

Tane's Ark Project Earns Reward

Partners in the Tāne's Ark planting project in Aranui Park were delighted recently to receive a \$1000 grant from the Tasman District Council to continue their work.

The council's grant arrived at a time when the partners, the incorporated society Friends of Mapua Wetland, the Mapua School Tāne's Team and the council, were celebrating the fifth year of work on the project to plant native trees and shrubs on the western side of Aranui Park.

The grant from rates was one of nine 2014 TDC grants from rates for environmental projects. Other local recipients included the Mapua Hall Society, which received \$1000 for shading and landscaping for its deck; Tasman Area Community Association, which received \$1500 for picnic tables and shade sails for the Baigent Reserve, and the Moutere Hills Community Centre, which received \$3000 to develop an outdoor community social and recreational space.

In addition to this grant, Mapua school children have also raised more than \$1000 for the park project from sales of Christmas pohutukawa trees in pots, a fund-raiser that will be repeated again this year. Other funding for Tāne's Ark has come from generous donations from members of the Friends of Mapua Wetland group.

The original concept for Tāne's Ark was to create an attractive area of lowland native forest, in line with the wishes of the Wells Family, who donated the 4ha of land to create Aranui Park back in 1977. Plantings by the school children since the Tāne's Ark planting started in 2009 have included some rare and endangered native trees and reeds, particularly narrow-leaved maire trees.

In the original plantings in November 2009, members of the then Mapua School Tāne's Team planted about 40 kahikatea and rimu trees in wet ground along the western boundary of the park. They were helped by Department of Conservation community worker Rudi Tetteroo and the nationally recognised DoC botanist Shanel Courtney. Some of those kahikatea are beginning to show up above surrounding clumps of flax and other kahikatea planted earlier by the council are beginning to form an attractive backdrop for the park.

In the past few months, the Mapua School children have been busy planting an area near the Mapua Wetland boundary with several different species of maire trees, interspersed with native grasses. This is designed to be an accessible forested area of maire trees, a species that has almost completely disappeared from lowland coast areas of Nelson in the last 170 years.

In the last weeks of October, school pupils and members of the Friends group have been mulching the plants with bark chips in an effort to keep at bay a range of rampant pasture grasses in Aranui Park that have proved to be very challenging.

Another native tree species which almost disappeared from Mapua, hard beech, has also been recently planted along the park pathway north of the Tāne's Ark notice-board.

In August, Mapua school children turned out in force to plant hundreds of native grasses and reeds in a drain near the old farm shed, once used as milking shed by pioneer orchardist and farmer Arnold Wells. The children were assisted by staff from the Nelmac community planting team and guided by the TDC's supportive horticultural officer, Richard Hilton.

Mapua School has indicated it wants to continue with the planting education programme started by the Friends of Mapua Wetland in 2007 and with the work the children have been doing in Aranui Park. The Tasman council has asked for suggestions for planning and development of Aranui Park for the coming decade and Friends of Mapua Wetland is preparing its suggestions.

David Mitchell

(Tane's Ark activity pictured on Page 2)





Janet Taylor of Friends of Mapua Wetland and Richard Hilton of TDC were joined by school parents and members of Friends of Mapua Wetland to help Mapua School children in this recent planting bee. The children enthusiastically planted and then mulched hundreds of native grasses and reeds to improve the appearance of a drainage ditch.

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Mapua Library

Book Sale: Thanks to all who supported our book sale at the Festival of Flowers. We raised around \$450 and do appreciate everyone who contributed to this—book donors, organisers and those who staffed the stall.



Art Display:

Our current display features beautifully crafted ‘people’ created and dressed by Elizabeth Gibson and Sarah Pum-

phrey. They make a stunning backdrop to our issues desk. Don’t miss this display!

From later in November we will display oils and pastels works by Alex Burnett of Ruby Bay. Alex was lead artist on Motueka mural projects and we are pleased to share his creativity with you.

Book Display: In the entrance foyer you will find a themed book display—an ongoing feature of the foyer. Penny is doing a fantastic job at showing off some of the wonderful books that we have on our shelves and brings together a great collection of books based on a theme. We are often asked if these books are available for borrowing directly from the display. The answer is yes! You are very welcome to borrow them straight from the display shelf.

TDC Grant: We are thrilled to once again be supported by the Tasman District Council with a grant of \$1500. Grants are a huge part of the funding of our book-purchasing programme and we are always excited to receive a letter advising that our application was successful. Thanks TDC.

Website: Did you know that you can view our newly purchased books on our website? You will see that we have an active book-buying programme. Book reviews also feature on the website. Do take a look at www.mapuacommunitylibrary.co.nz

Lit Fest: A reminder. I do hope that you have noted the dates of our next Lit Fest—27-29 March 2015. I have had a sneak preview of what the Lit Fest team has coming our way; it looks very interesting and exciting! I understand that a website will be launched shortly. More information to come!

Lynley Worsley

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BOOK REVIEW

The Truth Behind the Loss of Flight 370 by Geoff Taylor and Ewan Wilson. Reviewed by Richard Bullock. This book is available in the Mapua Community Library.

It was inevitable that a book would be written sooner or later about the mysterious disappearance and tragic loss of Malaysia Airlines Flight 370 flying from Kuala Lumpur to Beijing on 8 March this year, but it is a surprise that it has emerged only eight months after it first became news and with such a thorough analysis of the background and circumstances of the incident.

If this book is eventually condemned to be just another conspiracy theory to add to the list of those that will inevitably emerge about Flight 370, it is very convincing and appears to promote a logical and rational conclusion, based on what we know.

The writing combination of a career journalist and an experienced commercial pilot with qualifications as a transport safety investigator ensure that the reasoning behind revelations in the book is well grounded in known

fact. Taylor and Wilson do acknowledge that there may be information that has never been revealed by the authorities. If this is the case and if it ever becomes public knowledge, their conclusions could be challenged at some time in the future.

Modern commercial aircraft are extremely complex pieces of machinery and it would be impossible to engage in investigative journalism involving an air “accident,” without introducing technical jargon and information. Every effort has been made to keep this accessible and interesting for the lay reader. The writers, aware that the loss of an aircraft is also very much the story of lives lost, bring people into the background of the narrative. This adds interest and keeps the reader engaged.

Even though the drama surrounding Flight 370 has quickly become old news, the revelations are still fresh in our memories. This book recaptures the shock and horror of the tragedy and provides disturbing and far more background material than we were ever exposed to at the time of the incident.

Don't expect huge surprises but enjoy an informative and thorough journalistic investigation of a tragedy of our time.

Not the MCC!

Well, the first over for both the senior and junior teams is about to be bowled. The club has confirmed its entry for a senior team in the President's Grade this year, looking to retain the cup after the success of last season. The junior teams are coming together with entries across most of the youth grades. The club has very kindly been lent the various cricket kits used by the school in past years so each team will have a base of bats, pads, gloves and balls to get started with.

If you are interested in joining a team either as a senior or junior please contact any of the following for more details:

Junior Grades: Isaac Day, principal@ennerglyn.school.nz
 Senior Grade: Simon Clearwater, simonc@mapua.school.nz
 Club matters: Tony Jemmett, tony.jemmett@opus.co.nz

Another step forward for the club was receiving confirmation from Tasman District Council to continue to plan for an artificial cricket pitch in Mapua Domain. The pitch is created by digging out the strip, putting in a clay bed, a reinforced concrete base, then a specialist surface on top. The club committee has split up the various tasks, however, the biggest is fund-raising. A new pitch costs about \$15,000. The Nelson Cricket Association has kindly offered to contribute a reasonable portion and we hope the rest can be made up with grants and donations.



An interesting bit of knowledge is that we must be referred to as the Mapua Cricket Club (or Mapua CC) and not the MCC! The use of MCC for cricket has been protected and reserved for the Marylebone Cricket Club in the UK with their home being Lord's Cricket Ground in London.

So already the cricket nets at the domain are beginning to have the dust bowled off them and we are all excited about the season ahead and hearing that leather on willow echoing amongst the oaks.

Tony Jemmett, Mapua Cricket Club, (03) 540-3664

Police Report

Hi all. Good to report that crime has been low in the Mapua area over the last month, long may that continue. However, there has very recently been a commercial burglary that we think may be part of a crime spree involving several premises in the district. Once again I want to remind people in Mapua that just because you live in a nice secluded spot doesn't mean that others can't come into the village and create their own little bit of havoc then leave.

This has happened a few times in the last 17 years I have been here—cars left unlocked with keys in the ignition, unlocked sheds with chainsaws and fuel in them—all easy targets. Mapua is only a short drive from Richmond/Nelson and it can be seen as an easy target.



Thanks to the two neighbourhood support co-ordinators who have been keen to update their groups details lately.

*Grant Heney, Community Constable,
Ph (03) 970-5271 (Direct)*

Mapua Occurrences:

Aug 27: Burglary of house. Canon digital camera (Model 500D), Hewlett Packard touch-screen and two black rabbits stolen.

Sep 9: Burglary of a Mapua shop. Stone through window and small amount of cash stolen.

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Mapua Health Centre

We are delighted to welcome Morgana Woolhouse-Williams to the practice for the next three months. Morgana has been a house surgeon for the last two years and during her time with us she will be consulting patients under the supervision of our doctors. We will also have William Ladyman, who is a final year medical student, joining us for four weeks. This is a great opportunity for them to obtain a fuller understanding of primary healthcare in a semi-rural community. We thank Rhys John for his much appreciated contribution over the last three months and wish him well for the next part of his career.

DUMP (Disposal of Unwanted Medicines through Pharmacies) Pharmacies in Nelson-Tasman will be running another DUMP campaign in this month, so please check your cupboards (and those of any elderly relatives) and review your (their) medicines. During the campaign, we encourage you to return any unwanted or out of date medicines to the Health Centre or the pharmacy so they can be safely disposed, keeping you, your family and the environment safer.

What can we all do to avoid wastage?

Tell (or show) your doctor what you are actually taking, as it might differ from what they think you are taking. It is important that your doctor (and you) have the correct information.

Most regular prescriptions are valid for 90 days. If you have extra medicines at home remember you don't have to collect everything prescribed, but please don't run out of your medicines either!

Some medicines are taken only when you have symptoms, so you may not always need the full amount of these every time. But remember, if you

have been prescribed a medication—it is for a good reason.

Don't be alarmed if you are asked if you need the full amounts of your medicines by our medical staff or the pharmacy staff. We are all trying to work together to make our health money go further.

AGM. The Mapua Health Centre committee AGM will be held on Wednesday 12 November at 7:30pm at the Health Centre. Anyone is welcome to attend.

This month is promoting "5+ A day" (www.5aday.co.nz). The key messages are:

Eat five or more handfuls of colourful fruit and vegetables every day for better health, taste and variety.

New Zealand nutrition guidelines recommend that you eat five or more servings of fresh fruit and vegetables every day. Specifically, three or more servings of vegetables and two of fruit.

A serving of fruit and vegetables is about a handful and everyone uses their own hand, so a child's serving is smaller than an adult's.

Colourful fruit and vegetables contain many of the vitamins, minerals and phytochemicals (fight-o-chemicals) that the body needs to maintain good health and energy.

Research conducted in 2010 shows 78% of Kiwis are familiar with the 5+ A Day message with 41% of the population actually eating 5+ A Day. This is up from 31% in 1995. The aim now is to get over 50% of New Zealanders eating 5+ A Day fresh fruit and vegetables by 2015 for better health, taste and variety.

A family of four can buy a week's worth of fruit and vegetables for as little as 28 cents a serving.

National and global health promotion events for the month include the following:

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|-------|---|--|
| 1-7 | Parkinson's Society Awareness & Appeal Week | www.parkinsons.org.nz |
| 1-30 | Movember (prostate prevention) | nz.movember.com |
| 1-30 | 5+ A Day | www.5aday.co.nz |
| 10-17 | Brain Injury Awareness Week | www.brain-injury.org.nz |
| 14 | World Diabetes Day | www.diabetes.org.nz |
| 16 | World COPD Day | asthmafoundation.org.nz/news |
| 24-30 | Safety Week | www.safetyweek.co.nz |
| 25 | White Ribbon Day - Eliminate Violence Against Women | www.nzfamilies.org.nz |



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Art Film "Mindspaces" - Mapua Hall 15th (ticketed)
Creative Workshops through November
Window Art through November in Mapua
Music / Poetry events at Jester House & The Playhouse
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Life on the Far Side

By Ric Coleman

Living in the mountainous north of Italy is a far cry from the sand and sound of gentle surf, seagulls and tuis of Mapua and Ruby Bay. Now within 30km of us, as the crows fly, is the Brenta Group of the Dolomiti Alps which include three peaks towering over 3000 metres. Temperatures can range from 35-40°C in summer to a very bracing minus 22°C in winter. Some particularly snowy mornings you have to dig your way out of the house. Temperate it is not.

Comighello is a small village among many in the Bleggio region, a small part of Trentino. Roughly 2½ hours drive north-west from Venice and halfway between Riva del Garda on the northern shore of Lake Garda and the city of Trento, it is a rural and very fertile green plateau ringed by mountains. More cows per hectare than anywhere else in Italy I've been told and yet you can drive through it and never see one. Huge sheds shield and shelter the big herds primarily for beef production. Lately some bio-gas units have been installed, reducing odours and the of flies, but you still know you are very much in a rural environment.

While the 'Bleggio' is most famous for its walnuts and the healing waters of the Comano Terme, the apples, grapes and potatoes are popular and vast areas of supersized maize crops to feed the cows cover most of the productive land. There is practically an unlimited water supply from under a nearby mountain and a co-operative-run irrigation scheme pumps vast quantities during hot summers and dry times.

Not so this year! The summer was more one very long spring, warmish but mostly very wet. We have been patiently waiting for a summer but over the last few weeks the sound of walnuts plummeting through the trees and onto the ground on the increasingly nippy evenings means it's clearly passed us by this year.

Food? Pasta is never far away it's true, but up here in the north it's the polenta that rules. It can be somewhat an acquired taste for some. Essentially it's just a boiled, thick corn mash—think porridge but with yellow corn meal instead of the traditional rolled oats. It requires special tools. A polenta pot is a round-bottomed solid copper pot with a long brass handle, or half hoop, that fits tightly into the top circular opening rings of your standard coal and wood-fired range. With winter temperatures mentioned above, every home has one, though modified 44-gallon drum-style back yard versions exist for industrial sized fiesta catering needs. Also needed is a big whisk and a long, narrow wooden paddle.

The salted water is brought to a rolling boil over the open fire then a bag of granular corn flour mash evenly poured in while being vigorously whisked to avoid lumps. As it boils it thickens more and there is a special technique using the wooden paddle to evenly turn and circulate the mixture for almost an hour, at least until the paddle can stand up on its own. A thick outside crust is often burnt to the inside of the polenta pot and care is taken not to dislodge it.



Panorama of Bleggio, Comano Terme, Trentino, Italy in mid-summer.



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The pot is then lifted from the fire and the contents swiftly deposited on a special round board by inverting the pot and whacking it on the board. Covered with a tea towel, the round lump cools and hardens. Some boards have strings attached to the handles used for slicing inch-thick slabs for serving.

While this may all sound a tad unappetising it is greatly enhanced by the numerous accompaniments of sauces, sausages, porcini mushrooms (which have been in abundance this year), gorgonzola cheese and fresh thinly sliced cabbage with olive oil or sauerkraut. Over the three years I've lived here I have become a big fan and it's a fine replacement for Sunday roasts on cold days. A nearby regional variation includes adding diced salami and varieties of diced hard cheeses into it. And leftovers can be sliced and fried in butter with eggs and bacon, and you guessed it, more cheese. Great stuff for hangovers, too.

Speaking of which the excellent locally grown and quaffable Merlot wines are available at NZ\$3/litre, and by the litre just down the road, but it's the Marzemino and Teroldego Rotaliano grape varieties that really pop my cork these days.



I still work in website design and maintenance, easily transportable skills that mean I can live here but remain a New Zealand tax resident. I'm proud of my recent work for local clients and friends including Highplaces, the Centre For Fine Woodworking, The Seakayak Company, Forestlands, Roadabode, Holistic Health Training Ltd and The *Coastal News* online, among many others. The family and I (Stefania, Frida and nine-month-old Dylan) will be travelling around from mid-December to late February in the top of the south. It's going to be great to be back, for a little while at least, and catching up with family, friends and neighbours. Ciao for now.

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Tasman Bible Church

Parables: Hiding Truth in Plain Sight



From now till Christmas our church family will be interacting with some of Jesus' parables.

Parables are notoriously difficult to define, even though we all have some vague awareness of how they function. In some cases the language of Jesus' parables has made it into common use, even though as a society we have long since moved past considering ourselves "Christian" in any meaningful sense.

When someone is called a "good Samaritan" we get the general idea behind the phrase. Like the term "lost sheep" or "prodigal son," such words and phrases have their origins in Scripture and in Jesus' parables in particular.

In broad terms, parables are very short stories designed to get our attention. Parables very often have a twist to them—something unexpected or outrageous that elicits a strong reaction. The nature of the reaction can range from, "that's just not fair!" to "who in their right minds would do something like that?" or even, "that story's about me!"

Jesus was a master teacher, but he was arguably an even better storyteller. By using parables he confronted those who opposed him without actually naming them. He also shocked those who were sleeping through his messages into sitting up and paying atten-

tion. Some of his parables caused confusion, but even then the result was often piqued curiosity and further questions.

So what do you make of this one? "A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown. He who has ears, let him hear."

Quirky! If you want to find out more about Jesus' parables, you are warmly invited to come along on Sunday at 10am as we try and figure out what Jesus had in mind when he told these stories.

Geoff Paynter

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Pastel Artists of New Zealand



There are some mornings when I need an alarm clock to remind me to get up. The temptation to roll over, snuggle back into that dreamy place and ignore the clock can be very seductive...but not on Tuesdays. I look forward to being in the Community Hall with my painterly friends even if I don't always do much painting! It is a very good group to be a part of; mutually supportive, lots of fun and its varied programme offers the chance to learn new skills.

Judy March, the animal portrait painter in our midst, demonstrated the art of painting dogs and cats eyes and noses on 9 September. Realism with facial features is difficult but Judy inspired us to have a go. And I have, albeit with a hippo and some lions, but they still need eyes and noses!

The 'Big Picture' is an annual event and took place on Tuesday 23 September. It was a challenge! The secretly chosen masterpiece was cut into 16 equal portions (it was not the original, in case you are aghast) and we all painted what we saw. The results were assembled into a big picture (left) and did it look like the original? Yes it did! All the lines and features matched up to reveal *The Builders* by Fernand Léger. I won't say it was better than Léger's work but we were mighty proud.

Tony Allain, master pastel painter and member of PANZ, has been a strong supporter of our Nelson group so it was with some sadness that we had to bid him farewell on Tuesday 30 September. For personal and commercial reasons he is returning to his native UK. We all wish him and his wife Beryl safe travels, success and happiness back in the Old Country.

Cameras were at the ready on 14 October as we welcomed Paul Nankivell to the morning session. He gave sound advice on taking photographs of our artwork, camera settings and the storage of images on computers. To enter painting competitions these days, the start point is the submission of a digital image; Paul's input will be of great benefit to us all and we might just win an art prize along the way.

Now we are gearing up for our *Affordable Art Exhibition* to be held at Eyebright from 7 to 16 November. There will be plenty of varied work on display and for sale; we look forward to meeting some of you any time between 9am and 5pm.

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

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

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Fire Brigade



September 14-October 14 call-outs

Sept 26: Hazchem call on Maisey Road to a bag of fertiliser. The brigade cleaned it up.
Sept 27: Burn-off out of control on Dawson Road. Fire too close to long grass. Fire extinguished.
Sept 28: Assist ambulance staff on Broadsea Avenue to lift and carry person down stairs.
Sept 7: Tanker to Brightwater fire, turned back.
To date this year, 39 calls.

Safety Tip: Access to properties—we need good clear driveways, 4 metres wide with no overhanging branches. access to water supplies, well numbered and name access points.

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Under The Bonnet with Fred

More in the USA—Elvis & Beal St.



After a very interesting two days in Hiawassee, North Georgia, I and three other Kiwis continued on our boys' trip towards Nashville through the Appalachian Mountains and Cherokee National Park. (But no Indians to be seen).

Driving the byways was a very green experience with almost non-stop bush. Amazing. You come to a junction and there would be a Baptist church with the grounds well maintained and some of them quite grand in size and architecture. The bank buildings were also very impressive. There seem to be so many it made you wonder, was this where they used to keep the moonshiners' money?

Nashville is a small city set beside the Cumberland River with tourist paddle steamers that can take you down to the Mississippi River. Our main reason to stop was to spend an evening on The Broadway, the country & western street of clubs and street wannabes. By mistake we ended up staying in the roughest part of town where there had been two shootings the night before. Rex and I went down to the Hookah Bar below the motel for something to eat but discovered a large group of unsavoury characters smoking a Middle Eastern hookah pipe, so we made a quick exit out of there.

That afternoon Broadway was non-stop country & western—bars, people, souvenirs, shops and museum. Bars with names like Bootleggers Inn and Whiskey Bent Saloon; shops like Boots 'n' More and historic Goorin Bros hat shop still trading under their original name. The music was great but the loudness meant I didn't stay long. I recommend visiting the Country Music Hall of Fame.

I liked the Webb Pierce convertible 1964 Pontiac Bonneville with imitation guns mounted on the doors, guards and a full-size Smith & Wesson rifle as a boot mascot. It was used as a promotional car and came with the bull horns and raised spare wheel. I'm not sure whether the rifle mascot would be acceptable today—there might be some random return fire!

Next stop was to Elvis Presley's Memphis, Tennessee. We spent four hours at Graceland, not because of our interest in Elvis but because we had to wait in queue as unbeknown to us it was Elvis Week—the anniversary of his death—and the whole world was there. We spent two hours waiting to get on the bus to take us across the road to Graceland. We talked to people in the queue and they wanted to shake our hands because we came from New Zealand! Graceland was originally a grand house and small farm. Elvis apparently used to drive down to the gate in his favourite vehicle, a John Deere tractor, to talk to fans.

The Elvis car museum was not full with Cadillacs, to my disappointment, but mostly other luxury cars and the John Deere tractor. They say Elvis has made more money since he died but as usual he, or rather his family, aren't getting any of it. The place was non-stop marketing.

Beal Street, Memphis. Everyone said you have to go to Beal Street, the home of the blues. Beal Street down near the river is still a narrow, cobbled road with 1930s buildings. Bars, music, people from all over the world—all with that casual laid-back feeling that blues music is. We spent an hour in BB King's club which seemed to have non-stop blues music and young artists having a go. A 10-year-old boy was really amazing to hear on his steel guitar as we sat at the streetside bar having a beer. The temperature was 30C plus. The bustle of people drove me back to the motel for a bit of time out.

The police had street barriers up with two cars at each end but as darkness fell there were four cars each end. None of us felt unsafe or threatened in Beal Street. Maybe that police presence was why.

Leaving Memphis, we drove north up the Mississippi River on what is called the Great River Road but we got to see the river twice before our GPS sent us on a wild goose chase, but we did get to see the little towns of Tennessee before we crossed the Caruthersville bridge into Missouri.

Fred Cassin

(To be continued)



Beal Street closed to traffic; a "must-go" place



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69 Aranui Rd, Mapua 540 2216**

Out and About with Hugh

Water. This month it's all about water. So why am I talking about it? Because when we turn on the tap, it's there, it's there for us to use for whatever we want to use it for. Okay, in the summer we have to put up with the inconvenience of water rationing when demand exceeds the capacity of the water system to supply enough.

We have to pay for the privilege of having it there at our fingertips and we get a water bill every six months from the TDC to pay for the privilege of having a reticulated water supply gives us water under pressure. Water is never entirely out of our minds. The water supply and what's happening to it concerns every one of us.

These days it's becoming more of a question of how we use it, where we use it, and who are the beneficiaries of that use. I assume most of us know where this water comes from in the first place. If you don't, go to the TDC website. There's a great deal of information and various terms being bandied about to fill you in, eg, water rights, allocation of water, overdraft of the aquifer and the water resource, to name a few. Mapua's water comes from wells on the Waimea Plains via the TDC supply system..

Today's burning question is how should this water resource be managed in the future? Should we build a dam and store it when it is plentiful so it can be used for stream and aquifer replenishment when it's needed? Or, shall we continue to use it and put up with the problems of scarcity and rationing associated with the summer season, the over-allocation of water rights and the potential depletion of the water aquifers under the Waimea Plains from overdraft pumping?

We have all heard a lot about the international supply threat of "peak oil." Now our water experts are talking about the supply threat of "peak water" right here in our own back yard. Ratepayers of the Tasman District are going to have to seriously consider how to look after our water in the years to come and the financial implications of what that may involve.

TDC district-wide information days and public meetings about the water issue started on 20 October and will continue until 12 November throughout the district. The meeting in Mapua will be held on 6 November at 7pm in the Mapua Community Hall. It is in the interest of every resident of Mapua to attend.

"Water, water, everywhere and nary a drop to drink." That well known phrase comes from the poem, the *Rime of the Ancient Mariner*, by Samuel Taylor Coleridge written in 1797-98 and published in the 1st edition of *Lyrical Ballads with a Few Other Poems* in 1798. There are 25 poems in all; some by Coleridge and some by William Wordsworth and 37 in a 2nd edition published in 1800. Wordsworth and

Coleridge set out to overturn what they considered the "priggish and highly sculpted forms of 18th century English poetry" and bring it "within reach of the average person" by using "normal everyday language". They emphasised the "vitality" of the living voice the poor used to express their reality and that the language "helps to assert the universality of human emotions". The word "lyrical" links the poems with the ancient bards and their spontaneity and ballads, the oral mode of storytelling used by common people.

That's a short brush-up lesson on a wee bit of 18th century English Literature you may have forgotten, just to lighten things up a bit about our water problems.

On Sunday 19 October, it was good to see no cars on the Mapua wharf area. The "No Entry" sign was up and being observed. Thanks to the wharf businesses and the public for cooperating in observing the Sunny Sunday rule. A "no car" wharf area is a safe wharf for young and old. For those who may not know, that rule is now a TDC "no-parking" regulation, subject to a parking violation citation. Don't forget and risk a parking fine.

Gene Cooper, the newly appointed commercial manager for the TDC presented the up-dated Wharf Precinct Master plan for the wharf area to our Community Association. on 13 October. The plan includes the new building on the former aquarium site, expansion of the green area and some space adjustments around the Golden Bear Brewery. The existing toilet at the far end of the wharf itself will be removed and replaced with a new toilet near the ferry landing. Hooray for that!

Driveways fronting on Mapua Drive: I got it partially wrong in last month's *Coastal News*. There was no specified departure by the sub-divider. The driveways were a part of the original subdivision that was approved several years ago and deferred until early this year. My apologies to Sonoma Orchards or anyone else for this misinformation.

Another successful planting bee for Dominion Flats on 4 October with a good turnout of volunteers. Thanks to all who helped

Affordable Art Exhibition at Eyebright Country Store, McShane Road, Richmond from 8 to 16 November, 9am to 5pm daily. Our local PANZ artists in action.

Privacy? Keep your web-cam disconnected when you're not using it. Hackers can use it to see you. How about that!

Last Word: It's so easy to be "anti" something. It dispenses one from "thinking."

Hugh Gordon

Coastal News Back Online and Improved

We are not on Facebook or any other of the myriad social-sharing sites but we do have our own website up and running again with up-to-date and archived issues of the *News* in PDF format. This is mainly thanks to Rick Coleman, formerly of Mapua but at present living in Italy—he has written us an article about that in this issue—and to Snap ISP who rescued our website from an overzealous electricity provider and now hosts the website free of charge.

The online version you now see is the same as the printed version, with advertisements included, and we hope that if you use this instead of picking up a paper version you will still think of dropping a coin or two into the collection boxes. The online version has pictures and advertisements in colour if they were supplied in colour.

We hope you know that all profits from advertising and donations to the *Coastal News* are passed on to the Mapua/Ruby Bay and Districts Community Trust—a bit of a mouthful, but calling it the Mapua Community Trust is fine.

Bill Williams, John Sharman and others were the driving force behind the formation of the Trust and started it in 2005 with zero dollars. The capital fund has now reached a milestone of \$100,000. Bill has taken this as a sign that all is going well and he has stepped down as chairman of the trust and as a trustee.



Interest earned on the capital is available for community grants twice a year, in May and November. The amount earned is now approaching \$4000 a year. Grants are typically to non-profit community organisations, sports clubs and activities that support young people or the environment, although larger amounts have been and will continue to be made to the Mapua Hall, which is regarded as a special cause.

Trustees are made up of some *Coastal News* volunteers and other residents of the Mapua district. Some new people have been invited to become trustees to replace retiring members. We will report further on this in the December *Coastal News*.

The Editors



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The Probus Club of Mapua and District

The guest speaker at the club's October meeting was Ella Evans from the Mapua Fire Service, her subject being fire prevention. She distributed a variety of pamphlets covering fire prevention, and safety in the home.

Ella said it was reassuring that the local fire service has had a decrease in the number of fires they had been called to. She pointed out that there was always a greater risk of fires with senior citizens living alone. New Zealand has a population of more than 460,000 over 60 years of age, and this figure will no doubt increase over the next 10 years.

Ella pointed out some of the potential fire risks for the elderly. A few of the more common problems were leaving food cooking on an unattended stove and leaving clothes drying too close to an electric bar heater or an open fire. She recommended having regular periodical checks of electrical appliances and smoke alarms. The smoke alarms could be checked at no cost by the local fire service staff. Electric blankets should be checked before the start of the winter. Homes with chimneys and flues should be swept at least once a year. It could take less than four minutes for flames to take over the home.

The three fire safety basics given on one of the pamphlets were:

- 1) Working smoke alarms save lives
- 2) Make an escape plan
- 3) Get out and stay out of a burning home

Ella showed three of the latest types of smoke alarms. One unit was designed for deaf people. It had an attachment with a small vibrating unit that is placed in the bed. The attachment will vibrate when the alarm is actuated and will wake the person. Another innovation is the use of a torch light to shine on a part of the smoke alarm that will actuate it for testing.



Ella also spoke of the importance of planning an emergency route out of the house, particularly from the bedroom. The escape should be practiced regularly. One of the pamphlets gave a selection of stick-on labels that could be attached to various parts of the house. This was very important because smoke inhalation can quickly become fatal. Fire officer's free services are available to check smoke and fire alarms and other such concerns.

The mini-speaker was club member Colin Ketch talking about his collection of antiques. He displayed a range of ornamental plates, cups, silverware and small colourful bone china models of girls. Colin inherited all the items from English relatives. One plate showed two pictures of the English tomtit. There were several beautiful jugs with gold-plated handles. Another interesting item was a plate with an oil painting of Windsor Castle.

Colin's strong interest is wildlife. He hopes to return to the Lake District in Britain to spend time walking around the local National Park to study more of the birds and wildlife of the park.

David Higgs

Gavin Lambert
Master Painter

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Global Trend to 'Eat Local'

With so many wonderful food and wine producers in Tasman, it's not difficult to fall into step with the global trend of "eating local." But are we truly "locavores?"

How different would our "New Zealand" diet have been if, over the centuries, our human ancestors had been happy to eat food grown right where they lived? Globalisation isn't a 21st century phenomenon; it's as ancient as the human appetite for something tasty! Archaeologists know that the Roman Empire imported an estimated 1.6 billion gallons of olive oil from Spain, plus walnuts from Persia, peppers from south India, spices from China and grain from Africa. Meanwhile, noodles moved from Central Asia's Steppes to China, Vietnam and Japan, as well as to Italy. The discovery of America in 1492 was the discovery of potatoes, tomatoes, corn, beans, chillies, pumpkins, avocados, and chocolate.

Words in our everyday vocabulary, such as coffee, spaghetti, pâté, tortilla and curry make us more multi-lingual than we know. Our English word yoghurt is Turkish, the words alcohol, apricot, artichoke, lemon, marzipan, saffron, spinach, tarragon and sesame are all essentially Arabic. And for anyone who thinks that tomato ketchup must be a western invention, you may have overlooked that it's basically a Anglicised version of the much older Cantonese tomato-based condiment, ke tsiep, also available in our local supermarkets and Asian stores.

But where would we be today without our wonderful local food suppliers? We are blessed with fantastic fruit and vegetable growers, olive groves and wine-makers here in Tasman, who all owe a bow of thanks to their overseas forbears. The wine-makers' knowledge and skill often came with the missionaries who needed to grow wine for Communion, though how true that is in Tasman/Nelson, I am not sure!

And when we really have the urge for something we can't grow locally, today (like a thousand years ago) we can look to the specialist importers such as

Mediterranean Food Warehouse to fill that void. The top quality Soy Works tofu, made in Motueka, has to thank both the Chinese (the origin of soy beans) and probably the Mongolians, who brought their knowledge of fermenting food to the region as they migrated into northern China. Not to mention the hippies who brought flower power (and tofu and meditation!) to the west in the 60s. And let's not forget the ancient skills of the artisan butchers such as Premium Game who can provide wild meats as our ancestors would have enjoyed.

Enough history—it's now time for breakfast: poached free-range Motueka-chooks eggs, butter and a twist of salt, on buttered sourdough toast, and a cup of coffee. Local-ish, via East Africa and Egypt, Palestine and probably every other country you can name. Bon appétit!

Jenny Lomas


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The Road to Wellness

Stress is our reaction to a perceived threat. When we think something is threatening us, our bodies get ready to defend themselves.

This means the functions that need to be activated so we can fight the threat or run away from it are turned on full blast. We need more oxygen in the muscles so breathe deeper, our heartbeat increases and extra sugars are released into the bloodstream so the extra oxygen gets into the muscles. Our senses become heightened so we can react quicker. Extra chemicals are released into the muscles to have increased strength. You will have read about people who were able to lift a car off an injured person, but the next day couldn't even rock the car.

We need this ability to become "supermen." If we didn't have it we probably wouldn't have survived to the extent we have.

Specific Response.

When we react to a life-threatening situation, such as coming face to face with a dangerous wild animal, this fight/ flight mechanism kicks in. This is called specific response to a specific danger.

Non-specific response.

However, in our modern-day hectic living, with all its pressures, our bodies trigger the fight/flight response. This is known as a non-specific response. But the effect on the body is the same. Those functions that are needed for efficient fight/ flight are turned on full blast.

There is a huge difference between a reaction to a specific threat and a non-specific threat. With a specific threat we do what our bodies are expecting us to do. We either fight the thing or we run away from it. In either case we do something extremely physical.

With a non-specific response we usually do not do anything physical. In fact, we stay in the situation which triggered the response and so keep the fight/flight response activated.

Effects.

Our bodies have not evolved for this to happen. If the fight/flight mechanism is activated long term, our bodies begin to malfunction.

This is the underlying cause of many of the illness we find in the modern western world. In fact in the ear-

ly 1900s major causes of death were influenza, pneumonia and TB. In 2000s it is heart, stroke and cancers caused by stress.

It not only causes illnesses, but also causes people to be functioning way below their best.

Are you stressed? Some of the common symptoms are:

Memory problems. Indecisiveness/overwhelmed. Inability to concentrate. Anxiety. Moodiness. Inability to relax. Sense of loneliness and isolation. Depression or unhappiness. Pain. Headaches, backaches. Insomnia/ sleeplessness. Weight gain or loss. Skin breakouts. Loss of sex drive. Frequent colds. Eating more or less. Procrastination. Using alcohol, cigarettes or drugs to relax. Overreacting to unexpected problems.

I will bring you more about stress next month. If you are experiencing any of these, it is best to get help from an experienced clinical hypnotherapist.

Lesley Evans

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COASTAL GARDEN GROUP

Spring is certainly a fabulous time of year for our members with gardens flourishing, and that was evident with our extremely successful Festival of Flowers which saw hundreds of blooms and beautiful floral arrangements turning the Mapua Hall into an oasis of colour.

Members are now looking at getting their hanging baskets ready for the coming summer season. Keitha



King came with several baskets to demonstrate how she plants them. She starts with a layer of planting mix over which is sprinkled saturaid up to the lowest level of holes in the basket liner, then she plants the seedlings by pushing out from inside the basket with a special flexible planting tool that protects the plant. The process is

repeated until the basket is full, with three or four plants reserved for the top.

No water is added until the basket is full then it needs to be sprayed several times to swell and soften the sphagnum moss liner. Carpet petunias give a better coverage but many other plants can be used including herbs and vegetables such as lettuce. Colourful baskets look lovely in archways, hanging from decks etc.

Judy Sissam



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Eat here or takeaway

Monday - pizza night

Weekend lunchtime specials

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MAPUA BOWLING CLUB

The Write Bias

All is looking good for Opening Day of the Mapua Bowling Club, planned for Saturday 8 November. Members are asked to arrive by 1:15pm for a 1:30pm start and to please bring a plate for afternoon tea.

Everyone at the club has been working hard, weeding and helping with the final finishing work on the new green. Also, at the recent working bee, members armed with water blasters, paint brushes, mops, mowers and carpet cleaners gave the clubhouse and grounds its annual spring clean in preparation for the new season.

So we are keen for the season to begin and look forward to welcoming new members to the club. Why not come along and give lawn bowling a try? You don't



need to have a set of bowls. The club has sets of bowls of various sizes and weights for anyone wanting to give bowls a go. No need to worry about wearing 'whites' but please wear flat, smooth-soled shoes so that our new green is not damaged.

Mapua is one of the smaller clubs allied to the Nelson Centre but one of the few to have not one but two accredited coaches. This is a real plus and means that free coaching is always available for beginners and improvers.

Lawn bowls is an activity that can be enjoyed by a wide range of ages. Come and meet your neighbours and make new friends. A warm welcome and friendly encouragement is always on hand at the club.

We are just behind the tennis courts at Mapua. We look forward to meeting you on Opening Day, 8 November.

For information, telephone Michael Busby 03) 544-6325.

Barbara and Kevin Brown



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Gifts with a Mapua flavour this Christmas!

A little forward planning will ensure you don't miss out on this opportunity to give Christmas presents with a special Mapua connection.

The Hall Committee is offering locally designed and printed tea towels this December and the design will have an apple theme, available in a couple of cheerful colours.

They are 100% cotton, and are only \$12.50 each.

We anticipate they will be very popular, and are giving you this opportunity to secure your order. These quality, functional tea towels are simply a great way to support your local community hall. Every household is sure to want at least one!

We are grateful for the support of **Jester House cafe** who have generously offered to help with our initial printing costs.

To secure your order: Fill in the order form and drop it into the hall post box outside the hall office or mail to 72 Aranui Road, Mapua, 7005 Or email mapuahallsociety@gmail.com, Ph: 5402330.

Stocks are limited - don't delay, action today!!

Mapua Tea Towel Order Form



(please print clearly)

Your name:.....

Your address:.....

Your phone number:.....

email:

Quantity ordered:.....(price per item = \$12.50)

Total cost of your order:

Payment method (please circle)

Cash Cheque Internet transfer

For internet payments: Mapua Public Hall Society,
NBS 03-1354-0308218-00

Please write your last name in the reference.

What's On at the Hall In November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
					1 Motueka Quilters Weekend	2 Motueka Quilters Weekend
3 7.30pm Fundraising & Events Meeting	4 9am PANZ 6pm Cardio/ Strength 6pm Yoga 7.45pm Pilates	5 9.15am Aerobics 9am Yoga 12.30pm Tai Chi	6 9am Mapua Art Group 3.30 Karate 7pm Waimea Community Dam Meeting	7 9am Yoga 9.15am Cardio/ strength/Aerobics 1pm Probus	8	9
10 7.00 Mapua Assoc. Meeting	11 9am PANZ 10am Mapua Creative Fibre 6pm Cardio/ Strength	12 9.15am Aerobics 9am Yoga 12.30pm Tai Chi	13 9am Mapua Art Group 3.30 Karate 7.30 Mapua Assoc. Meeting	14 9am Yoga 9.15am Cardio/ strength/Aerobics 6pm RCA Exhibition Set Up	15 9am-4pm RCA Exhibition 4pm	16 9.30-4pm RCA Exhibition
17 7pm Hall Committee Meeting	18 9am PANZ 6pm Cardio/ Strength 6pm Yoga 7.45pm Pilates	19 9.15am Aerobics 9am Yoga 12.30pm Tai Chi	20 9am Mapua Art Group 1pm Friendship Club 3.30 Karate	21 9am Yoga 9.15am Cardio/ strength/Aerobics	22 KEMP WEDDING	23 9am-11am Wedding Clean up
24	25 6pm Cardio/ Strength 6pm Yoga 7.45pm Pilates	26 9.15am Aerobics 9am Yoga 12.30pm Tai Chi	27 9am Mapua Art Group 3.30 Karate	28 9am Yoga 9.15am Cardio/ strength/Aerobics	29 9-4pm Art Workshop	30 9-4pm Art Workshop 1.30pm Child Cancer Foudation Christmas Party

The Ruby Coast Arts Festival Presents:
A Mapua Community Hall Fundraiser

Mindspaces

The Artists Studio

A Documentary By Stephanie Bennett
Featuring NZ Sculptor Denis O'Connor

Meet the Director

Stephanie Bennett after the screening



Mapua Community Hall

SATURDAY 15TH NOVEMBER

4:00 Bar Opens (own expense) – light snacks provided

4:30 **Seated – Introductions and Welcomes**

4:45 1hr 20min Movie

6:00 Social Hour – Meet Stephanie Bennett

Bar Open until 7:30 with light refreshments

Tickets \$20

Purchase at the Hall Office on Mon, Thurs & Friday am.



For information on other events during the RCA Festival
please visit: www.rubycoastarts.co.nz

slice

multi-layered urban spaces
paintings by Lisa Chandler

ICON White Gallery

1270 Moutere Highway

Upper Moutere

1 - 26 November 2014

Opening: Saturday 1 Nov, 3-6pm all welcome



Postal Delivery

We can post you the *Coastal News*. To take advantage of this post \$20 with your name and address to Coastal News, PO Box 19, Mapua Store, 7058, or email coastalnews@mapua.govt.nz

Village Challenge SUMMER DRIVE



For the next three months November, December & January, we are inviting each family in the area to make three small donations.

All we ask is the price of a coffee or bottle of wine for each of the three months to boost our summer funds!

If you choose to donate directly, please reference this as: **Summer Drive Donation**

Account Number: 03-1354-0308218-00

Account Name: Mapua Public Hall Society

\$5, \$10 or \$20 a month for three months will benefit our hall funds hugely and contribute to the up and coming March insurance bill.

Contact: Sally if you wish - wayneandsally@hotmail.com or Megan at the hall – via website, Facebook, or by calling in on Mon, Thurs or Fri mornings to the office.

This initiative is being driven by a group of community members who love our hall and wish to support hall finances. The Hall Committee and Events Team thank you all for on-going financial and practical support

MOUTERE INN



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COMING EVENTS AT THE MOUTERE INN

- ❖ **LIVE MUSIC 8 PM SAT 22nd Nov "The Constant Sparrows"**
Helena Faust and Steve McGlone bring you a traditional Appalachian Old-time mountain sound with driving guitar, sparkling banjo, raw old-time vocals and sweet harmonies. The Constant Sparrows will take you back in time to the mountain roots of American music.
- ❖ **FINE DINING EVENING 7 PM SAT 29th November \$45**
We will be offering a relaxing evening, of fine dining over five courses. Focusing on produce from the Moutere Artisans we will also be matching local wine and beer with each course. Bookings essential, check our website for menu details.
- ❖ **DON'T FORGET**
Raffle every Wed 6pm with Chase the Ace.
1st Thurs Folk Night. This month 6th
2nd Thurs Quiz Night. This month 13th
Last Thurs \$20 Ribs Night. This month 27th

THE MOUTERE INN
THE CENTRE OF THE MOUTERE

Phone 543 2759
www.moutereinn.co.nz

Bike Business Offers Bargains

The team at Trail Journeys would like to thank the local community for coming out in force and supporting our grand opening at the Mapua Wharf in September.

Despite the weather, it was a great day with many of you turning out to visit our new shop, ride the Mapua Ferry and donate to The Great Taste Trail (raising \$360) and to enter the draw to win a brand new Avanti mountain bike (congratulations to the winner of the bike: David Hollingsworth).

Trail Journeys are passionate about our beautiful region, its cycleways and providing an excellent service and memorable experience to our visitors and locals alike.

The new Trail Journeys shop aims to provide a first-class service to our community:

- 10% discount for locals on all new bikes and accessories.
- FREE bike check and advice
- Full bike servicing facilities
- Bike rental (full range of trail and mountain bikes for adults and children).
- Child seat, trailer and tow-behind rental
- Discounted bike hire/ferry combo deal
- Ex-rental bike sales
- Trail advice
- Transport for bikes and passengers

We would like to take this opportunity to welcome our new professional bike mechanic, Tim Lenz, who brings with him years of experience and that German attention to detail and quality workmanship.

Stuck for things to do this summer season? Friends and relatives coming over to stay? Trail Journeys can help:

- We can provide the whole family with an array of bikes and child bike seats (to hire or buy).
- Take the ferry to Rabbit Island and cycle to the beach for a BBQ and a dip with our bike hire and return ferry combo deal
- Cycle The Great Taste Trail from the wharf and treat the family to lunch at New Zealand's No.1 café—Jester House. What better way to see the beautiful landscape and burn off those calories than on a bike?
- Hire one of our comfortable trail bikes, take the ferry across to Rabbit Island and take a leisurely cycle to one of our region's original wineries (Seifrieds) for a tasting and a platter
- Fancy more than one? Why not let us drop you out at Brightwater winery and cycle your way back to Mapua, via six of the region's finest wineries.
- Feeling a little more energetic? Let us drop you out at Kaiteriteri or Nelson and cycle back home at your own pace along The Great Taste Trail. An opportunity to see your beautiful region from a whole new perspective.

Trail Journeys looks forward to being of service to you in Mapua and out on the trail.




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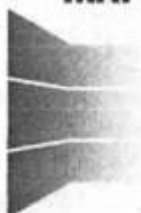


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Good Progress with Dominion Flats Planting

All is well at Dominion Flats. We had about 40 willing workers to help plant at the beginning of October and managed to get 1600 plants in the ground. It is so good to look across the area now and see such a sea of plants.

Then the local scout groups came armed with spades and enthusiasm. We were so impressed by their attitude. They listened to their instructions then they were off and managed to get 300 plants into the ground and staked and with plant protectors on in just over an hour. They worked so well and finished the evening by weeding around plants that needed some freeing up. Our future is in good hands if these young people have their input.

We still have the last of this season's plants to get in the ground so would love to see you and your spade on a Tuesday morning between 9am and noon before our summer really starts and it is too hot and dry.

Not only are things moving on the planting side of things but also the tracks are getting some attention. A group of local people are in the process of building more boardwalks which will mean a solid pathway from Chaytor Walkway to Mapua Drive. They are making good progress and hope to have it completed by December.

Can you believe it is not yet a year since this project started! We as a community can be so proud of our efforts and the results—but don't stop yet. There is still a lot to do.

Helen Bibby



Mapua Makers Market

Sunday 7th Dec 2014

Sunday 18th Jan 2015

Mapua Hall 10am - 3pm

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It's Not Too Late to Get Active

Living into old age is what most people aim for, with the hope that their later years will be active, filled with family and friends, and as much enthusiasm as the earlier years. More and more age is no barrier to a continued expectation of health and wellness. Considering the prevalence of lifestyle diseases, and patterns of inactivity that claim the lives of many New Zealanders well before their senior years, it is worth celebrating making it to 'retirement' age.

After the personal investment that has no doubt contributed to your advancing years, including an active lifestyle and good lifestyle choices, why would you want to retire to the rocking chair when the outlook for today's older population is one of time spent on the activities you enjoy, and sharing time with the people you love? For older adults with a lifetime of structured physical activity, the idea of giving up their previously active lives is not something they would consider. Health advice for older adults support staying active, as long as health and injury status supports this, so there is no need to slow down if you don't want to. The choices you have made have helped get you this far, and the choices you make now will contribute to allowing you to 'leave this world' because of very, very, very old age.

Being active has many benefits; it assists with staying healthy as it can help control blood pressure, it contributes to maintaining a healthy weight, and it also reduces the risk of some cancers and diabetes. Anything that elevates your heart rate and gets your body moving is counted as activity. Activities may include sports dancing, gardening, walking and as well as many more options.

But for those of you who have enjoyed structured gym-based exercise, group exercise classes, and the rewards of working with a trainer, these activities do not need to cease. The Ministry of Health recommends improving cardiovascular, respiratory fitness and improving muscle strength and cognitive decline by aiming for at least 150 minutes of moderate physical activity each week, or at least 75 minutes of vigorous aerobic physical activity throughout the week. That's right; those sessions where you challenge yourself are just what the Ministry of Health orders.

The benefits of physical activity in your later years outweigh the risks, which are small. However, the risks increase as the intensity of your exercise increases, so medical clearance and the support of a REPs Registered Exercise Professional is recommended for those wishing to leap and bound through their activity sessions.

Recent research reported by Alzheimer's New Zealand suggests that being physically active can help to reduce the risk of dementia. They also suggest that engaging in social activities may also be beneficial to brain health. By exercising regularly you are helping both your body and your mind.

The Ministry of Health *Guidelines on Physical Activity for Older People* gives five key recommendations to help older people live longer, healthier lives. These are:

- 1) Be as physically active as possible and limit sedentary behaviour
- 2) Consult an appropriate health practitioner before starting or increasing physical activity
- 3) Start off slowly and build up to the recommended daily physical activity levels
- 4) Aim to increase physical activity on five days per week for at least 30 minutes if the activity is of moderate-intensity; 15 minutes if it is of vigorous-intensity; or a mixture of moderate and vigorous-intensity aerobic activity
- 5) Aim to do three sessions of flexibility and balance activities, and two sessions of muscle-strengthening activities a week.

Lynn Robertson

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Interactive comedy presented by Hugh Neil
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Hills Community Church



Someone once said that “It is easier to judge a person’s mental capacity by their questions than by their answers.” I think there is a great deal of truth in this. When our boys were about three they both went through a phase of asking what seemed like hundreds of questions a day. For one the question was always a variation of ‘Why?’ but for the other it always seemed to be ‘Why not?’ I think that somehow reflects their personality!

Asking questions is a vital part of the learning process, but equally as vital is asking the right questions.



Listening to the answer? That’s another question entirely.

In Matthew’s Gospel a man asks Jesus, “What is the greatest commandment?” We might not ask that question in the same words today, but it is a bit like asking, “What is the most important thing in life?” or, “What’s this thing called living all about?”

The greatest thing, Jesus says is this: “Love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength.” But then he adds a second “greatest” commandment, “Love your neighbour as yourself.”

There are two things that really matter in life, one is what are we to make of the question of God? That is vitally important. But equally important is the question, how we are to live alongside one another?

To live well, to be well in our heart, soul, and mind, these are the most important things. I pray that we all may learn to better ask these questions and that in asking we also learn to listen.

Blessings 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: Traditional service 9am, Contemporary service & Children’s programme including crèche 10:30am; Holy Communion celebrated at both services on the 2nd and 4th Sundays with morning tea in-between. 1st Sunday of each month: one family-style service @ 10:30am followed by a shared lunch.

Weekly Calendar:

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

Fridays: 10am-noon—Craft n Coffee—learn a craft & share a laugh! Open to all, crèche provided. Drop-off for area food bank – Bring your non-perishable food items to the church (122 Aranui Road) on Friday mornings between 9am and noon.

We offer numerous activities throughout the week. Contact 540-3848 for more information on our ministries.

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Club Mapua

Monthly Evening Walks!

The Club Mapua walking evening held on 7th October was a real success with 29 participants who walked two different tracks – one for the fast and one for the not so fast – on a very pleasant spring evening. The tide was just right for getting around the waterfront and the weather couldn't have been better with the wind dropping away by the time we set off.

Thank you to all that attended and enjoyed the meal afterwards at the Mapua Tavern which has supported the club in its efforts to raise money for community projects. And many thanks to John & Coila at the Mapua Tavern and Neudorf wines who donated the raffles and congratulations to the lucky raffle winners.

Due the success of the October walk the Club has decided to organise a November walk. The walk will start at 6pm at the Mapua Tavern followed by an evening meal at \$15 a head for all walkers.

Two walking routes will be available, one for fast walkers and one for the not so fast walkers.

Entry is only \$2 and there will be a prize-draw where every entrant has the chance to win a free \$15.00 meal that evening. The Club will also run a few raffles to raise funds for the local community projects.

The second walking evening will be held on Tuesday 11th November

6pm – Registration and meal orders

6:15pm Depart 7:15 Evening Meal

For further information contact Martyn Barlow on 021 31 41 61, mbarlow@tasmanbay.co.nz

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We have recently had two instance where conscientious owners purchased, unbeknown to them, poorly serviced vehicles. Unfortunately for them this has resulted in the need for costly vehicle repairs.

Images to the right show what happens when vehicle servicing has been irregular or absent. 1. A sump oil pick up coated with a tacky, tar like residue. 2. A sump bottom plate where the sump oil pick up sits is coated in a thick oil that resembles treacle rather than oil. 3. The presence of huge carbon deposits on the cylinder head. 4. A pile of carbon that was scraped off the cylinder head. 5. A dried tar-like substance that has started to flake off the rocker cover.

These changes, due to irregular or absent servicing, have severely compromised the reliability, performance and fuel economy of these vehicles.

It is cheaper, over the life of a vehicle, to keep to a regular servicing schedule and attend to maintenance items as they arise.

We recommend you check the odometer reading when your last service was undertaken on your vehicle and compare this against the current odometer reading. If the difference between the two is greater than 10,000km, we strongly advise you to have a full service undertaken.

Happy & safe motoring from the team at





Join us to celebrate the arts on The Ruby Coast for the whole of November. Local artists and Ruby Coast Arts (RCA) members join together to present an exciting variety of events including the innovative Window Art in Mapua, an Open Studios Trail, hands-on Creative Workshops, an Art Exhibition, Art Film, and music and poetry events.

Workshops by artists, sculptors and craftspeople throughout November

Flax weaving, stone carving, botanical painting, encaustic wax, portrait painting and etching, life drawing and abstract painting. View full programme online at www.rubycoastarts.co.nz/workshops.

Window Art in Mapua - Thursday 30th Oct to 30th Nov

Mapua village transforms into a vibrant, street based exhibition. Free 'Walk and Talk' 6pm, meet Mapua Hall, guided by Lynn Price. Trail Maps available from Mapua Library and participating venues.

RCA Festival Launch Party - Thursday 30th Oct 7pm to 10pm

Come and help us celebrate the opening of the 2014 RCA Festival with a glass of Kina Beach Vineyard wine, an art auction, speaker **Christine Boswijk** and a catch-up with other arty types! The workshop tutors will be there so make a last minute booking for a workshop. All welcome.

RCA Members Open Studios - Saturday and Sunday 1st and 2nd Nov 10am to 5pm

Visit RCA members' studios up and down the Ruby Coast. Pick up a trail map from Naked Bun and other cafés and shops in the area plus the Nelson, Richmond and Motueka i-sites or download from www.rubycoastarts.co.nz

SLICE A solo exhibition by RCA Member Lisa Chandler - Opening at icon Gallery Saturday 1 Nov

Opens Saturday 1st at Icon Gallery, 1270 Moutere Highway 3pm to 6pm
Works based on the multi-layered spaces of Singapore.

Lawrence Arabia at The Playhouse Friday 7 Nov

Tickets \$15 pre-booked / \$20 on the night

Dinner from 6pm / Show at 8pm 540 2985 for more details and bookings

The Playhouse presents Lawrence Arabia where legendary Silver Scroll-winning producer and songwriter James Milnes visits the area for the first time in ages.

New Zealand Guitar Quartet at The Playhouse Thursday 13 Nov

Tickets \$15 pre-booked / \$20 on the night

Dinner from 6pm / Show at 8pm 540 2985 for more details and bookings

Presented by Arts on Tour NZ. An inexpensive opportunity to attend a concert, the quartet will attract people who may not necessarily attend classical concerts.

Jester House : Coast Poems & Tunes Friday 14 Nov

Ticket price TBC 03 526 6742 or lunch@jesterhouse.co.nz for details

Eight local poets of note present with host Mark Raffills along with music from Hone Simpson.

Art Film "Mindspaces - the Artist's Studio" Saturday 15 Nov Mapua Hall

Details and tickets \$20 from mapuahallsociety@gmail.com

A documentary film by Denis O'Connor, in Mapua Hall - Bill Marris Room.

"Magical Mapua" Art Exhibition Saturday and Sunday 15 and 16 Nov from 10 till 4pm Mapua Hall

Emerging local artists display a wide range of artworks in the Mapua Hall.

Festival closing party at The Playhouse Sunday 30 Nov - Open Mic. night. Details to be confirmed...

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November 2014

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

Call us on 5402985 for bookings, Free Transport to and from Mapua

M	T	W	T	F	S	S
Coming in future:			30	31	1	2
11th till 13th Dec: Paul Madsen 18th till 20th Dec: Verona's Burlesque 21st Dec: The Deep End 25th Dec: Christmas Day Lunch 26th Dec: Back Yard Cricket Day			Open 11am till Late	Halloween Pole Performance Party \$20, 730pm Party till late	Open 11am till 4pm Closed for Function in the evening	Open 11am till late
3	4	5	6	7	8	9
	Andre Vegas Illusion Show 2 nights Tues and Wed from 730pm \$25 for show, dinner available from 6pm New Zealand's best magician returns to Nelson to amaze. Selling fast, so be in quick!		Open 11am till Late	Lawrence Arabia \$15, 8pm show Dinner 6pm Ruby Coast Artsfest show	Open 11am till 4pm Closed for Function in the evening	Open 11am till late
10	11	12	13	14	15	16
	Open 11am till 4pm	Open 11am till 4pm	New Zealand Guitar Quartet \$20, 8pm show Dinner 6pm Ruby Coast Artsfest show	Open 11am till 4pm Closed for Function in the evening	Closed for Wedding	Summer Nightz Jams \$5, 7pm show Alexi D'Ath and Lara Cammock
17	18	19	20	21	22	23
	Open 11am till 4pm	Open 11am till 4pm	Open 11am till late	Fawlty Towers Theme Evening \$20, 7pm show Arrival 6pm Great for Xmas parties, Selling Fast	Closed for Wedding	Open 11am till late Free for your groups' private function
24	25	26	27	28	29	30
	Open 11am till 4pm	Music Night The students of Zoe Jackson take the stage Music from 7pm	Upton Abbey Thurs, Fri, Sat nights from 8pm, Dinner from 6pm Who did it? That's the question in this laugh a minute Comedy parody of the BBC hit show Downton Abbey. Great for the whole family, work group or social club. \$20, group discounts available Show also on 3rd, 4th, 5th Dec	Murder Mystery A minute Comedy parody of the BBC hit show Downton Abbey. Great for the whole family, work group or social club. \$20, group discounts available Show also on 3rd, 4th, 5th Dec		Ruby Coast Arts Fest Wrap Party Open Mic Format 6pm start

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

THE SHED MAPUA

Hours Monday through to Saturday 8.30 – 5.30pm

Sunday 10.00am – 1.00pm

15 Warren place, Mapua

P 540 2898 E theshedmapua@xtra.co.nz

F/B the shed mapua

MAPUA ENGINEERING

11 Warren Place.

For all general engineering, fabrication work,
welding and hydraulic engineering

Call in and see Ray

Mon-Fri 7.30 – 4.30

Phone 540 2898

NEEDING A NEW FENCE OR EXCAVATOR WORK DONE.

THE TEAM AT 'THE SHED' ARE ABLE TO HELP. WE ALSO DO **READY LAWN**,
RETAINING WALLS, **DRIVEWAYS** AND PAVING.

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FOR A NO OBLIGATION FREE QUOTE

OUR NEW SHOP LAYOUT IS NOW COMPLETE
COME IN AND HAVE A LOOK AT
OUR GREAT GIFT IDEAS

SALE, SALE... NOVEMBER ONLY, WE ARE HAVING A
STOCK CLEARANCE SALE

*****FOR STEEL FENCING ONLY*****

THIS IS A GREAT OPPORTUNITY FOR A GREAT FENCE AT A GREAT PRICE.



**For all your Bark, Soil, Gravel, Plants, Hire Requirements, Gift ideas,
along with a Launderette,**

Come in and see us at THE SHED MAPUA.

We are open 7 days with Sunday from 10AM TILL 1PM



MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Coordinator: Janet Ph 540 3364

MEMBER PROFILE

Lynne Cribb - Celebrant



My name is Lynne Cribb. My partner and I own Mapua Hills Bed and Breakfast and I have recently become a registered Marriage and Civil Union Celebrant. I have been interested in becoming a celebrant for a few years and in July I trained with the Celebrant School and passed the Marriage and Civil Union paper. It is important to get the right person to help you plan your special ceremony. I am available to meet with couples for an initial meeting, free of charge.

Wedding ceremonies can be anything you want....there are a few legal requirements but apart from that it can be as personal and unique as you would like it.

I am warm, friendly and calm, confident and professional. I can help you to create a wonderful, meaningful ceremony, just for you. Please contact me on **021887735** or **5402707**.

www.rubycostmouterehills.co.nz



New Community Directories will soon be delivered free to your letter box. This will be after the official launch of the 2015 Community Directory at the Moutere Hills Community Centre on the 6th of November.

Directories are delivered free to all letter boxes in the area. If you have not received a copy by the end of November, or would like extra copies please contact directory@rcmh.co.nz or phone Jane on 540 2007. Thank you to the local MDBA businesses who have made this community resource possible through their advertising support.

MEMBER PROFILE

Gecko Home & Garden Services Roy Courtney

I am a sole operator of my own Home & Garden Maintenance Services. My base is in Mapua but I also operate in the wider Tasman Region.

I have a passion for gardening and will take care of your property like its my own. I enjoy what I do and love to be able to work outdoors.

In addition to the basic lawn mowing and garden services I also provide water blasting, weed spraying, removal of green waste and many other handyman jobs. Rental and pre sale tidy ups are a specialty.

As we come out of winter, now is the ideal time for a section tidy up and getting rid of the piles of garden waste that have built up.

For a November special I'm offering a half day tidy up normally \$100 for \$75.

Contact me for a quote if you have any home or garden maintenance needs:

ph or txt
027 900 1111

Or

Email:
gecko@gmail.com



Supporting local businesses since 1992

Noticeboard

Ruby Coast Walking Group meets every Wednesday morning at 9.30am outside Tasman Store, Aporo Road, Tasman. We walk for about 1½ hours around the area and then enjoy a coffee and muffin back at the Store. Walk according to your ability and speed. Newcomers to the area and everyone (including couples) are very welcome. Just turn up or contact Fiona - 526-6840 or fiona.oliver @xtra.co.nz

Wanted – your unwanted bricks – to build an entrance gateway sign for Mapua Wetland. We need about 400 bricks in total, in any condition. We can collect any offerings. Please ring Judy, 540-2873.

Notices here are free for Clubs and Groups, a gold coin donation for others. Email coastalnews @mapua.gen.nz

Ruby Coast Run Club meets Monday 6pm, Tuesday 9am, Sat 2pm at the Mapua School Car park. For all level of runners. Contact Debby 027 327 4055 / DLBamfield @gmail.com or Kristin 027 598 2424 / info @kristin-harrison.com.

Social Cycling Group: “Wheels 2 Meals” Approx 20-30km ride with coffee break halfway, no racing! Departing outside Golden Bear, Mapua Wharf, each fine Thursday @10am. Anyone interested - just turn up with your bike, hi-vis jacket & coffee money or contact me pohalloran @paradise.net.nz

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

Coastal Garden Group meet first Thursdays, 1.00pm, Tasman Bible Church Hall. Members, guests & visitors welcome. Ngaire, 540-3193

Probus Club meets first Fridays. All retirees most welcome. Enquiries to Pres. Stan Lawn, 540-2699.

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.

Ashtanga Yoga, Upper Moutere, Tuesdays 6pm. www.angepalmer.com Ph 553-0353

Spanish Tuition: Starting classes for adults and children in Mapua. Small group or private. Reasonable prices. Experienced native speaker. Jairo: 0224 139 802, marlocoliwi @gmail.com

Mapua Art Group meets in Bill Marris Room, Mapua Hall Thursday mornings, 9 to noon. Like-minded artists get together to paint, draw, help each other in a fun, social environment. All levels & media welcome. \$5 /session includes morning tea. Tables, chairs & easels provided. Lisa Chandler 540-3933.

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

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

Joie de Vivre Vintage Art and Craft Studio. Alterations and Sewing Repairs. Ph: Marijke Lups 03 540-3498

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

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

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

Daytime Book Group: Meets first Tuesdays at 9.45am. New members welcome. Phone Mary 540-2450 or Anne 540-3934

Fair Exchange: We meet the second & fourth Wednesdays of the month. 9am at Hamish Café to exchange homemade or homegrown items. Info: Debby, 540-2942 or DLBamfield@gmail.com.

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