

Causeway sale plan threatens beach access

apua residents face a possible loss of control of the main walking route to the coast and beach after a recent surprise Tasman District Council decision about the Mapua Causeway.

At a 26 November meeting, Tasman District councillors voted unanimously to implement a public consultation process on "a proposal to sell the causeway to the registered owner of the Mapua Leisure Park, subject to easements being created to protect council infrastructure and to provide public access over the causeway."

The big question—as yet not explained by the council—is why the TDC should consider selling the causeway in the first place, when no logical or acceptable case has been made for such a move.

The causeway is a valuable community asset that our council did not have to pay for. Originally built more than 50 years ago by a resident family for access to a family retreat, the causeway was later discovered to be on public land and ownership was transferred to the Nelson Harbour Board. When the harbour board was wound up in 1992, ownership was again transferred, this time to the TDC, which now holds the freehold title on behalf of the public.

For Mapua residents, the causeway provides walking access to some of the most beautiful parts of our coast including the western entrance of Waimea Estuary and Mapua beach. At the eastern end of the causeway, a council-built walking ramp gives access to the beach along the estuary and a walkway route along Mapua beach.

The registered owner of the Leisure Park is a body corporate with the full name "Adventurer Leisure Properties, Ltd Co" (ALP). It is body corporate incorporated in the United States and registered under the Companies Act to carry on business in New Zealand. It has a single director, Mr Gary Martin, a Floridabased investor. His company at present pays a peppercorn rental of \$10 a year for use of the causeway, but under its licence from the TDC has responsibility for causeway maintenance and is also required to guarantee public access.

For Mapua residents, the vitally important clause in the current causeway licence document says that the ALP "shall not impede, restrict or interfere with public access on to and over the causeway." Public signs on the causeway stating that the pathway gives "public pedestrian access to the estuary" confirm this protection for residents. Subject to periodic renewal, the present causeway licence to the Leisure Park owner remains valid until 2021.

The November council decision to consider selling the causeway to Mr Martin came as a total surprise to Mapua residents. No review of the asset had been signalled, our ward councillors gave no warning to the community association that the matter was coming up and residents learned of the council decision only through a brief Nelson Mail report, published on 28 November. A search of TDC files shows that the idea of selling the causeway arose by chance in May 2015 after TDC property manager Jim Frater discovered that the ALP's causeway licence had expired four years earlier on 1 December 2011. Mr Frater emailed Mr Martin's lawyer, Nelson solicitor Nigel McFadden, pointing out the problem and asking if Mr Martin would sign a renewal licence for the balance of the lease term. He then forwarded Mr McFadden the forms for signing, though it is unclear if they were signed. Mr McFadden replied in a letter dated 10 June 2015 asking, "Would council entertain selling the causeway to our client? If so, then perhaps a transaction could be negotiation and completed now..."

Mr Frater then wrote in an undated email that "In principal staff do not see a problem with the sale of the causeway, provided the necessary protections are put in place for our infrastructure and public access."

In November, Jim Frater presented to the council his report on the causeway stating that Mr Martin's company "has asked the council to consider selling the land to them."

The Frater report said that "staff are of the view that council would not need to continue to own this land" if easements were put in place to protect access and council assets. However, he said the causeway land had value to Mr Martin's company "as it would provide it with direct frontage to a legal road which may allow them (sic) to further develop their property."

What this "development" might be is not explained. It could refer to a proposed 10-unit boutique hotel with 10 associated tourist villas, a new park project announced in February last year. However, this seems unlikely, as the project already has resource

consent. Construction has not yet started on the project.

Mr Frater's report had no detail about the proposed new easement to protect public access across the causeway and the council does not seem to have sought a legal opinion on the proposal.

His confidence that an easement could protect public access across the causeway if it is sold is not one shared by a public-interest group, Public Access New Zealand (Panz).

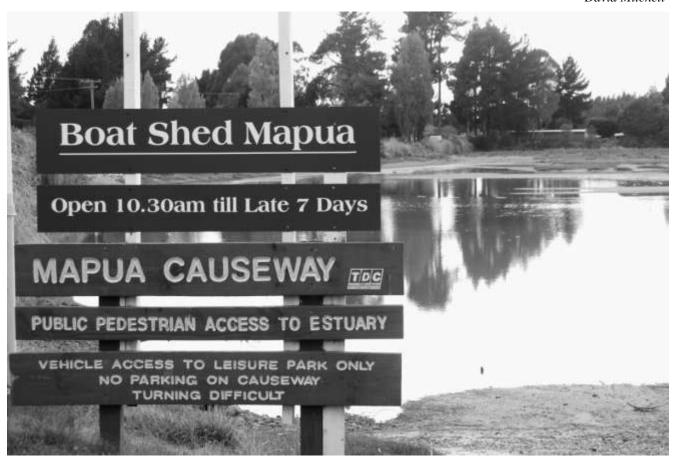
A veteran campaigner for public access to walking tracks, Mr Bruce Mason of Dunedin, made a 2003 submission for Panz to a ministerial working group on public access to walking routes. In it, he said that public access easements "lasted for only as long as the current land-owner's good will."

Easements, he said, "can be modified or extinguished without public process despite being registered in perpetuity against property titles and appearing legally secure on paper.

"Most have highly variable conditions attached to entry and can be closed from time to time at the will of the landowner."

If members of the public had their access obstructed, he said that there were no lawful remedies available. Walkers were "totally dependent" on authorities to uphold their rights. However, most authorities were reluctant to enforce the terms of agreements. Finally, Mr Mason warned that, under the Crimes Act, walkers were liable to eviction from any disputed land, regardless of rights contained in a particular easement agreement.

David Mitchell



A council sign on the causeway confirms the rights of residents to use it to walk to the estuary and beach. It was installed as a result of vigorous advocacy by the Mapua and Districts Community Association, particularly a former chairperson, Mr Bill Williams.



The article on page 3 is an opinion piece by David Mitchell, a Mapua resident. David was the mover of the resolution passed at the 14 December Mapua District Community Association meeting responding to the TDC's Mapua causeway decision.

Causeway Sale a 'Flawed Proposition'

The Mapua community has faced few bigger issues than a recent Tasman District Council decision to consult the community over a proposal to sell the Mapua causeway.

A major difficulty for the community is that the decision has been a surprise; there is little information available about why the council is entertaining this radical proposal and no information available at all about the planned consultation process itself. Yet, unless a majority of residents record their opposition to the proposal, a sale of the causeway to the American-based owner of the adjacent Mapua Leisure Park seems likely to proceed.

The council's wish to consult is, on the face of it, commendable, provided that councillors and the community are clear what the consultation is about. The trouble with the council's November decision is that it has so far failed to properly take into account the biggest issue of all concerning the causeway proposition, public access to the beach and coast. It is such a vital issue that it needs to be considered properly.

The causeway provides walking access to both the Waimea Estuary entrance and Mapua beach. It is no exaggeration to say that Mapua's coastal area is a national treasure and that we are privileged to be able to live near it. We are privileged also to have access rights currently that are fully protected by law and the courts and endorsed in a specific clause of the TDC causeway licence granted to the Mapua Leisure Park.

Mapua residents' access rights to the coast are rights that have been hard-fought for by earlier generations of Mapua residents and also over many years by our Community Association. They should not be surrendered on the basis of fuzzy proposals or a lack of judgment about the potential impact of a radical change.

The alternative legal arrangement proposed by the TDC to protect Mapua residents' public access to the coast is a right-of-way easement, but this type of protection has many weaknesses. Easements are legal agreements tailored to fit individual circumstances, and those can quickly change. A land-owner can relatively easily plead a change of circumstances and amend or cancel what seemed to be a bullet-proof guarantee of public access. Easements can also be varied or extinguished at any time without provisions for public notification or objection. The cardinal fact is that a land-owner holds most of the cards. In the Mapua case, public ownership protects public access.

According to the main voluntary organisation dealing with access issues, Public Access NZ (Panz) many easement agreements elsewhere have, on the face of it, provided secure public access on paper, but then have been easily modified by a land-owner to exclude members of the public.

Why would Mapua residents, or its council for that matter, want to sell the secure access rights we have via the causeway now for a few dollars in the pocket and uncertain access to our beach and coastline ever after? The short answer is that most of us would not wish to sell those rights—not for us now, or for future generations.

Ideally, councillors considering the causeway report at their26 November meeting would have asked more questions about easement agreements or, preferably, sought a legal opinion on the adequacy of the recommended agreement compared with public ownership. It is still not too late to do that. Sadly, the three-and-a-half page Frater report is not an adequate basis to be considering the future of a major asset like the Mapua causeway and the question of public access.

Another major gap in the Frater report is a failure to establish that there would be worthwhile benefits from a causeway sale for the Mapua community. The suggestion that a sale would assist the Leisure Park owner in new developments in the park is interesting, but that is all. It needs further explanation about what those developments are and how they might benefit the Mapua community.

Some idea of the possible return from a causeway sale can be gained from the current rating valuation of the causeway at \$175,000, which is below the cost of most single-sized new sections on the market right now in Mapua. The figure may rise a bit for market price, but the Frater report says the usual transaction costs would have to be subtracted from any sale income. Given factors like the causeway's coastal situation and vulnerability, those costs could be considerable.

Alarmingly and astonishingly, Mapua residents could also find themselves paying the cost of the planned Mapua consultation process for a sale proposition that they oppose. This is because the TDC does not have budgetary allocation for the process. Mr Frater suggests in his report that the cost of community consultation "could be deducted from the sale process."

All the evidence is that monetary returns from any sale of the causeway are likely to be meagre compared with its real value to the community. Again, more information is needed to make a considered judgment. Meanwhile, the fact that Mr Frater in his report suggests that money raised from the sale could be used to help pay for some new toilets at the wharf is scarcely a compelling argument for selling a valuable community asset like the causeway.

The council's current position is that it is going to proceed with its public consultation process over the causeway sale. With so many areas of uncertainty in the present proposal, particularly over public access, that process has the potential to prove contentious, possibly divisive and it is not likely to be of much benefit to the community or to the council. Ideally, the council would reconsider its November decision and, in particular, the adequacy of the Frater report as a basis for a consultation process.

It would seem unwise to ignore obvious gaps in the council's current information and to turn a Nelsonian blind eye to the flaws in the council's case. The worst possible thing the TDC could do would be to maintain its present course, ignore questions that are being asked and charge ahead with a half-baked proposal that pays inadequate attention to the highly-valued present rights of residents and visitors to free and unthreatened beach access via Mapua's causeway.

David Mitchell

Letters to the Editor

'Stop using Roundup'

was concerned to read in the latest issue of the Coastal News that the speaker at the November meeting of the Coastal Garden Group was promoting the use of Roundup.

Hopefully residents are aware that Roundup (glyphosate) is a very toxic product and can seriously affect our health (contrary to all the marketing claims). It is now banned in some countries (Holland, France, etc). A quick search on the internet confirms just how dangerous it is to our own health, our neighbours, pets, wildlife and soil and water ecosystems, for example.

The web address is:

http://www.thehealthyhomeeconomist.com/roundup-banned-netherlands-france-brazil-likely-soon-follow/

It is amazing that the product is still available in New Zealand, but hopefully it will only be a matter of time before it is also banned here. Please stop using Roundup and ask for safer products at your garden centre. Please also contact the local council and let them know that you are concerned as they need to alter their weed control practices. We shouldn't have to wait until it is officially banned in New Zealand.

As the spray season is upon us please spread the word particularly to people who were led to believe that glyphosate was safe. If we all change our gardening habits Mapua and Ruby Bay will be a safer and healthier place to live.

Catherine Robinson, Dawson Road, Mapua



Lynda's Exercise Classes in the Mapua Hall. Term 1 ~ an eight week term starts Tuesday 10 Feb to Wednesday 1 April (Friday 3rd is Good Friday). Tuesday 2.30pm - 3.15pm Sit and Be Fit. Seated programme for rehab, seniors, mobility/ balance impaired. It's fun. Gold coin donation. Tuesday 6pm - 6.50pm Cardio/Strength (no coordination required) Tuesday 7.00pm - 7.50pm **Pilates** (all levels, beginner to advanced) Wednesday 9.05am - 9.55am Aerobics (the old-fashioned dance-around and sing-along kind) Wednesday 10.00am - 10.50am Pilates (all levels, beginner to advanced) Friday 9.05am - 9.55am Cardio/Strength alternating every 3rd week with fast Aerobics/Pump and Step Cardio/Weights. Friday Pilates 10.00 - 10.50am (all levels, beginner to advanced) FOR THE TERM: 1 session per week \$65.00 2 sessions per week \$120.00 3 sessions per week \$145.00

3 sessions per week \$145.00 4 sessions per week \$160.00 5 sessions per week \$180.00 Please email lynda@hht.co.nz, or ph 543-2268 or 027 222

1491 to reserve a place, maximum 29 per session, no casuals sorry. Newcomers welcome. No special gear or talents required, you don't have to be "fit" to come.

If you have to miss a session, you can make it up by attending another one, numbers permitting. You can also roll over missed sessions from week to week – so effectively you are getting an 8, 16, 24, 32 or 40-trip ticket. It's up to you to keep count ②.





Taoist Tai Chi Internal Arts of Health

No bookings required / bring a friend

visit www.taoist.org.nz

6 x week Introduction to Tai Chi Tuesday, 23 February 2016 7pm - 8.30pm at Upper Moutere Community Centre

NEW BEGINNER CLASS Tuesday, 26 January 2016 1pm - 2.30pm at Mapua Community Hall, Mapua

Phone 03 545 8375 (please leave a message)



Visit us at our new premises in Shed 4 Mapua wharf

A full range of adult trail, mountain and road bikes as well as children's bikes and

trailers. Affordable electric bikes for hire and sale.

Check out the new Heli trips and wharf specials.

Open every day 9.15 – 5.15
Call 0800 2 CYCLE www.wheeliefantastic.co.nz



We would like to thank the following MDBA businesses who helped us develop our new premises in Shed 4 Mapua wharf

Chocolate Dog Studio
Richard Ewbank Property Maintenance
Mahana Woodworks Forest Fusion

Thanks also to everyone who has wished us well in our new premises.





- Wild Meats, Organic, Seasonal & Local Specialties
- # Home baked cakes, sweet & savoury brioche
- * On the Great Taste Cycle Trail

OPEN 7 DAYS A WEEK

9.30am to 4.30pm for brunch, lunch, fantastic coffee Fri & Sat evenings from 6pm for dinner



289 Main Rod Moutere Hwy Ph: (03) 526 7447

e: café@riverside.org.n



н

п

::

ш

н

11

11

п

11

н

п

11

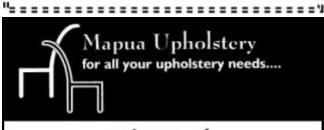
11

н

*

11

RiversideCafe&CommunityNZ



Eileen Searle

eileen.searle@xtra.co.nz 03 540 2428 28 Dawson Road RD1 Upper Moutere

MOUTERE INN



- HE CENTRE OF THE MOUTERE SINCE 1850
- · Craft Beer
- Real Ale
- · Local wines
- Live music
 Evening Dining
- Bar meals
 Lounge bar
- Rooms

ESTº 1850

All Welcome

Available for functions and private bookings

COMING EVENTS AT THE MOUTERE INN

- Live Music 3pm Sun 14th Feb "The WSSS & Morris Dancers" Shanties and Morris dancing what more could you want on a balmy Sunday afternoon at The Moutere Inn. Featuring The Wellington Sea Shanty Society, New Zealand's Most 'Sea Worthy' Shanty Group and Nelson's renowned "Dark Moon" Morris group.
- Live Music 7:30pm Sat 20th Feb "Crooked Weather" Based in East-Yorkshire, Crooked Weather play earthy, unruly and original folk songs, with carefully crafted lyrics delivered by the haunting harmonies of Holly and Will. These songs echo earlier folk songsmiths with imagery of escape, adventure, companionship and inner searching.
- Fine Dining Evening Sat 27th February 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" Thurs Folk Night. This month the 4th. 2nd Thurs Quiz Night. This month the 11th.

THE MOUTERE INN
THE CENTRE OF THE MOUTERE

Phone 543 2759 www.moutereinn.co.nz

Richard Ewbank

Garden & Property Maintenance

· NEW SERVICE: Lawn Mowing

- Handyman jobs
 - os •
 - inside and out
- Chainsaw work
- · Spraying

-

н

11

11

11

....

"

"

- Hedge trimming
- · Water blasting
- Chipper available
- · Green waste removal
- Raised garden beds
- · Dry stone walling

Phone Mapua (03) 540 3881 or Mobile 027 540 3881



Mapua Wetland on Visitors' Itinerary

ore than 80 land-owners, scientists, administrators and supporters of wetlands are expected to visit Mapua Wetland on 10 February as part of a tour of selected wetlands near Nelson.

The visitors are part of a total of about 100 delegates expected at the 2016 National Wetland Restoration Symposium to be held in Nelson on 10 to 13 February.

The theme of this year's conference is "wetlands for life", with an emphasis on the importance of the flora and fauna of wetlands, but also a focus on young people and the way many are starting out on a lifetime commitment to protect, restore and enhance native forest plantings. The 1ha Mapua Wetland native forest restoration project was regarded as one that fitted in well with the theme because of the way it created life-supporting ecosystems and also because it involved children in the project, some hopefully "for life".

The success of Mapua Wetland and its neighbouring Tāne's Ark project in Aranui Park was also regarded by conference organisers as a good example of community volunteers initiating and sustaining wetland restoration in a rapidly changing, semi-urban setting.

Although the Mapua Wetland project and neighbouring Aranui Park are on the peaty site of an ancient wetland, planting for Mapua Wetland started in 2005 in a wet paddock that was almost devoid of native trees or shubs. Most of the sloping land west and south of the wetland in the Aranui basin has since been zoned by the Tasman District Council for residential housing.

Up to 20 children and former members of Mapua School's Tāne's Team will help to host delegates when they arrive in Mapua for the visit, which will last about an hour. The school pupils will assist in guiding guests through the wetland and also provide delegates with tea or coffee as they eat cut lunches in the nearby Hills Community Church function room. The church foyer will feature a display stand of photos and posters about Mapua Wetland.

Among delegates visiting the wetland will be John Preece, a former Motueka-based DoC worker and a nationally-respected expert on wetlands, who first recognised the potential of the site. In a preliminary report prepared for the Tasman District Council in 2004, Mr Preece suggested the Mapua site might be the basis for a bigger native forest reserve that could include examples of all Moutere Ecological District's trees and plant, from wetland forest trees to trees that thrive here, like kahikatea, to those that grow here on sandy and stony coastal ground, like ngaio.

Community volunteers who are members of the Friends of Mapua Wetland had the assistance of only modest funding from the government's biodiversity funds, local organisations, and local body community development funding.

Friends of Mapua Wetland has had valuable assistance with a grant from the Mapua Community Trust and this year received \$2000 from the TDC's grants from rates scheme to assist the Tāne's Ark planting project.

National wetland symposiums provide training sessions for land owners and community groups, opportunities to meet others doing restoration work and give land owners direct contact with scientists at the cutting edge of wetland restoration. The symposiums are held every two years in different New Zealand cities and this is the first time one has been held in Nelson. Its programme will include many eminent expert speakers, and will be opened with an address from the popular TV "Bug Man", Ruud Kleinpaste. In 2010, Ruud visited Mapua Wetland and met Mapua School children involved in projects here. He later hosted the Mapua Tāne's Team on a memorable visit to the Brook Waimarama Sanctuary in Nelson.

David Mitchell



John Preece, then working as a private consultant, checking the detail of plants in the Beere property in 2004. He recommended extending the wetland area east to Aranui Road and including Moutere Ecological District plants for dry areas, such as ngaio.



Claire Garret and children enter data for our species list in Mapua Wetland, November 2012



Tasman Church Helping Congo Hospitals

Geoff and CarolAnne Paynter live in Tasman. They both attend Tasman Bible Church where Geoff works part-time. In 2014, they were invited to spend three months with Mission Garanganze, an indigenous church organisation with a large humanitarian arm within the Katanga province of the Democratic Republic of Congo (DRC). The Katanga province is 2.5 times the size of New Zealand. Mission Garanganze has 500+ schools, 100,000+ pupils, 10 hospitals and 30+ clinics.

All the schools, hospitals and clinics are administrated and staffed by Congolese nationals. Sadly, the DRC has one of the highest maternal and child mortality rates in the world. UNICEF describes the statistics for maternal and infant/children under five mortality rates as "staggering". Childhood diseases, malaria, cholera, typhoid, meningitis and malnutrition are responsible for most of the child deaths.

From 1998 to 2003, the DRC was involved in a war (Second Congo War or the Great African War). It involved nine African nations and 20 other fighting groups. The war ended in 2003 but by 2008 over 5 million people died as a result of injuries, malnutrition and disease. This war is noted as one of the deadliest conflicts since World War II and as a result, the DRC is the second-poorest nation in the world with very limited infrastructure. Paved roads are almost non-existent making travel very difficult. Most Congolese either walk or ride a bicycle so a journey to a local hospital can take several days.

Access to clean drinking water is limited. Electricity is available only in a few of the larger cities but even then, it is sporadic at best. Only one of the 10 Mission Garanganze hospitals has electricity but is totally dependent on the availability of diesel. Diesel is very expensive so the hospital rarely uses it.

Think of any procedure undertaken by our local hospitals. All involve electricity from the testing and storage of blood to diagnostic imaging, anaesthetic administration, equipment sterilization and even the most basic - lighting. For most people in New Zealand, it would be hard to imagine being treated in a hospital that has no electricity, but this is the reality for the Congolese people. The medical teams at Mis-



sion Garanganze hospitals are well-trained, talented people who do amazing work despite their dire environment. Electricity would make the world of difference.

This May Geoff and CarolAnne will return to the DRC with the hope of getting a solar energy project underway for the Luanza training hospital. Cabling has been laid and the hospital prepared for solar power – all that is needed now are the solar panels and micro inverters. To see more about this solar energy project, check out this link:

http://www.kiwisinthecongo.org.nz/solar-power-project.html. People are encouraged to follow the progress of the installation as well as other Mission Garanganze work and activity on Kiwis in the Congo FaceBook page: https://www.facebook.com/kiwisintheCongo.DRC/

On Saturday 20 February there will be a fundraiser charity auction held at Tasman Bible Church, 6 Williams Road, Tasman. The aim is to raise \$25,000, which will cover the purchase and installation of 20 solar panels, control circuitry, micro inverters and lightening protection. All monies from this auction will go towards this project.

Watch for further information regarding the auction in your local newspapers, stores and cafes. If further information is required, please contact Geoff and CarolAnne (carlhana1961@gmail.com).

Mapua Natural Health Clinic

Do you have an ongoing health issue that is not responding to conventional medicine? Do you want to feel really well and happy? Are you willing to try something different? Integrated sessions available.

February and March Special - \$50 Usually \$80

Jude Twin www.mapuanatualhealth.co.nz



Andrew Prouting (Chops)

M 027 305 2412 P 03 543 3613 E chopsfencing@gmail.com



To view our work visit Chops Fencing on Facebook

 Complete Fencing Services • Post Driving Pailing Fences • Rural Fencing • Pea Straw • Log Splitter





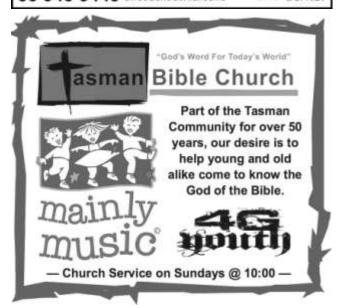
· Family and cosmetic dentistry

- Same day emergency care
- Competitive rates
- Hygienist

66-68 Aranui Road, Mapua n



one dental



Lifestyle Mowing

Give Key a call Nothing too big or small Kevin Martin



Lawn mowing and spraying 21 Broadsea Ave, Ruby Bay 027 338 1011 or 03 540 3100





gellingcontracting@xtra.co.nz

SUMMIT

GORDON WE

Top Salesperson 2007/2008/2009/2010 Runner Up 2005/2006 | Top Office 2014/2015 in Summit Real Estate MIKENZ

Tasman - Nelson - Marlborough

Having grown up in this fantastic little village and seeing it blossom and thrive, I truly believe that my team and the passion and knowledge I have for the area will get you the very best results.

'A Good Deal Better'



Gordon Webb

Residential & Rural Branch Manager 021 540 241 | 544 2900 gordon.webb@summit.co.nz summit.co.nz

Mapua Health Centre

We welcome Alice who is joining us to oversee a number of activities related to the day-today running of the practice which include nurse administration, computer filing and product supply. She is also a phlebotomist and we look forward to using her skills at the beginning of each day.

Some snippets from the latest research show that eating a handful of walnuts each day may be particularly good for people at risk of developing diabetes, as apparently "adding walnuts to your diet will improve your diet quality and health—cardio-metabolic health specifically—and you can add walnuts without fear of weight gain because they are very satiating and appear to bump out other calories quite reliably and make room for themselves" (BMJ Open Diab Res Care Nov 2015).

More happy coffee news, people with a moderately increased intake of coffee—caffeinated, decaffeinated, or overall—have a significantly lower mortality risk than coffee non-drinkers, according to a pooled analysis of three large well-known cohort studies. The inverse association between coffee intake and mortality applied not only to all-cause mortality, but mortality from cardiovascular or neurologic causes specifically and was more pronounced among people who had never smoked (Circulation Sept 2015).

Skin Checks: With summer upon us it is a good time to have a skin check. They take approximately 30 minutes and the main focus is to check for any suspicious moles or lesions. This is a full comprehensive body check and will give you the opportunity to discuss any issues you have or that may arise. Appointments can be made with one of our receptionists on 540-2211. And a reminder to keep in mind avoiding too much sun exposure between 11am and 4pm,

Friends & Neighbours

all welcome at Tasman

Friday 19th February is the launch date for Friends & Neighbours 2016

Running from 10.30 – 12.30 on the third Friday of every month the sessions will begin with a sumptuous morning tea, to be followed with a varied programme including games, quizzes, outings or discussion forums.

The February meeting will include a talk by Age Concern on Healthy Eating for the older person. All seniors are welcome. Gold coin donation.

Tasman Bible Church, Williams Rd.

For further information - Lorna Martin 03 526 6868

wear a hat + long sleeve shirt + sunglasses, slop on sunscreen 15 minutes before going outside and use a broad spectrum product with a sun protection factor of 30+ (they usually only last 2-3 hours so need reapplying for longer sun exposures).

This month includes heart awareness and there are some worrisome statistics to wonder about:

- Cardiovascular disease (heart, stroke and blood vessel disease) is still the leading cause of death in New Zealand, accounting for 30% of deaths annually
- Every 90 minutes a New Zealander dies from coronary heart disease
- Many of these deaths are premature and preventable
- How much you move, what you eat and whether you smoke are important factors that influence your risk of heart disease. Current figures show that:
 - One in six New Zealanders older than 15 smoke
 - Almost half of adults are not physically active for more than 30 minutes per day
 - One in three adults do not eat three or more servings of vegetables per day
 - Two in five adults do not eat two or more servings of fruit per day
 - About one million adults are now obese in New Zealand.

The Nelson Bays Primary Health is encouraging people to come in for a 'Heart and Diabetes Check'. This works out a person's risk of having a heart attack or stroke in the next five years and if there is any diabetes or pre-diabetes. So it's a great opportunity to find out how to lower the likelihood of developing a heart attack, stroke or diabetes.

Some of the events for the month:

- 1 Term 1 begins
- Nelson Anniversary Day
- 1-29 National Bike Wise month** heartracer.org.nz/rideforheart
- 1-29 5+ A Day Early Childhood Challenge* www.5aday.co.nz
- 1-29 IHC National Awareness month www.ihc.org.nz
- 2 World Wetlands Day www.wetlandtrust.org.nz
- 6 Waitangi Day (observed Monday 8th)
- 8-14 Heart Appeal Week www.nhf.org.nz 10 Go by Bike Day*** www.bikewise.co.nz
- 29-6 Well Child Week www.wellchild.org.nz

 * The 5+ A Day Early Childhood Challenge is all about encouraging
- healthy eating and specifically eating 5+ A Day, fresh fruit and vegetables for health and vitality.

 ** Rike Wise is New Zealand's national programme of activities.
- ** Bike Wise is New Zealand's national programme of activities, which promote cycling as a fun, healthy and safe way to travel. Why not join them and get back in the saddle?
- *** A one-day event in your region that encourages people to switch from cars, buses and trains to biking to work for a day. At certain events, a free breakfast awaits cyclists at the end of their ride.

A Sheepish Conundrum

As a lifestyle block owner, the aim is to have a lifestyle that people envy. But how can they envy it when they never see you because you can't find the time to get away from maintaining the lifestyle block?

Many of us want privacy and greenery. It's a bit hard to visualise now but one day this year—TDC willing—we'll have a house on our block and will be able to actually enjoy the privacy and greenery. The draft plan is to have sheep mow the paddock and to have native shrubs in between the paddock and lawn. It's a simple strategy. The lawn should be smallish and mown by a push-mower. The shrubs should be low-maintenance and able to withstand drought (did I mention water tanks before?), and sheep will take care of the rest. This is where it gets difficult.

It boils down to this: do they have names? If you are a fan of Shaun the Sheep you'll know that only one has a name: Shaun. The rest are nameless and, apart from the fat one, fairly generic. My thinking is that a sheep is a sheep and in return for a cushy, sheepy lifestyle, it's only fair that one or two end up in the freezer. My wife differs on this point.

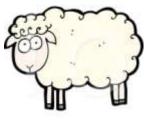
We at present have a retired farmer's flock of 30 or so roaming the land. Over Christmas I was rebuilding the hay shed and they got used to me turning up in the morning, banging and crashing away for a few hours and then going away with a hand wrapped





in a bandage. While not exactly bonding, the flock and I were nodding acquaintances. Of the 30, there were only two that were memorable: one had a US Marine haircut and another still had its tail. The others were, well, just sheep. If one went freezer-wards

and was replaced by another, who'd know?



The problem is we'd have fewer than 30, perhaps 12 or so--like Shaun's mates—and if only 12 they could have names and their own identities. A change would be noticed, a loss would be mourned.

Financially speaking, the sheep have to wash their own faces; they are not just a fluffy money pit. They already owe me, too. Not having town water, the newly reroofed shed has a large water tank, with a pipe to a large trough, ensuring they don't have to lean too far over to get a cooling drink. There's several years of lamb roasts already invested in the system, not to mention my own blood spilled.

Our prolonged and sometimes intense discussions are leading to a compromise. To keep the sheep as sheep—no names, no identities—we need other friendly creatures that do have identities. We are thinking about a pair of goats. This solution could work. As everyone knows, goats are personalities and could not really be considered for the freezer. Secondly, our section has the usual dodgy areas of gorse, blackberries and other assorted weeds. Since a goat is the eco equivalent of a nuclear bomb, they could be corralled into the rough neighbourhoods to sort things out.

So that's where we stand: a draft plan based on a book on lifestyle farming and a Shaun the Sheep DVD. If any readers have any advice, or even sheep or goats, I'd be very grateful for their thoughts.

John Bampfylde



Mapua Community Library

(Moutere Hills RSA Memorial Library)

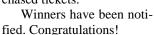
Fund-raising Successes

Once again, our sincere thanks to all members of the community who supported our summer fund-raisers. Both fund-raisers are very important to the library budget as funds are used to purchase all of those 'behind-the-scenes' items that support us being able to maintain and update our collection. Grants organisations provide wonderful funding for book purchasing but fund-raising is vital to purchasing covering material, labels, tape, toilet paper, stationery etc.

Our volunteers rally to plan, co-ordinate, staff and support these two fund-raisers – at what is a busy time of year. They donate time, expertise and equipment. The success of these fund-raisers is due to the wonderful support of library volunteers combined with the support of the wider community. It is a very special combination!

Christmas Raffle

We were thrilled to raise \$1319. Thanks to the raffle organisers, the 4 Square team for allowing us to sell tickets from their veranda, to all of our prize donors and to all of you who purchased tickets.



Christmas/New Year Book Sale

We received another fantastic response to our call for donations of holiday reading and were very well stocked for a successful sale. We struck wonderful weather, raised \$795 and were thrilled with the support we received.

Visitors to Mapua

If you are visiting Mapua, you are welcome to become a temporary member of our library. We are a community library staffed and run by volunteers and it is free to join. We have free magazines to take away as well as current magazines to borrow, second-hand books to purchase and a great selection of up-to-date books to borrow. We look forward to welcoming you to our library.

Display

Thanks to the staff at Bounce for allowing us to display some of the children's very cheerful sunflower artwork over the holiday period.

Lynley Worsley

Library Hours (closed Statutory Holidays)

Monday 2pm-4.30pm Tuesday 2pm-4.30pm

Wednesday 2pm-4.30pm (6.30pm during Daylight Sav-

ing)

Thursday 10am-12.30pm; 2pm-4.30pm

Friday 2pm-4.30pm Saturday 2pm-4.30pm

mapualibrary@xtra.co.nz

www.mapuacommunitylibrary.co.nz

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

Business Association

BOOK REVIEW

City of Women by David Gillham. Reviewed by Anne Thompson. This book is available from the Mapua Community Library.

It is 1943 in Berlin, a city of women, the elderly and the very young. The city is grim, grey and cold. Everyone is fearful.

Although most people still publically support the war, the optimistic news reels and radio broadcasts are clashing with the reality of food and fuel shortages, the almost nightly bombing and the British propaganda picked up through illicit BBC broadcasts.

Sigrid is a typist in the Patents Office, her husband is in the Army on the Eastern Front. She and her mother-in-law share a small apartment; a situation which would have been difficult without the stress of war time, as her mother-in-law is endlessly critical, blindly supports the regime and is generally plain unpleasant.

Sigrid's life appears to be an endless, solitary, detached, boring routine of work, stretching limited rations and care of her mother-in-law. But beneath the façade there are secrets. Rather than pining for her

husband she longs for Egon, the Jewish black marketer with whom she had a torrid affair before he was forced into hiding.

She becomes involved with a teenage neighbour who is hiding Jewish families, and her experience as Egon's bagman comes in useful as she helps move supplies and people to a safe house. As the war grinds on Sigrid is befriended by the two women living next door with their brother, an SS officer.

Sigrid can no longer remain detached from the situation around her. Life has become dangerous. Who can she trust? She must choose between right and wrong in a world where it is increasingly difficult to know which is which.

Flawed, believable characters, a multi-layered plot and the powerful description of the atmosphere in a city battered by war make this a memorable novel.

The fattest knight at King Arthur's Round Table was Sir Cumference. He acquired his size from too much pi.

Senior Moments

Senior Moments is a social group for the senior citizens in the Mapua area. The group meets twice a month; usually at 10am on the second and last Wednesday morning of each month in the hall at Hills Community Church, Aranui Road Mapua. We have about 24 regular members.

Various activities are arranged around members' interests. Last year these included: quizzes, a cooking demonstration, massage and aromatherapy. There were talks from Age Concern, Arthritis New Zealand, Public Trust and House of Travel. We also had an outing to Eyebrights to see the Christmas decorations followed by lunch at Siegfried's and we celebrated Christmas with an afternoon tea party.

We have many great ideas for the coming year so if you think you would like to come along and join us or know of anyone who would benefit from this social get together then contact Heather.

You do not have to commit to coming for every meeting and there is no cost involved other than a voluntary contribution to the morning tea.

For further details contact Heather Hoad, Senior Moments coordinator, phone 543-2018, or email heatherhoad@ts.co.nz

Lawyer: Is your appearance here this morning because of a notice I sent to your lawyer?

Witness: No, this is how I dress when I go to work.

SENIOR MOMENTS

Hills Community Church

Held on second and last Wednesdays of the month
At Hills Community Church - 122 Aranui Rd, Mapua

10 AM to 12:00



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

WOMAN GARDENER

Very experienced
Maintenance, makeovers
or restoration
Fiona Ph: 03 528 7653

Mapua Craft Group

The Mapua Craft Group decided that Jester House was the place to be for their final meeting of last year. The weather was clement, the garden gorgeous and the group enjoyed a splendid morning tea from the extensive menu.

This was an extra special get-together for all of us as, after 15 years of nurturing The Mapua Craft Group, Elizabeth Gibson stepped down.



We will miss her hugely and thank her for all her time and effort, for being inspirational and being the glue that has held us together. She is one lovely lady.

Don't be a stranger Elizabeth, please. We look forward to you popping by as and when you have a little time and we wish you all the

best as you move on into this new phase of your family life.

The craft group will restart on 5 February in the supper room at Hills Community Church from 10am to noon. We meet every Friday and try all manner of simple craft work. Occasionally we have guest speakers, demonstrations and group outings.

It's a social get-together for some fun and a chat, trying our hand at some easy craft along the way. For more information contact Julie Cox on 540-3602 or email her at juliehcox@xtra.co.nz Or simply turn up at the hall.

Marian Bevan





Boat Ramp Meeting Draws Big Crowd

A t one of the biggest meetings in Mapua for some time, called to consider a replacement site for the Mapua wharf boat ramp, a working group was convened which is expected to soon come up with a proposal for a new site.

The meeting was a forum called to precede the December meeting of the Mapua and District Community Association so that residents and community groups could constructively engage with Tasman District Council and staff towards identifying and progressing a replacement boat ramp.

The meeting was chaired by Elena Meredith. It was well run, restrained and at times entertaining as a variety of speakers took the floor. It was also one of the biggest meetings in the village for some time with over 120 people attending.

The old boat ramp at Mapua Wharf has limited access because of increasing public use of the wharf and the growth of the commercial area. Although the Boat Club had representation on the Waterfront Advisory Forum, members had felt that their message was not getting across to the Tasman District Council. Cr Brian Ensor, chairman of the Forum, described the membership and process of this group. It includes representation from the Boat Club, Business Association, wharf businesses and land-owners, both council and private, as well neighbours and the Community Association.

He said the group had established a constructive and positive process to help manage the growth of the wharf in the changing scene of increasing tourism, the Great Taste Trail, boat access changes and the ferry. The council had invested many hundreds of thousand dollars over the last few years, and it recognized the Boat Club was a very important element in the wharf story. The TDC was supportive of a new or improved ramp for the district and he was confident that there would be a positive outcome.

Gene Cooper, TDC commercial manager, explained the present situation for boat users. Under the current rules the ramp is open for public use before 10am and after 7pm, seven days a week and 365 days a year. The dinghy rack would be reinstated near the ramp so boats in the stream could be tendered. He

said that some inaccuracies had emerged in reports and views. The wharf ramp has been actually seldom used because of the difficulties both in access and risks involved in boating by the wharf and the floating jetty. It was a dangerous launch. He agreed there was a real issue for the community in where to launch from; the question was what to do from here.

Martyn Barlow read a prepared submission from the Boat Club. He articulated the displeasure felt by many at being left out of the development plans for Mapua. He advocated an alternative ramp site and said that the Boat Club felt that a new boat ramp on the Waterfront Park offered the best solution.

Many other speakers had the opportunity to speak and a range of views were heard. Some criticized the council's lack of responsible planning; others criticized the lack of constructive approach in the submissions.

There was some opposition to using the Water-front Park for a boat ramp and Cr Trevor Norris indicated that although he had earlier suggested it he now accepted that this was unlikely. He offered to form a working group to work with the council specifically to find a ramp solution in light of the obvious level of concern. The proposed group should have representatives from the Boat Club and the Community Association as well as sea scouts and council. Geoff Rowling and Justin Hall were nominated from outside of the Boat Club and Community Association. Gary Clark, TDC transportation manager, indicated he would be happy to assist and convene.

On behalf of the Boat Club, Martyn Barlow accepted Cr Norris's proposal. Elena Meredith ended the meeting by thanking all participants. The Community Association expects this constructive working group will get under way soon in 2016 to look into options and opportunities for a new ramp.

The next Mapua and District Community Association meeting will be held at 7pm on 8 February. This will be in the Bill Marris Room at the Mapua Hall. All are welcome to our lively community discussions. We have a public forum at the beginning for brief and open comments from the public—your choice of topic.

Graeme Stradling (ph 540-2050 for more information).



Relaxing Beauty Salon in the heart of Mapua

Rejuvenating Facials, Waxing and Electrolysis, Pamper Packages, Manicures and Pedicures, Eye Treatments

Call Jill Today or book online 37 Iwa Street, Mapua. Ph 5403923. Web: radiancebeauty.co.nz



Out and About with Hugh

S ummer weather—summer days: The two-month interval between the December 2015 issue and the February 2016 issue of the *Coastal News* provides a large and varied selection of topics and information to choose from for this month's column. The question being, *where* do I start, and when I've decided that part; *what* do I have to say about it?

Just to give you some idea; I started making notes on 8 December when it became known that the Tasman District Council was considering selling the causeway to the Leisure Park to the owners of the park.

Straight away, a contentious proposal to say the least, as it raises the question of access to the beachfront and perhaps other issues of public interest.

Meanwhile, down at Port Mapua on 14 December, the completion and opening of the Shed 4 Project was highlighted with a 5am dawn blessing ceremony. Some 50 people braved the morning chill to attend. Anglican Pastor Andy Joseph conducted the blessing ceremonies as he led a procession of those attending through each of the shops. Cr Trevor Norris welcomed on behalf of the TDC those attending.

Shed 4 lends a new atmosphere to the port. All of the new shops are open for business and being well patronised as the public takes advantage of the clear summer days and moderate temperatures. Port Mapua has definitely taken its place as a "destination" when visiting Mapua. For those of us who live in Mapua? We should be so lucky. I'll leave it at that.

Going back to my notes I see "Information Overload". Are we all being afflicted in one way or another from it? My guess is that we are so I did a bit of

Two hats were hanging on a hat rack in the hall-way. One hat said to the other, "You stay here. I'll go on a head."

She was only a whisky-maker, but he loved her still.

KANGA LOADER FOR
HIRE

SMALL SPACE SOLUTIONS
Operated or Dry Hire
Attachments Available: 4n1 Bucket,
Augers, Other attachments on request
Free Quotes
Ph (03) 543 2033 / (027) 358 4477
kangacontracting@gmail.com

research. Research? You mean did I "Google it?" Of course I did and Google says, "Do you feel a bit distracted; detached; a bit confused at times or all the time (hopefully not).

It could be that you are experiencing the mental jolt of 'information overload'. Sometimes know as 'ifobesity' 'or infoxication' and refers to the difficulty in understanding an issue or making decisions caused by the presence of too much information.

I dug a bit further and came up with an article in *Forbes Magazine* by Laura Shin who relates that "information overload reminds us of tweets, texts, emails, the endless stream of interesting articles on Facebook, those viral videos we can't help but click on, the numerous phone photos and videos we take, secret posts, fleeting Snapchat photos and more.

Daniel Letvin, a McGill University psychology professor in his book "The Organized Mind: Thinking Straight in the Age of Information Overload says that in "1976 there were 9000 products in the average grocery store and now there are about 40,000. By one calculation we've created more information in the last 10 years than in all history before that. Ten years ago there were 30 exabytes of information and today there are 300. What's an exabyte? Let's leave that until next month. I think I may be experiencing a bit of 'infoxication'.

To remind you that 22 December was our longest day of 2015. Now, our cooler weather at night is a reminder to order the firewood and check the electric blankets. Climate change? What's in store for us this autumn and winter?

Hugh Gordon

Vinyasa flow yoga class

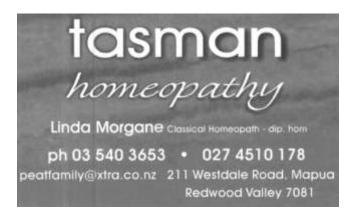
Tuesdays 9.30am - 10.45am

At Tasman Bible Church, 6 Williams Road.

All levels welcome. Drop-in class \$10.

Please bring yoga mat, light blanket, water bottle.

For enquiries contact Jo 0211709495.



Rimu Bar a Showcase for Nelson Wines

Winemaker Patrick Stowe discovered the Mapua area in the mid-1990s when he bought an apple orchard from Ray and Audrey Kitto in Bronte Road East. He aimed to pursue a dream of establishing a vineyard and winery that would produce premium quality wines. The original apple pickers' bach on the property has a new life as the winery tasting room and offers the best and most often photographed views of both the vineyard and the Waimea Inlet.

Twenty years on Rimu Grove Winery has received consistent critical acclaim for the quality of the wines and Patrick is sought after as a contract winemaker. In recent vintages he has been the winemaker behind up to 11 local labels. He hasn't once yearned to return to his native California and now proudly holds a Kiwi passport, snared a Kiwi girl and has made some small progress on refining his accent.



Patrick Stowe (right) with an American visitor.

Not content with a full calendar of winemaking Patrick and his family recently launched a new venture at the Mapua Wharf, opening the Nelson region's first wine bar. Rimu Wine Bar opened just days before last Christmas and offers more than 40 wines by the glass. Patrick drew on his background in medical research to create a system that would enable wines to be served on tap with no risk of oxidation.

"Our vision was to create a place where we would want to go to and where visitors could not only taste and drink the wines that I am producing, but also to showcase the top wines being produced in the Nelson region and some special wines from elsewhere. Many of the wineries, including Rimu Grove, close their tasting rooms over the winter months so I put the offer out to all of the wineries to have their best wine represented. That way visitors will still be able to taste the region's wines year-round at the wine bar," says Patrick.

Rimu Wine Bar also offers a range of ports and whiskeys and has an off-licence so people can buy wines to take home at normal cellar door prices.

While Mapua is chokka with visitors over the summer months, Patrick is acutely aware that creating a place that locals want to frequent will be crucial to the success of the business.

"When deciding on the interior and decor we wanted to create a sophisticated space that was cosy and comfortable in the winter months as well as working well as the waterfront's beachy summer destination. The locals are definitely the customers we want to keep coming back."

Local craftsman Klaus Todt and his wife Annett from Living Design custom-made all of the tables and the bar top out of oak, along with the floating shelves and housing for the wine dispensing system. The only rimu timber in the entire place is the sign under the bar.

Rimu serves wood-fired pizzas and platters to complement the wines and patrons are welcome to enjoy their fish and chips from the Smokehouse with a glass of wine too.

Just three weeks into the new venture the team has barely had a day off. "It has been pretty full on, but we expected that. The feedback we're getting from people calling in has been really

encouraging and hopefully all this hard work will lead to success. It certainly has its risks, but with risk comes opportunity. The location and the building the Tasman District Council has provided created an opportunity I just couldn't say no to," says Patrick.

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.

Mapua Bowling Club

The Write Bias

The New Year has seen both new members and long-time members enjoying bowls in the lovely summer weather. Club championship matches are under way and the club has a team entered in Nelson-wide President's Trophy competition as well.

Tournaments at the club are always both fun and

competitive. In the most recent, which was sponsored by the Jellyfish Café, the triples team of Chris Green, Jean Daubney and Barbara Brown were the winners on the day and they were happy to receive vouchers from the Jellyfish Café.

In February the club will be holding the Elston Blain tournament and the Dale Verco tournament, which is an open event.

League Bowling is under way and is held Monday evenings beginning at 6pm. These sessions are open to new and experienced bowlers with both friendly and competitive play. There is no need to pre-book; just turn up on a Monday evening and give it a go. Flatsoled shoes are essential to protect the green, but there are plenty of sets of bowls to borrow at the club and the bar is always open. Why not give it a try?

For information about bowling, coaching or booking the clubhouse and facilities please call Michael or Margaret Busby (544-6325).

Barbara Brown





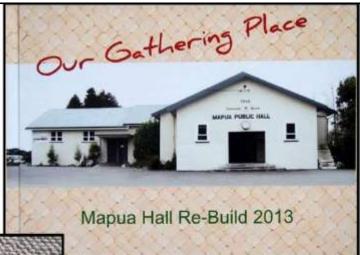




Our Gathering Place . . .

Would you like to have your own piece of history from the Mapua Hall rebuild?

Purchase one of our beautiful hard covered photo books with many photo's of the build and re-opening of the hall in 2013.





Books can be viewed at the hall office.

SPECIAL OFFER

Now \$20.00 a copy!



Mapua Tea Towels in Red or Green apple design. Only \$12.50 each

Available from the hall office.



What's On at the Hall In February										
Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun				
NELSON ANNIVERSARY DAY	2 1pm Beginners Tai Chi 6pm Yoga 7pm Pilates	5	4 3.30pm Karate 6pm Zumba 7pm Comm. Assc. Meeting	5 9am Yoga	7	8				
8 WAITANGI DAY	9 9am PANZ 10am Mapua Creative 1pm Beginners Tai Chi 6pm Yoga	10 9am Yoga 12.30pm Tai Chi	11 9am Mapua Art Group 3.30pm Karate 6pm Zumba	12 13 9am Yoga 12-4pn Paintin Class		14				
15 9.30 Yoga with Robin 7pm Hall Committee Meeting	16 9am PANZ 1pm Beginners Tai Chi 2.30 Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	9:05am Aerobics 10:05am Pilates	18 9am Mapua Art Group 2pm Friendship Club 3.30pm Karate 6pm Zumba	19 9am Yoga 9:05am Aerobics 10:05am Pilates	7.30pm Motueka Dance Group	21				
22 9.30 Yoga with Robin 7pm Waterfront Park Meeting	23 9am PANZ 1pm Beginners Tai Chi 2.30 Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	9:05am Aerobics 10:05am Pilates	25 9am Mapua Art Group 3.30pm Karate 6pm Zumba 7pm Exec.Meetg	26 9am Yoga 9:05am Aerobics 10:05am Pilates 2pm Frndshp Club	27 9:05am Aerobics 10:05am Pilates	4pm doTERRA Essential Oils Free Talk				

www.facebook.com/ mapuacommunityhall



www.mapuahall.org

Mapua Natural Health Clinic

Eating for Health, Vitamin D

Vitamin D is important for good overall health and strong healthy bones. It's also an important factor in making sure your muscles, heart, lungs and brain work well and that your body can fight infection.

Your body can make its own vitamin D from sunlight. You can also get vitamin D from supplements and a very small amount comes from a few foods you eat.

The vitamin D that you get in your skin from

sunlight, and the vitamin
D from supplements, has
to be changed by your
body a number of times
before it can be used.
Once it's ready, your
body uses it to manage
the amount of calcium in
your blood, bones and gut



and to help cells all over your body to communicate properly.

Discuss your vitamin D needs with your natural health specialist and take as directed.

Resources: www.vitamindcouncil.org

doTerra Peppermint Essential Oil

The peppermint plant is a hybrid of watermint and spearmint. A high menthol content—like that found in the doTERRA Peppermint essential oil—distinguishes the best quality peppermint from other products. Frequently used in toothpaste and chewing gum for oral health, peppermint may also help alleviate occasional stomach upset and may promote healthy respiratory function.

- Use a drop of peppermint with lemon in water for a healthy, refreshing mouth rinse.
- One to two drops in a glass of water, may alleviate an occasional stomach upset.

- Add two to three drops to your favourite smoothie recipe for a refreshing twist.
- Place one drop in the palm of your hand with one drop of Wild Orange and one drop of Frankincense and inhale for a midday pick-me -up.

The mental/emotional balancing aspects of peppermint oil: It invigorates the body, mind and spirit and reminds us that life can be happy and there is nothing to fear. When a person feels disheartened, peppermint oil can assist in rediscovering the joy of being alive.

In the Kitchen

Summer is here, salad time.

Orange and Fennel Salad

- 3 large oranges (peeled & sliced)
- 1 medium fennel bulb (finely sliced)

Dressing:

- 2 cloves of garlic (crushed)
- 3 Tbs orange juice
- 2 Tbs olive oil
- Salt and pepper

In a bowl mix the oranges and fennel together. Whisk the dressing ingredients together and pour over the salad ingredients.

Watermelon and Feta Salad

- 500 mg watermelon (cubed)
- 1 small red onion (finely sliced)
- 180gm Feta (crumbled)
- Mint leaves
- 2 Tbs olive oil

In a bowl mix the salad ingredients together. Place on a serving dish and drizzle with the olive oil. Sprinkle with freshly ground pepper and serve. Delicious!

Jude Twin 021 2020 339 www.mapuanaturalhealth.co.nz





Tasman Bible Church



Looking Forward to...?

hat exactly are you looking forward to? It's the kind of question that separates and divides folk – the optimists and pessimists, the Tiggers and Eeyores, and the glass half full and half empty types. It's also a question that might anticipate an unwanted status quo—of the life, that for many means their seeming or actual impotence in the face of life's harsh realities. Perhaps we should choose our moments and occasions before we ask the question.

Sometimes, old age is defined purely in terms of whether one has a dominating nostalgic approach to life—looking to selected eras and moments in the past rather than the youthful seizing the day or, enthusiastically looking forward to change! That might be a simplistic and unfair analysis, particularly if the only thing you have to look forward to is 'the same old same old' or worse, to a more intense version of unpleasantness in family life, work, or, an annoying or oppressive aspect of the culture you live in. Looking forward might not be a legitimate form of escapism in that case.



Do you have a tree problem?

Contact Matiu Noakes-021 1058 359 or 03 526 8001.

- Specialising in confined space tree removal and tree reduction
- ·Large chipper available
- Fast and friendly service
- •Free no obligation quotes.

felling, height reduction, trimming, chipping, firewood splitting

MAPUA PODIATRY

Justin F Powell NZDip.Pod. SRPod.
 for immediate relief of painful feet



bringing specialist footcare to your community
 for the full range of modern foot treatments

101A Aranui Rd, down the mossy driveway Phone: 5403758 or 021 122 2268 I hope looking forward to...whatever... has much more of a positive vibe when someone asks you about it. To live in the past wholly may help you understand from where you have come and, to varying degrees, help with an appreciation of what has formed you but, avoiding looking to the future may well limit one's options for change—change for the better?

The New Year almost demands anticipative reflection forwards. The Christian disposition is to live in anticipation on a daily basis—that's all you have according to the teaching of Jesus. It's a reason not to worry about the most basic essentials in life—food, clothing and provision because such a forward looking approach focuses upon trusting in God who ultimately provides. Jesus teaches that for those would-be followers of Him, the decision to 'worry' cannot '...add a single hour to (his) life' (Matthew 6:27b).

Such revolutionary ideas (even for Jesus' day) see God as the source of our provision as a heavenly Father for the things that are really necessary. Without ignoring the present challenges and joys of living, the New Testament looks further in anticipation for the '...glorious appearing of our great God and Saviour, Jesus Christ' (Titus 2:13b).

What we look forward to has a great influence upon our approach, disposition, and, anticipation of the future—what are you looking forward to?

Richard Drury

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

Endurance Spraying Ltd

Pete Hughes Owner/Operator Ph (03) 544 2654 Cell 0211 942 654

- · All types of weed spraying
- Hill country gorse a specialty
- Commercial & Residential
- Lawn Spraying & Fertilising
- 20 years experience Growsafe certified



ACC subsidised treatments still available when you visit our clinics

Lower Queen St Health Centre 355 Queen St, Richmond 544 0327 69 Aranui Rd, Mapua 540 2216

Pastel Artists of New Zealand

Our spirits were not dampened. Everyone enjoyed the barbecue, salads, wicked desserts and some shared resolutions for the year ahead.

Inspiration now has me in its clutches (and believe me, this doesn't happen often). Two pictures chosen from a host of options by the group are now dedicated to the "Nelson PANZ Winter Challenge." The task is not to reproduce the originals but be inspired by them to create something new, unique and award-winning (I'm fibbing about the last one but you never know). I'm using the skills previously taught by Marian Painter and adopting a Cubist theme. All our efforts will be on display when we reconvene in February and I will have my camera on standby to record them

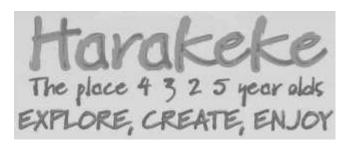
for posterity (otherwise known as the Nelson scrapbook).

Despite the break, the committee is still working hard to perfect arrangements for the National Art Awards and Convention to be staged in Mapua in April. The two masterclass workshops are already sold out and registrations well ahead of the expected January target. We are delighted.

Sessions in the Community Hall will recommence in February. The Art Awards will undoubtedly be the highlight of our year but we will still have a programme of Tuesday challenges and days of relative calm when we just paint.

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)



ews from your Preschool in the Moutere. I am writing this sitting in my cosy tent at one of the best places in Aotearoa New Zealand's West Coast.

At this time, from this location, it is hard to believe that by the time this snippet is published in front of you, Harakeke has been in full swing for two weeks already.

A highlight at the end of 2015 was again our annual Christmas Camp at Kina Beach Reserve – what a great way to celebrate a successful, wonderful year with all the whānau (families and teaching team). We were blessed with gorgeous weather and totally enjoyed the 'wind down' before the festive season. Our Facebook page has some great footage to show what an awesome time we had.

Well, for now I wish all of us another year full of new learning experiences, fun, play, new friends, positive relationships, good health and peacefulness.

As usual we will endeavour to let you have a glimpse into our wonderful, magical learning environment for two to five-year-old children and those of us who never lost the desire to explore, discover and create, through the Grapevine. Or, even better, just pop in to see for yourself.

Ka kite, your Harakeke team.





Hills Community Church



The road ahead.

As we look forward to the coming year, I am hoping that you have found some space over the January break to unwind, recharge, and replenish. In the journey that is life, sometimes it feels like we are travelling with our foot hard down on the accelerator and the scenery whizzing by in a blur. If that describes your journey, you are not alone. Even in holidays and days off we can run pretty fast at trying to fit in as much as possible.

But to live fully, we need to slow down, in fact sometimes we need to pull over and stop. You know those many rest areas on the side of the road – they are there for a purpose.

One of the great temptations in our hurried world is that we never take the time to still ourselves and our minds, and engage with the cry of our souls. And



it is this that builds a barrier between us and God, the very essence and source of our being. Pastor and author John Ortberg asked this question of the writer Dallas Willard: 'What do I need to do to be

spiritually healthy?' Dallas answered, 'You must ruthlessly eliminate hurry from your life.' In fact, unless we do this, and make it a pattern or rhythm of our life, we will come unstuck, we will run out of gas, or break down on the highway.

Jesus invites his followers into living in this pattern:

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28)

So as we begin 2016 maybe it is time to ease off the accelerator, find a 'rest area', pull over, and be still before God.

May God be with you in wherever your journey takes you this coming year, and may we learn to live in the light of His constant love and affection.

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 & 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.

SIT AND BE FIT

In the Mapua Hall (Bill Marris Room)

2.30 - 3.15pm Tuesdays during school terms.

Seated exercise is great for;

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

We play great old-school sing-along music.

Using small hand-weights and mini-Swiss balls

improves strength, flexibility, range of movement, joint mobilization, blood pressure and circulation, all from the safety of a chair. Gold coin donation.



Moving to Mapua, an early account

Part 9 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.

Fruitgrowers Chemical Company

As the staff of the Fruitgrowers Chemical Company increased, transport was needed so buses were used to bring workers from Richmond and Motueka each day. Many workers and their families relied on the chemical factory for a living, as did the orchardists for their sprays. A library was built onto the factory,

then a laboratory for testing the sprays. A 'smoko' room was added, followed by a second office. A building was constructed further away for crushing marble from the Takaka Hill to make lime and for micronising sulphur. That was noisy and dusty even though the machines had bags, or socks as they were called, attached to catch the excess dust.

Colloidal sulphur was manufactured in the late 1930s. Later, they began making weed killers and other toxic materials, along with coated prills for grass grubs, followed by chemicals for sheep ticks and army worms. A building was then made

available at the top of Higgs Road to store the toxic materials and weedkillers so that they would be well away from the orchard sprays. The factory began making powerful chemicals such as dieldrin, DDT, paraquat and 245T (a form of the Agent Orange that was later used as a large-scale defoliant in the Vietnam war), which was imported in powder form to be mixed by hand and turned into spays. All residue was tipped down a bank near the top of Higgs Hill. No one realized then how dangerous it was to humans. The men just rolled up their sleeves and got to work. Many also rolled their own cigarettes! But one thing they never did was drink the rainwater out of the tank which had been collected from the roof. They took their own water instead.

After a few years the company built a shed on a section across Tahi Street, away from the main works, to make the serious poisons but they still dumped the residue down a disused well and run-off from floor washing ran down a creek into the sea. My brother, Bob, left the factory when World War 2 broke out and he was enlisted in the army. When the company stopped using wooden barrels and began storing their chemicals in bags there was no

more work for a cooper so Dad also left and started working on the wharf loading the ships.

At the end of the year, in 1949, the chemical factory officers decided to give their workers, wives and families a picnic party at Mr Lublow's farm paddock in the Baton Valley area. It was a great success and lots of fun was had by everyone. We had a ladies' tug-of-war, running races, skipping races and a lolly scramble along with other activities. Everybody joined in making it a lovely day for the children as well. Many years later, a few of us older ladies decided to make up a calendar showing photos of events and happenings of the year. On the front cover was a photo of the ladies' tug-of-war at the picnic



Tug-of-war at the picnic, Iola is third from the left

The chemical works was sold to BP (NZ) in 1980 and closed its doors in 1988. Seventeen years later, from 2005 to 2007, the site on the corner of Aranui Road and Tahi Street, became the focus of one of the biggest soil clean-up operations ever seen in New Zealand.

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





HIGH PLACES

www.highplaces.co.nz

trekking worldwide



Torres del Paine, Patagonia

Patagonia - Chile Volcanoes - Peru Nepal - Bhutan - Indian Himalaya Kilimanjaro - Iceland - Greenland

Tel 03 540 3208 treks@highplaces.co.nz

Mapua Fitness Mania

\$10.60 per week (signed for a year contract)

24 Hour Access

Spin classes Tuesday 6.30-7.30pm \$10 Personal Trainers Available on request

14 Warren Place

Mapua

Contact Ben 027 884 8555 mapuafitnessmania@hotmail.com



Offering hair and full beauty services

We are excited to introduce our new beauty specialist Becks who brings with her years of extensive experience and a brand new beauty menu including;

All of your waxing and tinting requirements plus indulgent manicures, pedicures, therapeutic massage, eyelash extensions, spray tanning and advanced skin treatments with world-renowned Environ

which is at the absolute forefront of skincare.

Check out our full menu on line at www.zoomhair.co.nz

Call the team @ Zoom Monday - Saturday 9am till 5pm Late night by appointment

Ph 03 540 2333 www.zoomhair.co.nz

HAIRLOUNGE

ALISON JOANNE HATCH Owner and Senior Hair Stylist

Hairlounge Ruby Bay - the new hair salon where it's all about you.

- · All has years of experience in top salons and superb professional skills
- Everyone is welcome men too!
- · Enjoy our salon's sociable and relaxed atmosphere

Next door to Ruby Bay Takeaways.

Close to Mapua and a stone's throw from Ruby Bay Beach

Open Monday - Friday *Evenings & Saturdays by appointment only

2/172 Stafford Drive, Ruby Bay 7005

T 03 540 3699 | M 022 379 9851

E ali@hairlounge.nz | www.hairlounge.nz []



first cut



Motueka Appliance Repairs

Specialising in Home Appliances In Mapua Regularly

Call Dan 022 4568 068



NEW ZEALAND CAFÉ OF THE YEAR 2013-14 NOW OPEN 7 DAYS A WEEK 9AM - 5PM

FOR DELICIOUS BREAKFASTS AND LUNCHES BOOKINGS HIGHLY RECOMMENDED 320 APORO ROAD, TASMAN.

03 5266742 LUNCH@JESTERHOUSE.CO.NZ BRING YOUR FRIENDS TO EXPERIENCE THE DELIGHTS OF TASMAN'S BEST CAFE (SINCE 1991)



His 540 300%

THE COOL STORE GALLERY

showcases works of over 100 established & emerging artists from Nelson & the West Coast regions.

Come & browse & chat with our friendly staff.

Open Daily in summer 10am-5pm later in weekends Wk 03 540 3778



Christmas! What Christmas?

I don't remember ever being so busy in the run up to Christmas. I'd made my plans to finish up and set aside Christmas Eve to do the shopping etc. Then our man, in his infinite wisdom, came and cut the hay. It didn't go down too well when I told the wife she'd have to go out and and buy a pristine new vacuum cleaner herself and get it wrapped whilst I cleared the fields. My holidays were spent renovating the new offices ready for a sensational 2016, so all in all I now need a break!

We did manage a fairly lively New Year, which was exacerbated by my son inviting 150 friends. All went well though
until the following morning when a small group were asked to
help clean up. Hungover and probably still a little merry, they
made the heinous mistake of not putting in the required effort
demanded by my wife. They chose to leave rather than be
subject to further encouragement and on the way one thought
it would be fun to shoot a firework out of the car into our property.

there has and as
consider
was not
crews.

I was woken from my slumber on New year's day by my daughter stating that the paddocks were ablaze. Naturally, I told her to shut up and rolled over. She eventually persuaded me that this was no joke so donning my firefighter's head went to investigate.

Sure enough, a large section was ablaze. The last thing I wanted on New Year's Day was to be suitably embarrassed by calling out my own brigade, so I attempted to beat it out with my jandles. Not a chance!

Sponsored by WebDog

WebDog is run by entrepreneurs who run their own profitable web businesses so if you need an online solution give the Old Dogs a bark:





Register and let's keep in touch www.firebuddy.co.nz

A fire in these hot, dry conditions moves faster than you imagine. Luckily it was a day when the high winds we're receiving were calm, nevertheless by the time the guys arrived over a good hectare was gone.

It was a moment of stupidity by the teenager, who in all fairness came back the next day pretty shell shocked. The issue is that there have been a number of similar events and as this kid had been caught the police considered making an example of him. He was not only facing criminal charges but as I've already warned in previous articles, he was legally liable for the costs of the rural crews.

As he did seem genuinely remorseful for his actions I took the decision not to press charges as this would have affected him for life.

So, all I ask this year is to THINK. We're all in this together and a modicum of awareness will see us through.

FireBuddy.co.nz is now on facebook.com/ firebuddynz and Neighbourly.co.nz ... pop and see us.



FireBuddy Webshop Open For Business!

eshops.co.nz/firebuddy

Under The Bonnet with Fred

Mustang—a real muscle car



Roger, our local wharf artist for many years, has a second interest—he's a real car man. Roger's Shelby Mustang arrived last year and can be seen cruising around Mapua most days. Fire-engine red with silver strips which identified it as the Shelby go-faster model.

The Mustang is a 1995 Shelby Mustang fast-back as used in the movie *Bullet* where bad cop actor Steve McQueen drove a green Mustang fast-back down the steep streets of San Francisco in a classic car chase. They say the movie was the reason the Mustang became such an iconic muscle car which

was also a nice bit of mar- keting by Ford.

Roger's car was originally from Texas and imported and restored by Wayne and Annie Coster of Ruby Bay. The car has had a full restoration to original condition. The interior is like new because it is new. Being such a popular car means that reproductions of all fittings, including bumpers and carpet, can be bought. The car was imcoloured ported white

with blue strips but Roger preferred the classic red with silver strips.

Under the bonnet is real muscle with a 5-litre V8 Shelby Cobra motor with high-lift cams, bigger carburetion and high compression heads. Upgrades have been power steering and power brakes. There is plenty of space under the bonnet to work on the V8 engine. The repaint has been done properly with red on the underside of the bonnet and in the engine bay.

The interior is mint with the new carpets, dash pad, door handles and trim. It has nice black upholstery with chrome contrasting fittings. The back seat has plenty of leg room for passengers and the back seat folds down to allow additional luggage space. I must say the fast-back Mustang is far more practical than the convertible. Surprisingly there is no rev counter on this go-fast model. Interior is clean and even smelt new.

This original design is the granddaddy of modern Mustangs which lives on in the 2015 Mustang now being sold new by Ford NZ. My only criticism is the 4 gallon fuel tank! Yes, Roger has to have spare fuel on board all the time but he says the bonus is that takes only \$50 to fill the tank!

The Mustang had a hard cold start with those high -lift race cams and the high compression but settled down by the time we hit Higgs Road. Then something happens—a wild blaze of energy, noise and acceleration that made sure it told you this was a muscle car. Turning onto the by-pass highway again there was a blaze of noise and acceleration as the Mustang made short work of the uphill climb. Cruising along, there was lots of wind noise from the side vents and V8 rumble from the exhaust system which again gave the sensation of speed, although we were travelling only at the speed limit. Maybe the only thing missing was

some classic hits from the radio but Roger tells me that's coming.

After spending two months in hospital recently Roger says all he could think about was how far the restoration of the Mustang was progressing. I must say this Mustang is good to look at with the new chrome trim, 17in whitewall tyres, bright chrome wheels, contrasting red paint and black upholstery. Roger says that he is hoping it will attract a new

lady in his life!

Best thing for Roger's wellbeing after all his recent health problems is the smile on his face as he drives his Mustang over to Kaiteriteri every day for a coffee.

Fred Cassin





The Forgotten Astronaut, by Peter Francis

"Many people say they would like to go to Heaven yet not so many are prepared to die to get there. However, over 200,000 applicants have reputedly volunteered for a one-way journey to Mars with the Dutch astronautical organisation 'Mars One' expedition, planned to launch sometime around the year 2025. And which is being marketed by them as: 'The next Giant Leap for Mankind." Out of those volunteers 287 females and 348 males have been short listed for further testing (including at least one young Kiwi guy)."

So spoke 85-year-old, former American astronaut and Apollo 11 command module pilot Michael Collins at his recent address to Nelson Grey Power members about the first moon landing in July 1969. The Trafalgar Centre was filled to capacity with an invited audience of older persons, their buzz of excited conversation at times making it difficult for the celebrated speaker to be heard. Collins, who wrote

the best-selling book, *Carrying the Fire*, about his experiences as Apollo 11 command module pilot, was on his first visit to New Zealand.

Collins continued, describing how utterly alone and desolate he felt after his fellow astronauts, Neil Armstrong and Buzz Collins, crawled into

the lunar module and set off for the Moon's surface, all three men believing they had only a 50-50 chance of returning alive.

While he was waiting to hear if they had made it safely to the Moon's surface Collins wrote in his journal, "My secret terror for the last six months has been that I may have to leave my friends behind on the Moon and return to Earth alone. Now I am within minutes of finding out the truth. I am truly and absolutely alone from any known life. I am it! If they fail to rise from the surface or crash back into it, I am not going to commit suicide; I am coming home forthwith, but I will be a marked man for life and I know this."

Then Armstrong pressed the engine's firing button on the lunar module and *The Eagle*' soared safely back to the anxiously waiting Collins. With his worst fears now behind him, they set about preparing their command module for a safe return to Earth and their heroes' welcome.

Not long after their triumphant return, Charles Lindbergh wrote to Collins, telling him his part in the mission was of the greatest complexity and saying, "You have experienced an aloneness unknown before to humankind."

Although he was the unsung hero of the Moon mission, Collins was largely ignored by the media and became 'The Forgotten Astronaut" and he still remains extremely modest about his achievements. Telling his Nelson audience, "It was just fate really, all three of us were born in 1930. We just happened to come along at exactly the right time, but in my own case it was only 10% shrewd planning and 90% luck. Just write 'Lucky' on my tombstone."

"Now," continued Collins, "Down to the real purpose of my talk. Yes, there is indeed an ulterior motive why each of you has been specially selected to be in my audience today.

"As you know over recent years the bond between our two great countries has grown even stronger. The United States Government and NASA

> want to acknowledge this bond in the year 2025 by taking at least one New Zealand astronaut with us, on America's inaugural manned flight to Mars.

"As you may know NASA has already commenced psychological experiments for this mission, with six people living 12 months of isolation in a 36- foot diameter dome on the surface of a

Hawaiian volcano, to simulate life in a Mars-like environment.

"Of course the journey to Mars will be long and arduous, with the actual flight taking at least six months each way plus a minimum wait on the surface of Mars for around 18 to 20 months for the planets to realign, before there will be any prospect of returning home to earth."

A total hush descended on the Trafalgar Centre as Collins resumed: "We figured silver-haired people like you, near the end of your years, have nothing to fear from such a hazardous journey and doubtless many of you still retain a strong sense of adventure. At a time in life with little to lose, here is a chance in a lifetime to become legendary. One-hundred years from now who will remember the name of President Barack Obama? Yet everyone will know the name of the first person to walk on Mars.

"Accordingly I ask, do we have any New Zealand volunteers for a return trip to the Red Planet?

"Oh, come on—come on you fine ladies and gentlemen. Don't y'all speak at once now!"

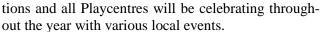


PLAYCENTRE

Pebruary we welcome back all our families from their summer holidays with our first session of Term 1 on Friday the 5th and our first family Open Day for 2016 is on Friday the 12th, which is open to all friends, family and visitors to drop in and spend a morning discovering what your local Mapua Playcentre has to offer.

This year marks 75 years of Playcentre, which began in Karori, Wellington, as a support group for mothers and their children during World War II when families were separated and needed support. The

community banded together to create a place where children could play in a safe and familiar environment to ease the stress of wartimes. It was also an invaluable support network for the mothers and families. There are now around 480 Playcentres across New Zealand supported by 33 regional Associa-



Our own Nelson Playcentre Association will be again hosting the annual 'BIG PLAY OUT' held at Tahunanui sports ground on Saturday 20 February from 10am to 2pm. The event centres on displaying the 16 Areas of Play that are available during each session to encourage child-initiated play: Water, Sand, Playdough, Clay, Paint, Fingerpaint, Music/Movement, Family play, Blocks, Collage, Carpentry, Puzzles, Junk, Books/Library, Science and Outdoor Physical play.

The Nelson Playcentres Association is made up of 14 regional centres and each centre will have a stall

SHAMAR
GALLERY

FELT AND FABRIC MUSINGS AND COLLECTABLES
BY EMMA MARSHALL

BIRD, BOTANICAL AND PORTRAIT PAINTINGS
BY JANET MARSHALL

293 SEATON VALLEY ROAD, UPPER MOUTERE,
PH: 0275286049 OR 0220272075

PAINTINGS, PRINTS, CARDS, WRITING SETS, FABRIC
COLLECTABLES

OPEN MOST DAYS OR BY APPOINTMENT
EMAIL: JANET@JANETEMARSHALL.CO.NZ

that represents an area of play to create a BIG PLAY OUT! The event is free so come along, spread the word, bring your friends and re-discover the PLAY within. Check out Nelson Playcentres on Facebook for details.

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 em-

phasis 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 over 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 at 84 Aranui Road, behind the tennis courts and by the scout den. Any enquires please phone Anita on 021 1265 357.

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

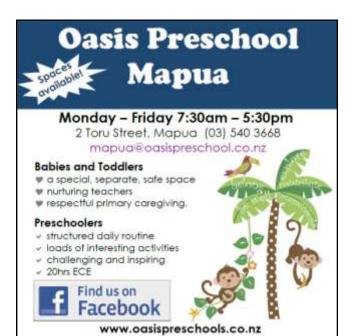


MAPUA PLAYCENTRE

84 Aranui Rd, Tel: 540 2386 (We're behind the tennis courts) A staff/ parent run Early Education Centre for 0-6 yr olds.

- ·Individual learning plans
- Te Whariki Early Childhood Curriculum
- Many different activities, including outings, with emphasis on play.
- Large indoor and outdoor areas.
- WINZ subsidy available (1st 3 visits free)
- · New families always welcome

Mon & Fri 9.30am-12.00noon



THE PLAYHOUSE THEATRE PRESENTS

Raybon Kan



SAT 13th FEB

Playhouse Theatre \$20, 8pm Show time, Dinner from 6pm Call 5402985 for all bookings

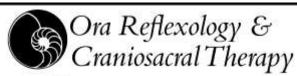




SUE THE SHEARER

RING FOR A NO OBLIGATION QUOTE

Ph 021 533 350



- Maternity specialist
- Senior citizens discount
- 25 years experience in healthcare

Phone Kate Mander on 021 101 9226 Ora Health Centre, 69 Aranui Rd, Mapua

> www.oracraniosacral.nz ② orareflexology



Trust your property to your local house sellers champion







Tall Poppy is certainly a game changer in the current market. Join my other delighted vendors who have already benefited from our high quality real estate service and very reasonable fee (fixed flat fee capped at \$10,000+gst)

For properties lower than \$400,000 call now for your special rate.

Do you want to save money on your commission? Thinking of selling? Call me today.

Debbie Watson - 021462629

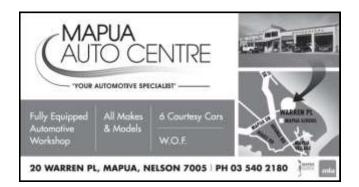
P 03 543 2629 E debble.watson@tallpoppy.co.nz My results speak for themselves











Motoring

with



Are you getting all your stopping power?

Brake fade is similar to brain fade - reaction time is slower; snappy performance is replaced by a dull, mushy feeling; and in critical situations the slowed response time can be potentially disastrous for you, your family and all other road users.

There are several mechanical reasons for brake failure with one of the most overlooked causes being contaminated brake fluid.

Conventional glycol-based brake fluid used in passenger vehicles is hygroscopic, meaning it absorbs water. Water in the brake system will lead to:

- a fluid leak as a result of corrosion in critical areas, and/or swelling and deterioration of seals.
- a reduction in the fluid's boiling point causing it to overheat in high braking conditions.

If any of these situations occur, your braking efficiency will drop and the brake pedal will begin to feel spongy. When this occurs, you will travel further before slowing down, even when the pedal is pushed harder. If left unattended, eventually your brakes will fail completely, risking not only your life but the lives of your passengers, other motorists, cyclists and pedestrains.

Using a 'Brake Fluid Flush Machine' is the only effective method to remove all the old brake fluid from the entire braking system, and replace it with new fluid ensuring no air is introduced into the system.

Brake Fluid Differences



Contaminated Fluid

Clean Fluid

Remember, your vehicle's brakes are a series of inter-connected components and sub-systems, and like a chain is only as strong as its weakest link - look after them like your life depends on it.

Happy & safe motoring from the team at





The Playhouse Cafe What's On Guide February 2016

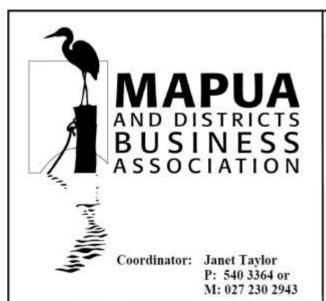
Mon Closed, Tues and Wed 11am til 4pm Thurs - Sun 11am til late

Free Pick Up and Drop off to Mapua, Moutere, Appleby, Tasman Call 5402985 for bookings

OPEN!!! 11am to 4pm NO SURCHARGE	Open 11am till 4pm	Open 11am till 4pm	QUIZ NIGHT Free to all 7pm	announced	6 PAUL MADSEN QUEEN, BEEGE EAGLES 25, plus \$35 buf 8pm show dinner from 6pr	Open fet 11am Lunch and
OPEN!!! 11am till 4pm NO SURCHARGE	Open 11am till 4pm	Open 11am till 4pm	Open 11am till 4pm Private Function Evening	HUMAN- KINDNESS \$15, 8pm Amazing local grooves	\$20, 8pm Stand Up Comedy	VALINTINES DAY Open lunch and dinner Romance vinyl spinning all day
CLOSED	Open 11am till 4pm	Open 11am till 4pm	QUIZ NIGHT Free to all 7pm	VINYL DISCO Free, starts 8pi ROCK AND ROI THEME Come and hav a boogie!	\$20, 8pm 90's Theme	21 LONG LUNCH 1230pm \$40 4 courses Fundraiser
CLOSED	Open 11am till 4pm	Open 11am till 4pm	QUIZ NIGHT Free to all 7pm	26 BOOGIE TRAIN \$20, 8pm Best blues in the land	CLOSED to public for WEDDING	Open 11am Lunch and Dinner
SPRI	NG WED	DING S	PECIAL	4	5	J. I.
FRI	ook in S EE VENU 250 gif	ept or (E HIRE a	Oct and a	and TIM \$20 Fri dinne Two of NZ	MCCORMICK A SHADBOLT and Sat, 8pm or from 6pm or funniest dudes ILL SELLOUT!	

FREE VENUE HIRE FOR YOUR EVENT, PARTY, BIRTHDAY, ANNIVERSARY STAFF FUNCTION...anything! APRIL TILL OCTOBER Contact us today on 5402985 for free dates and more details (some conditions apply)

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985



Moutere Hills

www.rubycoastmouterehills.co.nz is a local 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. It also links to the www.itson.co.nz website. If you are organising a local event you can have this promoted on both websites at no cost - just register your details on ItsOn or ring Janet on 540 3364 for more information.

Like us on facebook and post local information and stories on our facebook page - rubycoastmouterehills. Enjoy and use these community resources!

GROOVY PAWS DOG GROOMING

My name is Caroline Lusty and I am a fully trained dog groomer, and studied at The Auckland School of Grooming.

I live in Mahana with my menagerie of animals including Bella my Labrador and Maggie my Spoodle. I have a purpose built modern grooming room and I



provide a friendly relaxed and calm environment for your dogs. Every dog is treated as an individual and styled depending on the condition of the dog, any health issues and wishes of the owner. I really enjoy meeting all the lovely dogs and grooming them, and I take great pride in my work. I believe in Humanity not Vanity and the welfare of the dogs is my first priority. I have quality equipment and use a state of the art hydrobath which gives the dog a warm and enjoyable wash and massage. I only use five star products with eco friendly natural shampoos and conditioners giving your dog a fresh clean fragrance and, of course, totally safe for their skin.

A full groom consists of: ears cleaned and plucked if necessary, sanitary areas clipped, pads of feet cleared of fur, nails trimmed, warm hydrobath, wash, blowdry and brush, and styled to owners wishes. Whether you want a full groom, just a wash and tidy, or nail trim just give me a call.

Ph: 03 543 2277 or 0275201285 email: caro.lusty@xtra.co.nz Website: www.groovypaws.co.nz Facebook: Groovy Paws Dog Grooming

www.rubycoastmouterehills.co.nz

Wheelie Fantastic Cycle Tours

Another step forward.....

Wheelie Fantastic had it's first customers on the 11/11/2011 (and yes the bike hire started at 11am!!). We brought our trailer with 10 bikes to the wharf each day. The first season was all about promoting the idea of cycling in the area. Sometimes people even hired bikes! We bought more bikes and another trailer. The first bike tour was on the Labour weekend of 2012. A second season followed with trailers and a gazebo before we progressed to a temporary shed for another two seasons. Building work started on the new shed 4, which we moved in to in early December this season.

We now have a permanent base and own nearly 60 bikes. Our business has developed in ways we could never have set out to plan. We offer a range of products from basic bike hire to 7 day all-inclusive luxury guided packages. One way hires are proving popular and now this year we have electric bikes. These bikes are great and put a smile on everyone's face who has ridden one.

Each time our business has progressed, we have been overwhelmed with words of encouragement and support from locals. We see ourselves as a local business and being part of the local business network and local community is important to us. As Wheelie Fantastic continues on its journey we look forward to working with local people and businesses for many years

to come.

Find us at Mapua Wharf

Tel 03 5432245 0221037494



www.wheeliefantastic.co.nz

Supporting local businesses since 1992

Noticeboard

Mapua Craft Group restarting 5 Feb. We meet every Friday at Hills Community Church, 10 – noon. We try all manner of simple craft work including: Paper craft and card making; Sewing projects; Knitting & crochet; Cooking; Small upcycling ideas. Occasionally we have guest speakers, demonstrations and group outings. It's a social get together for some fun and a chat, trying one's hand at some easy craft along the way. For more info: Julie Cox 540-3602, juliehcox@xtra.co.nz or simply see you there.

doTERRA Essential Oil: free talk & sharing at Mapua Hall 4-5.30pm Sunday 28 Feb. Free oil give-aways and free Zyto Compass Bio-Scan readings. Learn to empower you and your family with Natural Plant Extracted Medicine, Therapeutic Grade, assisting many ailments toward health and well-being. Enquiries ph/txt: 021-136 8439

Wanted to rent: 1, 2 or even 3 bedroom studio, flat or house. Not worried if it's furnished or not. For myself, my son, Izzak and our non-shedding small dog Bella. Desiree 027-597 8406

Motueka social dance group's next dance 20 February Mapua Hall 7:30pm. Admission \$6pp plus a supper plate. Live music with dance prizes & raffles. Contacts: Gary 528-5363, Lloyd 03 528-0617

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

Mapua Social Cycling Group: "Wheels 2 Meals". Approx 20 – 30 km ride with coffee break at halfway point and no racing! 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 and then enjoy a coffee and muffin back at the Store. Walk according to your ability and speed. Newcomers to the area and everyone (including couples) are very welcome. Just turn up or contact Fiona - 526-6840, fiona.oliver @xtra.co.nz

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

Motueka SeniorNet: Get tech savvy and share more family experiences. Community computer support for

50+. Training courses for iPads, Phones, Tablets, PC and Mac. Members meeting 10am first 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 0-5yrs. Mapua Hall every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Phone Anja, 544-8733, about membership or casual hire.

Kidz 'n' Koffee playgroup: 10am – noon, Wednesdays during school term at Old Church Hall, Aranui Rd. All parents and caregivers welcome, we cater for 0-6 yrs. Gold coin donation for a delicious morning tea. Come and make some new friends. Info: Bridget, 540-2572.

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

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

Fair Exchange: A small group meets at Appleshed restaurant 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.

Coastal Garden Group meet first Thursdays, 1.00pm, Tasman Bible Hall. Members, guests & visitors welcome. Judy Sisam, 547-7292, 142doubleview @gmail.com

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

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

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