



## Change of Course Needed at Mapua Wharf

Unless the Tasman District Council changes course on its present commercial property policy, the Mapua community stands to lose a lot when a new Mapua Waterfront Strategic Plan is tabled at the next full council meeting on 22 June.

If the council sticks to its current policy that the Mapua Wharf area is part of its “commercial property portfolio”, the council will be looking for ways to recoup more money to cover the \$2m spent on the Shed 4 development in 2015 and substantial additional costs incurred later.

There is general applause in Mapua for the TDC’s initiative to replace the former Wharf Shed 4 after the disastrous fire on 15 September 2011. The rebuild has helped to rapidly revive the wharf area. However, the project has also had some negative outcomes for community and council. These include:

A spectacular budget blowout in late 2015 with the budgeted cost of \$1.4m exceeded by \$493,000, bringing the total rebuild cost to \$1.9m. The project is understood to have been later bailed out by an advance from the TDC Mapua budget allocation for 2016-17, proceeds of about \$200,000 from the sale of a forestry block and some debt funding. So far as is known, no staff member was held accountable for the failure to report the over-spend.

An abrupt and unannounced closure of the existing boat ramp in November 2015 left boat owners, the Mapua Boat Club and the Sea Scouts high and dry, with no available alternative.

A dispute between the council and owners of the most popular shop at the wharf, Hamish’s coffee and ice-cream parlour, over opening days and hours. This resulted in the owners being forced to move premises and, later, the council being ordered to pay \$20,000 plus costs in a subsequent court action. It is also not clear if any staff member has been held responsible for the mishandled negotiations with the owners of Hamish’s that led to the court order.

An ongoing dispute between the TDC and the owner of the Golden Bear Tavern over a Building Act requirement for toilets for patrons. This led to a bizarre result of the TDC having to fine itself over its failure to enforce the law.

Degradation of the most popular family area at the wharf, a formerly grassed area near the Mapua Ferry landing beach, with the siting on the former

reserve area of a clutter of rubbish facilities, a semi-permanent toilet for the tavern, a signboard and cycle racks.

A new problem at the wharf reported recently to some TDC councillors is that there has been a significant structural failure in the main wharf building at Mapua. This affects mainly the Jellyfish restaurant, but it reportedly requires urgent repairs. No details have been given about the cost of repairs.

A further source of pressure for more TDC income from Mapua Wharf is a reported shortage of staff to administer the commercial portfolio. At a meeting of the council’s Commercial Committee in November last year, it was reported that TDC’s three full-time commercial property management members were unable to cope with the workload. Non-councillor members of the committee urged employment of a fourth staff member at a salary of \$50,000, which could bring in a further \$200,000 a year. However, the proposal failed and staffing difficulties are likely to continue.

In the case of the Mapua Wharf costs, it appears that the only realistic way the council will be able to meet the demands of the commercial policy is by increasing rents and/or finding new sources of revenue.

It is known that the council property manager wants a commercial venture on the former grassed reserve that lies between the Golden Tavern and the Mapua ferry berthing area. But this has been a popular reserve for families and would be opposed by the community. Property staff would also like to take over space in the main wharf building used by the Mapua Boat Club, Tamaha Sea Scouts and the Mapua Maritime Museum and to have retail shops and cafes instead. This would also be unpopular because of the role of the groups in managing wharf and attracting visitors. In the case of the Sea Scouts, the outstanding troop we have provides our young people with exceptional adventure opportunities.

According to a report to the council on 11 May this year, commercial manager Gene Cooper says the Mapua Wharf buildings and land are valued at \$3.3m and carry debts of just under \$2m. The Mapua property was reported to return \$267,000 a year to council. However, it is understood that the income figure is too high because it does not include significant costs that have been incurred.

The major community problem with the way the TDC is currently administering the wharf is the narrow focus on commercial returns and a failure to acknowledge and value the wharf's community role.

A strictly commercial focus has developed because about the time TDC decided to rebuild Shed 4 at Port Mapua, it also changed management of the Mapua Wharf from its transport and engineering divisions to what it calls its 'commercial portfolio'. So far as is known, this was done without community consultation. Simultaneously, other council assets were placed in the commercial portfolio, including Port Tarakohe and camping grounds in Motueka and Golden Bay. All assets in the commercial portfolio were to be managed under the council's commercial policy.

Compounding the problem for residents was the fact that administration of these assets became very secretive. During the period 2013-2016, the commercial portfolio assets were overseen by a Commercial Committee, which was chaired by Deputy Mayor Tim King. In this committee, almost all business was dealt with in closed sessions. The committee's recommendations were later endorsed by the Corporate Services Committee, which had been delegated with full council authority to make a final decision.

The TDC's commercial policy for the portfolio had a singular requirement— that the committee was to ensure commercial rates of return from property assets.

The Commercial Committee also had three unelected members – all businessmen – who were paid for their time to attend meetings and to advise how the TDC's commercial objectives should be met. These lay members were not accountable to the public.

After the 2016 elections, the three lay members of the committee were re-appointed for further terms of varying lengths. Two more councillors were also appointed to the Commercial Committee and it now reports to the full council, which since late 2016 has had the responsibility for final decisions on the property portfolio.

There is a concern that the council, acting to obtain the highest financial possible financial returns from the Mapua Wharf area, ignores the fact that to

residents of Mapua and wider Tasman district, the wharf is more than just a commercial asset. It is situated on and adjacent to the Mapua Estuary and foreshore. It is part of the Mapua coastal environment. As such, it is a public space, shared and enjoyed by many in our community. It has high landscape, natural character, amenity, community, environmental, and recreational values.

The council manages the wharf, including the commercial buildings, on behalf of all its residents and ratepayers. This means that it should provide fully transparent information to those people on decisions made, costs and benefits. It should also be considering more than just the commercial value of this important part of Mapua, and fully consulting with the Mapua community as well as its wider community in the Tasman District on any changes and new developments.

A new plan for Mapua Wharf, the Mapua Waterfront Strategic Plan, is at present being developed. It focuses on the Mapua Wharf area, Waterfront Park, Grossi Point Reserve and an area of remediated former chemical company land west of Tahi Street. Work on the plan started only in January this year. It has involved an internet based survey, some community and iwi consultation and the draft plan will be considered by the TDC at a full council meeting on 22 June.

The TDC says that community consultation on the plan will follow. Hopefully, Mapua residents will speak out when they have the chance during this phase of the process. It will be a chance for residents to tell councillors of the significance of Mapua Wharf as a community asset and amenity and not just a source of council revenue which. The wharf is a part of our community, part of our history and it is very appropriate that relevant community groups like the boat club, marine museum and Sea Scouts should continue to be based there. Commercial development at Mapua Wharf needs to be balanced by community involvement.

*David Mitchell*

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## Commercial Return 'Not Council's Focus'

I really appreciate the opportunity to comment on David Mitchell's piece in this issue of *Coastal News*. Normally I don't respond, but I can't let the opportunity go this time. There are a number of errors in his paper and I am concerned about its effect upon the council and its people, all of whom are committed to doing their very best for the Mapua community.

By way of example, the project to build Shed 4 was not overspent. The building came in on budget. What the council failed to do was to recognize the urgent need to fix up the public spaces adjacent to the buildings on the wharf that the council owns. We did the work and spent the money, not because of a commercial driver, but because the community spaces at the Mapua Wharf are incredibly important.

I recently witnessed an example of the benefits for myself. One Friday night a few weeks ago I was at the Rimu Wine Bar with my family, who are adult now. Other adults were being entertained by a band at the Golden Bear, neatly ensconced in their licensed area. I was struck by, and have photos of, the area that night. About 20 children, from toddlers to early teens, who were scooting, biking, and generally having a great time playing on the area around Shed 4, where the money went, occa-

sionally checking in with mum or dad and interacting with the dog or two, tied up patiently waiting for a stray chip.

We all thought, "Fantastic, look at what has been achieved, how great is this."

I won't go on about the other things like the importance of maintaining the wharf and the buildings on it, how costly that is in a marine environment; how important it is to support the businesses and their customers; how important the open space near the Golden Bear is and why it will remain so; and how important it is to finish the rest of the community-focused development. I am hoping readers get the drift.

The proposition that the council is narrowly focused on a commercial returns is incorrect..

Mapua is one of the fastest growing areas in the region where people are looking to enjoy the benefits you enjoy now. Our role is to provide for that in a manner that does not destroy the way of life that attracted people in the first place. We want to preserve the special character of the area, acknowledge it is different and be prepared to share its benefits; in doing so we will listen to the views and preferences of the community.

*Lindsay McKenzie, CEO, Tasman District Council*

## Support Sought for Sculpture Project

You will have noticed the fund-raising figure reducing at the sign-age on site where the Mapua Sculpture will be installed.



Thanks to a generous grant from the Rata Foundation the Ruby Coast Initiative Trust (RCIT) is now able to fund the construction of the internal framing for the sculpture. This has been a significant boost to the fund-raising effort. For the next few months the RCIT will continue to focus on fund-raising to enable the installation of the sculpture.

The design work is all finished and incorporates fish and estuary life, created by students at Mapua School. Applications have also been completed for other funding grants and the project still needs local donations. All donations are tax deductible and make a difference!

As part of the fund-raising the Trust has created a 'mini' sculpture of the Mapua Sculpture. This is about one metre high and is to scale. The miniature has been created with the option of lighting and it looks magnificent with this effect. These limited edi-

tion miniatures are selling well but it is still possible to place an order. If you would like to see these there is one on display at the Mapua Country Store.

If you would like further information or would like to support this project by making a donation or to enquire about ordering a mini sculpture, please visit the Trust's website [www.rcit.co.nz/donating](http://www.rcit.co.nz/donating) or email the Trust via [secretary@rcit.co.nz](mailto:secretary@rcit.co.nz) or call Janet on 540-3364.

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## 'Diverse Views' on Future of Wharf & Waterfront

Nearly at the winter solstice – a time for deeper reflection and considering future changes as the whole of our community is doing in relation to our precious Waterfront Wharf and Park.

We all know that there are many diverse views on how this area should be preserved and developed, how to keep a balance between community and commercial interests and how to acknowledge the visions and plans of different groups and individuals.

The Mapua and District Community Association has tried to provide an open forum for both discussing and then representing this diversity. Not easy and a strategy open to pleasing/displeasing members. The May meeting approved the buying of picnic tables and play equipment from the Rata Foundation grant – a start to implementing the approved plan for a “family-friendly” park. There was also a call for the wider membership to be consulted on whether this plan and the possible location of a boat ramp in the park are compatible and it has been agreed that there will be an email poll of all members on this issue.

Our MDCA representatives on the Waterfront Advisory Group raised the issue of health and safety requirements for those wanting to stage an event on the park, noting that these should be known by community groups in advance and querying their actual relevance. The TDC will look into this.

The TDC Long-Term Plan (LTP) was also a focus of this meeting with members taking the opportunity to provide input into the association’s submission to TDC. Many of these focused on the wish for the “village character” of the area to be maintained and enhanced amidst the growing population. In relation to this, there was also a call for the infrastructure especially in relation to water/sewerage and roads to be addressed so that more development could be adequately supported.

Some members raised concerns about the speed limits, especially along Aranui Road and motions

were passed asking TDC to consider a 40kmh limit on all roads in Mapua Village and that parking arrangements (especially alongside access driveways into the Playcentre and the supermarket) be reconsidered in respect of safety concerns.

It was noted that the association’s new leaflet had been distributed around the area, thanks to Chocolate Dog for their expertise and assistance in its design. The idea of a competition for an MDCA logo was raised and will be explored. Watch this space!!

The revised Constitution was discussed and the pre-circulated changes approved. This document now reflects the present structure of the association and is (we hope) easier to read. Special thanks to Mary Garner and Aileen Connell for their detailed work on this project.



The association has agreed to be “the guardians” of the AEDs (defibrillators) in the Mapua region and a subcommittee is being set up to monitor these and replace pads and glass panels if they are used. Please contact the secretary on [info@ourmapua.org](mailto:info@ourmapua.org) if you are interested in being part of that subcommittee. We are negotiating with St John to provide a community-wide training session in AEDs/CPR so that as many of us

as possible know where these are and how to access and use them if needed – lives can be saved! We will advertise this meeting widely once we have the information.

Our AGM is in August and now is a great time for people to consider if serving on the executive or one of the subcommittees is something you would be willing and able to do. It is important to keep introducing new perspectives and ways of doing things – all positions are open for election and your offers and interest will be welcomed and appreciated. Again, please contact the secretary if this is something you could and would consider.

The next monthly general meeting will be Monday 12 June, 7pm at the Mapua Community Hall. All are welcome to attend.

*Elena Meredith and Helen Bibby*

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*a website created by a group of local residents advocating to preserve the greenspaces, the foreshore access and vistas, and the tranquility of Mapua's waterfront for current and future generations*

# Pioneers can be a Lesson for Living Today

“What a camping place it was though! Never have I known a worse. That everything was dripping seemed a minor drawback, for there was not a flat yard of ground. Having built a fire we had to fell a tawa six inches in diameter to prevent ourselves slipping into it. Above this we spread our blankets and over these we erected the fly, open on the side facing the fire. The pork, potatoes and onions that we had for tea were good though, and we slept well enough despite the fact we all slipped down against the log and lay curled like dogs, together, until morning and the tui high above us in the treetops on the mountain.”

So wrote Spencer Westmacott in *The After-Breakfast Cigar*, published in 1977 from his memoirs developing a sheep farm in the King Country between 1909 and 1914. I was given the book 20 years ago and skimmed through it then, but last week I got stuck in.

And what a book it is. It's an extraordinary glimpse of the pastoralisation of New Zealand. He leased some mountainous native bush, surveyed it, using chains to measure distances from one survey point to the next, and turned it into a farm. Cut and burned the bush, seeded it, fenced it and drove sheep along tracks and up rivers to get them on the land, all the while living in conditions of great hardship under canvas and in significant isolation for many years.

There were no creature comforts. The highlights were the camp fire, fresh meat when caught or shot, tobacco and trips into town and when friends came by. Everything had to be carried in on foot or horseback, and “everything” was not a huge list of available produce. Onions, flour, sugar, milk seem to crop up regularly as staples.

He writes that his generation is not as tough as the ones who have gone before. I'm not so sure. He

would have written this while in his mid-twenties with the optimism of youth but also a grasp of passing time and paths not taken. One path not taken: he writes several times about how he'd have liked to have been a soldier. He got his wish, becoming a keen territorial [reserve] officer and in 1914 his services were required.

His front-line service was brief: landing at Gallipoli at dawn on the 25th, he was badly injured that day. Evacuated to a hospital ship, it was 12 days before his by-then infected arm was amputated. Blood poisoning had him unconscious for seven weeks and when he came to, he had lost the use of a knee that now couldn't bend. Ever-resilient though, he went on to have a full and happy life on the farm with a wife and family before dying in 1960.

I don't know the King Country so I got on GoogleEarth and searched the local town (Te Kuiti) and the various rivers and settlements to get a better understanding of the terrain and distances. It looks like so much of New Zealand: rolling hills, neat farms, lots of pasture. The sort of place you drive through and think how pretty it is and what a nice place it would be to live. The mountain he talks about is a mountain, a good hike to the top but not a Mt Arthur. The rivers and valleys are notable, but not alpine in dimensions. Yet the effort to make them as they are now was simply enormous, something I cannot comprehend from the comfort of my desk and modern life.

So the next time you're driving through the countryside and admiring the rolling hills and neat farms, imagine the person who first had the plan to make it a farm, and what they had to do to do it.

*John Bamfylde*



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## John Richards—Orchardist & Adventurer

One of Mahana's best-known orchardists was farewelled by about 100 family members and friends at a memorial service on 10 May at the Hills Community Church in Mapua. John Edward Richards, 84, was best known for the large fruit stall he and his family have been running since 1970 on the Coastal Highway, close to the turn-offs for Bronte Road East and Bronte Road West.

However, another side of him was described at the service as friends also remembered John as an accomplished tramper, mountaineer and most recently, caver, and also as a man with a love of good literature and films.

John was born in Motueka on 22 May 1932 to Eric and Doreen Richards and was the elder of two sons. The boys' childhood was during the Depression and the years leading up to World War II and his



**John Richards at the time of his 55th wedding anniversary in December 2016.**

family lived in many localities in the Mouteka-Moutere districts and also Canterbury, Murchison and the Aorere area in Golden Bay. In 1944, when John was 12, the Richards family bought an orchard in Mahana, the first step towards the longer-term success of their family way-side fruit stall.

At the memorial service, John's brother Laurie recounted how he and John had grown up with a love of the outdoors in the various places the Richards family had lived and after they moved to Moutere they began tramping trips as one of the activities of Mapua's Tamaha Scout Troop, then under the leadership of Ivan Wells and Lindsay (Lin) Fraser and Ernie Archibald.

As a young man, John worked as a jack-of-all-trades in various jobs and in a range of places, including building work at the Hermitage at Mt Cook, work on the Roxburgh Dam and also in the foundry of the New Zealand Railways workshops at Hillside, Dunedin. Later John decided to train as a primary teacher and started the course at Christchurch Teachers' College, where he also joined the Christchurch Tramping Club and gained wider experiences in the outdoors.

At the service, brother Laurie recalled that John had bought a Volkswagen Kombi van in Dunedin in 1955. Later, while living in Christchurch, John's ambition was to sleep in the van once in every street in-

side the four avenues bordering the central city. John was, said Laurie, "the original freedom camper" as he moved his beloved van about the city. One evening John was questioned after he had been reported as "an intruder breaking into a van". He then had to convince the police that the van was his own vehicle and he was simply sleeping there.

Another escapade in Christchurch was more successful. John and a friend decided that the ornate Victoria Diamond Jubilee Clocktower at the intersection of Victoria and Montreal streets should be climbed, and occupied for a night. The pair climbed up the inside of the tower and, to their delight, found that beneath the clock was a room big enough to sleep in. However, early in the morning they gave up their occupancy of the tower after they were woken by a regular "clang" which at first was thought to be the sound of people in an adjacent block of flats opening their windows. It took only a short time to realise that the noise was in fact the machinery of the clock itself as it marked the passing of each minute. That was too much to live with and the pair speedily quit their clock-top accommodation.

After a range of tramping experiences, John began mountaineering and climbed many peaks in the Mt Cook area, although not Mt Cook itself. His climbing career suffered a setback in 1958 on Mt Rolleston at Arthurs Pass, when John was hit by a piece of ice that crashed down the slope and hit him, breaking his leg.

He later described the accident in his memoirs: "On the way back down the western side, we were having a break sitting on a big rock in the middle of a snowfield. The others were in a row, facing down the slope; I was facing upslope. I heard a buzzing sound, shouted out, and started to stand up.

"A big long piece of ice had fallen off the rocks away up on the ridge, and was heading straight for us at high speed. As I started to straighten up, the lump of ice buzzed right between two of the others, hit me in my left thigh and flung me down the slope.

"If I had still been sitting, it would have hit me in the stomach, I guess. It was very lucky no one was hit in the chest or head. I called out, 'I'm all right', and went to stand up, but my foot stuck out at a strange angle—my femur was broken.

"The ice also struck my gas cooker. It left the billy standing on the snow with the water still inside it and dented the cooker (we used that dented cooker for years after and still have it in the shed)".

Through the Christchurch Tramping Club, John met Brigitte Sobiecki, a fellow tramping enthusiast (originally from Germany) and they married on 18 December 1961. After his graduation as a teacher, John and Brigitte later moved to various places in the North Island where John worked as a teacher. They

included Manawahe, north-east of Rotorua, Rangataua, a small community on the southern slopes of Ruapehu about 5km from Ohakune and at Ohakune itself. They had two daughters, Melitta and Katrina and twin boys, Derrick and Jonathan.

In 1969, John, Brigitte and their family took over the family orchard in Mahana and the roadside fruit stall and they have all helped run the big stall.

John was also remembered for his involvement in a wide range of interests in Nelson environmental and outdoors groups. They included the Nelson Botanical Society, the Friends of Maungarakau Swamp, the NZ Alpine Club, Nelson 4WD Club, Nelson Canoe Club, Nelson Film Society and, through the society and its films shown at the Suter Gallery, John became a qualified projectionist. His contributions to orcharding and horticulture were honoured by a life membership of the NZ Tree Crops Association.

Later in life, aged 67, John took up another activity that took him outdoors into the western Nelson ranges, caving. He became an active member of the Nelson Speleological Society. At the memorial service, long-term Nelson member Oz Patterson recounted John's great enjoyment on caving trips as he helped to explore many new caves during an exciting phase of cave exploration in the Nelson region. John was also warmly remembered for his ability to find, restore and then maintain a variety of old four-wheel-drive vehicles with a minimum of cost and then to use them for group transport for the cavers. He continued his caving activities well into his 70s.

John also revealed another talent in writing many articles for club newsletters and he later won the New Zealand Speleological Literary Award. In later life he also maintained a section of native forest at Rameka Creek in Golden Bay and was proud of a hut he had designed and was building there.

Sadly, John suffered a head injury in 2004 following a fall after he had left a cave. The blow to his head led to a streptococcus infection and swelling in his brain, putting him in a coma and leaving him with partial blindness. It caused him a loss of memory and

movement control so that late in life he had to relearn many basic skills.

John retired from orchard work in 1999 with the fruit stall continuing to be run by his family. The main export crop from the Richards' orchard was leased to Thawley Orchard and these days John's children, and sometimes his grandchildren, pick fruit for the fruit stall.

John will be deeply missed by his wife Brigitte, children Melitta, Katrina, Derrick and Jonny, daughter-in-law Tracy, and grandchildren Tomas, Alex, Marley and Ngaio.

John will be fondly remembered by many Nelson people for his fruit stall, the consistently good quality fruit at reasonable prices and also by the mountaineering and caving communities as an adventurer and a memorable personality. A quote from John in 2002 used at his memorial service provides an appropriate epitaph: "I really belong on the mountains and the ridges out in the sun."

*Assistance from the Richards family for this article on John is gratefully acknowledged.*

*David Mitchell*



**John Richards, then 20, with his parents Eric and Doreen Richards at the Mahana packing shed in 1952.**

## Mapua Wharf Maritime Museum Gets Major Makeover

The revamped Port Mapua Maritime Museum has 'set sail' on Mapua wharf. This tranquil understated 'prow' at the head of the old working wharf is a place where visitors of all ages are ensured a rich experience.

The Mapua Boat Club, which occupies the length of the wharf structure running parallel to the channel, has created a new installation in the existing museum that adjoins the club rooms. It is a multimedia 'walk through the maritime history of Nelson and its coastline of Tasman Bay'.

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 thoughtful interactive games for little budding sailors and stevedores.

Created from local knowledge with contributions of artefacts, and club connections to the many stories of yesteryear—this space has an intimate feel.

Annette Walker 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 more than two years of her time voluntarily, along with others, to bring this new museum to life.



## Obituary

# Betty Higgins—a Library Stalwart

14 November 1931-21 April 2017

Many residents of the Mapua/Ruby Bay area will remember Betty Higgins as a regular beach walker. In fact her daily walks even caught the eye of a local welsh terrier that would wait at his gate on many days and walk with Betty around the beach circuit. For a long time Betty had no idea whose dog it was, but she enjoyed the company.

Another regular place for Betty was Grossi Point at full tide in the summer, enjoying daily swims and chats with all comers.

The common theme with Betty is community engagement. Her upbringing in Westport and her training firstly as a psychiatric nurse, and later as a general nurse, gave her the skills and ability to relate to people of all walks of life. She had large doses of practicality, humour, and determination. Her intellect was sharp. Betty earned a university scholarship which due to circumstances she wasn't able to take up. Teachers' College was her initial destination after leaving school. Later Betty was the top-ranked graduating nurse in New Zealand in her final year of nursing training.

Betty arrived in the Nelson area to take up a position at Nelson Hospital in the early seventies after a stint as Matron at Buller Hospital. At Nelson Hospital she rose to the position of Principal Nurse.

Betty was very happy living in Mapua and after retirement became an active member of the community. Along with Karen Hamlen-Williams she was instrumental in the shift of the Mapua Community Library into the RSA Hall.

In no time at all this steamrolling duo realised that even bigger premises were required. With a "Yes we can" attitude they raised \$200,000 through grants and donations. Following that up they worked tirelessly

with RSA members, Tasman District Council, architects and contractors. As a result of their efforts the Moutere Hills RSA Memorial Library was born. Betty was chair of the Library Committee and steered the library through challenges and change with a deft hand. Many years followed as a volunteer at the desk in the library where her knowledge of the book collection was a great resource for readers.

Betty is survived by two sons and five grandchildren. She will be missed.

*Sarah McLeod*



**Betty Higgins at the launch of the library logo**



## To All Graffiti Artists

Someone has made a start with decorating a boring concrete wall in the underpass at Dominion Flats. We like parts of it but it could be better. We would like to work with you with a theme that fits the space.

We will provide the paint and with your expertise we could end up with something really special for the whole district to be proud of.

If this sounds like you please get in touch with us and let's see what we can come up with. Contact Helen Bibby, Dominion Flats Restoration Project, phone 540-3830.

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## The Lunch Box

Reviewed by Mapua Movie Mogul

If it wasn't real, you could never script it for a movie, because no one would believe it.

But the 'dabbawallahs' (the lunch box delivery men of Mumbai) are real, and every day they ensure that hundreds of thousands of office workers get hot meals straight from home handed to them right at their desks. Their tiffin boxes (metal bowls that stack together and snap into a cylinder) travel many miles on huge pallets, even getting their own train cars for their trip. As a logistics system it's pretty dumb yet kind of wonderful. And apparently the hard working dabbawallahs hardly ever make a mistake. This is the fictional story of one of those rare mistakes.

A charming, bittersweet, utterly chaste love affair evolves over food and is cemented by kindred spirits. Beautiful Ila's (Nimrat Kaur) husband is indifferent to her and her food, but she accidentally finds an appreciative audience in grumpy old Saajan (Irrfan Khan: *Life of Pi*) who somehow ends up with the lunch intended for her husband; only after her tiffin box comes back empty with all the yummys inside eaten time after time does Ila realize someone else must be wolfing down her lovingly prepared meals.

So she sticks a little note in with the next lunch and intrigued by the woman whose food he has been eating, Saajan replies!

He's a crotchety old man about to retire: She's bored, and annoyed that her husband hasn't even realized that he's not getting her lunch. Each day the small illicit thrill of their secret friendship is something for them and us to look forward to.

Writer-director Ritesh Batra has blended the glory of food (you can almost smell what Ila is cooking and you can almost taste Saajan's anticipation as he opens the lunchbox) with the frenetic daily life of Mumbai. Causing us to wonder how long can this unusual relationship endure, and to what end?

This is a lovely, lovely film that will leave you hungry for more.

If anyone asks me "Have you ever been to Mumbai?" "I'll answer, "No, but I've seen the lunch box."

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# Cycling in the Heart of Southeast Asia

One of the joys of travelling can often be the slower route, taking the time to meet and get to know the locals. In Asia, the doors of people's homes are almost always left open and visitors made welcome in every home. To host a guest is an honour and a pleasure for every Asian family. Throughout our destinations, our philosophy is driven by these simple values.

Our tours let you cycle from Bangkok via Cambodia to Saigon, then on to Hanoi and even on to Laos.

**Bangkok to Saigon:** Our overland cycle expedition from Bangkok to the Angkor Temples of Cambodia, continuing to the Mekong Delta and cosmopolitan Saigon, encapsulates all that is great about the region. Your journey will take you through rural villages and coastal towns, past vast rice paddy fields, coconut plantations and the complicated canals of the mighty Mekong Delta. Each country is bursting with new adventures and each is distinctly different with their own characteristics.

**Saigon to Hanoi:** This cycle journey takes you through beautiful coastal towns, highlands and nature reserves. You will experience stunning mountain and coastal views, enjoy swimming and relaxing on beaches and mysterious ancient sites. Vietnam will



not fail to amaze and thrill along the way. The natural beauty, exquisite food and the friendliness of the locals will make the experience unforgettable.

## Cambodia

The people are gentle, friendly and welcoming. Cycling in Cambodia is pretty laid back, relatively flat, it is a destination that suits most abilities. There is plenty to see, floating villages, timeless ancient temples of Angkor Wat and the dazzling green of rice paddies.

## Vietnam

Travelling by bike gives you the best view of Vietnam and this mesmerizing country provides opportunities to meet the locals and experience their culture in a way that wouldn't otherwise be possible. Locals will join you along the way as you cycle back road lanes or mountain passes. A highlight is the delicious Vietnamese cuisine awaiting you at every meal.

## Laos

Quickly emerging as the 'new' tourist destination after years of war and isolation, Laos is an environment of traditional cultures, laid-back locals, incredible cuisine, quaint towns, stunning mountains, spectacular rivers and ancient temples. Traffic volume and infrastructure is low outside the main cities and a highlight of cycling in Laos is the enthusiasm of ethnic minority children who will rush to the village gates to greet you.

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# Mapua Health Centre

Sadly, Ed Johnson, our GP registrar, will be leaving us on 9 June to continue his training at Tahunanui Medical Centre. It has been a pleasure to have Ed as part of our team and from the feedback we have received from patients they have greatly appreciated the care and kindness he has shown. We wish Ed all the best for the future and hope he will visit us from time to time.

Although we farewell Ed we are delighted to be joined by Richard Van Gelder-Horgan as our new GP registrar. Richard joins the team on 12 June and will be with us for the next six months.

In addition we welcome Julia Marchand, a final-year medical student. During her time with us she will be sitting in on consults (with the patient's consent) as well as consulting patients under supervision of our doctors. Later in the month we will also be joined by Gabrielle Everts, another final year medical student. This is a great opportunity for our Registrars and Trainee Interns to obtain a greater understanding of primary healthcare in the rural community. We thank you for allowing them to assist in your healthcare and for making them feel so welcome.

Two of our doctors, Robin Fairclough and Jenny James, are going on a three-month sabbatical as they have not had a break over the last two or three years and this is an opportunity to visit family and friends overseas. We are fortunate to have Andre Bonny joining us for those months along with Jo Alward and Caroline Wheeler providing some extra days of medical cover.

If you are still wish to make use of the flu vaccine, it is available free of charge to those over 65 years or if you have a chronic medical condition such as asthma requiring regular medication, heart disease, diabetes, etc. If you have any concerns about the vaccine or are not sure if you qualify for a free one please do not hesitate to contact one of our nurses.

In June each year Men's Health Week is held around the world. Locally, it's a chance for New Zealand men to make a difference to their health for themselves and their families. The Get the Tools website ([www.getthetools.org.nz](http://www.getthetools.org.nz)) has been devel-

oped to provide the latest health and well-being information and support for Kiwi blokes, and ultimately to ensure that our men get to stick around and celebrate more birthdays with their families. It looks at a whole range of important things from checking out about cancers to sexuality, worklife balance, weight, kai and nutrition, mental health, skin, man maintenance and getting active.

As autumn moves towards winter there can be a sense of viruses and bacteria waiting to settle in the nose and, if the immune system doesn't put up an effective fight, then they may start affecting the sinuses or throat and, if you are susceptible, they may spread to the bronchi. There are a few options from research that could help to prevent or minimise their efforts, e.g., probiotics (friendly gut bugs) may help to prevent colds in young adults (*British Journal of Nutrition* February 2015) and kids (*Cochrane Database Syst Rev.* 2011 Sep), garlic can reduce the length of colds and flu's (*Clin Nutr.* 2012 Jan), green tea may lessen flu (*J Nutr.* 2011 Oct), vitamin C seems to decrease the duration and severity of colds (*Cochrane Database Syst Rev.* 2012 Nov), vitamin C and E may help prevent colds (*J Am Coll Nutr.* 2011 Aug), and vitamin D seems also to help prevent flu (*Am J Clin Nutr.* 2010). A recent trial on zinc lozenges showed that they shortened the duration of nasal discharge by 34%, nasal congestion by 37%, sneezing by 22%, scratchy throat by 33%, sore throat by 18%, hoarseness by 43%, cough by 46% and duration of muscle ache by 54%, but there was no difference in the duration of headache and fever (*BMC Family Practice* 2015, 16:24).

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

- |       |                                      |  |
|-------|--------------------------------------|--|
| 1     | Junk Free June (no junk food)        | <a href="https://nz.junkfreejune.org">https://nz.junkfreejune.org</a>  |
| 12-18 | Men's Health Week                    | <a href="http://menshealthweek.co.nz">http://menshealthweek.co.nz</a>  |
| 14    | World Blood Donor Day                | <a href="http://www.nzblood.co.nz">www.nzblood.co.nz</a>   |
| 15-22 | Elder Abuse Awareness Week           | <a href="http://www.ageconcern.org.nz">www.ageconcern.org.nz</a>   |
| 18-24 | National Volunteers Week             | <a href="http://www.volunteeringnz.org.nz">www.volunteeringnz.org.nz</a>   |
| 19-25 | Continence Awareness Week            | <a href="http://www.continence.org.nz">www.continence.org.nz</a>   |
| 20    | World Refugee Day                    | <a href="http://www.un.org/depts/dhl/refugee">www.un.org/depts/dhl/refugee</a>                                   |
| 25    | Matariki – Māori New Year            | <a href="http://www.mch.govt.nz/nz-identity-heritage/matariki">www.mch.govt.nz/nz-identity-heritage/matariki</a> |
| 26    | International Day Against Drug Abuse | <a href="http://www.unodc.org">www.unodc.org</a>   |



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## More About AEDs

The *Coastal News* has had articles recently about the desirability of having defibrillators available in places where numbers of people gather—such as schools, churches, public halls and sports venues.

But first, what is a defibrillator, when are they used and why are they also called an AED?

AED stands for automated external defibrillator. It is a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest (SCA), a condition in which the heart suddenly and unexpectedly stops beating.

The Mahana School recently acquired a defibrillator and its placement and use was described in the March issue of the *Coastal News* on page 17. An excerpt is as follows:

“The Mahana AED is in an external cabinet and can be accessed 24 hours a day. It has a small smash-box for access to the key which is then used to open the main cabinet to remove the defibrillator unit. The unit is in a carrybag which can be quickly grabbed and taken to the site of the emergency. The AED is very user-friendly and does not require prior expertise or knowledge to use it. Once opened it will guide you through the process, so just listen and follow the verbal instructions given.

“Don't forget, should you find someone unresponsive and not breathing your first response is to dial 111 for an ambulance and begin CPR straightaway. Then if you or a helper are able, accessing and using your nearest AED will greatly increase their chances of survival after a sudden cardiac event.”

There are several AEDs in Mapua, Tasman and Mahana and the locations are listed below. Some are accessible 24/7 and others are available when the premises are attended or open for business.

Mapua Health Centre, 62 Aranui Road; Cushula's Village Fabrics, 136 Aranui Road; Mapua Wharf on the fence between the Apple Shed and the Smokehouse; Tasman Golf Club, 128 Cliff Road, Tasman; Tasman General Store, 387 Aporo Road and Mahana School, 15 School Road.

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## Planting Planned For June Weekend

Calling our band of willing workers once again. We have 2000 plants that need to be planted and plan to do this on the second weekend in June. We will be there from 9am to 12 midday on both Saturday the 10th and Sunday the 11<sup>th</sup>, so if you can spare any time to come and lend a hand to dig some holes. We will bring the coffee and cookies.

It is looking fantastic down there now after such a great growing season with the plants really obvious above the grasses. We have a solid group of regulars who come each week, either on Tuesdays or at a time that suits individuals better, and they are making real progress with freeing up the plants.

Ashton Oliver, a contractor who works with the TDC, has helped with some of the weed control and also has marked spots for planting on Planting Day.

It's a good place to go for a walk; come and try it.

### Please remember:

9 to 12 Saturday 10th or Sunday 11<sup>th</sup> June

Wet or fine, Mapua Drive entrance to Dominion Flats Reserve

Bring a spade, gloves and lots of energy.

Contact, Helen Bibby 540-3830.



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# Book Review

The Heart's Invisible Furies by John Boyne Reviewed by Joyce Bullock.

John Boyne was interviewed on National Radio prior to my reading of this book. I requested its purchase at the Mapua Library and believe that it is an asset for our library.

Boyne said "The Catholic Church blighted my childhood and the youth of people like me." After ten successful novels and five much-read young people's novels, Boyne at last ventured into Ireland's history.

This compulsive writer, who writes every day, noted that it had taken 45 years for him to feel he was ready to recount facts from the past. He tackles issues and paints with raw emotion the injustices, indictments and cruelty of the 20th century in Ireland. Born in 1971, he now lives in Dublin with his husband.

His books have been published in 50 languages. I highly recommend the rest of his books, in particular the book made into a film, *The Boy in Striped Pajamas* and *The Boy at the Top of the Mountain*.

Cyril is the initial narrator in the narrative, the child in Catherine's womb. The unmarried mother is kicked in front of her local Catholic congregation and banished from the church by the priest; a priest that we later learn had fathered two children in the area.

The 16-year-old Catherine is scorned by her family and with a pittance given to her by an uncle, the

father of her child, journeys to Dublin, where she finds work and accommodation. The portraits of postwar Ireland and its extreme attitudes are the ingredients of nightmares. As is inevitable, Catherine must relinquish her baby and Cyril becomes the adopted child of a wealthy, eccentric couple: the father a lawyer, the mother a famous Irish novelist.

Raised rather like a dog, Cyril is fed and left to grow with the only emotional support coming from the current housekeeper. He rarely sees his adoptive mother, who views him through a haze of smoke in her office before he is whisked back to the nursery.

His adoptive father when introducing Cyril to friends labours the point that despite having the surname Avery, he is not a "real Avery."

By the age of seven this shy, reclusive boy who learns to mask his emotions and appease his parents already realizes that he is different from other boys.

The powerful sexual relationships in Cyril's life are his childhood friend Maurice Woodhead and the Dutch Dr Bastiaan. Through the struggles in his formative years he gives an insight into the

world of homosexuality and the struggles that confront someone born different from the majority.

Bastiaan was the well adjusted, idealized partner for Cyril, and Maurice his childhood hero. Both provide sorrow and joy in Cyril's life. The attitude of some New Yorkers to homosexuality create a powerful backdrop for an episode in Cyril's life.

In the 21st century the Irish people held a referendum and voted in favour of gay marriage.

The story continues to the present day and I read slowly, bereft at the prospect of the book coming to an end. The ghosts in the story remain and the reader considers what might have been. This is a story of Ireland through the eyes of a common man, told by a story-teller of uncommon ability.



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# Mapua Community Library

(Moutere Hills RSA Memorial Library)

## Rata Foundation Grant

We are excited to announce that the Rata Foundation has granted \$3000 for the purchase of books. Thanks so much Rata – the money will be put to good use building our collection.

## AGM

The AGM was held in the library on Friday 12 May. Elected were: Chairman, Lynley Worsley; vice-chairman, Anne Thompson; secretary, Carolyn Hughes; treasurer, Ruth O'Neill; committee: Olive Beban, Penny Brown, Petra Dekker, Jacqui Jaine and Ev Smith.

We are also thrilled that Jill Bunting will be our grants co-ordinator as a non-committee member.

Outgoing committee members Colleen, Gaye and Joyce were all farewelled and thanked for their contributions on the committee. I am pleased to advise that all three are continuing with other roles in the library. Having this level of commitment mixed with their broad experience both inside and outside of the library, means volunteers such as these women are valuable assets.

## Betty Higgins

Sarah McLeod has written an obituary for Betty Higgins, one of our treasured volunteers. This is published elsewhere in the *Coastal News*.

## Winter Book Sale

Our winter book sale will be held at the library on Saturday 1 July. See you there.

## Displays

Mapua Playcentre has supplied the artwork on display in the Children's Area.

Thanks to Heather Olds and Trish Bainbridge for their quilting display. Mid-June we will welcome 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.



**'Journeys'**  
Mapua Community  
Literary Festival  
15 – 17 September 2017

We invite you to write a story with a maximum of 1500 words, excluding the title. To be eligible for the competition your story needs to be submitted no later than 31 July 2017.

The theme of this year's Festival is 'Journeys' and so is the theme for the short story competition.

We are looking for a broad interpretation on the theme. Your story does not have to be a physical journey – but it can be.

It could be a spiritual journey, an odyssey to discover something unrelated to time and space, a voyage to another reality or a passage from childhood to adulthood or adulthood to old age.

The prize for the winner is a book voucher for \$100 from 'Volumes' book shop in Nelson. The runner up will receive a \$50 voucher, also from 'Volumes'.

For more information go to:

www.mapuacommunitylibrary.co.nz

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Entry forms can be picked up from Mapua Library or downloaded from the web site.



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# Dawn Chorus Seeks to Increase Birdlife

**M**apua Dawn Chorus is new project in Mapua being developed by Tasman Environmental Trust. The objective of this project is to eradicate/ significantly reduce the number of rats in urban Mapua so that the wonderful bird life we have here can further flourish. We have been able to secure funding from Predator Free NZ that will enable us to offer traps at a significantly discounted rate. This money is part of a PRNZ/Kiwibank partnership.

The project is in its early stages. Plans may be changed as the project develops but current plans are:

- Spread the word about the project through involving school, local business, interested individuals and organisations
- Seek community support to undertake monitoring of rat activity in the urban environment though chew cards (an outcome baseline)
- Seek community support to start an annual survey of birds in the Mapua area, undertaken by community members (an outcome baseline)
- Offer residents the opportunity to purchase subsidised traps – Goodnature A24, or victor rat traps in tunnels
- Support residents in setting up and maintaining their trapping work

- Enjoy the success with an enhanced Mapua Dawn Chorus

We will be holding a number of information sessions where residents can come and see the traps and how they work and can buy a subsidised trap for their property. Anyone who is interested in assisting with monitoring, bird-counting or trapping is welcome to come to the information sessions or email Abby at: [mapuadawnchorus@gmail.com](mailto:mapuadawnchorus@gmail.com)

We know that many Mapua residents are already supporting the Battle for the Banded Rail project and the restoration of Dominion Flats. Mapua Dawn Chorus provides another opportunity to engage with the community and involve them in improving and protecting the beautiful environment we live in.

*Abbey Boffa, project co-ordinator*



## Fire Brigade

### April 17 – May 17 call-outs

Apr 19: Medical assist at Kina. Shorted-crewed.  
 Apr 24 Car in ditch off Baldwin Road, Tasman.  
 Apr 25: Controlled burns Stafford Drive. No action taken.  
 Apr 27: Power pole fire/arcng. Power Board took over.  
 Apr 29: False alarm Higgs Road.  
 May 1: False alarm Tasman School.  
 May 4: Shed fire with hay on Hoddy Road.  
 Tanker to Jeffries Road Brightwater, garage fire.  
 May 6: Toilet/out building fire. Coal ember in ashes caught alight.  
 May 11: Flooding Langford Drive. Heavy rain and blocked drains  
 May 11: Car v car SH60 and Tasman View Road.  
 May 12: Medical call to Seaton Valley Road,  
 May 13: Medical/ PR Toru Street, taken to hospital by ambulance.  
 May 16: False alarm at Upper Moutere winery  
 Calls this year – 45

**Safety Tip:** Have your chimney cleaned and fire-place checked for cracks. Ashes can take up to five days to cool – empty fireplace ashes and ashtrays into a metal bin to get cold before disposal

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# What You Can Do with Hazelnuts

By Sarah La Touche

We are harvesting our hazelnuts tomorrow. It's a first for us, and an exciting event in our small rural world in between tightening up the fences and chasing the sheep so they don't escape into our neighbours' olive grove.

We have inherited a small hazelnut grove on our new lifestyle block, about seven trees to be exact. They are the relatively compact bushy variety, the more common of these northern hemisphere natives.

I remember, in the early days after we had moved to France, taking agreeably lazy, autumnal Sunday afternoon walks in the countryside gathering handfuls of hazelnuts, but these always seemed to be from the taller tree variety that the English and Americans refer to as 'filberts'.

Our bushy babies don't look quite as elegant as the 'tree' variety but all the same, they are delivering, for which we are thankful, and we are glad to have them in our back yard.

I read recently, (in one of my various fruit and nut tree books), that you need several varieties of hazelnut in your grove in order to produce fruit so whoever planted our team knew what they were doing. Of course, I have no idea which varieties they planted but as long as we get a good crop, who cares!

Most hazelnuts need to be harvested between March and April depending on where you are and the varieties. They are fast croppers and enjoy the cold so they are ideal for our frosty winters down here. Where you can't grow hazelnuts, think about macadamias if you are a nutty person and have the room in your garden.

I find hazelnuts an extremely delicious member of the nut family and have baked and cooked with hazelnuts for years. And while hazelnuts can be an expensive nut in parts of New Zealand if you don't grow them yourself, they are well worth the expense.

Easy to make into flour or 'meal', I have added them to breads and cakes, as you would use almonds, for tarts, flans and friands. They are superb lightly toasted and roughly chopped into salads, and are a main ingredient in Egyptian Dukka.

The Italians make the liqueur Frangelico with hazelnuts, along with all sorts of delicious confectionary, and the Spanish use hazelnuts to make romesco and picada sauces. If you have ever eaten a fresh, homemade Nutella, you'll know that when paired with chocolate, you've got a marriage made in heaven.

When keeping shelled hazels, I recommend storing them in a jar in the fridge so they don't develop

mould or go rancid. And as with all nuts and seeds, their volatile oils are susceptible to damage easily so you don't want that bag of expensive hazelnuts ending up as fodder for the pantry moths. Otherwise, hazels will keep in their shells for several months without problem.

And just in case you were wondering, it's the compound 'filbertone', which is found in hazelnuts in small quantities that gives them that enticing fragrance. Toasted or roasted, this compound increases, and gives the nut their delicious, mouth-watering aroma that we so love.

This is a classic French hazelnut cake that I have made for years. It's quick to make, very pretty to look at, and a dream to eat served with a light dusting of icing sugar, and a dollop of crème fraîche or dark double chocolate ice cream.

## Hazelnut Cake

Serves 6

Pre-heat the oven to 190C and prepare a 20cm sandwich cake or tart tin by greasing it, then coating it with a thin film of castor sugar and flour. Be sure to knock out the excess flour and sugar before putting to one side for the cake mixture.

1 cup hazelnuts, chopped quite finely, a food processor will speed up the chopping process (replace the hazelnuts with almonds if you wish)

6 egg whites

¾ cup sugar (I use coconut palm sugar)

¼ cup flour

½ cup melted butter

Toast the chopped hazelnuts by placing them for a few minutes on a tray in a hot oven. Watch carefully as they can burn quickly. Put to one side to cool.

In a bowl mix the unbeaten egg whites and sugar until smooth. I do this in my Kenwood mixer but a hand beater will do just as well. Add the cooled hazelnuts, then the sifted flour, and finally the melted butter. Ensure the ingredients are well combined before pouring into your prepared cake tin.

Place in the pre-heated oven and cook for 50 minutes to 1 hour. The top will be toasty golden and the cake will spring back to the touch when cooked.

Remove from the oven to cool, turn out of the tin and dust with icing sugar.

Recipe courtesy *Larousse Classic Desserts 1977*

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





## Something in the Air...the Waterfront Park

*Mapua artist Graeme Stradling tells the story of the transformation of a poisonous chemical factory into a community park at Port Mapua. This was a definitive struggle for the Mapua community and was a protracted affair that began 50 years ago. Mapua's example was used later by the New Zealand Government to successfully negotiate with others for an international convention on pollution and environmental health—the Stockholm Convention. But the end of the chemical plant was always a local story...*

Tahi Street potter Chris du Fresne was asking questions about the sickly odours and 'bad smell days' in the 1970s. The Fruitgrowers Chemical Company had been mixing and manufacturing a range of agricultural chemicals down by the wharf since 1932. But it was a fire at the factory in 1982 that turned Chris's complaints and grumblings into a campaign for action. The fire cut off the Tahi Street residents and trapped them in a fume-laden cloud. Friendly experts and locals realized that the dangers were not just to the estuary. Then there was a serious chemical spill that killed the pine trees next door.

A new local activist group, CAN, the "Chemical Action Network", got to work. Bill Williams and others started a campaign that exposed the illegal dumpings, the toxic history and shoddy activities down at the factory. The Mapua and District Community Association lobbied councils and the Government.

A big victory for the community followed at a 1987 planning hearing, ensuring the demise of the chemical plant. It was closed in 1988. It was then to become infamous as one of New Zealand's most contaminated sites, behind a tall fence with 'danger' signs for many years.

It wasn't until 2008 that remediation of the Mapua site was signed off. Many years of struggle, hearings and lobbying resulted in a multi-million dollar clean-up plus an agreement that at least 40% of the old Fruitgrowers Chemical Company site become public land for the community. This is now the Waterfront Park.

The Chief Executive, Ministry for the Environment, said at the time:

"As partners in this project, the Mapua people were amazing. They grasped the complexity of the work, were involved in the planning and had been patient with the disruption to their community. They have a legacy to be proud of and a legacy that goes beyond Mapua."

It was a well known national story. The Mapua story was also an international story. The Ministry used the Mapua example and experiences in negotiations to help push for a convention setting out countries' public health responsibilities and banning the production and use of a range of persistent organic chemical pollutants. The Stockholm Convention became international law in 2004.

## National Art Awards for Mapua

Get creating! The Impressions National Art Awards are coming to Mapua. After ten years in Nelson, this well known arts show will now have a new home in Mapua. Impressions spokesperson Lewis Della Bosca says:

"From their humble beginnings in 2006, with the support of Arts Council Nelson, the Awards developed into a major event on the Nelson visual arts calendar. Now it is time for them to become a truly independent stand-alone entity aimed at giving recognition to the entire region and its artists on the New Zealand visual arts stage. We are pleased to announce the Awards will now be based in Mapua with the help of Ruby Coast artist Graeme Stradling, and Glenys Forbes, organiser of the successful 2016 National PANZ Convention, also hosted at Mapua."

"Mapua has strong interest and history in the visual arts," adds Graeme Stradling, "So it is exciting to be able to share this place with artists and visitors from around the country."

The awards will be a selected entry competition featuring mainly paintings, hand-made art and graph-

ics, drawings and printmaking. It will be on for two weeks, including three weekends, from 29 September to 15 October and will be held at the Mapua Hall.

Organisers are expecting to establish this to become an annual event with generously sponsored prize categories, opening night events and an award ceremony.

"Lewis and Glenys Della Bosca from Impressions have created and nurtured a successful national competition for artists at all levels. Mapua is very fortunate that he has chosen to offer the opportunity to host this event here in Mapua. Glenys Forbes has shown how successful the hall can be as an arts venue and the attractions of coming to Mapua are going to be welcome for potential entrants and visitors. We are looking forward to the further growth of Mapua's attraction for art lovers from New Zealand and overseas", said Graeme.

Entries will open in August and more details will be on the Impressions and GraemeStradling websites as they come to hand. Please contact Graeme at 540-2050 for any enquiries.



# Letters to the Editor

## Thanks from RSA

The Moutere Hills Returned and Services Association extends sincere thanks to members of our Mapua, Tasman, Mahana and Upper Moutere communities for their most generous donations to our Poppy Appeal. All donations collected in our area will be used in our district for the welfare of Returned Personnel and their immediate families.

We also thank those who attended Anzac Day Services in the Moutere Hills area. Warm regards to all.

*Norm Thawley, President*

## Wharf Use Views Supported

After reading the article in the May *Coastal News*, May issue headed, TDC Urged to Change Focus on Wharf, I have got to thank David Mitchell for protesting about what a lot of Mapua residents think about the eviction of Mapua community groups from the wharf.

I sense also from comments by Crs Tuffnel and Greening that the council should stick its core business of supplying services to Mapua, with water being a major issue most recently. The water supply broke in three places on route to Mapua! Water had to be trucked to the reservoir in Pomana Road to keep our houses usable. TDC wants development in Mapua

but we have an infrastructure not capable of supplying enough water.

I have recently been in Indian where they have a bore for every five houses and it was noticeable the number of water tanks in the small villages. Surely if we think we are First World with so much water around us, a good piped supply would be easy to achieve. We all pay for water these days so that makes us customers and under the Consumer Guarantee Act if we pay for water we have the right of supply. I think the TDC should not waste its money on surveys (I don't know how many I've filled in) or professional fees on planning and spend its money on up-grading the water supply to Mapua as ratepayers and residents are the TDC's best paying customers.

The Boat Club, Tamaha Sea Scouts and Museum are part of Mapua's identity and must retain their place on the wharf. There is nothing like the locals being locals to entertain the tourists. Take the locals away from the wharf and it will lose its charm. The TDC took away the access to the Boat Club boat ramp for commercial gain. Commercial gain is the key word with the wharf management upsetting most people. Financial management of the wharf? One of the plants in the planter boxes—\$123!

TDC, sell the commercial buildings on the wharf, build us a boat ramp and up-grade our water supply. Thanks again to David Mitchell for stirring things up.

*Fred Cassin*

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## Moutere Hills Returned and Services Assn.

Can you help? We require a secretary. Someone sympathetic to the needs and welfare of RSA. Members. Two to three meetings per year plus arrangements for ANZAC Day.

**ANNUAL GENERAL MEETING 12th JUNE AT 2pm**  
at RSA Room, MAPUA LIBRARY.

Enquiries to 923-2269, Norm Thawley, President

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## FY18 Financial Membership

We currently have just over 300 financial members with the Mapua Hall, with over 800 households in the Mapua/Ruby Bay district.

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*For once again supporting our Community Hall!*

*NBS recently supplied us with a grant of \$2,000 to help towards fixing & upgrading our lighting in the main hall to make our community owned facility even better!*

*We can't thank Howie & the team at NBS enough for their continued support!*

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
What's On at the Hall In JUNE			1 9am Mapua Art Group 6pm Mapua Dance Fitness	2 9am Aerobics 9am Yoga 10am Pilates 1pm Mapua Fellowship Group 6pm Mapua Youth Group	3	4
5 9.30am Low Impact Dance  QUEENS BIRTHDAY 6pm Mapua Dance Fitness	6 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 6pm Yoga 7pm Pilates	7 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi  7.30pm Polytropos Concert	8 9am Mapua Art Group 6pm Mapua Dance Fitness	9 9am Aerobics 9am Yoga 10am Pilates 6pm Mapua Youth Group	10 9am Aerobics 10am Pilates 10am Mapua Dawn Chorus drop in 2pm DoTerra Talk	11 6.30pm The Packhouse Cinema 'The Lunchbox'
12 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua Comm. Assc. Meeting	13 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 6pm Yoga 7pm Pilates	14 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi 7pm Nelson Christadelphians	15 9am Mapua Art Group 2pm Friendship Group 6pm Mapua Dance Fitness	16 9am Aerobics 9am Yoga 10am Pilates 6pm Mapua Youth Group	17 12-4pm Ian Hamlin Painting Class  7.30pm Motueka Dance Group	18
19 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm HALL AGM ALL WELCOME!	20 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 6pm Yoga 7pm Pilates	21 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi	22 9am Mapua Art Group 6pm Mapua Dance Fitness	23 9am Aerobics 9am Yoga 10am Pilates	24	25
26 9.30am Low Impact Dance 6pm Mapua Dance Fitness	27 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 6pm Yoga 7pm Pilates	28 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi  MAPUA SCHOOL MATARIKI	29 9am Mapua Art Group 6pm Mapua Dance Fitness	30 9am Aerobics 9am Yoga 10am Pilates 2pm Friendship Group 6pm Mapua Youth Group	<b>WWW.MAPUAHALL.ORG</b> mapuabookings@gmail.com 	



## Nerve Disorders Affect All Members of Society

Nerve disorders ranging from autism in children, and Alzheimer's and Parkinson's disease in seniors, represents just a fraction of the growing number of nerve conditions that are affecting people of all ages in our society today. It is The Growing Epidemic of the 21st Century, that chronic neurological diseases are fast becoming the debilitating epidemic of our time often resulting from exposure to toxins we take in daily that were not even on the planet 30 years ago.

Different from the headline-grabbing diseases such as cancer and heart disease that frighten us because they are potentially deadly, chronic neurological diseases can destroy our quality of life, including our ability to think, be active and relate to other people. They also have the potential to cause chronic pain and suffering that can last for decades and making us a burden to our loved ones, which is something that nobody wants.

Having a healthy brain and nervous system is vital to being able to think clearly and move our bodies freely and accurately without neck or back pain.

Your brain and nervous system controls and coordinates the function of every cell, tissue, and organ in your body. Keeping your nervous system healthy as a priority and a part of your lifestyle is essential if you want to be healthy today as well as over the course of

your entire lifetime. As the master controller, problems in the nervous system can cause or mimic any condition or disease you can name. This includes problems with the heart, lungs, hormones, stomach, intestines, reproductive glands as well as your arms, legs, fingers and toes.

For this reason, chiropractic examinations are more important than ever because they evaluate the health of the spinal column and the nervous system. A spine or neck which is not moving or functioning properly, one such condition that is extremely common in adults and children, can alter the function of your nervous system and affect your health on every level even though it may lie asymptomatic for decades. Waiting until symptoms show up means that your condition has already become chronic by the time you feel it.


Don't let this happen to you. These spinal conditions that affect your nerves can be caused by the birth process, learning to walk as a child, contact sports, stress, sitting too much and environmental toxicity, just to name a few.

Making other healthy lifestyle choices is important as well. This includes healthier nutritional choices, moving and exercising more as well as avoiding environmental toxicity or chemicals whenever possible.

Keeping your nervous system functioning well and your spine moving properly with regular chiropractic check-ups can add increased quality of life now and for years to come.

*Dr Ron Howard*





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## Craft Group—Pulling Out All the Stops

Winter is definitely drawing in isn't it? As I sit here typing away I can see snow has once again arrived on Mt Arthur which sight firmly consigns our recent blustery summer to the memories in our mind.

I don't know about anyone else but I found myself moving around the property some days ensuring windows and doors did not bang themselves shut under the onslaught. Not something I remember needing to do in summers past.

What was needed during those months for the front door, which is actually the side door or perhaps a back door depending on which way you are facing

and is, in fact, the only door, was a nice, heavy handy doorstep. Lucky there, as I have one such Sphinx-shaped item that was given to us in Egypt. That solved the main door but not the bedroom door so I remained one doorstep short and took to using a random solid heavyish item instead. No. Not the cat. He wouldn't stay put!

What better activity then, in case next year's summer proves equally gusty, than craft group's creative, attractive doorstep project.

Each Friday morning for the past month, after a quick pit stop for a bit of morning tea, the Mapua Craft Group has been unstoppable in pulling out all the stops to create some really wonderful, fun but practical fabric and felt doorstops.

Our next Stop? A Bust Stop, Time to Stop or a Full Stop?

*MB & RL.*



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# Playcentre

There were a lot of very excited children when the volunteer firemen visited in their fire truck for our Open Day on Monday 15 May and it was wonderful to welcome lots of visitors too. Our tamariki listened attentively as Dan the Fireman read a story about what to do in the event of a fire and there was a good look around inside for the smoke alarms and then it was time to explore the fire truck!

Everyone had a wonderful morning and we are very grateful to the volunteer fire brigade for giving up their time. You made many children very happy.

We're now getting under way with planning a number of other activities for the next few terms including a Matariki celebration on Saturday 25 June, a gym trip to Nelson Gymnastics on Monday 3 July and something fun for our next Open Day on Friday 4 August. Watch this space for updates over the coming months along with profiles of some of our families.

**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](mailto:mapuaplaycentre@gmail.com) or find us on Facebook.



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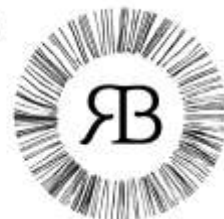
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## PANZ

Well, the weather certainly is changing with warm, sunny days and cool, crisp nights. We are still going strong at our weekly pastel art group on Tuesday mornings at the Community Hall in Mapua. Not much to report this month as we go into the winter months. Many of us will be looking for inspiration for our paintings through our holiday pictures, the changing leaves, the bright clear skies, among other things. Our subjects come from all around our environment, including our day-to-day routines.

Our artists come from all walks of life and it is intriguing to see the diversity of subjects that our members paint on each week. The styles range from photo-realism to abstract and everything in between. This makes for interesting conversations and a great way to learn from the various techniques used in creating pastel paintings.

You are welcome to come along on a Tuesday morning from 9am to 12noon at the Mapua Community Hall on Aranui Road, Mapua, to chat with our members and see what they are creating. 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](mailto:gmforbes@ts.co.nz)

*Gloria Anderson*

# Social Isolation & Loneliness

I recently attended a seminar and workshop organised by Age Concern Nelson on the topic of loneliness. The guest speaker was Dr Valerie Wright-St Clair, Associate Professor, Auckland University of Technology and co-director of the AUT Centre for Active Ageing. I will share some of the facts and concerns that were addressed that day.

Loneliness is seen as the number one issue facing the elderly in our society and more and more of us end up living alone. Families are becoming fragmented and separated geographically and communities are becoming less socially focused. Did you know that about half of our older New Zealanders experience some degree of loneliness in their day-to-day living? This may vary from feeling lonely some of the time, to feeling lonely most of the time and then there are those who feel lonely all of the time.

Loneliness has been defined as a deficiency in the number or the quality of personal, social or community relationships, resulting in feelings of distress, dissatisfaction or detachment.

Some of the factors that can cause social isolation and loneliness include: the loss of a spouse. Along with the grief a person goes through will be having to face perhaps many unexpected changes to their life. Having to deal with day-to-day problems alone when you have always had a partner to share things with can cause a sense of isolation. This is also true with the loss of friends through death or relocation.

Another factor that can cause loneliness is when a person is no longer able to drive and so cannot get out and about as much as before. This often means they cannot access the activities they once enjoyed. Socialising and even doing the weekly shop becomes difficult. A lack of public transport can also compound these feelings of isolation.

Poor health, frailty or sickness can cause a person to become house bound and lonely especial when family and friends do not live close by.

When a person retires financial constraints may limit what they are able to do socially. There may also be a lack of knowledge of what services are available in the area.

Studies show that staying socially connected has benefits for both our physical and mental health. There's no single solution to social isolation and loneliness as everyone's needs are different. Interestingly, simply by going into a retirement village or

care facility does not necessary relieve loneliness. The statistics are just as high for residents as non-residents. The key is to be connected with people and community.

Some of the ways you can stay connected with people if you are feeling lonely are;

Visiting your local library, community centre or church to find out about the local activities that go on in your neighbourhood.

Try volunteering, as through this you not only support your community but meet new people.

Invite a friend for coffee or a shared meal

If you can afford it get a smart phone or tablet to keep in touch with family and friends. Skype is free and a great way to stay in touch.

Find out about new technical skills at [www.seniornet.co.nz](http://www.seniornet.co.nz)

Age Concern has an accredited visiting service and St John has a caring Caller Service.

Think about joining organisations that are geared to support the elderly such as Probus, RSA, and of course there is our own Senior Moments group in Mapua.

One for the men is Motueka Menzshed. This is a popular meeting place for a group of men who like to make things, help the community, and make friends.

And remember it's Ok to ask for help if you are feeling lonely

How can we look out for others?

Do you know someone who you think may be lonely? You could help them in a number of ways such as visiting and keeping in touch regularly. Think about the barriers to socialising that have been mentioned above and think whether there is anything you could do to make a difference for someone. Welcome new elderly neighbours to the village and let them know about all the things that go on here.

*Heather Hoad, Co-ordinator, Senior Moments*

## SENIOR MOMENTS

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# Under The Bonnet with Fred

## Motoring in India



After three weeks in India, I think to feel safe on the roads you have to be born there to accept what seems to be chaos. There is a system of everyone honking horns to communicate vehicle presence or caution to others on the road. In New Zealand the sounding of a car horn indicates danger, sometimes followed by tyres squealing and the head-on collision.

In Jaipur one night on our way back from a women's festival riding in a Tuk Tuk fighting our way back to the hotel, the noise of vehicle horns was overwhelming. I felt like getting out of the Tuk Tuk and stopping the traffic to organise a slower, more mutual drive but there was no way that would happen. If you put ear muffs on you might actually endanger yourself as the sounding of horns was a warning rather than a caution. My country origins kept me at the hotel the next day rather than take on that traffic. I looked up the statistics for road deaths and you are six times more likely to die on the road in India than in New Zealand.

How does it all work?

Roads in New Zealand are usually a carriageway for motor vehicles but in India they are a carriageway for everyone from walking, biking, motor cycles, cars and trucks. First, the speed limits on highways is 70kmph or less, so I

sat up front with one of the van drivers and noted him continually scanning both sides of the road. The only way to describe driving in India is that you have to drive as though you are driving every other vehicle in front of you.

The slow speeds are the major factor in road safety. Driving down the wrong side of the road was done hard right of the off the carriageway at 15kmph and this sometimes avoided the need for crossroads so there was an element of safety in this. Keep in mind there is so much traffic on the road, speeding is a danger where an accident would delay you further on an already slow journey. Buying a muscle car in India is a waste of time.

A three-hour Bollywood movie was a love story of a son of a wealthy Mahindra car dealer. His bride ditched him at the altar for a life of independence as a flight attendant. The drama was what to do with the dowry and the bride's parents being very hurt. The car dealer was dying and so who was going to inherit the Mahindra dealership? The son flew to Singapore to plead with the bride to return but was turned down again so he violently kidnapped her and ended up in jail. He returned to India later, followed by his bride,

who asked him to come in live in Singapore, where they lived happily ever after. There was lots of background with Mahindra Jeeps, so I think Mahindra paid for some of the movie. It showed a change of attitude towards woman in India, apart for the violent kidnapping.

The new India: Richa our guide was a 28-year-old woman who dropped out of law as it was boring. She had an arranged marriage to a lawyer. One night we were going to a temple and she put on a striking indigo blue sari but was scorned by other Indians just passing by as being too flashy and so she had to change it to a green sari. Richa was very Westernised and had a few drinks with us at dinner but would not wear jeans as she thought they were to revealing. She said she always wore a sari when visiting her grandparents.

The metro in Delhi has one carriage for women only as the Indian men were hassling the ladies.

Interesting facts: The British named India after the colour indigo blue, historically used a lot inside temples and for clothing. The true name for India is Hindi. When British Prime Minister Tony Blair visited the Indians asked for the Star of India diamond on the British Crown Jewels to be returned. I did not see one

Land Rover in India. The Ganges River is really the Ganga and yes there are dolphins in the Ganga River. Everyone had a cellphone. Richa said if you couldn't afford a car or motorbike you brought a cellphone to give yourself a bit of status.

India was not full of old cars and motor bikes but mostly modern Indian and Japanese vehicles. We came across a group of wealthy Indian members of the Royal Enfield Motor Cycle Club. Pictured is the latest Royal Enfield Himalayan, a 422cc, single-cylinder off-road bike.

A lesson for New Zealand and Mapua—India does not have enough infrastructure for the 1.3 billion people with very overcrowded roads and poor water quality. Africa was Coca Cola, Toyotas and OK as everyone understood it. India was bottled water, Mahindras and OK.

Motoring in India was watching a bus coming straight for the tour van then gliding past within a metre with both drivers not even flinching but their horns were honking. The overcrowded buses were lethal. It took me a week to stop bracing for impact and saying geezz!

*Fred Cassin*







# The Playhouse Cafe

## What's On Guide

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26  
Motueka  
Garden  
Group

27

28

29

1

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New Zealand's Best Magician  
Presents his amazing horror  
and Magic experience

2

3

#### Grandoise Burlesque

Nelson's annual  
big event  
\$30, 8pm start  
THIS WILL  
SELL OUT

4

Open 11am  
till 4pm

Private  
Function  
evening

8

9

#### Chandrakirti Quiz Night

730pm Start  
Book early as  
this will be busy

10

Open 11  
till 4pm

Closed for  
evening  
function

11

Open 11am  
till 4pm

Green Party  
Fundraiser

16

#### 1980's Dance Party

FREE ENTRY  
Dancing from 8pm  
Dinner from 6pm

17

#### Cruise Control

Awesome band  
Dance night  
7pm, FREE  
Wendys 30th bday

18

Open 11am  
till 4pm

23

#### 1970's DISCO!!!

FREE ENTRY  
Dancing from 8pm  
Dinner from 6pm

24

Open 11  
till 4pm

Closed for  
evening  
function

25

Open 11am

#### Sunday Night Improv

\$15, \$12 kids  
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Whos line  
is it anyway  
style

30

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This year we have a jam packed programme full of exciting art opportunities. Choose from 18 workshops with experienced and friendly local artists as tutors. There is drawing, painting, printing, pottery, bone carving, Waiata, guitar, garden sculptures, Oamaru stone, NZ art history, making seats and handbags, felting, writing and harakeke weaving. Local Mapua fabric artist Chris McGuigan will take a creative sewing workshop "Fibre Art Handbags".

Look out for the bright yellow programs around town, at the Motueka and Mapua Libraries, Ruby Bay's Wee Wellbeing studio, Potters Patch and Westrupp Jewellers. Or email Sarah Douglas at [woolweaving@gmail.com](mailto:woolweaving@gmail.com) 0277213991.



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Mapua Boat Club

### REMINDER SEPTEMBER SELL/SWAP MEET

If you have items for the annual fishing and boating sell/ swap meet start sorting now. If you require storage until the event we can arrange free of charge even for that kayak or trailer/sailer you no longer require.

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# Hills Church



They say that time goes faster as you grow older—well, every year certainly seems quicker than the last—I cannot quite believe it is nearly half-way through the year. Thinking back to childhood, time and life seemed endless. I remember at school imagining the world in the year 2020; it seemed an eternity away, but it is just around the corner.

I am particularly aware of this when I look at our family. It amazes me that this year we will have a teenager in the house, but we also have a three-year-old and the difference between the two is a very short span of time. At the other end of the scale, we have watched as my parents have become less and less able to manage, with increasing fragility and some tricky health issues developing. I am writing this from the small town of Kaiapoi, north of Christchurch, as we stay with my Dad, who is awaiting major back surgery for a second time. We are here though because my Mum is in hospital again, with a variety of things, which, put together, have some pretty serious consequences.

It makes you both aware of our fragility as human beings but also aware of the gift and joy that life is. And the fact that it is in a sense fleeting makes the joy deeper, and more amazing—life is precious.

But there is also a profound sense that in all of this journey God's hand is there; His love guides and sustains us all the way through. There is of course a long and winding road that we walk down, and for much of the journey we so easily lose sight of who God is and who in fact we are. But we are the same person we were when we were three; holding our mum or dad's hand as we walked in the rain splashing in puddles; we are loved, deeply and generously by the God who formed and shaped us, and it is his love which draws us and leads us through the journey. The apostle Paul prayed this for the church in Ephesus, 'That being rooted and established in love, may you have power to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses all knowledge.' May this be our journey.

*Yours in Christ, Rev John Sherlock*

**Hills Community Church** is a community-based church with historical roots in the Anglican, Presbyterian, Methodist and Pentecostal traditions. We offer traditional and contemporary worship in an informal and relaxed style. Visitors and newcomers are most welcome.

**Sunday Worship:** 9am, Traditional service. 10:30am Contemporary service & Children's programme including crèche; Holy Communion celebrated at both services on the 2nd and 4th Sundays with morning tea in-between.

## **Weekly Calendar:**

Wednesdays: 10am-noon—Kidz n Koffee. Open to parents-caregivers-pre-K kids—a great way to make new friends!

## Traditional Music at the Hall

Young Wellington musicians Oscar West and Rennie Pearson join together as the duo Polytropos to share the time honoured traditions of Celtic music with New Zealand.

Polytropos is an Ancient Greek word, used in the Odyssey by Homer to describe Odysseus.

It means 'many faces' or 'many tricks and turns'. A description that fits the music of multi-instrumentalists Oscar and Rennie.

Played on 18th century wooden flute, fiddle, smallpipes, guitar, low whistles and vocals, this dynamic show will take you on a journey into the musical minds of two very talented musicians.

Both Oscar and Rennie have travelled to the source. Rennie having apprenticed with wooden flute master Chris Norman in Nova Scotia Canada as well as traveling through Ireland, and Oscar having travelled the UK playing music in England, Ireland and also his birthplace Scotland.

From beautiful slow airs and songs, to foot stomping jigs, reels and everything in between this will be a very special evening not to be missed.

Mapua Hall	Motueka Channel Arts
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\$10 – door sales only	\$10 – door sales only
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12-2pm- Lunch, questions and answers with Candice  
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7pm- Hafila, Dance party with performances  
from some local talent, guests and Candice Frankland  
(all welcome), Door sales available

**Sunday workshops**  
9:30-11:30- Bollywood Fusion choreography  
11:30-12:30 Lunch and Q and A with MEDANZ committee  
12:30-2:30- Group Skirt Dance

photo by Nina Gastreich photographer  
To register please go to [www.medanz.org.nz](http://www.medanz.org.nz)

For more details please contact your host Debbie Sumner on 0276890558 or [dbsumner@xtra.co.nz](mailto:dbsumner@xtra.co.nz)



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Call for updates to the NEW

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Funded by MDBA businesses for the community.

**THREE LINES MAX** per listing - Name / Address / Preferred contact number OR email

**Businesses** must be MDBA members to advertise - email: [coordinator@rcmh.co.nz](mailto:coordinator@rcmh.co.nz)

**Business Advertising** is dealt with separately - members will receive details.

**Community Events** between December 2017 and December 2018 (inclusive).

Send a short description plus dates/times/entry \$ and contact details to [directory@rcmh.co.nz](mailto:directory@rcmh.co.nz)

**Local Images/Photos/Drawings** We welcome local input - get in touch at [directory@rcmh.co.nz](mailto:directory@rcmh.co.nz)

**Deadline  
for entries:  
24 July**

**Post this form to Jane Smith at PO Box 8, Mapua 7048 or email your request with clear  
Instructions to [directory@rcmh.co.nz](mailto:directory@rcmh.co.nz) on or before 24 July 2017**

This is an: addition/deletion/alteration (please circle)

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Address for listing \_\_\_\_\_

Preferred contact no. **or** email \_\_\_\_\_

DECLARATION: I am authorised to request this addition/deletion/alteration to this listing.

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# The Power of Camaraderie

The "Original Bootcampers," a group of eight women who were in the very first Bootcamp group I did here in Mapua, all recently had a weekend away in Golden Bay. It's the second time we've all been away together and his trip was just as much fun as the previous one.

The format is pretty simple: some of us drive over, some of us bike over (either over Takaka Hill or via the Rameka Track). We book a couple of adjoining holiday cottages; we all chip in with food and wine. I take the coffee machine (essential), and we just enjoy doing what we love with other like-minded people. This time three of our girls rode down the Rameka Track on their MTBs. On Saturday morning, four of us did a 21km trail run, over to Totaranui via Wharawharangi and back via Gibbs Hill while the others either walked to Wharawharangi beach or biked over to Totaranui. Sunday morning a group went kayaking while some of us hiked up the hill behind Tata for a long dog walk. We had great food, and even better company.

But what makes this sort of weekend special is not so much what we do, but that we are doing it with people who have all gradually got fitter and stronger. Interestingly, this time a few who did the walk to Wharawharangi commented afterwards that they didn't really feel as though they had done that much and wanted to bike to the pub, yet the same walk last time left them all feeling pleasantly tired. Everyone is fitter and stronger and able now to do so much more than 18 months ago.

The other thing that stands out when we do trips like this is how much harder we will push ourselves when we are doing things with our mates. Running 21km on the trails, or MTBing down a gnarly track, we all seem to try a bit harder when we have others

with us. I think that's why the Bootcamp classes are so popular; it's more than just a hard workout, it's a hard workout accomplished alongside others, working just as hard as you are.

Working as a team, encouraging and motivating each other is so much more rewarding than doing stuff on your own. And much more fun. We're already planning our next trip over the Hill.

*Karyn Holland, Personal Trainer, Catalyst Fitness*



:The "Original Bootcampers" getting ready to set off on their walks, runs and bikes, on a Saturday morning in Golden Bay.

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



# Tasman Bible Church



## Accidents Will Happen

I hope the reader will excuse and forgive this personal, self-indulgent, and somewhat cathartic piece.

About a week ago, I was the subject of a classic 'kick-back' chainsaw accident and suffered the trauma of a frantic trip to the hospital, admission and airlift to the North Island for surgery. About a week on, I am left reflecting about it.

Now in the grand scheme of things, this incident is trivial compared with current famines in large sections of the African continent and a near world nuclear stand-off on the Korean borders, but you might appreciate, it is not trivial to me.

For those who do not believe in a benevolent and supervisory God, there's no issue. Accidents may be those of history, random chance, or literally, a properly materialistic moment in the interconnected planetary spheres. This one was 'written in the stars,' literally, and one must get back to earning a living (if one

can) and pursue one's interests elsewhere – again if one can. Otherwise, it is just 'bad luck'.

For the Christian, reading the world as above is pragmatic but it is also hopeless, and sub or anti-Christian. Points like, 'it could have been so much worse', 'others have suffered so much more', 'so much greater good through the experience has been achieved in retrospect' or it was my own fault or, even the devil caused it, have biblical precedent. The difficulty is sifting between these to try and make sense of the cause.

Irrespective of cause, Christians who believe in a Personal, Benevolent, and All-Powerful God believe in also in a larger point.

As mentioned last month, all humanity lives in a fallen world. It is imperfect, defective, and 'falls short' of God's original good intention and standard of perfection. In it there is clear evidence of deliberate and willful decision-making that can bode for good or evil. There are circumstances that illustrate its transitory nature, its 'mortal coil', and its literal cracking up.

The Christian tends to speak of God's 'allowing things' under his sovereign care and purposes. These are actually through and beyond the Fallen-ness of the present age. Sadly some Christians use this truth to disengage with the world.

'Accidents' for the Christian may be through willful stupidity, human error, or otherwise but they will occur because they betoken, in a small way, the necessity and ground to trust in God and the gifts He has given others. They equally betoken a reminder of 'how things are' now and a reminder of a God who ultimately promises 'a new heaven and a new earth' where things will be all right. Do you trust God for this?

Not to over-dramatise, but for me, a few millimetres upwards or downwards could have been death or much more serious injury. God's allowing this 'accident' has given me a million reasons to be grateful and trust His ultimate providence.

*Richard Drury*



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**Another Ski Season is nearing - Are you ready-**

It won't be long now before the first snow falls and those who go skiing will be heading off to their favourite ski fields.

Now, is the perfect time to dust off your ski gear to check it is all in order and ready to give you another season of reliable use.

Now is also the perfect time to have your vehicle checked over to ensure it is ready to face the climatic extremes and the geographical nature of travelling to and from the slopes.

Rough snow covered roads can test your vehicle to the limit. Your cooling system will be working over time on the journey up to the field, and the tyres, suspension, gearboxes, and vehicle tune will also be put through their paces and then your vehicle will be left to sit in the snow covered car park until you decide to go home. This is when the condition of your battery and your anti-freeze will be put to the test.

Who wants to end a fun filled day in the snow by becoming stranded simply because a preventable mechanical failure went unchecked or to have an accident because your brakes were inadequate or your tyre tread depths too low.



**This**



**Not this**



**Or this**



**Vehicle Check List:**

- ☐ Cooling system - checked & in good condition
- ☐ Brakes - checked & in good condition
- ☐ Tyres - checked with good tread depths
- ☐ Wiper & Blades - checked & in good condition
- ☐ Suspension - checked & in good condition
- ☐ Gearbox or auto trans - operation & fluid levels checked
- ☐ Battery - tested
- ☐ Heater - will it keep the windscreen clear.
- ☐ Tune - checked for smooth running
- ☐ 4X4 - is it engaging

Happy & safe motoring from the team at **MAPUA AUTO CENTRE**  
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# MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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

## Betty Salter. Commission Artist

Painting for me has been a voyage of discovery and a great joy and passion since I moved to the Nelson area 27 years ago from the North Island. I have been able to express through my art so many of the things I love in life – Beautiful beaches, Mountain scenery, domestic animals like dogs, horses or cats, birds, beautiful vibrant flowers, and the wonderful beauty in a child's face.



I enjoy the challenge of working with a client to produce their own special ideas and have a huge feeling of satisfaction when handing over a commissioned painting. Their comments of pleasure - "you've caught his expression perfectly" etc, make commission work, though a challenge, very rewarding.

I enjoyed so much my 16 years living and working in the centre of Mapua, but sadly had to move earlier this year. Now, finally I am settling into a new home in Upper Moutere, right beside the shops. My paint brushes are back into action, currently picking up where I left off - on a large canvas painting beautiful Peony flowers! I have plans to do several of these – large and small. I am ready for work – Animal portraits or landscape paintings etc. Phone, 5403622 or email [bettyalterart@gmail.com](mailto:bettyalterart@gmail.com). Visit me by phoning first, to see what Paintings and Cards are available to buy. I am still running a Special Offer – BUY one of my selected paintings and have a portrait of your choice done for FREE.

Follow my current work on Facebook – Betty Salter Artist.

[www.mapua.co.nz](http://www.mapua.co.nz)



The MDBA held its Annual General Meeting on the 10th of May at the Mapua Hall. The new committee looks similar to last years with all current members agreeing to continue for another year. Del Trew continues as Chair with Flynn Perry as Vice-chair and Tim Kelly continuing in the role of Treasurer. Nicky McBride has stood down from the role of Secretary but has remained on the committee with current committee member Jill Archibald taking on this role. Other committee members, Claire Pendlebury, Sian Potts and Pete Archibald have been joined by new recruit, Hilary Williams.

## Mapua and Districts Business Association

### 25 years supporting local business

This year is another milestone year for the MDBA! Established in 1992, the MDBA has been supporting local businesses and communities in the Ruby Coast and Moutere Hills area for 25 years.

During this time there has been much change and development in our area and the MDBA has also grown and changed during this time. Most recently the MDBA has created a new website which has many new features, including being mobile friendly and allowing each individual business to have (and manage) its own page on the site. This offers a fast and easy way of finding and contacting businesses from your phone as well as tablet or computer. Check out the new user friendly website at:

[www.mapua.co.nz](http://www.mapua.co.nz)

Other services that have been provided by the MDBA for many years continue. These include the production of the annual visitor map - with production numbers increasing each year to 12,000 for this current year.

The Community Directory has been another key service that the MDBA and its members have provided free to the district. This year the 23rd edition of the Directory will be produced. 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 that was recently delivered to your letter box or by emailing to [directory@rcmh.co.nz](mailto:directory@rcmh.co.nz) This information is required by 24 July to be included in the next Directory.

So, its time to celebrate - there will a buffet dinner and dancing at the Playhouse on **Saturday evening 24 June**. All current, past and potential members are very welcome to join the celebration. RSVP and payment is required to confirm bookings. Contact Janet on [coordinator@rcmh.co.nz](mailto:coordinator@rcmh.co.nz) for further details and come join in the party!



Supporting Local Businesses since 1992

# Noticeboard

**Notices** here are free for clubs etc, gold coin for others. To see if anyone noticed, last month we deliberately put in Notices from 2 years back – thank you for your responses.

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

**Ruby Coast Arts** - Queen's Birthday Open Studios Event 3/4/5 June - 11am to 4pm. Visit artists, potters and galleries in Mapua, Ruby Bay and Tasman. [www.rubycoastarts.co.nz](http://www.rubycoastarts.co.nz) for details and an Event Map.

**Mapua Fellowship Group:** (formerly Probus Club). We continue with monthly meetings at Mapua Hall on first Fridays at 1.30pm. It is still a social group having interesting speakers and a monthly social lunch at various venues around the Nelson Tasman area. Contact: Club president 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](mailto:fiona.oliver@xtra.co.nz)

**Kidz 'n' Koffee playgroup:** Wednesdays 10-noon, Hills Community Church, Aranui Rd (during term time). All parents & caregivers welcome, we cater for 0-6 yrs. \$2 donation per 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 co-ordinated by Hills Community Church in partnership with the wider local community.

**Mapua Craft Group** meet Fridays 10-noon, supper room, Hills Community Church. Simple craft work including: paper craft & card making, sewing, knitting, cooking, small upcycling projects. Occasional guest speakers, demos & outings. A social, some fun and a chat, some easy craft along the way. \$2 for room rent, koha for materials. Info Marian/Rowena 540-2427, [craftgroup@xtra.co.nz](mailto:craftgroup@xtra.co.nz)

**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 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays to exchange home grown and home made produce & goods. We welcome everyone! It's the sharing that counts. Info: Judith Holmes 021 072 8924 / 544-0890.

**Toy Library:** extensive selection of toys, puzzles & videos for children 0-5yrs. Mapua Hall every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Phone Anja, 544-8733, about membership or casual hire.

**Ruby Coast 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](mailto:vpeters@xtra.co.nz), or just turn up.

**Moutere Hills Rose Society.** A gardener with a special love of roses? We meet monthly - contact Margaret 03 528-8477 or Cynthia 03 528-8664.

**Motueka SeniorNet.** Technology for mature adults. Monthly Members' meetings with guest speakers. Help sessions twice monthly. Courses & workshops change each term. Special interest groups meet regularly. Demystify technology in a fun and friendly forum. Clubrooms 42 Pah St Motueka. More info: [Seniornetmotueka.org.nz](mailto:Seniornetmotueka.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.

**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:** New Year, new beginnings, 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](mailto: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](mailto:mapuabcsecretary@gmail.com)

**Mapua Social Cycling Group:** "Wheels 2 Meals". Approx 30 km 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](mailto:wheels2meals@gmail.com)