun to fall  
But now our young have heard the call

Surely their memory we must keep  
Lest we forget all those who sleep  
"In Flanders fields, where poppies blow  
Between the crosses, row on row."

Skies now sing with larks and swallows  
Where many gave all their tomorrows  
So we might all have our today  
Will we now deny them half a day?

Whether Anzac dawns wet or sunny  
Honour the day forget the money  
And on your chest - a red poppy wear  
Perhaps also - say a little prayer?

"In Flanders fields, Red Poppies blow  
Between white crosses, row on row"  
We need to keep the faith I fear  
After all  
It's only half a day each year!

*Peter O'Halloran*

## 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 6 May.

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.

## Youngsters Work on Dominion Flats Project

If you happened to glance down to Dominion Flats as you whizzed by on the highway on Thursday 17 March you could have seen a multitude of coloured hats amongst the weeds.

The senior classes of Mapua School were there as part of their leadership programme with Whenua Iti, doing the community involvement component. What a difference youth with enthusiasm and energy can make in a couple of hours.

After a walk through the whole area to show the extent of the project, they set to work in small groups, some to fix the netting on the boardwalks and others to pull weeds from around the plants. It was hot, hard work, but the school can be proud of the way the students willingly 'did their bit' and we would like to say a very big thank you to them all.

Keep an eye on this space or better still come and join us on Tuesday mornings and pull a few weeds.

*Helen Bibby, phone 540-3830*



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# Letters to the Editor

## Help for Fiji

Fiji has not been in the best of shape for the past few years as any of you who have travelled there will realise. But since Tropical Cyclone Winston cut a swathe through the islands on 21 February it is now devastated. Latest estimates for restoration are around the \$340 million mark.

Taveuni is the third largest of the many Fijian islands, but the word 'large' is purely relative. It is just 40km long, around 12km wide and under normal conditions, beautiful, lush, remote and reliant on tourism for its existence. Winston is synonymous with catastrophe for this island.

My daughter Zoë lives and works in Taveuni. She is a diving instructor and resort manager at Dolphin Bay Divers' Retreat. She and her partner Wilson built their own home to share with their two girls at the southern end of the island. The house was completed just in time for my week-long visit last November. Their land had been restored from a neglected farm to one filled with vegetables, fruit and cava plants. And then along came Tropical Cyclone Winston.

The house has been reduced to a concrete base; gone along with all their possessions, the other house on the land belonging to Zoë's mother-in-law and all the trees and crops. Likewise the local village, bar a few randomly remaining houses, is gone. The local school, Taveuni Primary and Secondary, demolished by tidal waves; no post office, no dive resorts, no nothing.

I have no doubt many of you will have contributed in some way to the plight of the Fijian nation, Kiwis are renowned for their generosity in times of great need. But if you would like to contribute to something more specific Zoë has established a 'Give a Little' site where all monies will go towards the restoration of her community, Waimaqera, southern Taveuni.

Another way to help would be to support the quiz night I'm organising in the Sprig & Fern, Mapua, provisionally booked for Wednesday 18 May (look out for confirmation on posters in the village nearer the time). All the proceeds will go towards the rebuilding of village houses and the school. Teams of any size and the more, the merrier!

Thank you for reading my letter.

*Sue England,*

<https://givealittle.co.nz/cause/help4cyclone>

"You'll like this, not a lot, but you'll like it."

*The late Paul Daniels*

## Bankruptcy for Mapua Hall?

Hi all. Just putting on my hat as a member of the Mapua Hall committee – we have a great facility here in our village, the Mapua Hall. This hall is valued at \$2.7m, and it belongs to us, the people of Mapua.

But the hall is on the verge of bankruptcy.

We have some income from regular hall users and events, but this does not even cover the running costs, forget about insurance and maintenance. We therefore rely more or less completely on grants, which may or may not be forthcoming. With some major grants we can pay the salary for the hall coordinator and cleaner, part of the insurance, some improvements and replacements of broken products (kitchen, lights etc).

In theory all of the approximately 800 residents of Mapua should be members of the Hall Society and pay their \$10 annual contribution (no upper limit), but we only have around 200 members. If all in the village were members we would have much less to worry about. Not that the hall would become rich, but...

So if you are not already a member, please log on to <https://mapuahall.files.wordpress.com/2014/11/membership-form-fy16.pdf> and download the application form to become a member. You can drop it at the hall or give it to me on Thursday during the coffee break. You also can just mail it to the hall.

So, after Easter I'll check who is not a member and then I will terminate our friendship :) :) :)

Kind regards.

*Reinhard Gebhard*



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# Craft Group Proud of their Twiddle Muffs

Where has the time flown? It seems just a week or so since we returned after the long summer break and were planning our projects. One blink of the eye and it seems we have edged our way into autumn and are halfway through the first term of 2016.

Having decided that our community project would be Twiddle Muffs for those suffering with dementia, it was up with the elbows, out with the knitting needles and our assorted collection of wool as we devoted a good couple of weeks to kick-start our efforts. Some of us are whizz at knitting and some of us are slow but we have all managed to fashion a twiddle muff that looks like a twiddle muff and works as a twiddle muff and which has not turned out like some unknown contorted woolly creature from outer space. Well done Mapua Craft Group.

Is this the end of our efforts? Well no. Not on your nelly. It's an ongoing effort with more twiddle muffs on the way as there are plenty of dementia and Alzheimer sufferers out there whose restlessness and agitation could benefit from a nice comfy and satisfying twiddle muff. Having tried out our completed

efforts we all agreed that anyone would find such a comforter a joy to the fingers and the hands. My late mother-in-law certainly found it so. She had advanced dementia and a twiddle muff was our final gift to her last December.

It is not just the sufferers that benefit but also the carers. To this end we are hoping that our twiddle muffs will find places with people living in their own homes and not just in assisted care communities. So if anyone knows of a person or a couple that could do with a Mapua Craft Group twiddle muff please do contact us. Equally, if anyone would like to contribute to our efforts but is unable to make our craft group meet-ups, please do contact us for the pattern. We will be very happy to take your twiddle muff from your knitting hands and place it with someone in need.

It has not been all knitting during our craft group meetings. If it was we'd soon become a bit jaded so we like to try an assortment of crafts. We've also been making cards from scrap paper and after Easter we will attempt to create hanging hot air balloons orna-

ments from ordinary everyday light bulbs. These projects are always fun and often challenging as we cover ourselves and anything we touch with glue and paint. It's surprising and also very interesting to see how we all create something individually different from the same project ideas.

Anyway. Enough from me about our craft group for this month. How many times have I typed twiddle muff within this short update? That would be a twiddly ten times.

If anyone wants to come and join us just drop by. No special ability or reason needed. It's open to everyone. You don't even have to be into craft as such. I wasn't. Just bring yourself. Morning tea supplied.

Marian Bevan



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# Mapua Health Centre

We are coming up to autumn and the likelihood of various viruses starting to creep in and test our immune systems. The cold viruses tend to cause a runny nose, head congestion, cough and general feeling of being under the weather. A full-blown influenza attack is a much more severe illness with some of the 'cold' features plus generalised aches, temperature and sweats, often a severe headache and feeling very unwell. This can be quite difficult to diagnose as it shares some of the symptoms of meningitis and therefore it is important to seek medical help if you are at all unsure.

Welcome to Ricki Lea who is a trainee intern and will be with us for four weeks during April. This is a great opportunity for final year medical students to get some insights about general practice and health care in the community setting.

For younger patients and teenagers there is a fully confidential medical service available throughout the working week and that medical costs may be covered by a special PHO fund. You can check this out by simply turning up at the practice or phoning 540-2211 or email [info@mapuahealth.com](mailto:info@mapuahealth.com). There is also a new service available through the local primary health organisation called WAVES. This a grief education programme for those over 17 years old who have been affected by the suicide of someone they know. Phone 03 539 1170 for more information.

This year's flu vaccines will be available during this month and we will be sending out reminders to those who have previously been immunised. If you would like more information about the vaccine or to book an appointment for immunisation please contact the practice nurse on 540-2211.

Also, a reminder that we have set up a 'Prescription' email address site – [prescription@mapuahealth.com](mailto:prescription@mapuahealth.com) to give another way to get hold of repeat prescriptions. You simply need to send an email and you will receive a return email with instructions about the details we need to organise your prescription. It's as simple as that, although still important to give 24 hours notice.

A reminder to patients that we offer a patient portal service that allows patients to have access to their own medical notes. Manage My Health™ - [www.managemyhealth.co.nz](http://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 Maree, Mandy or Caroline on 03 540-2211.

One of this month's health events is about autism. Children and adults who have an autism spectrum disorder (ASD) look the same as other people, and due to the invisible nature of their disability it can be much harder to create awareness and understanding. Autism and Asperger syndrome still remain relatively unknown disabilities among the general population, yet it is estimated that they are about four times as common as cerebral palsy and 17 times as common as Down's syndrome—touching the lives of over 40,000 people and their families throughout New Zealand.

ASD affects language, social skills and behaviour, and those affected are often unable to interpret the world and what is happening around them in the same way that others do. There are now many different ways of trying to potentially prevent and help improve this disorder. For more information see [www.autismnz.org.nz](http://www.autismnz.org.nz).

This month's health/school events include:

- |       |                                 |  |
|-------|---------------------------------|--|
| 1     | Red Puppy Awareness (guide dog) | <a href="http://blindfoundation.org.nz/">blindfoundation.org.nz/</a>           |
| 2     | World Autism Day                | <a href="http://www.autismnz.org.nz">www.autismnz.org.nz</a>                   |
| 7     | World Health Day                | <a href="http://www.who.int/en">www.who.int/en</a>                             |
| 15    | Term 1 ends                     | <a href="http://www.minedu.govt.nz">www.minedu.govt.nz</a>                     |
| 15    | NZ Poppy Day - RSA              | <a href="http://www.rsa.org.nz">www.rsa.org.nz</a>                             |
| 24-30 | Immunisation Week               | <a href="http://www.immune.org.nz">www.immune.org.nz</a>                       |
| 25    | Anzac Day                       | <a href="http://www.rsa.org.nz">www.rsa.org.nz</a>                             |
| 28    | World Day of Safety at Work     | <a href="http://un.org/en/events/safeworkday">un.org/en/events/safeworkday</a> |



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# Becoming Bored with Beauty?

**H**ave you seen the film *White Mischief*? It's a 1980s film set in Kenya in the 1940s with a "boredom and murder in paradise" story line. I must admit it's not very good but it is quite stylish in parts. There is an absolute standout scene, though. It's early morning in a large, luxurious bedroom with the sun peeking through curtains, a very attractive woman sleeps in a luxurious four-poster bed. Leisurely she awakes, stretches, slips out of bed and walks slowly and gracefully to the window. The camera is behind her, framing the window. With a quick swish of her hands she whisks back the curtains and reveals a sublime sight: the tawny coloured Kenyan grasslands as far as the eye can see, speckled with flame trees with their dark green horizontal branches, animals grazing, all bathed in the pale pink light of a perfect sunrise. She gazes out at this serene scene and in a bored, cynical tone says, "Another \*\*\*\*\* beautiful day."

We can all get a bit like that at times, it's part of our nature. Our instincts are to identify trouble, ie, something new and unexplained, and accept the rest as a given, as a part of the scenery. A good example is driving into Nelson for work in the early morning as the sun comes up over the Sounds, with the inlet glistening and clouds draped over the Richmond Ranges. Do we really see them and relish them? No, because there's a white campervan in front of us doing 60kmh in a 100kmh zone.

Recently I was very fortunate to have an American friend to stay, all the way from New York for a two-week whistle-stop tour. He had a fabulous four days in Tasman, starting with the ferry over Cook Strait and then the bus trip to Nelson. Of course it was a bus as, being a New Yorker, he was scared of driving on the left on the narrow roads. Then he had a day's kayaking in the Abel Tasman Park and the next day a long, arduous and very enjoyable walk to the top of Mt Arthur. It's quite a contrast between turquoise sea one day to alpine meadows the next, all only 40 kilometres apart. That can't be done in the US, I reckon.

And all this was accompanied by glorious summer sunshine with just enough of a gentle cooling breeze.

He was completely and utterly seduced by our area; the combination of sea, mountains, horticulture, villages and our "civilisation," for want of a better word. Great restaurants, good roads, fresh food, great walking tracks, friendly locals.

It really was a perfect stay and, needless to say, we talked real estate and compared our two situations. He owns a tiny apartment in Lower Manhattan, very convenient for working for a bank except many of the banks have moved out, so he has a 45 minute commute via subway. In the US they have a thing called Town Taxes, which are like turbocharged rates; his are US\$4000 a month. He was also getting away from a long, cold New York winter. Having lived through three Massachusetts winters, I reckon you have to be born there to get used to them. They're impossible.

In short, he couldn't get over how great the area was. As he went (and on, and on) about it, eulogizing the sea, the hills, the wine, the climate and New Zealand in general, it refreshed my perspective of the area. For the next few weeks I will be seeing the clouds over Mt Arthur, the ripe apples on the trees, the mist and dappled sunlight on the vines. And won't be noticing the white campervans so much. I do hope, though, I can still spot the speed cameras.

*John Bampfylde*



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## BOOK REVIEW

Falling in Love, by Donna Leon, reviewed by Annette Sivak. This book is available in the Mapua Community Library.

But wait...there's more...this book is one of ten held by our library, so this review is really about the author, who has written 25 novels in this series.

Do you value mystery -- in life? In literature? Do you, like me, latch onto a beloved mystery author, read all of her/his books starting with the earliest one, and then wait impatiently for each new installment to be published? If so, let me introduce you to Donna Leon and her Commissario Guido Brunetti.

To read one of her novels is to step into the world of Venice -- its people, its social issues, its beauty and even its food. In contrast to the too-familiar figure of the detective loner whom no one particularly likes but whose intelligence they respect, Commissario Brunetti is a thoughtful man who daily sees the foibles and dark sides of the people of his city. Working with his inspector Vianello who is able to engender trust in witnesses, the boss's secretary Signorina Elletra who smilingly hacks into the files of anyone from the telephone company to the tax department, and young uniformed officers who revere him, Brunetti investigates and figures out complex situations. The crimes are solved despite the machinations of their boss Vice-Questore Patta who is more interested in pandering to the rich and powerful of Venice than in seeing justice done, and whose minions within the investigative force are ambitious and obstructive of Brunetti and his crew.

With an economy of words, Donna Leon draws us into her characters' personalities and lives, not just of people in the police headquarters, but also of Brunetti's wife Paola, a professor of American literature, his teenage children and his wealthy in-laws from an old Venetian family. As the investigations proceed, we also begin to understand the mindsets and motives of the perpetrators who are most often quite ordinary people responding with violence to their perceptions of what life has handed to them. The murders are disturbing, as murders should be, but not shown in graphically horrific images, as they needn't be.

Donna Leon, an American who has lived in Venice for 30 years, weaves her stories around social issues plaguing her adopted home. The ten in the Mapua Library deal with a variety of issues such as

disposal of hazardous and radioactive waste, protest movements, Mafia loyalty, politics of the country's powerful elite, illegal immigrants, exploitation of the elderly and of the disabled, stalking, and of special interest to us volunteer librarians -- the cutting things out of rare books in Venice's Marciana Library.

These novels give us insights into these issues, and also show us the thought processes of the detectives, as information is discovered and sifted. Leon delights us with twists in the plots, as characters stumble across the small things which begin to complete the puzzle. What has really happened and why is always made clear. But justice is not always served in the way the reader thinks it should be. This is true to real life, not just fiction -- a place where sometimes the "news story" of the solving of the crime is quashed by the Vice-Questore for political reasons, and sometimes, though rarely, the more just choice in Brunetti's mind is to allow natural justice to take its course rather than arrest and convict.

Believable situations, well-drawn characters and witty dialogue are always things to appreciate in a Donna Leon novel. But she does not stop there. Added joys are the descriptions of Italian/ Venetian foods that are on the table when Brunetti goes home for a main, midday meal with his family. (In addition to 25 novels, Leon has also contributed to *Brunetti's Cookbook* by Roberta Pianaro.)

This reviewer's suggestion is that you also read the mysteries with a pocket map of Venice at your side. Leon's descriptions of Brunetti's route going from the Questura to travel the canals and streets of Venice in search of clues were so detailed that when I was planning a trip to Venice, I was able to know the city well enough to book a B&B in a Venetian neighbourhood rather than a tourist area. From there, I had a general idea where I was while I was in this city of faded beauty. If you begin to love these novels, you may want to go to Venice to see for yourself, or at least to encourage the Mapua Community Library to get the remainder of Donna Leon's books.

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# Mapua Community Library

(Moutere Hills RSA Memorial Library)

## School Holiday Sessions

A new local children's book author, Jerri Pirc, will be at our library on 21 April and 28 April to share her new book, *Kate and Caboodle*. The book's illustrator is Mapua's Jane Smith from Chocolate Dog Studio.

You are invited to bring your children along for a read and an interactive story time. Jerri is a retired speech and language therapist and the book's preface includes some tips for parents on reading with a young child. The book is designed for 3-6 year olds. Books will be available for purchase at the library for \$18.

### Session times are:

21 April 10.30am-11.15am AND 11.15am-12.30pm

28 April 10.30am-11.15am AND 11.15am-12.30pm

## Donation from Paper Plus

Paper Plus Motueka continues their support of the library with the recent donation of 20 brand new books. Rose, our book buyer, was able to choose the books so these new books perfectly complement our collection. Huge thanks to Paper Plus.

## Patron Records Update Continues

We are aware that our library member cards have been in use for five years now, so will be updating our record of your membership. Please be prepared to

answer a couple of questions next time you are in the library.

## Display

We thoroughly enjoyed showcasing Heather Miller's beautiful embroidery and handcrafts. Our April display will be in honour of Anzac Day. Thanks to Greg Olsen for once again supplying the items in our window display.

## Daylight Saving – A Reminder

Because daylight saving finishes on 3 April we will revert to our 'winter hours' of finishing the Wednesday session at 4.30pm, until late September.

## Library Fund-raisers Sprig and Fern Quiz Nights

Thank you for your support of these fund-raisers. What a fun way to come together and raise some money to pay for those less 'sexy' library costs (eg, book covering materials, toilet paper, catalogue) not covered by grants.

Lynley Worsley

## Library Hours (closed Statutory Holidays)

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

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## Leadership Qualities Developed at Outdoor Course

On Monday 7 March 26 Year Eight students from Mapua School had the privilege of going to the Whenua Iti Outdoor Leadership Centre. The students did a high ropes challenge on the first day.

“Since my Dad was a climbing instructor I’m used to heights and climbing technique,” said Will, who conquered the high ropes course.

The Whenua Iti leadership programme is to help students build strong bonds and produce courage. The high ropes course was to display courage against a fear of heights. Next there was a team bonding exercise where the students got into groups of six and competed in fun challenges and saw how well they worked together.

“I think it was fun and interesting doing the challenges because my group and I developed strong bonds and worked really well together,” said Luis who participated in the challenges. It was a day out of many that the students will never forget.

On the second day back the students faced two high challenges, the Trapeze and Flying Kiore challenge. The students took the challenges head-on. Even though few of the students had a fear of heights everyone managed to jump from the pole.



“At first I was nervous but I realised my group was there to catch me,” Emma said after she was very close to reaching the bar at the trapeze challenge.

On the second to last day of the Whenua Iti leadership programme, students got into two groups of 14 and presented a skill or game to their group. Labour MP Damien O’Connor came as a guest speaker so the students asked many questions about the qualities of a good leader.

“I think the keys to being a good leader are to be able to communicate and have trust to develop strong bonds with others,” Amelia said after Damien’s inspirational speech.

Nine days after the first Whenua Iti leadership programme outing, the students have all matured and have done exceptionally well with courage and positivity towards the challenges. On the last day the students did community service towards local environmental projects at Tane’s Ark and Dominion Flats by pulling out weeds and replanting. The leadership course was a fantastic way for the students to learn the fundamental elements required become a leader.

“It is great that the *Coastal News*, through the Mapua Ruby Bay Community Trust, paid for the cost of the course so each member of the Year 8 class could attend. This support was very much appreciated by the students and their families. I know they will all use these leadership skills to carry on the school motto ‘To be all I can,’ in their life beyond Mapua School,” said Mr Clearwater, teacher of the Year 8 Classroom.

*Shaun Renwick, Year Eight student*



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# Probus Club of Mapua and District

The guest speaker at the March meeting of the Probus Club was Cherie Thomas, the Community Education Co-coordinator for Nelson Bays Primary Health. Her subject was how to prevent falls. Her work involves running courses in Stoke, Richmond, Nelson, Motueka and Golden Bay.

Her advice for the elderly is to be aware of can cause falls. She set up an information board and a screen to show slides and asked members to give her a list of various situations that could result in a fall.

There were at least 20 situations given such as tripping over the household pet, taking pride in not using a hand rail, tripping over items, memory loss and stress, to name a few.

Cherie's depicted some basic leg exercises in a sitting position. She emphasised the need to keep body muscles active, and suggested ways to prevent falls, making the home environment safer.

After a good afternoon tea the club held its AGM. The club's outgoing president, Janice Higgs, gave a vote of thanks to the committee, and various members for their support giving the club a positive year. The club's treasurer, Jackie Buckland, gave the financial report. It was agreed to reduce the meeting fees for the coming year.

Bill Hall was elected president for the year.

The meeting had a good discussion on a possible name change. Four members had attended a recent meeting at the Founders Park, Nelson, with more than 60 Probus members attending from various clubs around the Nelson/Marlborough district, to discuss changing the name to Fellowship New Zealand because of the financial control Probus Australia has over Probus New Zealand. A majority of Mapua club members voted to continue using the existing name until such time as they were forced to change.

*David Higgs*

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1/2 teaspoon baking soda  
Pinch of salt  
1 1/2 cup packed pitted dates  
1/2 cup warm water  
3 eggs  
2 tablespoons coconut oil  
2 teaspoons vanilla

### Instructions:

- Preheat oven to 175 C.
- Place the dates and coconut oil in the warm water and leave to soak while you organise the dry ingredients.
- Mix together all the dry ingredients in a bowl and set aside.
- Put the date mixture in a food processor and blend until it forms a smooth paste.
- Mix the date paste with the remaining wet ingredients (eggs and vanilla).
- Add the wet to the dry and stir until smooth.
- Grease an 8in round cake tin, and pour in the batter.
- Bake for 25-30 minutes, or until a toothpick comes out clean.

Let cool for at least 10-15 minutes before serving so that it has time to set. Serve plain or with fresh fruit and/or coconut whipped cream.

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### Ingredients:

1 1/2 cups packed almond meal  
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### What's On at the Hall In April

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<b>4</b> 9.15 Yoga with Robin	<b>5</b> 9am PANZ 1pm Beginners Tai Chi 2.30 Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	<b>6</b> 9am Yoga 9:05am Aerobics 10:05am Pilates 12.30pm Tai Chi 7.30pm MDBA Meeting	<b>7</b> 9am Mapua Art Group 3.30pm Karate 6pm Zumba 7pm Comm. Assc. Meeting 7.15pm Yuan Gong Learn effective & Fundamental tools to Become healthier & happier	<b>8</b> 9am Yoga 9:05am Aerobics 10:05am Pilates	<b>9</b> 12-4pm Painting Class	<b>10</b> 6.30pm Mapua Movie Night
<b>11</b> 9.15 Yoga with Robin  7pm Comm. Assc. Meeting	<b>12</b> 9am PANZ 10am Mapua Creative 1pm Beginners Tai Chi 2.30 Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	<b>13</b> 9am Yoga 9:05am Aerobics 10:05am Pilates 12.30pm Tai Chi	<b>14</b> 9am Mapua Art Group 3.30pm Karate 6pm Zumba 7.15pm Yuan Gong Learn effective & Fundamental tools to Become healthier & happier	<b>15</b> 9am Yoga  <b>PANZ LAUNCH</b>	<b>16</b> 9:05am Aerobics 10:05am Pilates	<b>17</b>
<b>18</b> 7pm Hall Committee Meeting	<b>19</b> 6pm Yoga	<b>20</b>	<b>21</b> 2pm Friendship Club 7.15pm Yuan Gong Learn effective & Fundamental tools to Become healthier & happier	<b>22</b> 9am Yoga	<b>23</b>	<b>24</b>
<b>PANZ EXHIBITION</b>						
<b>25</b> <b>ANZAC DAY</b>	<b>26</b> 1pm Beginners Tai Chi 6pm Yoga	<b>27</b> 9am Yoga 12.30pm Tai Chi	<b>28</b> 9am Mapua Art Group 7.30pm MDBA AGM	<b>29</b> 9am Yoga 2pm Friendship Club	<b>30</b>	
<b>PANZ EXHIBITION</b>						



# Tasman Bible Church



## Remembering the Fallen

This year marks the 101<sup>st</sup> anniversary of the Anzac cause. We remember those Kiwis who gave their lives, beginning in World War 1 with Gallipoli, in the armed services.

Regardless of our views on war, most people in New Zealand most likely agree that it is a good thing to reflect on the sacrifices made by those who went to war on behalf of their country. A large number of soldiers who left our shores never returned, having made the ultimate sacrifice on foreign shores.

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

There is another day, set aside as a day of remembrance, a few weeks prior to Anzac Day. This day, however, is observed by a decreasing number of people in New Zealand. This day of remembrance has been part of lives all around the world for centuries—for millennia in fact.

Good Friday, as it is called, is a time when Christians set aside their normal activities and spend time reflecting on the sacrifice of one individual. This individual, they insist, laid down his life on behalf of millions. He made the ultimate sacrifice so future generations could know and experience new life. Though the name of the day, Good Friday, seems something of a misnomer, as far as those who come

after Christ are concerned, it was indeed a very good day!

But Good Friday is only good because of an event that occurred three days later, on our Sunday. While the death of Christ by itself was tragic, the resurrection of Christ emphatically shouts that his death now means life for those who follow him. The death and resurrection of Christ, together, are what gives Christians hope for the future.

When we remember the Anzac fallen we remember those who gave their lives. They never returned to their loved ones. When we remember the death of Christ, we remember that God, in Christ, paved the way for life eternal. If we remember ...and trust in the One remembered.

*Geoff Paynter*

## Special Easter Service, Sunday 27 March at 10am

For more information on the Tasman Bible Church go to [www.tasmanbiblechurch.org.nz](http://www.tasmanbiblechurch.org.nz)



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# Pastel Artists of New Zealand

The final fund-raiser in support of the National Art Awards was a movie night, *Dad's Army* seen at Motueka State Cinema on Friday 19 February. Not the greatest film in the world but a full house, plenty of happy faces and some more welcome funds for the coffers. We are grateful to everyone who bought tickets for the movie and the raffle and to the cinema for allowing us to host the event.

It is going to be a busy weekend in Mapua for members of Nelson PANZ as they host visitors from around the country at the Convention on the 16<sup>th</sup> and 17<sup>th</sup> of April. Registrations are excellent, double that of the previous convention held in Wellington last year. The lure of Mapua! More than 100 new and vibrant artworks by local and national artists have been accepted for the exhibition.

We invite members of the public to join us for the Opening Night and Presentation of Awards on Friday 15 April from 7pm in Mapua Community Hall. The exhibition will continue throughout April in the hall, closing on Sunday 1 May. As well as the paintings there will be daily demonstrations by working artists, the opportunity to place a vote for the "People's Choice Award" and, of course, raffles. These events are free of charge.

15 April: Opening Night & Awards, 7pm, Mapua Hall

16-17 April: Members only Convention, 9am - 4pm, Mapua Hall

16 April - 1 May: Art Exhibition daily 9am - 4pm, Mapua Hall

Life still goes on with our regular gatherings on Tuesday mornings. We welcomed local photographer Mike Turnbull on Tuesday 1 March who joined us to take some "action shots." Some of these will be used for promoting the Art Awards.

It was fun and we appreciate his time. Coming up will be a trial run of the "Big Picture" led by Marian Painter. This challenge will be just part of the Convention along with quizzes, demonstrations, talks and the AGM.

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

Sue England (540-2934)





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# Hills Community Church



Recently, I was able to catch up with a old friend, in fact a flatmate from my second year at university. It has been some 23 years since we flatted together in dingy flat in Bryndwr, Christchurch.. The flat is no longer there, maybe it succumbed to the earthquakes, or was it just years of neglect. There didn't seem to be a lot keeping it upright 23 years ago.

And so we reflected on some of the water that has gone under the bridge. What struck me more than anything, despite the span of time and our different journeys, was how little had changed between us; it was like picking up a conversation that had simply been on hold for a long time.

I'm sure you have experienced this with old friends. But, as we go through life we also experience relationships with both friends and family that for a whole lot of reasons become broken, and the reality is that it is in our closest relationships that we have the greatest capacity to be hurt and also to cause hurt.

It is often these hurts that are the hardest things in our lives to be healed from. We all have a need for 'inner healing' from past hurts – and it can be a very long journey. Perhaps the hardest step in this journey is that of forgiveness. But it is the key that unlocks freedom and healing.

Forgiveness doesn't mean that we forget the hurt or brush it off. But at the heart of forgiveness is a letting go of our right to seek revenge and a letting go of reliving the hurt again and again. It is an act of mercy and grace that in fact sets us free and allows us to receive the healing we need. The reality is though,

that forgiveness can seem simply beyond us. And it is, for it doesn't come from our human nature but from God's heart of love and mercy and in his willingness to forgive us. It is found in the words of Jesus on the cross, 'Father Forgive them for they know not what they do'.

May we learn to take the hand of the God who freely offers us forgiveness through his Son Jesus. And may we courageously face our own need for forgiveness and our need to forgive others, and in this may we truly be set free.

*Blessings in Christ, the 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 and 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.

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# Moving to Mapua, an early account

*Part 11 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 none and this is part of her story.*

Part 11 of a series

## Shopping in Mapua

When we arrived in Mapua there was a little grocery store on Aranui Road where the present Four Square store is today, but set back further. It was really just a tin shed and was open only two afternoons a week with a van delivery once a week. It was owned by Mr Feddersen who lived in the Moutere. Later a proper store was built in its place with a residence attached. A petrol bowser stood outside the store at one time.

Around the same time another little grocery shop started up in Aranui Road between where the Mapua Garage (Perry's Auto Services) is today and the school. It was run by Mrs Wicks and it sold sweets as

well as groceries. Mrs Wicks had a little boy named Tommy who was just starting school at the time. Josephine and I used to call in to pick up Tommy and take him to school. We would also bring him home. Mrs Wicks didn't stay long and Mrs Blanchett took over the shop and ran it for several years before it closed down. Mrs Blanchett had an idea of starting a tearooms as well but that never came to pass. She was the first in Mapua to sell ice-cream in cones. What joy for the kids that was!

The first store eventually grew to be the big business it is today with fully stocked shelves. The store had many owners and many additions – sixteen in all (and I can remember them all) – before it was taken over by Foodstuffs Ltd who pulled the old shop down and built a new foodmarket in its place. In the earlier days the customers didn't help themselves to groceries as they do in today's supermarkets. The shop assistant stood behind the counter and the customers stood on the other side and asked for the goods they wanted and then waited while the assistant went to get them.

## Door-to-Door Traders

From the early fifties onwards, when petrol was no longer rationed and became more plentiful, things began to look brighter. Tradespeople began to call door-to-door selling their wares. One of the first I

remember was the Rawleigh's man. His best seller was Rawleigh's Ready Relief, a cough mixture that was on everybody's shelf. There was also Rawleigh's Ointment which was supposed to cure everything in the way of skin complaints, burns, sores, cuts and abrasions. Nobody could be without it. I still have a tin in my medical chest which is well past its 'use-by' date but I keep it there just for old times' sake. Another popular caller was the Bon Brush Man who sold all types of brooms and brushes for a hundred and one jobs – from yard brooms to toothbrushes – and he never went away without a sale.

The best trader was the local baker, Joe Homer and Son, who had a bakery in Tasman. He came around twice a

week with bread, buns and meat pies in his baker's basket – and sometimes, a fruit cake. He was a true baker by trade who carried his dough on a board on his head to the ovens. His bread was delicious with a nice, crusty top.

Then came the butcher. We had two calling: the red van and the blue van. All the children were given a slice of luncheon sausage and the dogs lined up for their scrap of meat or a bone. One year a man came around on horseback taking orders for Christmas but I think he was a phony as he never appeared again. A fisherman did the rounds too with fresh fish from Nelson. Until recently we had a milkman leaving the milk in the mailboxes, taking his payment in milk tokens.

This all before we had supermarkets. Today everything is sold in shops and customers help themselves. Gone is the friendly chatting on the doorstep. We are just one of a crowd moving along the shelves.

Some of the products I remember that had everyday uses are Handy Andy powder for cleaning the bath, Clever Mary for cleaning up messes, sandsoap in a big cake for scrubbing with, Sunlight Soap for washing clothes (we had to shave pieces off for the copper and it was also used for washing the dishes), Kruschen Salts in the first cup of tea in the morning for a good start to the day, Lane's Emulsion for the winter months' coughs, iodine for disinfecting cuts and scratches – a good healing agent, carbolic soap for bathing, plain old baking soda for removing stains – especially stains on teacups, Reckitt's Blue Bag for bee stings and vinegar for wasp stings.

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





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## Another Relay for Life Proves Successful



On 5 and 6 March the Mapua Women's Recreation Group took part in the seventh biannual Cancer Society, Relay for Life held at Saxton Field. We had a capacity team of 15 as well as others who visited and supported the event.

The relay celebrates those who have survived cancer, remembers those who are no longer with us and raises funds to enable the Cancer Society to continue to provide needed services. The weather was calm and settled – the mildest night we've ever experienced at this event. Despite little sleep we were still in good form on Sunday morning.

As well as last year's Garden Trail, our other fund-raising effort was a raffle for an original stone carving (above) kindly donated by local artist Jo Heatherbell. Titled *Strength of Mind*, there were many at the relay who bought tickets hoping to take the sculpture home.

However, the winning ticket was held by Ruby Bay local, Dale Stark (blue 93). The Recreation Group's final fund-raising total was \$4,570.70. This was made possible by the generosity of many sponsors, businesses and individuals who supported our fund-raising activities in so many different ways. Thank you to all who contributed to this fantastic outcome.

Janet Taylor



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# New Therapist and Services at Ora Health Centre

**H**i. I'm Stephanie Giles and I'm delighted to have a full-time room at Ora Health & Wellbeing in Mapua. I've been quietly coming and going in a shared room since January but with my own room I am expanding my services and taking bookings across the week with evening and weekend appointments available. I've been a Registered Nurse for over 30 years with my specialty area of nursing in mental health. With experience working across the age ranges, most recently working with children and adolescents in Auckland and Christchurch, I'm comfortable working with people from all walks of life and from every generation.

As a trained Reiki Practitioner and Master Teacher I bring a gentle and yet powerful and intuitive healing touch. I also teach this simple and effective healing art; as a self-care tool, for you to use with family friends and pets, and for those wishing to develop their own healing abilities.

With more and more stress-related issues abounding, even in younger people, I have chosen to add Bars into the repertoire of complimentary natural healing that I offer. Bars is a popular treatment that is relaxing in its own right with people reporting increased capacity to manage stress and experience more ease in their lives. As a trained relaxation massage therapist with a strong and healing touch, I also offer Indian head massage for those who prefer not to remove clothing or who wish to have more upper body work to relieve shoulder and neck tension, headaches, sinus, or just to have the most amazing relaxing and invigorating treatment.

A big year for me was 2005. At the end of my relaxation massage training year at the Canterbury College of Natural Medicine I was called to Brazil to visit a world-renowned healer whom I'd read about and visited in Upper Hutt. On my second visit to the Casa de Dom Inacio in Brazil at the beginning of 2008 I purchased a Crystal Light Bed which I share with the public from my practise at Ora Health & Wellbeing. The healing is provided by way of clear quartz crystals known for their ability to purify, charge, and amplify our energy fields, hence the saying, "crystal clear". Clarity, strength, and resolve are often noted benefits of using this wonderful relaxing and re-energising tool which is complimented by chromotherapy (colour) and sound (music).

Merging ancient wisdom with new technology I offer BioMat sessions complimentary with body massage Reiki Bars or the Crystal Light Bed, or as a stand-alone treatment at my regular prices. The Bio-

mat uses Nasa technology along with amethyst crystals to provide pain relief (evidence-based via research) and healing, creating EMF (electromagnetic field) protection, producing negative ions known for increasing our 'happy' chemical serotonin, and providing infra red as desired. Amethyst crystals are known for their powerful healing properties including reducing anxiety and providing stress relief.

So why do I focus predominantly on energy work and stress relief?

You're welcome to visit my website [vibechangeers.nz](http://vibechangeers.nz) and read more about me, but to keep it simple, I experienced significant stress in my formative years which ultimately impacted on my emotional and physical health, reducing my immunity and sapping me of my potential. In addition to mainstream treatment, energy therapy (initially Reiki which I first started doing in 2001) gave me a new start in life and now, as a child of the 60s, I generally experience great health and vitality. As a health professional and natural healer I recognise that I'm privileged with information and experiences that the general public have access to on an ad hoc basis.

These days the importance of diet, exercise, restorative sleep, positive social contact, meaningful activities and healthy challenge is much more widely recognised. However, while the value of 'chilling out' or relaxing is known, people's capacity to elicit the 'relaxation response' and change the vibes is much more difficult than most of us realise. For many people it isn't enough to have a relaxing time with family or friends at the end of a busy working week. Our bodies, our minds, and that part of us that drives us on needs total relaxation to allow healing to occur. This resets and recharges us for the coming days and weeks allowing us to realise our potential. No longer are the natural healing therapies seen as a treat. For many they are essential maintenance and an investment in the future just as we consider maintenance on our vehicles or our homes an important long term investment.

Good health, like the air we breathe, is often not valued until we don't have it. If you would like to know more about the treatments I offer and how they may benefit you I welcome you to book a free no obligation 15-minute appointment with me to discuss your needs. Visit the website [vibechangeers.nz](http://vibechangeers.nz) or text Stephanie on 021 351 319.



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



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## Reiki Level 1 Course

**When?** Saturday 7 May,  
9.30 am – 4.30 pm

**Where?** Ora Health & Wellbeing  
69 Aranui Road, Mapua

**Who?** Stephanie Giles  
Reiki Master Teacher since 2008

### Why?

Would you like basic first aid in your hands?  
Want to provide more comfort and soothing to yourself, your children, your pets, others?  
Feel like you have more to offer but not sure how to develop your healing talents?  
Been looking to do Reiki but not found a course that suits yet?  
Never heard of Reiki but feeling drawn to this course?  
Keen to develop your intuition?

Contact Stephanie via the website [vibechangers.nz](http://vibechangers.nz) or text 021 351 319 for further information or to book.

*If you want to learn Reiki but this date doesn't work for you contact Stephanie to express your interest in future courses.*

## Make a Toy

The cooler days are here and that means it's time for craftspeople to start thinking about working on an entry for the Motueka Arts Council annual craft competition.

After having a resounding success in 2015 with tea cosies, this year the council is focusing on children's toys. Categories cater for all mediums of craft from creative wool, inspired fabric, wood, metal, found objects, to the most innovative where just about anything goes. There is also a class for a person aged under 16 years.

This year we are hoping to have entries from Richmond, Nelson and the wider area, as well as Motueka. Arrangements have been made for entrants who wish to do so to donate their toy to the annual Salvation Army Christmas Toy Appeal.

With increasing interest in our competition a selection of the toys will be displayed in shop windows in Motueka; then they will all be on display in a weekend-long exhibition. This will be held in the Motueka Memorial Hall on Saturday 7 August and Sunday 8 August with the prize-giving held later on the Sunday afternoon.

All information about the competition, prizes and our wonderful sponsors are on the entry form which can be picked up from Potters Patch in Motueka, Cushla's Village Fabrics in Mapua, Cruella's Boutique Fabrics in Nelson, or by emailing [motuekaartscouncil@gmail.com](mailto:motuekaartscouncil@gmail.com).

## Mapua Anzac Day

You are all cordially invited to the Mapua/Moutere Hills RSA commemorative service to be held at the Mapua RSA grounds at the Mapua Memorial Library.

Parade: 10.45am (from the Mapua Domain)

Service: 11am

To be followed by morning tea in the Bill Marris Room, Mapua Hall. (A plate would be gratefully accepted)

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Summer's nearly over and the nights are starting to draw in.

I recently had my closest near miss ever!

It was dark and I was travelling home with my daughter following a car along the highway. I saw the loom of the approaching vehicle but wasn't prepared for what came next.

From around the bend came a car with lights ablaze. They weren't set to high beam but it was sporting the all too familiar sight on New Zealand's roads of headlights plus fog lights.

As my eyes readjusted I realised to my horror that the car I was following had braked to turn right. I reacted immediately, swerved and passed it by a hair's breadth.

Now, I know that when dazzled you need to slow, which I did to a degree but we don't always, especially on a clear highway.

Unfortunately, for some unfathomable reason I see drivers lighting up the night, every night. It's not just the boy racers either, I see people of all ages and genders.

Either, they think a bank of lights looks cool or they feel they deserve a better view of the road, regardless of others travelling in the opposite direction.

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When rear fog lights are illuminated they are so bright that they obscure the brake lights.

When front lights are on, they dazzle other drivers.

It's easy to tell if your fog lights are on because you're alerted by a light on the dashboard.

It's not cool and it's certainly not clever having an assortment of lights in any conditions other than pea soup is it?

Till next time stay safe!

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❖ **FINE DINING EVENING SAT 30<sup>th</sup> April 7pm \$50**  
We will be offering a relaxing evening of fine dining over five courses. Bookings essential, check our website for menu details.

❖ **DON'T FORGET**  
Raffle every Wed 6pm with Chase the Ace and Steak Wed.  
1<sup>st</sup> Thurs Folk Night. This month the 7th.  
2<sup>nd</sup> Thurs Quiz Night. This month the 14th.

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## Tasman School

Tasman School would like to introduce Tim Hikuroa, our new Deputy Principal and teacher in the senior class (Years 6-8). Tim has come to us from Brightwater School and has settled in well with his new class.

All students have been engaged in some summer sporting event during Term One – swimming sports for all ages and the inter-school summer sportsa tournament for the senior school.

And, it is that time of the year again for our major (and much anticipated) school fund-raiser, Muddy Buddy. This is being held on Sunday 3 April and is a great day out. So, grab some friends or family and head on down to Tasman School. Sign-in time is between 9.30am and 10.30 am. See you there!



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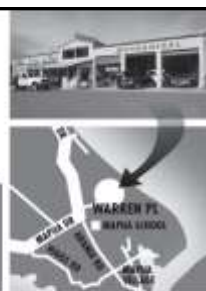
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## Hot or Cold - your radiator & Cooling system needs help!

Anti-freeze or the 'green stuff' within your vehicles radiator and cooling system contains glycol which allows greater transference of temperature in both 'hot' and 'cold' climatic conditions as well as inhibitors to keep the pH level neutral avoiding corrosion, while protecting against electrolysis, cavitation erosion, and lubricating the water pump seals.

Cooling system failures are a leading cause of expensive mechanical breakdowns on the road and in most cases is the result of poor maintenance. Regular maintenance is an extremely cost effective option

Anti-freeze like all fluids in your vehicle has a limited life, and if not checked and changed regularly will eventually result in failure at some level.

A clean radiator



Rust & scale deposits on a radiator, blocking water jackets & restricting anti-freeze circulation.

Even topping up your radiator with water or diluted anti-freeze will dramatically reduce its protectiveness.

We recommend you have the condition of the anti-freeze within your vehicle tested every time you have a full service undertaken or at the very least every 12 months.

The 'drain & refill' option removes only approx 50% of the old anti-freeze and is not cost effective.



Anti-freeze condition being tested

Whereas machine flushing is highly recommended as it flushes out all the old anti-freeze within the entire cooling system (hoses, pipes, water chambers in the engine block and head, heater & radiator etc) by forcing new anti-freeze in.



Anti-freeze flush machine in operation

A specialised anti-freeze flush machine needs to be used to achieve this.

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# The Playhouse Cafe

## What's On Guide

### APRIL 2016

Open Fridays to Sundays from 11am

Mon to Thurs Open only for 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

**New Winter  
Trading Hours**  
See above

				1	2	3
				CLOSED to public for WEDDING	Open 11am till 4pm Closed for Private function Evening	Open 11am till 4pm
4	5	6	7	8	9	10
Closed	Closed	Closed	Closed	SUPERHERO QUIZ NIGHT Koha donations 730pm Funds go towards Mot SPCA	Cori Gonzalez \$20, 8pm Amazing Stand up comedy	CLOSED to public for WEDDING
11	12	13	14	15	16	17
Closed	Closed	Nick Erasmus on LIVE ON STAGE \$20, 7pm Dinner from 6pm	"Foggydale Farm Jam Sessions" Tickets and details from Mapua School	90's Rock Night Presented by Gentle Giant Music from 8pm \$10 on the door	Open 11am till 4pm Closed for Private function Evening	Open 11am till 4pm
18	19	20	21	22	23	24
SPRING WEDDING SPECIAL Book in Sept or Oct FREE VENUE HIRE and a \$250 gift voucher				Chandrakirti Quiz Night Booking encouraged	Free for your Private function or event NO VENUE HIRE (conditions apply)	Open 11am till 4pm
25	26	27	28	29	30	31
Closed	Closed	Closed	Closed	Stand Up Comedy Night \$10, 8pm Nelsons best	Paul Madsen's Queen, BeeGees Eagles \$25, 8pm +\$35 2 course buffet	Open 11am till 4pm

FREE VENUE HIRE FOR YOUR EVENT, PARTY, BIRTHDAY, ANNIVERSARY  
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## MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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



[www.rubycoastmouterehills.co.nz](http://www.rubycoastmouterehills.co.nz) is the MDBA's website with information about our region. By 'clicking' on the 'Business' tab you will find the business listings - this is an online directory with contact details for MDBA business members - a quick and easy way to find what you need locally.

The website also links to the [www.itson.co.nz](http://www.itson.co.nz) website and the [rubycoastmouterehills facebook page](#) which you are welcome to 'like' and use to promote local business and community events and information. Keeping it local - "be local - buy local".



## Saskia Rowling FLORAL DESIGN

My name is Saskia Rowling. I grew up in Whakatane in the Bay of Plenty and at seventeen I went to Lincoln University to study Horticultural Management. I met my Husband there and after completing my studies, I followed him up to his home farm, Moana Orchard, in the stunning Tasman region. I have made Mariri my home and we have two primary school aged children, Mieke and Austin. Oliver and I married at Kaka Pah



Point, in 2004 and I have fond memories of feeling the weight of my bridal bouquet as I walked down the aisle. It is my joy to replicate those feelings for other brides, I am honoured to be able to design and create bouquets that will form lasting memories for other couples.

I specialise in wedding flowers, from small intimate weddings to larger traditional occasions, I can arrange bouquets, buttonholes all the way through to cake toppers, venue and table centrepieces. I enjoy designing wedding arrangements to suit a couples theme and personality.

I have over 10 years' experience with flowers, I have worked for florists and flower growers and am now enjoying working from home. You can find more photos of my work on face book 'saskia rowling floral design' or email me on [olly-sas@xtra.co.nz](mailto:olly-sas@xtra.co.nz), phone or text 0273490551.



## Sutherland & Associates Landscape Design

Jamie Sutherland has recently decided to hang up the tools and start a new business following his passion for quality landscape design. He was a Landscaper for multi award winning high-end Christchurch landscape company Goom Landscapes, then started his own landscape business in 2012. He moved back to the Mapua area with his wife and kids in 2013. Formerly as JJ's



Landscape, Jamie worked on many quality projects in Canterbury, St Arnaud, Golden Bay and Nelson/Tasman. Increasingly Jamie has been using his design and project management skills and this has taken over from being a hands on landscaper. As such he has decided to change his business to Sutherland & Associates Landscape Design. As a qualified Landscape Designer with practical landscape experience he has a unique ability to create designs and to oversee their construction. Jamie has a great team of quality, independent tradesmen and women that he calls upon to bring his visions to life. Thus he is being sought after by many discerning property owners who want quality landscapes and don't want to have to organise all the necessary tradespeople to bring their ideas to fruition. Jamie also works on commercial projects. He designs and project manages landscaping for subdivisions and even designs specialty items such as planter boxes for retail shop fronts. He has experience liaising with councils, lwi, property managers, engineers and property developers.

Although Jamie is a Landscape Designer there are times when an Architect is required and Jamie can organise this. He has many contacts throughout the district and always tries to 'keep things local' wherever possible. He only uses the best and always expects the best. You can contact him on 022 641 5803 or email [suthdesign@gmail.com](mailto:suthdesign@gmail.com)



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# Noticeboard

**The Fantail Book:** extraordinary aviator, spectacular photos. Available at BNZ, Delicious Gift Shop and Tessa Mae, Mapua. 2 sizes \$25 & \$20 each. Fundraiser for Native Bird Recovery Richmond.

**Free picking** of Taylor's Gold and Beurre Bosc pears, 2077 Moutere Highway April 2 & 3. Donations accepted for Moutere Youth Group

**Mapua Landscapes:** opening on site of former Shed Landscaping. 540-3423

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

**Kidz 'n' Koffee playgroup:** 10am – noon, Wednesdays during school term at Old Church Hall, Aranui Rd. All parents & caregivers welcome, we cater for 0-6 yrs. Gold coin donation for morning tea. Come & 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 2<sup>nd</sup> & 4<sup>th</sup> 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.

**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 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, just a lot of laughs. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

**Mapua Social Cycling Group:** "Wheels 2 Meals". Approx 20 – 30 km ride with coffee break at half-way point and no racing! Depart 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 9.30am Wednesdays outside Tasman Store. We walk for about 1½ hours, then enjoy a coffee & muffin back at the Store. Walk according to your ability and speed. Newcomers & everyone very welcome. Just turn up or contact Fiona - 526-6840, fiona.oliver@xtra.co.nz

**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. President: Bill Hall, 540-2522, 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 Mondays. 42 Pah Street, Motueka. 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 0-5years. Mapua Hall every 1st & 3rd Tuesday, 10-11.30am and 3.30-7.30pm. Phone Anja, 544-8733, about membership or casual hire.

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