

Mapua Boat Ramp – A Community Divided

I believe Mapua is on the verge of losing its uniqueness of being a seaside community whose residents respect the needs of others and come together to develop a workable compromise when individual local user groups are faced with situations forced upon them.

After marrying into a local orcharding family 40 years ago I have witnessed many examples of amazing community co-operation. To name a few (in no particular order):

1. Establishing a purpose-built Playcentre – When numbers grow and it became too hard to unpack and repack equipment away after each session within the Mapua Hall (this was long before any other pre-school alternative was available in Mapua) a small group of mothers, fathers and supported by local residents and businesses, land and a building were acquired, with the building kitted out using many hours of voluntary labour.

2. Mapua Library – When the library outgrew the little room within the Mapua Hall, the RSA and the library joined forces to build a purpose-built building on the existing RSA site.

3. Mapua Health Centre – When residents wanted to have health services provided locally, the community purchased the old Post Office building after the Post Office closed.

4. Mapua & Districts Business Association (MDBA) – When it became apparent that local businesses were not being represented within local government; when it was difficult for residents to know how to contact local business operators; and for business owners to get to know each other or the service they each provided; the Community Association provided the forum for the MDBA to become established.

5. Mapua Hall – It was initially community-funded and built using voluntary labour and since that day it has been maintained and managed by a committee of local residents.

6. Saving the Mapua Wharf and buildings from demolition – The Mapua Boat Club took the lead to save the wharf and its building by becoming the custodians and in the early year undertook much of the

maintenance using its membership as the voluntary labour. As a community I believe we need to be extremely grateful to the Mapua Boat Club for sticking their hands up high and to many community members who backed them by saying ‘let us save our wharf’. And all this was at a time when other wharves in the Tasman District were being demolished.

7. The Waterfront Park – During the initial consultation stages of the Waterfront Park, both the Boat Club and Tamaha Sea Scouts voiced major concerns to TDC regarding the ongoing access to the wharf and boat ramp area moving in the future, especially as the popularity of the area grew. I remember this

phase very well as I was involved with Sea Scouts at the time as well as being Chair of the MDBA. Sea Scouts spent much time discussing this issue and looked seriously into relocating. However, the TDC gave full assurances that neither the Sea Scouts nor the Boat Club would be pushed out, nor would their access be restricted. Fast forward to 2016 TDC became forced to implement Government OSH (Occupational Safety & Health) regulations, changing

wharf and boat ramp access for both groups dramatically.

Now in 2017, from what I have observed at Community Association meetings and reading published articles there appears to be a group within the community who do not share the same generosity of spirit toward the Boat Club and the Sea Scouts in their hour of need..

From my observations, it also appears this group is not willing to reach a workable compromise to ensure two long-time existing use groups are able to regain their full and secure future rights and ability to directly access the sea.

There is a solution which could see the needs of all parties to attain some, if not all, moving into the future with compromise resulting in inclusion rather than exclusion.

I believe we all need to learn to be more gracious about the needs of others and look outside the square by showing consideration and empathy for the roles of other user groups within our community. It is



through the diversity of all users that helps make up the uniqueness of our community. I believe we need to look at how we can make the Waterfront Park a shared space in the true sense of sharing.

For me personally, the true value through the sharing of the Waterfront Park with the Boat Club and the Sea Scouts, is not only to the Waterfront Park. I believe the biggest spin-off, asset and bonus to the community will become realised by the ability to free up Grossi Point to become a more user-friendly, safe place to picnic and swim without competing with motor boats at the water's edge, as well as making more grassed area available with the absence of boat trailers. A real win-win for the community, in my mind.

I now put a challenge out to all residents of the Mapua and districts communities to stand back for a moment from your own personal needs, wants and desires to consider the rights and needs of all user groups of our waterways so as to enable a new perspective and vision to be gained with generosity of spirit resulting in everyone becoming a winner, and in the process, reuniting our community.

Marion Satherley

Letters to the Editor

'Get on with it'

In the June issue of the *Coastal News*, the Tasman District Council's CEO, Lindsay McKenzie, responded to David Mitchell's article about a change of course needed for the wharf. I would like to respond to one sentence in Mr McKenzie's response: "Our role is to provide for [the enjoyment of benefits] in a manner that does not destroy the way of life that attracted people in the first place."

Well, I have to say, get on with it and provide us with a boat ramp to replace the one which the TDC has restricted public access for commercial gain.

The boaties and Sea Scouts, who are the sort of people attracted to Mapua in the first place, would like a boat ramp provided please. The TDC's attitude of not listening to local input seems to hint at further undisclosed commercial development. The TDC has an advantage over the locals by being the developer and the council so can control and approve their own decisions. In the real world a developer would struggle with councils.

By the way, the kids were scooting and biking around the wharf way before the Sheds were built. They used to back an orchard truck up on to the sealed area with a band playing and all age groups dancing. The area has become just a piece of real estate. Further development of the wharf will turn into a mall. Mapua is country.

I would like to see a water supply upgrade and a boat ramp. Then TDC "will be providing for that in a manner that does not destroy the way life that attracted people in the first place" to Mapua.

Fred Cassin

Waterfront Plan Delayed

The proposed Draft Mapua Waterfront Development Plan will not now go to Tasman District councillors for consideration until early July.

Originally scheduled to be presented to council for a decision before the new financial year on 1 July, the draft plan is now scheduled to be considered for adoption by the council's Community Development Committee at a meeting on Thursday 5 July. The council's target was for the plan to be considered was Thursday 22 June when a full council meeting was held.

The plan is designed to be a "long-term strategic vision for the Mapua waterfront area and adjacent areas." Among a long council list of issues to be addressed were: consideration of an alternative boat ramp, growing problems from increased use of Grossi Point Reserve by boat owners and consideration of a public access way along the coast from the wharf to the Waterfront Park.

TDC community relations manager Chris Choat said in late June that if the plan was adopted by the council on 6 July, it may go out for wider consultation in the period of 8-10 July. No further information on the plan was available at the time of publication.

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MDCA focused on Water Issues

A wide range of community issues were canvassed at the June meeting of the Mapua and Districts Community Association with many focused on water.

Cr Tim King presented a summary of the rationale for and developments relating to the Waimea Dam – noting the significant TDC meeting which was held on 14 June to determine if this would proceed.

The results of the polling of the membership relating to Waterfront Park development were tabled with some discussion. It was noted that the TDC proposal resulting from their consultation on Waterfront Land will be available for public consultation in “early to mid-July” and Cath McFaul (the contracted consultant) will be presenting at the Community Association’s 10 July monthly meeting.

Concerns were raised relating to the repeat flooding of Mapua School and the association will explore this as a major focus in a future meeting this year. Members of the Waterfront Park Upgrade Subcommittee met with Richard from TDC Parks and Reserves to explore the future placement of picnic tables and children’s playground equipment bought with the Rata Foundation grant.

Safety and security in our community were also raised, considering possible CCTV camera placements; police presence as well as the community’s

own “watchdog” roles. This will also be the focus of a future meeting with local police and neighbourhood support groups invited to present.

We are excited about the response to the MDCA logo competition (for which entries closed on 25 June). There are certainly some talented artists out there! The top four entries will be voted on by membership at the July meeting and the winner presented with the \$150 prize money at the August meeting.

Members were encouraged to consider offering to be nominated for the 2017/18 Executive Committee to be voted on at the AGM on 14 August. All are warmly invited to attend.

Finally we responded to a suggestion that the many volunteers in our district be honoured and Helen Bibby did so in this way:

What a Community...

“After the nasty break-in at the Mapua Village Bakery the very efficient grape vine told me how the community rallied to show their support to those affected, which reminded me just what a caring community we live in.

“At the last association meeting we discussed whether it was possible to acknowledge all those who, in one way or another, volunteer their services to the community. The outcome of the discussion was that we would be overwhelmed by numbers, as so many people do their bit to make the wheels go round using skills, coaching, manpower, a listening ear, or a multitude of other ways to help their fellow man.

“So, instead of a function (run by volunteers) in the hall (managed by volunteers) let’s all say a big thank you via the printed word (*Coastal News*, put together by more volunteers) to the many people in our extended community from the kindly neighbour over the fence to the fire officers who race off in the dead of night and all those in between, for all the help and kindness we show to one another.

“What a privilege to live in this place.”

Please join us in ensuring that we have an ongoing voice and input into this community we love – the next association meeting is Monday 10 July, 7pm in the Bill Marris Room. All welcome.

Submitted by Elena Meredith and Helen Bibby



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Out & About With Hugh

The Columnist's Dilemma. Once you drop yourself (or somehow find yourself placed) into the category of becoming a "Columnist" you assume some specific responsibilities and the attendant duties of being one.

"Dilemma" comes into it straight away in deciding how to begin your column. I've reviewed a few openers from past efforts and note that the *Coastal News* editor started *Out & About* it with *Hugh's Musings*. Ergo: So what follows are more musings and some Mapua bits and pieces.

Referring to the *Nelson Mail* of Monday, 19 June, that as of 1 August the paper will be printed on Monday, Wednesday, Friday and Saturday, and will be delivered in the morning. Fairfax Media addressing their labour and materials increases? Perhaps their next thing will be to reduce the *Mail* to the easier-to-read tabloid size. Changes? The *Mail* editor Victoria Guild assures us readers, "Not to worry, we're here for you." "Okay Victoria, I won't worry. Just wait and see"

Plastic bags. Mapua bits'n pieces are just that. There are bits and pieces everywhere you care to look and if you don't care to look, it's in your face anyway in the form of pink timber skeletons as new houses sprout from the new sections in the subdivisions.

As the zoning/subdivision/water etc story continues, I'll say it again, "WATER"!

According to studies by BRANZ, the building industry's research organization, the average New Zealand household of four people uses about 204 litres a day in summer and 168 in winter.

Using that figure and doing the maths for all the new households, where is all the water those households will require going to come from? Will it be from the proposed Waimea Dam?

John Nichols of Brightwater wrote a particularly pointed letter in the *Nelson Mail* which finished by asking, "Who pays in the event of a massive cost blow-out if the dam is built?" Those who pay rates, of course.

Coming back to Mapua; To build your house on a new section you need a building consent. No problem in Mapua except there is a moratorium on new connections to the TDC reticulated water supply. For the time being at least, that's it.

As I write today is 21 June, the shortest day of the year in the southern hemisphere. The Earth will do its shiver and shake for a day or two and start its slow journey back to December for another shiver and shake.

Hugh Gordon



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Special Housing Area proposed for Harakeke site

Developer Alan Trent is reportedly proposing a further 40 residential properties to be added to the 96 lot subdivision at Harakeke that was given Tasman District Council planning approval in December 2016.

The new proposal, submitted in the name of Ruby Coast Estates Ltd, is that 40 additional properties should be approved as a Special Housing Area within the Harakeke Development. Mr Trent is listed as the sole director of Ruby Coast Estates, which was registered with the Companies Office in 2014.

His proposal was one of 11 SHA proposals for Tasman District made public for the first time at a 22 June council meeting. However, no details of Mr Trent's plans were tabled at the meeting. It was reported that the expression of interest from his company for an SHA approval arrived after the deadline. It would now be considered by the council as part of a second group of applications "in two to three months."

The Tasman council's Special Housing Area agreement with the government is designed to speed development of new housing. However, the proposals are dealt with at private meetings of property developers with council staff and un-named government representatives. Only limited notification is provided for in the SHA rules, there is no public notification of development proposals and there are only limited appeal rights against the decisions.

At the June council meeting, several developers asked for SHA approval for projects that already had a conventional planning consent. When asked why, they said Special Housing Area approval enabled them to put more houses on their land by selling smaller sections and the SHA process was faster and more efficient than conventional consents for housing developments.

The procedure for SHAs is that the local authority has to ensure there is "adequate infrastructure to service qualifying developments" and that there is evidence of demand for development in the specific area. A qualifying development for a SHA has to be predominantly residential, ensure that the promised minimum number of dwellings will be built and that it will contain a percentage of "affordable dwellings."

The meeting was told by Graham Vercoe, former owner of the GJ Gardiner Homes franchise in Nelson, that demand for bare sections for housing had been so great that the supply in Nelson at present was "just about zero."

If you were able to find a section in Richmond and wanted to buy it, he said you would be paying anything from \$320,000 to \$600,000. A year ago, he

said, it would have been possible to buy a section for \$195,000, but in the space of a year, the price of house sections had just about doubled.

At the 22 June TDC meeting, TDC planning staff recommended six of the 11 submitted proposals for approval, four of these providing for 82 sections in total were in Richmond, while one providing 45 sections was in Marahau and one providing 40 sections was in Wakefield.

A further four SHA proposals for a total of 1160 sections were tabled for councillors' consideration. These included one possible approval for up to 288 sections in a property called Appleby Field in a 27.6ha rural area between Gladstone Road and McShane Road in Richmond.

News of the SHA proposal for Tasman is one more twist in a series of changes in the plans for the planned Harakeke village. The proposal was originally launched in late October 2015 after Mr Trent had bought 17 rural properties in an area he later described as "the jewel in the crown for the Tasman district in terms of rural-residential type living." A series of public presentations explaining the Harakeke proposal to interested residents were held by a team of planners employed by Mr Trent.

It was for a staged development that included subdivision and land use consents for 130 rural residential properties, 55 residential apartments and two commercial buildings. A total of 80 submissions were received with 29 in support and 45 in opposition. However, in July 2016 a revised application was submitted that dropped the proposals for apartment and commercial buildings and was for 96 residential sections set out in clusters, a 31.2ha horticultural block and six

large lots "to be planted for productive and rural character outcomes." The revised application also promised a number of ecological enhancements and vesting the site of an ancient pa on the Kina Cliffs with local iwi.

After a protracted hearing process of evidence before three independent commissioners, Mr Trent's revised application was approved shortly before Christmas 2016.

Can a Rural 3 zone residential development at Harakeke now also include a separate Special Housing Area? Proceedings at the June 22 TDC hearing suggest that SHA approval would be considered by the council for an application for 40 more houses at Harakeke, even if Mr Trent already has a conventional planning consent for 96 homes on his Tasman properties.

David Mitchell



A Pilgrimage Updated

The thought of a pilgrimage makes one curious and, also, smile. It seems rather mediaeval, a way of working our way into God's favour through our suffering and devotion. It was—and is for some religions—a core part of their faith, a way of uniting the variety of cultures and races across the world in one common experience.

Last month I went on the modern New Zealand equivalent of a pilgrimage: Fielddays. It has all the key components of a pilgrimage updated for the modern age. Firstly, you have to plan to go on it as spontaneity will be rewarded with hugely expensive airfares and no place to stay. Secondly, it is quite a journey—by plane to Auckland, by car to Mystery Creek and by foot from the carpark to the showground. Thirdly, it is an immersive experience where all you think about is the show.

All stages have their modern-day challenges, admittedly not freezing on mountain passes or being shipwrecked, but weather is still weather, queuing for hotdogs is still hunger and the show will empty a wallet probably more effectively than a highwayman.

Like any pilgrimage, I imagine, once you've arrived it all seems worthwhile. Fielddays is huge, the largest agricultural show in the southern hemisphere. And judging by the business jet at Hamilton Airport (a Gulfstream), they came from the northern hemisphere too. I don't know how many stands there are, but there are more than anyone can see in three days.

The stands cover everything you could possibly want for a rural dweller, from the lifestyle wanting a wind chime to the farming contractor wanting a huge seed drill. You can get a massage if the walking and carrying stuff has got to you; you can enrol in various tech courses; you can see robots in action picking apples (plastic ones on a plastic tree, admittedly) and there are innumerable gadgets for livestock. My fa-

vourite was a rotating bristle brush that gives dairy cows a back rub when they want it.

The best bit about Fielddays, however, is not the awesome new technology or the number of places to buy hot dogs/chainsaws/quad bikes/water filters etc, but the range of people enjoying the day out. Families, farm workers, foresters, hunters and pretty much anyone who's a Kiwi. The Skellerup gumboot and Swandri are the badges of honour, the signs of a knowledgeable Fielddays attendee.

Each day has its speciality: the first day, Wednesday, is still setting up and the keen industry professionals. Thursday is the industry guys and farmers. Friday is a bit of farmers and a lot of school children and Saturday is families, thousands of them. All the time there is a steady stream of people simply having fun and enjoying their day out, prodding things or peering into the guts of huge machines. They may not have the faintest idea what the machine does but for that day they are the same as the guy in the Gulfstream.

As a technophile, I was really impressed by what's being offered to the farmer. A wave of computer-aided machines and clever ways of doing things is heading their way. I know farming sometimes runs contrary to the clean green New Zealand; after all, doing anything to make money from the land will compromise the land from being its pristine wilderness. But technology has the scope to create a dramatic gain for both sides: more food, more profit and a better environment. And this journey has only just begun.

John Bampfylde



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A successful AGM & Committee changes for 2017/18

We had a good turn out to the hall's AGM on Monday 19th June, thank you to those who came and showed their support. We had a shuffle of committee members this year with one new person joining. The hall's committee for 2017/18 are:

Executive

Chair: Su Smith

Vice Chair: Ross Lovell

Treasurer: Reinhard Gebhard


Secretary: Sue Lockhart

Committee Members

Ruth O'Neill, Helen Parry,
Julianne Brabant & Joyce Bullock.

Leaving the committee this year is our chair **Lynda Mabin**, Secretary, **Jean Woolfe** & Vice Chair **Ally Roach Wilson**.

The committee and myself would like to thank them for their tireless efforts & contributions over the last few years. *You will all be missed!*

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
 Like us on facebook WWW.MAPUAHALL.ORG mapuabookings@gmail.com		What's On at the Hall In JULY			1 9am Aerobics 10am Pilates	2 1pm Doc Event
3 9.30am Low Impact Dance 6pm Mapua Dance Fitness	4 9am PANZ 9am Sioux Line Dance 12pm MDBA Lunch n Learn 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 6pm Yoga 7pm Pilates	5 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi 7pm Nelson Christadelphians	6 9am Mapua Art Group 6pm Mapua Dance Fitness	7 9am Aerobics 9am Yoga 10am Pilates 1pm Mapua Fellowship Group 6pm Mapua Youth Group	8	9 10am-4pm Mapua Makers Market 6.30pm The Packhouse Cinema: 'Rabbit Proof Fence'
10 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua Comm. Assc. Meeting	11 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 1pm Tai Chi 2.30pm Sit & Be Fit 6pm Aerobics 6pm Yoga 7pm Pilates	12 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi	13 9am Mapua Art Group 6pm Mapua Dance Fitness	14 9am Aerobics 9am Yoga 10am Pilates	15 9am Aerobics 10am Pilates 1-5pm Ian Hamlin Painting Class	16
17 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Comm. Meeting	18 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 6pm Aerobics 6pm Yoga 7pm Pilates	19 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi	20 9am Mapua Art Group 2pm Friendship Group 6pm Mapua Dance Fitness	21 9am Aerobics 9am Yoga 10am Pilates	22	23
24 9.30am Low Impact Dance 6pm Mapua Dance Fitness	25 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 6pm Yoga	26 9am Yoga 12.30pm Tai Chi 6.30pm Yoga with Thomas	27 9am Mapua Art Group 6pm Mapua Dance Fitness	28 9am Yoga 2pm Friendship Group 6pm Mapua Youth Group	29/30	Monday 31st 9.30am Low Impact Dance 6pm Mapua Dance Fitness

Mapua Bowling Club

The Write Bias

The summer bowling season has drawn to a close but the Mapua Bowling Club has not gone into hibernation over the winter. Members are getting together to play at outdoor competitions at other Nelson clubs who have artificial turfs available.

There was a very good turnout at the recent Mapua Bowling Club AGM. Dave England was re-elected as Club president. Two new members, Di Blanchet and Denzil Stephensen will join six returning committee members.

A special thank-you was given to Michael Busby who was standing down this year from the committee. During the past 10 years he has served the club in a variety of roles, including Club president, bar manager and member of the green-keeping team. His contribution to the club has been much appreciated by the members.

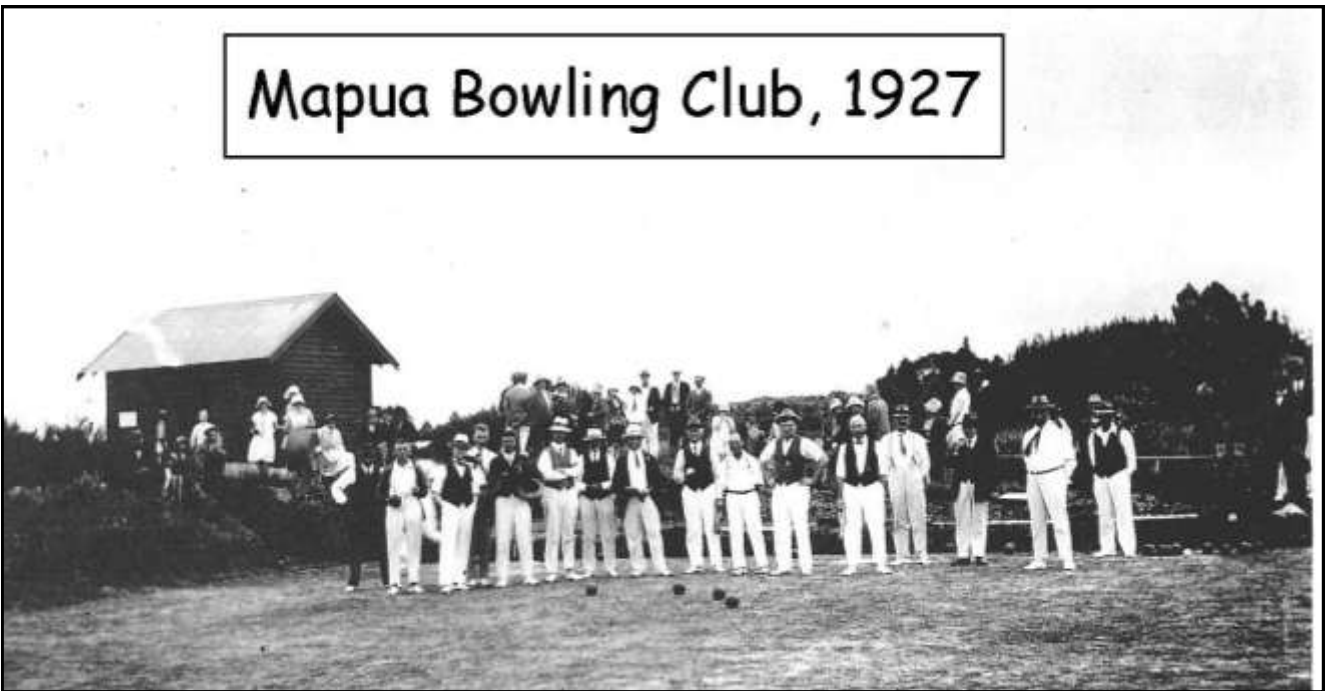
Throughout the winter months, the renovation work on our green will continue so that it will be at its best when the new season begins. In the meantime, Mapua Bowling Club members will be getting together twice a month (first and third Fridays) at the club rooms for social evenings.

A very special social event is on the calendar for Sunday, 16 July. The Mapua Bowling Club will be celebrating its 90th birthday! The club was established in 1927 and was first located at the corner of Toru and Iwa streets in Mapua. A delicious celebration lunch is planned and members are encouraged to dress in the style of the 1920s. Members and partners are invited. Cost is \$25 per person. Members are asked to contact Chris Green (540-2419) to make a reservation.

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

Barbara Brown

Mapua Bowling Club, 1927



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Mapua Maritime Museum

In the June issue of the Coastal News only part of the account of the makeover of the Mapua Maritime Museum was run (page 8), thanks to some gremlin. The part that was run described how the Mapua Boat Club had created a new installation that “is a multi-media ‘walk through the maritime history of Nelson and its coastline of Tasman Bay.’”

It continued: “Much thought has gone into every element of the museum design which includes: display panels of images and stories; a video with accompanying sea shanties rolling along; windows with transfer-images portals into the past, the image of the Pearl Kaspar is tied up exactly where it was in the photo; a Cabinet of Curiosity; Maori artefacts; nautical flags; a coastline map on the floor; and interactive games for budding sailors and stevedores.”

The last two paragraphs in the June article referred to Annette Walker, who “had her hand firmly on the tiller of this museum upgrade. As a writer and researcher, former president of the Mapua Boat Club, and ex-member of the trust board of Nelson Provincial Museum, Annette was well equipped to tackle the complicated job of telling this particular maritime history in a succinct and moving way.

“During her stint as president of the Boat Club she led the ‘thinking and composing’ - devoting over two years of her time voluntarily, along with others, to bring this new museum to life.”

The part that was missed follows:

Her (Annette’s) connection to the sea and history is in her bones and underpins her passion for both subjects. On one side of the family was Captain Walker, the notable master mariner. On the other side were Lightbands, the first people to find payable gold in Golden Bay.

Annette’s home, the first on the Peninsula, incorporates a Walker ‘heirloom,’ a boatshed. Her father bought this boatshed for her mother as a wedding present ... ‘so he could go fishing and she would have shelter while he did.’



To Annette’s knowledge Port Mapua Maritime Museum is a first in the country for the way it draws on nautical images only recently made available. In recent years funding from a generous donor enabled scanning of the Nelson Provincial Museum glass plate images. ‘Nelson has the best collection of glass plate images in the country’. Her gathering of material for the museum coincided with emerging websites for Nelson Provincial Museum and the Alexander Turnbull Library.

When Annette is asked about visitor responses her face lights up ... ‘It is deeply satisfying to see the chords we seem to have hit.’ People return to take in more, bringing visitors with them. ‘The other day a little kid dragged his mother in here and down to the Cabinet of Curiosity...it was the turtle shell he had spied that he had to show her.’ We had put it there at kid-height on the bottom shelf. ‘We have had a lot of old timers who worked the scows come in and say they were here 50 years ago.’

Richard de Hamel made the interactive games for kids of any age: a series of levers to lift cases of apples and drop them onto the ship, and by pulling a plug in another the tide goes out and in.

The new museum opened in mid March this year. Entry is free, koha are welcomed. The door is open and closed by volunteers; the club members generally aim to open 10am to 4pm every day.

The Mapua Boat Club has led the way in saving the wharf as well as the stories of working life there and in Tasman Bay. It is a unique addition to the wharf precinct, to the region, and to future generations. A must-visit for boaties and friends.

Maggie Atkinson



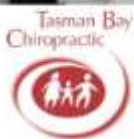
Top: Annette Walker pointing to the old scow Pearl Kaspar featured on a window transfer.

Left: Photo-board panels and nautical flags within the ‘ship’

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Mapua School on the Run



A lovely Sunday morning greeted more than 100 runners in Mapua School's first 5km fun run.

A great turnout for the Year 8 Camp fund-raiser saw families, individuals, friends and even dogs coming together to run and walk around Mapua's scenic coastline.

Congratulations go to Dave Keen for fastest man, Cheryl Young for fastest woman, Izzy Thurlow for fastest U16 girl, and Charlie Martin-Hine for fastest U16 boy.

The Cameron family cleaned up the best-dressed category, all looking very splendid indeed!

Thanks to Talei Heyward for organising the event and to Ben Thurlow for his race briefing and timing. Big thanks to all the parents and child helpers on the day. Also a thanks to Catalyst Fitness for their gym prizes and to Chocolate Dog for their photography.

Bring on the 2018 event!



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Mapua Health Centre

This month we are completing our re-accreditation for the Cornerstone 'Aiming for Excellence' standard, which sets out advanced and aspirational criteria to achieve over and above the requirements of routine medical care. The benefits of Cornerstone accreditation include:

- A recognised high standard of patient care
- Quality services delivered in a quality facility
- A respect for your rights and needs as patient
- An enhanced practice environment
- Staff that are committed to continually improving our services to patients

We wish to welcome Gabrielle Everts, a final-year medical student. During her time with us she will be sitting in on consults (with the patient consent) as well as consulting patients under supervision of our doctors.

Dr Tim Phillips holds regular minor surgery and skin check clinics every Wednesday. These clinics are proving to be very popular and frequently pick up things that could be serious or even life-threatening. The skin checks take about 30 minutes and the main focus is to check for any suspicious moles or lesions. This is a full comprehensive body check and will give you the opportunity to discuss any issues you have or that may arise. Appointments can be made with one of our receptionists on 540-2211.

The HPV Vaccine is now available and is free for males and females 9-26 years of age. It's simple and very effective. If you would like to make an appointment or want to learn more about the vaccination go to www.immune.org.nz or ask one of our nurses. In

case you are still wanting to make use of the flu vaccine, it is still available for free to those over 65 years or if you have a chronic medical condition such as asthma requiring regular medication, heart disease, diabetes, etc. Also, MOH guidelines recommend all adults have a tetanus booster at ages 45 and 65 years.

We now have a patient portal service called ManageMyHealth. This is a web programme that allows patients to have access to their own medical notes. This is part of a government policy and is being gradually introduced around the country. The information-sharing system has been carefully designed to ensure full privacy and security. At present registered patients can review their lab results, request repeat prescriptions and make doctor appointments, although more functions will be added over time. If you want to know more please check with the receptionists.

Also, a reminder that your feedback is important to us. It gives us an opportunity to look at how we can improve our services to you. If you wish to make a comment or compliment there is a box on the book table in the waiting room.

There are a number of important national and global events for the month, including:

- 1-31 Women's Refuge Awareness Month womensrefuge.org.nz
- 1-31 Dry July www.dryjuly.co.nz
- 7 Term 2 ends - Primary, Intermediate & Secondary schools
- 11 World Population Day un.org/en/events/populationday
- 24 Term 3 begins - Primary, Intermediate & Secondary schools
- 28 Hepatitis Awareness Day www.hepfoundation.org.nz

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ADMINISTRATOR REQUIRED

MAPUA & DISTRICTS BUSINESS ASSOCIATION (MDBA)

Our long serving Coordinator, Janet Taylor, is moving on to new projects and we wish her well for her future. We are taking this opportunity to redefine the job and create the new role of Administrator.

This part time role (approx. 12 hrs/pw) requires a wide range of skills and is an exciting opportunity for a self motivated person to be the lynchpin of the Association.

One day you will be talking to new businesses and existing Members, and the next you could be organising our next social event. You will work with our elected Committee to manage the Association and also be responsible for day to day administration and book keeping.

Proven interpersonal and computer skills are essential, along with a head for figures and a sense of humour. A business background would be useful for understanding the needs of our Members.

You must reside permanently in Mapua or Upper Moutere, have your own car, and be available for some evening work. This is a self employed, equal opportunities contract.

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CVs to be received at the above email address by 15 July



'Happy Buzz at Dominion Flats Planting

We always have such a positive vibe to the report from Dominion Flats. This time it has a huge thank you to those from our community who came to help with the planting during the weekend. There is always such a happy buzz as people meet new folk or catch up with familiar faces as they work and get the plants into the ground. Neither do we forget the band of regulars, usually about 10 who come each week to plant or deal with the weeds. It is all looking so-o-o good.

And now for another piece of really good news. We have been lucky to get a grant from Pub Charities which is to be used for paying Ash Oliver to prepare and plant area 8 which has had no work done in it so far. We are so fortunate to get these boosts to our project for without them we would have made slow progress. The local businesses who contribute to Pub Charity are Armadillos, Postboy Hotel, Rattle and Hum, Star and Garter Tavern and The Sands Brewery Bar and Kitchen.

Remember Dominion Flats is a reserve owned by the TDC so it is your space too. Enjoy it, use it, admire it and, even better, come and help on Tuesday mornings to make it a legacy for our future generations.

Helen Bibby

Rabbit-Proof Fence

Reviewed by Mapua Movie Mogul

Based on the 1996 book, *Follow the Rabbit-Proof Fence*, by Doris Pilkington Garimara (Molly Kelly's daughter), the film tells the story of three Aboriginal girls, 14-year-old Molly Kelley, her 8-year-old sister Daisy, and their 10-year-old cousin Gracie. It shows their escape from confinement in a government camp for half-castes and their return home across the vast and lonely Australian Outback. It is a simple story of indomitable courage, told with honest emotion.

Abducted by police in 1931 from their families at Jigalong, an Aboriginal settlement on the edge of the Little Sandy Desert in northwest Australia, the three girls are sent to the Moore River Native Settlement near Perth. Here the children must endure wretched conditions. Herded into mass dormitories, they are not allowed to speak their native language, are subject to strict discipline, and, if they break the rules, are put into solitary confinement for 14 days.

Followed by the Aboriginal tracker, Moodoo (a great performance from David Gulpilil), the girls make their escape. Using a "rabbit-proof fence" as a navigation tool, they walk 1500 miles across the parched Outback to return to Jigalong. The girls walked for months on end often without food or drink, not always sure of the direction they are going, using all their ingenuity and intelligence along the way just to survive.

The stunning Australian landscape is magnificently photographed by Christopher Doyle, and a haunting score by Peter Gabriel translates natural sounds of birds, animals, wind and rain into music that adds a mystical feeling to the journey.

This is more than just an important film, it's a documentation of an ugly and shameful part of Australian history. Which was well portrayed over recent weeks on Maori TV's documentary, *First Contact*. Another must-see movie at Mapua's famous 'Packhouse Cinema'.

Lawyer: Were you present when your picture was taken?

Witness: Are you having a laugh?

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Book Review

The Legacy of Elizabeth Pringle by Kirsty Wark.
Reviewed by Pat Russell. This book is available in the
Mapua Community Library.

Another library book had been chosen for review but this was borrowed on a colleague recommendation as an 'easy, good read'. And so it was, and on another level it touched cleanly, deeply and quite beautifully.

By the way, readers are always welcome when they wish to chat about books with the library volunteers. All are friendly, happy to both make and receive recommendations and are voracious readers.

Not until I'd turned the last page did I read the author's brief biography and then focused, with great surprise, on the author's name. Kirsty Wark has been an anchor and tenacious interviewer on BBC's *Newsnight* programme for more than a decade. Many a badly shredded politician has said their subdued 'thank you' to camera after attempting to equivocate with her. Wark has an extraordinary intelligence, persistence and command in the interviewer chair. She has also chaired a BBC Arts programme for years, in a gentler but just as direct and insightful manner.

In this book Wark gives us a wholly other, unexpected side—gentle, ambling, compassionate, very in tune with emotions, relationships and timelines. And tells a story beautifully, drawing in the reader seemingly without effort, as the best storytellers do.

It is written in alternating chapters, giving the story of Elizabeth as she writes her memoir of an almost century-long life, interspersed with the current story of Martha who is driven to discover and understand this enigmatic woman. It was tempting early in

the book to skip along and read Elizabeth's story without a break and then return to read Martha's chapters. She quite rightly, as the lead, is more interesting. But this would have been a mistake and stripped an understanding of the full framework, of the place two young and unusual men played in Elizabeth's final years. Young men who each allowed her to confront and give final ease to her ending life. It was in fact effortless reading.

The story is set in Scotland in a small village on the island of Arran and begins, in Elizabeth's case, during World War I. Martha acquires an extraordinary gift from a stranger and has herself to search for understanding as her own mother enters the dissolving landscape of dementia.

It contains painful deaths, loss, decisions made and regretted, the tragedy of war, albeit kept at a distance, and also the discovery and beauty in the smallest details of life. As a bonus a slight thrum of suspense grows as we are, with Martha, lead to want to know and understand Elizabeth who more clearly inhabits her life through the efforts of Martha, the gardener and the lapsing Buddhist on Holy Isle.

Wark pulls together some loose ends in the final chapter—that word 'closure'. Interesting and comfy but it wasn't really necessary (for my experience of it) as life, any life, encompasses a good measure of loose ends, the unexplained.

When published in 2014 the book notes stated another novel was in progress. Time to hunt it down and enjoy it. What a treat.

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Mapua Community Library

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Magazines:

Did you know that we subscribe to a number of magazines which are available for borrowing? Current stocks include:

Taste May/June. Dishes from around the world in less than 30 minutes—China, Italy, France, Japan; Recipes from the Mediterranean Islands—Cyprus, Tunisia, Sicily, Mallorca, Crete.

The Shed May 2017; Customise your caravan; Making a laundry cupboard; Creating works of art using steel.

Lifestyle Block May 2017. Fruit trees and companion planting; Planting a wood lot; Keeping your chickens healthy.

Regular magazine users, please note: We have recently changed the borrowing period to one week and introduced a borrowing restriction of two "blue spot" (subscribed to) magazines at any one time. We are hoping to allow greater distribution and utilisation of these publications while they are current.

Statistics:

Our records indicate a consistent and steady increase in circulation. In May 2017 we issued almost 700 books more than in May 2016. We love that there

are so many people experiencing the joys of great books.

Literary Festival 2017

Please see elsewhere in the *Coastal News* for a full report on this exciting upcoming event.

Displays

Mapua Playcentre artwork continues to feature in the Children's Area.

Until mid-July we will display oil paintings by John Sharman. You are welcome to visit to view this local talent.

Lynley Worsley

Library Hours (closed Statutory Holidays)

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

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

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



With fewer than 80 days until Mapua Community Library's fourth Literary Festival planning is going into overdrive.

The Festival will be held during the weekend of 15-17 September and has a diverse range of events that will appeal to all ages.

The Festival opens on Friday afternoon with a drama event for local schools. On Friday evening the Library's patron, Joe Bennett, will act as quiz master for a fun quiz. That is followed on Saturday and Sunday by conversations with, or presentations by, some of New Zealand's best known authors.

On Saturday morning a story teller will perform and on Saturday evening poets will have an opportunity to showcase their work.

The Library is thrilled that Fiona Kidman, Fleur Beale, Jenny Patrick, Paddy Richardson, Elizabeth Knox and Sarah Laing are among the authors who have accepted invitations to be part of the Festival.

'Journeys' Mapua Community Literary Festival 15 — 17 September 2017

Apart from the event for schools, all Festival events will be held in the Community Hall.

A detailed programme and ticketing information will be available in the Library and on the Library's website and Facebook pages from mid-July.

A short-story competition is being run in conjunction with the Festival. Stories, with a maximum word count of 1500 words, are to be on the theme of Journeys: a physical or spiritual journey, an odyssey to discover something unrelated to time and space, a voyage to another reality or the journey from youth to old age.

The competition will be judged by Nelson poet and author Bridget Auchmuty. The results will be announced during the Festival. Entries must be received by 31 July 2017. Entry forms are available from the Library or the Library's website, mapuacommunitylibrary.co.nz

Anne Thomson

Mapua Gateway Sculpture a Step Closer

Fund-raising for the Mapua Gateway sculpture at Higgs Reserve is on track with approximately \$14,000 left to raise.

The Ruby Coast Initiative Trust (RCIT) has gratefully received generous donations from individual businesses and members of the community. The *Coastal News* team has contributed a very generous donation which has significantly boosted the fund-raising effort. A big thank you to you all!

It is through this continued support from the wider community which will



enable this second stage, of the ambitious three-stage gateway project, to become a reality.

There is ongoing work being undertaken in the background to ensure all elements of the project come together in the most timely and efficient manner. This includes raising the remaining funds by seeking grants, receiving donations and producing and selling a limited edition of mini-replicas of the Sculpture.

To order your mini-sculpture simply contact Janet Taylor at secretary@rcit.co.nz or by phoning Janet on 540-3364.

If you haven't done so already, you can check out our website at www.rcit.co.nz and follow progress on our Facebook page: Ruby Coast Initiative Trust.

Marion Satherley, RCIT treasurer

Fire Brigade

May 17-June 17 call-outs

May 16: False alarm at winery at Upper Moutere.

May 25: False alarm at Mapua School.

June 10: Assist Motueka with house fire at Tasman.

June 11: Motor vehicle crash SH60 near Weka Road. Assisted police.

Calls this year – 48

Safety Tip: Remember the 'Heater Metre Rule' this winter. Keep all clothing, objects, curtains, furnishings and furniture at least one metre away from heaters and fireplaces. Don't dry or store objects on top of your heating appliance. Always use a fire-guard or a spark-guard with open fires.

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Belgian Endive or Witloof?

By Sarah La Touche

It's all the same actually. If you are travelling on the Continent you'll be looking for witloof or Chic-con, often sold as cheap as chips in 1 kilo bags. I can happily munch away on them like apples, though most would think that a bit extreme.

In New Zealand, there is only one producer who grows this gorgeous salad vegetable, a Dutchman and his family, in the bountiful Wairarapa, and it's called Belgian endive here, apparently because it was the Belgian peasants who first discovered this wild chicory plant. Then a Belgian botanist called Brèzier improved the technique for 'forcing' the plant, a process called etiolation, to produce the modern form. If you aren't familiar with it, it is time to get acquainted.

It's a wonderfully versatile, highly nutritious vegetable, equally delicious raw as it is cooked. I would describe it as succulently crunchy with a balanced, bitterness that stimulates the gall bladder and digestion. In Europe it is often enjoyed in warm salads over the winter months dressed with a salty dressing, bacon or anchovies and olives.

Interestingly, salt not only balances bitterness but also suppresses our perception of bitterness. Before salad greens and lettuces were bred for commercial sale, they were much more bitter than they are now. This bitterness is a result of a terpene compound called lactucin, but over time this compound has been gradually bred out of many of the lettuces we eat. So in the winter months, when our digestive fire slows down, it's good to include some bitter salad greens to keep our digestive organs and liver toned.

If you haven't cooked with Belgian endive before, it's a slightly weird looking creature. Shaped rather like a creamy torpedo with buttery-yellow edges.

It is grown in the dark from a taproot, and like white asparagus grows tougher and more bitter, as it is exposed to the light. So the idea is to eat it before that happens while it is sweet and succulent. Look for examples that are firm, slightly shiny and unblemished. They have a high water content and therefore a fairly low calorific value, around 20 calories per 100 grams, an ideal food for the weight-conscious.

Nutritionally, they pack a good punch with excellent levels of folate, calcium, potassium and even some omega 6, along with a moderate amount of fibre and a good level of various other trace minerals.

When it comes to culinary crunch they score highly so will add extra interest in a run-of-the-mill salad. I recommend slicing off the root end where

they are most bitter and then peeling off the leaves into a salad. Otherwise they can be sliced across the vegetable in rings if you like, or slice them down the centre, quartered. Partner them with chopped fresh tomatoes, black olives, anchovies, crispy bacon, Prosciutto or Serrano, hard boiled eggs, beetroot, walnuts, apples, and orange segments, ham, and amazingly scallops. Creamy chunks of avocado make a glorious textural counter balance, along with a creamy mustard dressing.

The long, elegant leaves make a great vessel for serving dips, pâtés and spreads too. A cup of sweet Ricotta flavoured with freshly chopped herbs and a bit of crushed garlic, can be quickly combined and spooned delicately onto each individual leaf, providing an easy, low calorie, hor d'oeuvre for a drinks party. Cheaper still, make up a filling of hard-boiled

eggs, chopped parsley, cottage cheese and Mayo, to fill the leaves or whatever else takes your fancy.

If you cook Belgian endive it will become sweeter as the natural sugars cook out. I think they are particularly fine braised in a little butter or olive oil, salt and pepper, then just finished off with a dash of white wine. Top with black sage butter if you are feeling particularly hedonistic.

If you are feeling extravagant, as they are quite expensive here, a gratin of Belgian endive is a meal in itself. Count one or two endives per person, braise them in a little butter and drain off, sprinkle in layers with Gruyère, Comté, Parmesan or even some mature Edam and brown in a very hot oven.

For a richer, meatier version and a terrific supper dish, wrap each endive in a slice of ham or bacon, lay in a gratin dish, pour over a thickish white sauce and top with cheese before baking until golden.

Serve to accompany roasts and poultry, slice them en chiffonnade, super, super finely on a mandolin, with fish, or toss through a light batter to make fritters.

Raewards in Richmond stock Belgian endive.

Sarah La Touche is a qualified Clinical Nutritionist. A registered member of the New Zealand Clinical Nutritionists Association and New Zealand Guild of Food Writers, she also runs B&B and self catering accommodation in Mapua, Plum Tree CookSchool, and walking & gastro-nomic hosted holidays in France and Spain. She is available by phoning 027 315 1165, sarah@livingnutrition.co.nz or www.holidaystaymapua.nz.



Brain & Spine can Influence Health

Your brain is remarkable. It's comprised of hundreds of billions of individual cells that are constantly receiving and transmitting information through your spine and nerves about what is going on inside your body and what is going on around you and your environment each second of the day. The sum of all this activity is what you perceive as your personal human experience. Put more simply, the health and activity level of your brain and spine determines who you are as a person.

In order for your brain to be healthy and perform its job at a level that allows you to enjoy life, each one of your individual brain cells needs to be healthy and maintain proper communication with its neighbours. Therefore, if you are to keep your brain healthy as you age, it is important to understand the three requisite factors of healthy brain cells: oxygen, nutrition, and activation. Without the right amount or quality of any of these factors it becomes impossible for your brain to efficiently perform the countless functions that make you, YOU.

Unfortunately, everyday life is not conducive to a healthy brain. Our jobs and schools require us to sit for hours, limiting the amount of activation our brains receive. Technology forces us into positions that work against our natural breathing mechanics, and it has become exceedingly difficult to find high quality foods.

We all experience these forces to varying degrees, but the only time we can truly appreciate it is when our brain function declines to a level that makes every-day life more difficult. Headaches, neck and low back pain, confusion, foggiess, vertigo, sensitivity to light and sound, anxiousness, dizziness, and light headedness are just some of the many symptoms that people can begin to experience as their brain cells or spine decline in health.

Fortunately, modern science has discovered that there are strategies and activities that you can perform on your

own to lessen the harmful and damaging influences on your brain. The one constant in most of these brain-healthy activities is movement. When you move your body, receptors in your spine, joints, and muscles send powerful signals to your brain that help to drive growth, forge new connections, and enhance the ones already in place. That's why most people feel more alert and energized after exercise.

Study after study has shown that regular purposeful movement whether it be weight-lifting, running, biking, yoga, dancing, or Tai Chi can help keep your brain functioning at high levels and even lower your risk of developing all types of chronic disorders.

Solid research now demonstrates that the function of your spine can influence and improve the way your brain perceives what's going on in your body tremendously. Chiropractic care restores the health and function of your spine thereby improving the communication between your brain, your body and your environment. If your brain can accurately perceive what is going on it can control your body better.

There are many times that the insult to our brains and nervous systems require professional intervention. Chiropractic examinations and protocols can assess the function of your nervous system and the movement in your spine to correct the cause of imbalances and restore proper function. Bottom line, adjusting the spine and improving how your spine moves impacts the way your brain works and changes brain function!

Don't wait for a crisis to force you to take action. Be proactive, schedule an examination, and keep your brain, nervous system and spine in tip-top shape. We are here to help you take charge of and improve your quality of life by helping and working with you to understand more of what you can do to be a healthier you.

Dr Ron Howard




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Faith Communities

To what in particular does this phrase refer? Often, in context, it references a group reluctantly acknowledged as fringe to wider culture and to be (sort of) tolerated – a group that is a bit odd really. To be sure, anyone or group that does not conform to the current trend of normal should expect this kind of perception and sometimes, reception as rejection.

Occasionally, the faith community in question is blameworthy for an ill in society or a particular incident that would not have happened were it not for those dangerous types belonging to or promoting their 'faith'.

A couple of paradoxical trends have emerged over the last number of decades in most spheres of thinking and acting. That is, to either under-define or over-define a faith community. Because a subject or way of thinking and living is deemed odd, irrelevant, or taboo, the net result is often a misdefining. Broadly

speaking, it is actually more convenient (and lazy) to not bother finding out what a basic belief system is, and thus the ramifications, for any faith community. Therefore, we merrily go on considering that community a useful cul-de-sac for oddities and (sometimes) atrocities without actually knowing much about them at all.

A second paradox is to ignore that the phrase 'faith community' actually applies to just about everyone on the planet irrespective of what we must now call their 'world-view'. This deliberate ignorance is even more convenient – and deceptive – because it is then possible to charge another community with something while pretending that that charge, quip, or accusation is neutral. Worse still is a failing to acknowledge that one is adopting a believed superior point of view – a faith stance – but presenting it as neutral.

One of the gifts of Postmodernism is to expose certain views as privileged without justification. Everyone has faith in something or someone – even if it is faith in un-faith! You have to be prepared to 'declare your hand' but often that is conveniently undeclared, omitted, or ill-conceived.

Without recognizing that one is actually a part of some faith community the hard work of having a conversation that is actually ad-idem or 'on the same page' is never quite realised. Once realized, and only then, is it even possible to genuinely 'agree to disagree,' but not before.

The Christian faith is just that. It was borne in a context of wide and varied belief systems and an intolerant state that ironically, charged Jews and Christians with atheism because of their particularity.

What was that faith? What is yours? To which 'faith community' do you belong?

Richard Drury

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



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Playcentre

We've had many beautiful, crisp mornings where our tamariki have enjoyed playing in the leaves and exploring the outdoor area. The coming month will no doubt see the children begin to explore the various indoor areas which they often ignore on sunny days! The music and book corners, craft, discovery and family areas are all calling to get rediscovered and greatly enjoyed. Upcoming events we're all looking forward to include: our Matariki celebration on Saturday 25 June and a gym trip to Nelson Gymnastics on Monday 3 July.

As something a little different we thought we would run a series of family profiles over the coming months to introduce some of our playcentre families and what they love about playcentre.

This month we showcase Kathryn Alborough and her three daughters: "My three daughters (Ellen, 5 and now at school, Grace, 3, and Pippa, 1) and I have been going to Playcentre for three years and we love it. It's a chance to do some of the messy stuff that I frankly don't do at home. The children also have the opportunity to choose to do what they want to at each visit, whether it's rolling balls down slides or climbing ladders (and jumping off) or eating paint. With the differing ages and interests, that is great for them. It's a wonderful environment to encourage playing with your kids (rather than at home where there are

always chores to be done). Plus, it's an easy place to wrangle two or three children who might go off in different directions but you know they can't get up to any trouble and there are plenty of adults to help".

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

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

We offer a term of free sessions for first-time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Liz on 021 998 899, email: mapuaplaycentre@gmail.com or find us on Facebook.



Kathryn's children Ellen, Grace and Pippa exploring and enjoying playcentre.





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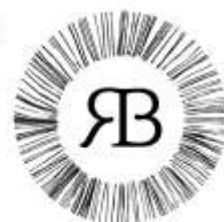


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PANZ

Yes, I admit it is hard to get out into the cold on a frosty morning. However, when it is for the purpose of meeting at the Mapua Hall for a morning of pastel painting it's worth it. Yes the room is warm and cosy, just right for conjuring up inspiration to paint. So put on an extra layer and come along and join us to discover your hidden talents and see if pastel painting is for you.

I love this quote from an artist who wrote the book, *Brave Intuitive Painting. Let go. Be bold. Unfold*: "Often the fear of not knowing what to do or the fear of doing something wrong stops us in our tracks and keeps us from starting. If we can let go of this fear, we open ourselves up to a much larger world of expression, a world where anything is possible." Flora Bowley, artist.

We all start at a certain level. Some at the very beginning...I called mine the kindergarten stage, but fear not, we do develop as we go along. We use each other to help grow in our skills and techniques with our pastel painting. You may surprise yourself as to what your ability is.

Recently feeling extremely "blocked" for ideas and even doubting my ability, I brought my unfinished painting to our Tuesday morning group and received some very well placed advice and am now further along with my painting and feeling more confident about the end result.

You are welcome to come on a Tuesday morning from 9am to 12pm at the Mapua Community Hall on Aranui Road, Mapua, to chat with our members and see what they are creating. Who knows, you may even get inspired and decide to join our active group of pastel artists.

For additional information please contact our Area Representative, Glenys Forbes, at 03 540-3388 or by email gmforbes@ts.co.nz

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Getting to Grips With Computer Technology

At our last Senior Moments get together Ryan came to talk to use about the new business the has set up in Mapua. MAPUA'S MR FIX-IT. He also talked about computer technology and the services that people like him can offer. This can include;

PC, Lap Top, Smart Phone and Tablet repair
Upgrades and
Virus Removal

Ryan told us that one of the commonest problems is people forgetting their passwords and then being unable to access their technology. He can help with this and also advised keeping passwords simple and easy to remember. Choosing your pet's name is OK as it is highly unlikely that someone will access your computer using your password. Changing letters into numbers in a word is also a good idea. Eg, Susan becomes 5u5an.

Ryan can help with keeping costs down such as recommending a PC. A cheap one will probably be all you need with regard to functions so don't get talked into buying an expensive model. He also talked about whether virus protection was needed.

Ryan can help set up programmes, find faults and help set up any Apps that you might find useful. Charges are around \$30 an hour and if he is unable to fix a problem then there is no charge. Most things can be solved in less than an hour.

Modern technology such as computers and smart phones can present unique opportunities for older adults to socialise and establish social networks that can help alleviate loneliness and isolation. For older people with mobility problems or older people that live geographically far from family members, computer-based communication such as e-mail, instant messaging and Skype can provide social support from family members and friends.

The elderly can gain from this type of communication in many other ways too. This includes such things as seeking new information, acquiring new social interests, paying bills on line, sending and receiving photographs, playing games, and making purchases, including grocery delivery. Computer-based communication gives elderly people a chance to participate in a wider part of society and this can all be done from the comfort of their homes.

Elderly people who have not grown up in the computer age often do not have experience with the use of

computer technology. They can feel that computers are not for them or feel anxious about using them. So an important part of giving the elderly the possibility to use computer technology is to convince them that computer technology can be relevant to them if they want it to be. The next step is then to have access to learn about and acquire computer skills.

Research shows that elderly people who are initially anxious about using computers once they have gained experiences in using them show a less negative attitude towards their use. Research has also shown that once an older person learns more about using computers they become more satisfied with life. This satisfaction is often derived from higher self-sufficiency.

SeniorNet Motueka

Most towns run a community training network that supports and motivates older people to enjoy and use technology in their everyday lives. "SeniorNet Motueka is a club aimed at people in the over 50-year age group who wish to develop computer-associated skills. Lessons cover the use of PCs, Apple Macs, iPads, Android tablets and smart phones. Training is carried out by volunteer club members in a sympathetic and friendly atmosphere. There is a significant social content in the club's calendar which allows all members to get to know each other and enjoy activities". (copied from their web site). SeniorNet is at 42 Pah Street, Motueka. Fees are \$20 a year. For more information and how to join visit www.seniornetmotueka.org.nz. Postal address is PO Box 297 Motueka 7143. Membership secretary is Marilyn Pegram, Phone 03 528-5289

Services at Home.

If you are unable to attend SeniorNet then having help at home is an alternative. There are several people advertising their services locally and Ryan, who came to talk to us, would be happy to help.

Heather Hoad

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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.

Under The Bonnet with Fred

Cushla's Brand New Mustang



We were all gathered at a social occasion and Ray said he had brought Cushla a new Mustang. My response was, "A new new one?" and the reply was, "Yes, a new white 2017 Mustang GT convertible with the five-litre motor." The second question everyone asked was "Are you going to let Cushla drive it?"

Doing a story on a new sports car, there is not much history to write about, but just after the car arrived Ray said to Cushla, "Let's go for a feed of oysters, but you will need to pack a bag." As Ray drove down the drive Cushla asked where were they going. Ray replied, "To Bluff."

They drove through the Arthurs Pass with the car handling the windy roads in comfort and speed. By chance there was a Mercedes SL on the road so it ended with them having a little race. The Mustang hard on the Mercedes' tail most of the time but falling back on some of the hard corners. Cushla could not let that happen so Ray, on a safe passing straight, floored the Mustang and blew the Mercedes away. Cushla and Ray totally enjoying their first drive in the new Mustang, plus the Bluff oysters.

Under the bonnet is a large plastic cover with '5.0 litre' on it and only a few components on show as per most modern cars, but looking down one side I was reassured that this was a the 5 litre V8. Engine 4951cc with 306kw at 6,500rpm, economy 12.7litres/100 which matches most family V8 sedans. At 4.784m long it is about the same as a modern Falcon. It is 1.916m wide, making it stable on corners. Its weight at 2141kg is surprisingly heavier than I would have thought.

Cushla's car has the six-speed automatic transmission with paddle shifters on the steering column, which are cool. There are also four driving modes of normal, sports +, track for enthusiasts and wet/snow for better wet road stability. There is a whole lot going under the bonnet with safety, vehicle control, economy and driver comfort which I have not got enough space to try and explain but it all looks after the car and the driver.

What were my favourite things with the car? The Mustang icon tail lights, driving position with nice strong leather-bound steering wheel, the voice control information centre and rumble from the exhaust on hard acceleration. I would not change anything, except I would have the chrome wheels.

Many thanks to Ray for letting me drive on the road test. Turning right onto the by-pass from Mapua Drive I was behind three vans on the hill and with a passing lane available I accelerated past the first one and momentarily glanced at the speedo, then looking across that nice ribbed bonnet I had already passed the third van. It was a buzz to drive with that exhaust rumble on acceleration which quietened on cruising. After driving the Mustang I found it was driver-friendly, with good instrumentation with not too much to distract you. The steering was excellent; and the transmission and engine computers were talking to each other beautifully, providing the best level of power or economy.

Although I'm not a Ford man there is something about the new Mustang. This car will hold its value better than that Mercedes SL that Cushla and Ray encountered en route to Bluff. A modern car with heritage and that word Mustang won't go away in New Zealand ever. Great car, Cushla.

Fred Cassin



A NOTICE FOR NEW RESIDENTS IN

Mapua, Ruby Bay and Tasman

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Contact directory@rcmh.co.nz with the details you want listed or fill in and return the forms that were posted in all mailboxes OR fill in and return the form in the back of the current edition.



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Madsen

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2

Open 11am
till
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7

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Tribute

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dedicated to
the man in black

8

Nelson Big
Band

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9

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till 4pm
Trudys
dance night

10

11

12

13

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14

15

Closed all
day for
private
function

16

YULIA
Album
Release
Matinee Show
230pm start

17

18

19

20

August 5th: INTERNATIONAL BLUES
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August 11th: PAUL MADSEN

August 18th: SPCA QUIZ NIGHT

21

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Hills Community Church



If, like me, you like to follow the news, you cannot but be aware of what complex and difficult times we live in. Every other day there seems to be some other act of terrorism and violence in the world. Now, more than ever we live in a globally connected world and not only do we have constant access to



news of world events, but our lives are connected globally. As we have seen, events that unfold in world conflict zones, can have effects that reach throughout the world, into places, and lives, which seemed so safe and secure.

How do you respond to the chaotic times we live in?

It is tempting to imagine that we live in a place which is a long way from any of these events. And it is tempting to want to insulate ourselves from a world around us which at times seems chaotic and threatening, and to concentrate on building our life here.

In many ways this is the right approach, even in the midst of chaos, life goes on. But we kid ourselves if we imagine that we can insulate ourselves from all chaos and harm.

The reality is that there are many events, completely outside of our control, that can derail the life we are trying to build; ill health, accidents, relationship breakup, or loss of employment to name but a few. The question is: How do we develop, a centre for our lives, that can see us through the difficult times, that we have no control over, the storms, and speed bumps that will come?

The solid centre of our being comes not from things that can change but from the very ground of our being. It is in fact in God, that we find the centre that has been with us, is with us now, and will be with us, no matter what life may bring. And most importantly of all is this; This God who created us, is a God who deeply and profoundly loves us, and will never let us go.

The Apostle Paul says it like this: 'For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, not any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.'

In Christ, Rev John Sherlock

Hills Community Church,

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Please see our website for further information.

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

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

Rev John Sherlock, revsherlock.hcc@gmail.com
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Trail Running Growing in Popularity

Trail running, it seems, is growing in popularity at a rapid rate. And when you look at what surrounds us here in the Nelson region, it's easy to see its appeal. Anyone who enjoys running can get out there and take advantage of the beautiful scenery and fresh air that's within easy reach here. Mixed abilities can run in a group and just tailor the distances or times they run so that everyone gets back to an agreed point within a certain time.

At Catalyst, we have a monthly Trail Run. It's a small group of people of mixed abilities who love to get out and explore. If you are interested in giving it a go, get in touch and I will tell you more about it.

Some specialised equipment is required—but if you go tramping you'll probably have most of what you need already. These are sensible requirements to keep you safe and warm should the weather turn against you. For more gear advice you are welcome to get in touch if you are interested in joining us for a trail run.

Our next run is on the last Sunday in July when we head to Abel Tasman National Park and take a boat with the aim of running back to Marahau.

So, lace up your shoes, put on your running pack, and head off into paradise to get a big dose of fresh air, stunning scenery, and good healthy exercise.

Karyn Holland, Personal Trainer, Catalyst Fitness



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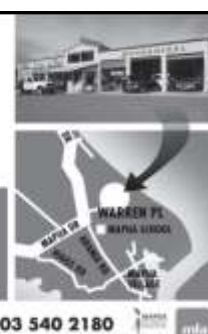
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We can post you the *Coastal News*. Post \$20 with your name and address to *Coastal News*, PO Box19, Mapua Store, 7048, or email coastalnews@mapua.gen.nz

MAPUA AUTO CENTRE
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Motoring with MAPUA AUTO CENTRE
"YOUR AUTOMOTIVE SPECIALIST"

Maintenance of Automatic Transmission

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

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

Dirty fluid

All mechanical components require clean fluid (oil) to effectively protect and lubricate moving parts and limit the effects of friction.

Friction produces heat, hence, an increase in friction could cause over heating and accelerated component wear.

The first signs of wear within an auto trans is harsher shifting through the gears followed by the gears starting to slip and then eventual failure.

Repairs can be very expensive, usually starting at \$2000.00.

We recommend the much cheaper option of a regular servicing program, especially vital for CVT auto transmissions.

As a rule of thumb, we suggest the following servicing intervals:

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

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

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



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

Happy & safe motoring from the team at **MAPUA AUTO CENTRE**
"YOUR AUTOMOTIVE SPECIALIST"



MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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



Community Directory

The Community Directory is a service that the MDBA and its members provide free to the district. This year the 23rd edition of the Directory will be produced and preparations are underway. The MDBA relies on locals to provide updates regarding additions, alterations or deletions to addresses and phone numbers that appear in the Directory. Please help keep this useful resource current by providing your updated details if these have changed. This can be done via the form at the back of the current Directory or by emailing to directory@rcmh.co.nz. This information is required by 24 July to be included in the next Directory.

Better Home Loans

Anna McClure
Mortgage Adviser

Returning to Nelson after a year in Golden Bay Mortgage Adviser Anna McClure is excited by the prospect of working from her newly opened Better Home Loans



office in Mapua as it is right in the middle of her clients from Farewell Spit to Hira.

At 150 Mapua Drive, Anna is in a great location to see clients at their homes or businesses at a time that suits them, or if they prefer they can come to the office which can be found easily in the Rare Creations building where there is plenty of parking out front.

Anna's flexibility ensures the process is convenient as well as quick, just 3 to 5 days to know you've got the money.

Anna is an independent Financial Adviser with NZFSG specialising in loans, for Homes, Investment, Business and Debt consolidation. With more than 12 years' experience in financial services including Business Banking, Anna understands what her clients need and offers them the best solutions. As a member of NZFSG she has access to 20 plus lenders including all the big banks and some specialist lenders.

A 'one stop shop' for all your borrowing needs, Anna believes the best thing buyers can do in this very heated property market is Be Ready, get preapproved so that you know when you find the right home you can go in with your best offer.

Better Home Loans now open, call 021 755 611 or email anna@betterhomeloans.co.nz for an appointment.

www.mapua.co.nz

On a gorgeous autumn day, in May of 2009 we got lost, looking for our self-catering accommodation and arrived at the Mapua wharf, to ask for directions. We instantly

fell in love with the area and within 4 days, we'd found a house, an apple cool store for our gallery and a school for our two children. We were instantly made to feel at home, which gave us the confidence to express who we are. That October, we opened the doors of our gallery, Forest Fusion Functional Art.

The past 8 years have been a roller coaster ride of amazement. The four of us, Russel, I (Charisse) and our 2 children, Jasmin and Tuscan have discovered talents we didn't know we had.

Russel's sculptures have blossomed into his very popular, kinetic sculptures, that move in the wind and sparkle in the sunlight. I've created a jewellery range, which I now have made in maintenance free, stainless steel. Jasmin discovered her own style and passion for art and is now studying Design at Massey University, in Wellington, and Tuscan is making incredible sculptures at his young age of 14. In 2015, Mapua School commissioned Tuscan to make their Centenary sculpture, which now stands proudly, in the school's courtyard.

We all, look forward to our future with excitement of what the next 8 years, will bring us. We all feel totally blessed and privileged to live in this loving, friendly village of Mapua.

Thank you to all of you!



Supporting Local Businesses since 1992

Noticeboard

Employment Opportunity! Tessa Mae's with Attitude is looking for two extra staff members to join our team. For details: tessamaes.co.nz or facebook.com/tessamaesmapua
Friends of Mapua Wetland, including Tane's Ark project in Aranui Park: AGM will be held 3pm Sunday 9 July at 107 Aranui Road. All welcome.

Found on a path in Aranui Park: woman's long oatmeal coloured cardigan. Phone 540-2873

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

Office to Rent in Mapua Village Centre, located behind the Pharmacy. Contact Alan at the Pharmacy: 540 3735

Writing competition in association with the Mapua Library Literary Festival Sept 15-17. For info: mapua-communitylibrary.co.nz. Entry forms available at the Library.

Mapua Craft Group meet Fridays 10-noon, supper room, Hills Community Church. Simple craft work including: paper craft & card making, sewing, knitting, small upcycling projects. Occasional guest speakers, demos & outings. A social, a cuppa, some easy craft along the way. \$2 for room rent, koha for materials. Info Rowena 543-2400, Marian 540-2427

Coastal Garden Group meet first Thursdays, 1pm, Tasman Bible Hall. Members & guests welcome. Judith Garrett-Brown, 03 528-5405

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.

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

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

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

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.

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

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

Toy Library: extensive selection of toys, puzzles & vid-

eos for children 0-5yrs. Mapua Hall every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Phone Anja, 544-8733, about membership or casual hire.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.