

## Community Backs New Health Care Facility

Nearly 100 residents packed the Mapua Community Hall on Wednesday, 19 October, to discuss the next steps to creating a new care facility on land generously being donated by retired Mapua businessman Dale Vercoe.

Mapua GP Dr Tim Phillips began the meeting by discussing the challenges small communities are facing with aging populations and the crisis of significant numbers of GPs (over 40% nationwide) taking retirement in the next 10 years.

Mr Vercoe's property, called Ridgeway, situated at the top of Mapua Drive, would potentially be home for an overnight and palliative care facility, helipad, ambulance base and parking. Other health and nursing services might be offered from the facility, although it would not be a general medical centre.

Kaye Latham, advisor for the Department of Internal Affairs, chaired the meeting that saw brief presentations from representatives from Nelson Bays PHO, Nelson Hospice, Nelson Marlborough GP Education Programme and Paddy Beban, an experienced community financial administrator. Jack Inglis, founder of the Motueka Hospital Trust, spoke of the importance of forming a charitable trust and offered his considerable experience in guidance.

Dr Tim Ewer expressed his concerns about Mapua's rapid growth and the need for a new purpose-built medical centre containing medical, dental,

pharmaceutical and physio services to meet the growing population.

Mapua residents at the meeting said it appeared that three areas of local medical/care services needed addressing: palliative/hospice/overnight care; expanded medical centre facilities and a rest home for locals who did not wish to leave their beloved Mapua area and move into Nelson from. (Many older Mapua residents, it was noted, were being forced to move into Nelson for their ongoing care.) It was suggested the flat, open TDC property on Tahi Street across from the Waterfront Park would be ideal for a new rest home and expanded medical centre.

With a near unanimous show of hands, it was decided the next step would be to execute a feasibility study for the Vercoe care facility that identifies what the needs of the community are, siting of the complex, operational costs, continued funding, fundraising, borrowing and who to partner with while remaining independent.

The meeting began with a delightful five-minute skit performed by Emma Ryder's Mapua School year 3 and 4 students dramatically depicting the importance of rapid ambulance response in emergencies.

If you would like to contribute some of your time in support of the new care facility, please leave your name and contact information in the collection box at the Mapua Library.

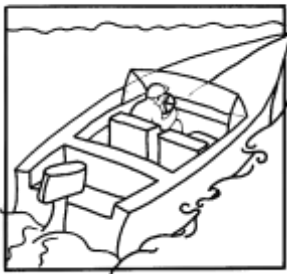
*Tim Hawthorne*



# Development Issues Dominate Discussion

The new boat ramp, protecting our Wharf Reserve and a proposed new Health Care Centre are all gaining momentum and were discussed at the October meeting of the Mapua and Districts Community Association..

Martyn Barlow, representing the Mapua Boat Club, gave a slide presentation on the boat club's preferred new boat ramp location and design. Responding to the TDC's restriction of access to the decades-old boat ramp at the wharf, Martyn explained how about 3200 square metres on the south side of the Waterfront Park will be transformed into a turning area, 12 to 14 trailer parks and two 4.5m-wide boat ramps with a central floater. The area will have barrier-arm access.



There is some thought to the potential for establishing a new home for the Tamaha Sea Scouts at the new location, although the Mapua Boat Club, with a lease of their wharf space until 2025, have no immediate plans to vacate their present home for

a move adjacent to the proposed boat ramp. The boat ramp development would leave about 5000 square metres of green space in Waterfront Park. Feedback on the proposal will be heard at the 14 November MDCA meeting.

David Mitchell spoke of his continued concern for the protection of the open green space adjacent to the Golden Bear and his desire to see the space formerly declared a reserve by the TDC. Cr Tim King stated that the TDC is not planning a formal review but merely an examination of TDC-owned land in the wharf area and future possible options for this land, and that this will not take place until early next year. As a result of this discussion, the MDCA proposed that:

Tasman District Council:

- 1) Give the highest priority to its planned strategic review of its Mapua Wharf development project
- 2) Delay further decisions and spending on the development project until this planned strategic review of the whole area is completed

- 3) Ensure that there is public consultation into the strategic review and any future development in the area

Elena Meredith reported that she, Helen Bibby and Martin Lynley met the Mayor, Richard Kempthorne, regarding improving community notification on significant construction developments in the MDCA area, whether "notified" or "non-notified" consents were in place. Richard agreed that he and his staff would endeavour to be proactive with the MDCA on these developments.

Bridget Castle spoke about her passion for smaller, sustainable, affordable housing. She suggested that most of us would like to retain the ability to choose where we live, and not be forced to leave somewhere like Mapua because of a lack of choice. And yet small is rarely an option, as it seems that new subdivisions continue to provide large sections. Bridget suggested we take a look at the Tiny House movement, where the questions are posed, 'Why should people not have the choice to build small... and what has to happen at community and council levels to accept that this type of living is valid?'

The TDC's Long Term Plan comes up for review around mid-2017. Bridget suggested it would be good to get an animated conversation going between a range of innovative and interested people, so that we have something to contribute when we're asked for submissions. Diverse housing options allow for diversity in a community. Isn't this desirable?

## Honouring the Aquarium

As part of the grieving/moving forward process after our beloved aquarium was burned down, members of the community donated and raised \$1815 as a contribution towards a replacement/way of remembering this wonderful asset. These funds are being held for the community by the Mapua/Ruby Bay and District Community Trust. With so much discussion about what might/could develop in the Mapua Waterfront Area, MDCA suggested that this seems like an ideal time to check with those who donated and the rest of our community for ideas on how we might best make use of those funds – a memorial panel, an interpretive panel on local marine life, a marine focused sculpture – what are your suggestions? Let us know by emailing your ideas to [mdcaec@gmail.com](mailto:mdcaec@gmail.com).

*Tim Hawthorne, MDCA Executive Committee*




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## New Councillors Welcomed

The Mapua and Districts Community Association welcomed our newly elected Tasman District Councillors to the 10 October meeting. Attending were incumbent Tim King (also sitting Deputy Mayor) and new to the council Anne Turley and Dean McNamara.

Anne was born and educated in Motueka and now resides in Brightwater. She has raised a family while establishing a nursing career, most recently as a specialty district nurse in the community. She hopes to hold rates at the present level, continue to pay down the TDC's large debt, achieving cost efficiencies in the delivery of core services and provide adequate catchment of water, storage and delivery of water "in such a way that is cost-effective and affordable. Huge projects with high costs must be avoided."

Dean, from Wakefield and married with two daughters, is a 4th generation, 47-year-old self-employed businessman with background in roading, construction and transport. Dean hopes to achieve better maintained rural roads, working storm water systems and an adequate water supply while on council, and achieve better communication and a more accountable council.

The final vote tally for the three councillors in our Waimea/Moutere ward was:

Candidate and number of votes:

Tim King 2671; Anne Turley 2446; Dean McNamara 1994; Graeme Stradling 1838; Andrew Gould 1447; Gary Watson 1030; Richard Osmaston 706.

## Police Report

Great that the weather is improving, but sudden sharp hail storms have caused problems on the roads. So be extra careful if you strike turbulent spring downpours. I heard a story of 10cm deep hail on the Motueka Highway recently!

Unfortunately Mapua was targeted one night recently by a 19-year-old Nelson offender. He broke into several vehicles in Iwa and Toru streets and Citrus Grove. Some of these vehicles were unlocked. He also stole a vehicle that he drove through Motueka and burnt out in Marahau.

Thanks to great work by a person who got up to investigate a noisy car we had a lead and the Motueka police used a fantastic town security system to locate the stolen car being followed by the offender's car on their way to Marahau.

As a result a search warrant was executed by the Nelson police and stolen property and drugs were found at the offender's property. He is in custody facing numerous charges.

Of concern is that two other cars have been broken into on 15-16 October near the fire station. They had quarter-light windows smashed and stolen were a green Gortex jacket, a brown/beige jacket with a grey hood, a grey waterproof "O'Neil" brand jacket and a black i-Phone 3.

Let's hope this isn't that start of some new person moving into the village trying to steal stuff.

Everybody be alert and if you hear smashing glass or see something suspicious call police on 111 – we want to make sure this doesn't get out of control.

*Grant Heney, Community Constable, Motueka  
03 970-5271*

### OKC – Orphan Kids Charity – Fund Raisers



Please join us at the Spring & Fern in Mapua at 7.15pm on Wednesday 16 November for a Fund Raising Quiz Night. Money raised from the Quiz

will help support our Student Scholarship Programme. Currently we are supporting 10 students and our commitment is to support them for the duration of their tertiary studies.

We will also be launching our campaign to raise 100 x \$10 in 10 days. This money will be used to buy books, games and sports equipment for the orphanage in northern Vietnam. If you can't make it to the Quiz Night but would like to help us achieve the goal of raising \$1,000 in ten days you can make a donation directly to OKC's bank account which is ANZ 06 0453 021052900. Or contact Janet Taylor (540 3364) or Sarah McLeod (540 2698) to find out more. The ongoing support from our community is making a difference and is very much appreciated. Thank you!

### Mapua Occurrences:

- Sep 22: Assist a mentally unwell person
- Sep 26: Burglary of premises at Mapua Wharf. Window broken.
- Oct 4-5: Several cars broken into and one stolen
- Oct 15: Burglary Ruby Bay. Solar panel and sign stolen



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## 'A Long, Slow, Steady Journey'

Sheep may have an IQ of about 10 but that's not the point. Sheep IQs are additive; a flock of 32, say, has an IQ of around 110. I know this to be true because they act pretty smart when there's something in it for them.

I'll get back to the sheep in a few lines. The main point is that we are about to move in. The final move to The Eyrie, Dunroamin' or whatever we'll call it, is arriving tomorrow 14 months after we first caught sight of the land. It's been a long, slow, steady journey until the last few weeks, when it's been whiz whiz whiz. Initially the completion date was postponed by a month but then two weeks ago it suddenly came forward. Having planned for the later date, this caused a mixture of elation and panic. The panic was all the stuff we were handling ourselves. Firstly, the landscaping had nudged a pile of clay off the edge of the building platform. Despite being good at map-reading, I failed to spot that the clay was now on top of a few square metres of the disbursement field for the biocycle septic thing. So the field couldn't be laid, the water engineer got involved and then the TDC. An amendment was required, with the usual 20 working days turn-around. Thankfully 10 days later all was sorted and field laid.

Then the concrete pours got delayed by the wet weather and people availability. The two little pours needed hefty truck access round the house and the delays meant the landscaping soil and gravel piles couldn't be put there, and only after pouring could the landscapers insert the grass/flowerbeds/gravel dividers. And then there can be no grass seeding until the concrete has been acid-washed, so a week to go on that.

The water tanks should have got the better of the wet weather. We have a first flush system where the

first 300 litres are sent into a little tank along with the pollen, dust and assorted debris from the roof. Once full, a tennis ball blocks the tank spout and the good, clean water goes into the water tanks. That is, if the little tank doesn't leak everything that goes into it. It's one of those small things you don't spot until the rain is teeming down, the first flush system has water gushing out of it, and the tanks stay dry.

Which brings me back to the sheep. Their pasture had been getting a bit sparse so they made a collective effort to break through the fence onto 'the build' and its lush grass. It took a few days of steady, concerted and planned teamwork to create a 10ft gap in the temporary fence. After two days of sheep lounging on the gravel, sunning themselves on the concrete and lying down in the long grass with massively full stomachs, I got round to herding them out and repairing the fence. Now, though, we have fruit trees; if a mandarin tree won't motivate them to return, what will? So job one of the new house will be a proper fence.

But these are all good things. I can guarantee the house will never look as smart as it does when we get the keys. Soon after that, we'll start to fill it with the ragged, tatty but loved furniture and belongings that make it ours. Pictures will be hung on walls, things we never use will be shoved into corners, and poorly executed DIY will start the process of value destruction. But it's ours.

*John Bamfylde*



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# Aranui Park Comes Under Drone Scrutiny

The Tāne's Ark planting project in Aranui Park is up in the air over the work done by a visiting drone and its expert pilot.

An Auckland-based technician, Chris Winchcombe, came to Mapua recently on a family visit, but also brought along his favourite drone, just in case there might be an opportunity to put it to work for any wetland planting project here.

Chris quickly put his drone to work for Friends of Mapua Wetland, making a video of Aranui Park and taking a range of still photographs of both Aranui Park and Mapua Wetland.

The drone videos enable a viewer to look down on planted areas and to pick up problems, or potential problems, caused by weeds, and to check on groups of trees or even a particular tree. His photographs of some of the wettest and least accessible areas of the park on the western side near the fence line pinpoint a few gaps for future planting.

Chris, who is an electronics technician, usually specialises in acoustics and recording. However, he also has a growing passion for drone flying and for carrying out controlled flights responsibly.

He can understand why some people are apprehensive about drones and the possibility of an invasion of privacy. He is careful to fly his drone only in permitted areas, to plan the flying route beforehand and then monitor the drone as it flies, always keeping it in sight. He tries to avoid frightening or scaring anyone.



Chris Winchcombe (right) uses a tablet screen and controls to fly his drone in Aranui Park. His commercially-made drone (above) in flight, taking photos or video film as it travels.

Chris earlier spent some years building his own versions of a small drone, impressed by the amount of sophisticated technology packed into the tiny flying machines. He says it is amazing to see the array of complex, miniaturised systems included in a drone that enable the small machine to fly, navigate and multi-task by taking photos and or video footage at the same time.

He has now put his home-built craft to one side and bought a multi-feature commercial drone, partly because off-the-shelf drones have recently become more reliable and also dropped in price.

Chris's drone flights in Mapua provided a great way for local volunteers and school pupils who have worked on the Tāne's Ark project to see the bigger picture of Aranui Park, and how Tāne's Ark fits in.

Chris hopes he can also compile a map of the 5ha park that might be useful for planning developments. He says he would love to update progress on the project, flying a drone to do the hard work, of course.

Chris, originally from rural Taranaki, supports native forest restoration projects like Tāne's Ark and is keen to return to Mapua, possibly annually. Meanwhile, the Tasman District Council has made a grant of \$2000 from rates to the Tāne's Ark Project for the 2016-17 financial year. Tāne's Ark is a combined native tree-planting project, involving Mapua School, Tasman District Council and Friends of Mapua Wetland.

*David Mitchell*





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## Rain No Dampener

Oh my, will someone shut off the water works! I know we really will be begging for it when summer comes but the gardens are so soggy and we all know how rain day after day is not so pleasant. Thank goodness our Tuesday pastel painting group isn't dampened (pun intended) by the rain. What a nice thing to do on a rainy day or more pleasantly, on a sunny day.

The group enjoyed a two-day workshop over the Labour weekend with an Australian Master Pastellist, Tricia Taylor, who is making her way around New Zealand sharing her exceptional skills. No matter how long you have been painting, you can never stop learning.

Recently, Impressions in Richmond held an exhibition called 41 MAX at their shop. PANZ, Nelson Region was very well represented with Anny de Groot, Anne Bannock, Betty Salter, Alice Reade and Glen Davenport all making the cut. Well done!

We always welcome visitors to our sessions, so if you are a new artists or someone who has painted before and wants to revisit your talents feel free to stop into the Mapua Hall on a Tuesday morning between 9am and noon or call our Area Rep, Glenys Forbes, 03 540-3388 for further information.

*Gloria Anderson*

## Letters to the Editor

### Thanks for Grant

I would like to thank the Mapua Community Trust for the grant to buy the new seat positioned at the end of Tait Street, overlooking the beach and jetty. (Jetty Reserve we call it!)

It replaces its rickety predecessor which my father-in-law, Jim Proudlove, made and placed there 25 years ago. There have been alterations over the years.

With a little more funds the picnic table will be replaced next.

Thanks again from all the people who use this seat to view the beautiful Ruby Bay.

*Fred Robertson*

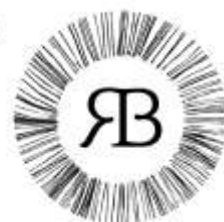


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# Moving to Mapua, an early account

*Part 18 and final of a series of excerpts from the book, Turning Back the Clock, by the late Iola McPherson. Iola moved from Nelson to Mapua in August, 1932, at the age of nine and this is part of her story.*

## Tragedies and Misadventures

There were a few tragedies in Mapua as well as happy times, which is usual in a small community. Having a wharf to play on, especially on a weekend, provided a great opportunity for both adults and children to have some fun but it also had its dangers – especially when there was a fast-moving tide running out of the Mapua Channel.

One day in June, 1922, Charlie Higgs' son, little Arthur Higgs, who was eight years old, was playing on a wharf trolley. He was pushing himself too fast towards the edge of the wharf where he bumped into the railing and the impact threw him over the top and into the outgoing tide. Someone dived in and tried to save him but it was too late and he was swept away. Sadly, he drowned.

Another episode – a near-tragic one – happened on a Sunday afternoon when a party of four people set out in a dinghy with all their fishing gear and a picnic hamper. They were looking forward to some good fishing. The boat was making its way over the bar to the open sea when the strong current of the outgoing tide plus a stiff sea breeze blowing against it, caught their dinghy side-on and tipped all four overboard. The two men managed to reach the cage beacon on the edge of Rabbit Island and called for help while their wives clung to the upturned dinghy which was being swept out to sea. The men's cry for help attracted the attention of my husband, Ian, who was near the beach and he went to their aid with his launch. He rescued the two women first who, by this time, were nearly exhausted. He then picked up the two men. They were very grateful although they were most concerned because they had lost their new fishing gear and their picnic. Better that than losing their lives and their wives, I thought!

The two men, who were chemists in Nelson, later wrote Ian a very nice letter of thanks and sent a small donation.

Another man, a local, was not so lucky. One Sunday afternoon in 1941 my friend Lorna Gifford and I went for a walk to the wharf. Lorna and I were picking apples together at that time at Peter Coutts' orchard on the hill. We arrived at the edge of the wharf just as Cis Stewart and others were pulling Peter's son, Jack Coutts, out of the tide. Jack used to suffer with epilepsy but he would nevertheless always take a daily swim across the channel to Rabbit Island. It is not known whether he had suffered a seizure while

swimming but it seems likely. He had been swept out by the outgoing tide which had carried him as far as the stringers attached to the wharf pylons. These held him there until some men, who had been fishing, saw him. Sadly, he had drowned. It was a terrible tragedy for his parents who, soon after, packed up and sold their orchard to Claude Hill and left the district.

The Coutts family had lived in Mapua since the early beginnings of the settlement. Peter Coutts was a very pleasant, quiet and sociable man. I had never heard him raise his voice in anger. He loved his bowls and used to regularly call across the road to his friend, Charlie Higgs, asking if he was ready for bowls and telling him not to be late as he usually was. Peter Coutts had built his packing shed on Aranui Road – the main road to the wharf. It was made from clay bricks with a concrete base. He used kerosene lamps for lighting and operated a Cuttler grader run by a petrol motor.

A near-tragedy was a house fire in the late thirties. One day in about 1938, when my mother and I were on our way to the shop to collect the mail, we saw Mr and Mrs Horn's house in Toru Street on fire. It was summer and very dry – we'd had no rain for ages. There was no open water handy – no-one had swimming pools in their gardens in those days – there were only water tanks and wells. Mrs Horn was running with a bucket of water she had collected from Sam Busch's well across the road but it was useless – they had no show of putting the fire out. She dropped the bucket and rushed to the house to save her youngest child who was asleep in a cot on the front porch.

Meanwhile I ran back home to call Dad who was cutting firewood.

"Horn's house is on fire!" I yelled. There was no fire brigade in Mapua in those days. Some young men were playing tennis on the courts nearby and heard me so they, too, ran to the fire. They saved what they could, throwing things out the windows in the front of the house. One man managed to get Mr Horn's car out of the garage. By then the fire had a good hold and the cottage was tinder dry with only a half-empty tank of rainwater at the back of the property.

The fire had started in the chimney of the wood burner in the kitchen. The two elder children were outside at the time and the baby was saved so luckily nobody was hurt.

(To page 9)





(From page 8) Mr Horn was working close by in the orchard and he arrived soon after to do what he could. The family shifted back to Christchurch.

Later there was another fire in Mapua; not far away from the first one. Mr Bevin had a tobacco farm and three kilns for drying hanks of tobacco on sticks. Late one night Dad woke to find a glow coming in his bedroom window. Looking out he saw one of the kilns on fire. He rushed outside, pulling on his trousers as he ran down the road to alert Mr and Mrs Bevin who lived three houses away. There was no telephone then and still not much water – only a well and a hose. By the time everyone got to the fire the next kiln was alight. The cause of this fire was a few sticks of drying tobacco which had fallen off the racks onto the hot drum which contained the fire used for heating the kiln. The fire in the drum would be

kept burning for three nights with big logs off the beach. This kept the kiln at a certain temperature, after which it was left to cool off. Unloading would then take place.

### Epilogue

I have travelled a long way down memory lane and, looking back, I can say I had a happy childhood in Nelson and Mapua. The tide still flows in and out each day, the children have mud fights on the Mapua mudflats as we did although the empty paddocks we played in are now filled with houses. I have seen many changes including big population growth and the many new facilities now available in the village centre and at the wharf.

And so, I think it is time I drew this reminiscing of my past to a close.

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



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## A Busy Final Term

Well, here we are in the last term of 2016. The students and teachers are back refreshed after the holidays.

This term brings about the Masked Parade, held as part of the Nelson Arts Festival. Tasman School enters this great event every two years – having taken out the supreme award last time. So, the school was in full swing again, with each child creating their own mask, ready to hit the streets of Nelson on Friday, 21 October.



Also this term is the Moutere Hills athletics day. This is an annual event, with six schools taking part. Preparations for this are under way, with classes out practising for the various events. It is a great family day, held on the Saturday closest to Armistice Day, 11 November.

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## The best bakery in Nelson!

by: Luca Ralph

Have you seen the lovely Mapua Village Bakery? The pies are divine! The Mapua Village Bakery used to be called the Naked Bun but Sean and Annie, the owners of the Mapua Village Bakery bought the Naked Bun and called it the Mapua Village Bakery.



*Divine food.*

We asked Sean why he wanted to be a baker and he said he always liked baking but first he was a chef.



*You'll be scrambling for pies*

The Mapua Village Bakery is his 6th Bakery. He also worked at Miami Bakehouse in Australia. It's a 4.5 star rating that's pretty good. The Miami bakehouse earned him the most money and his last bakery was in Denmark.

Sean was 17 when he started baking. His inspiration was Tom O'toole. Tom O'toole is an Australian inspirational speaker. Tom O'toole started baking at the age of 17. But Sean's favorite baker is himself.

Sean's First bakery was Upper Hutt Bakery at the age of 17! And he owned it!

His most bought pie is the plain steak pie with sauce. But I have to say the sausage roll is great in my opinion. The flavour of the sausage roll is perfect and the pastry to die for!



*They'll put a smile on your face.*

The Mapua Village Bakery is amazing and the smell of it is fresh pastry, the food is divine and the pastries are great. I think the Mapua Village Bakery is the best in Nelson!

## The Magic Bakery

by: Reuben Donnison

Have you eaten at the lovely Mapua Village Bakery? It used to be the Naked Bun. Sean and Annie bought the Naked Bun when they came from Wellington. You can find the Mapua Village Bakery in the Mapua Mall on Aranui Road.



*Divine food.*

Sean started baking in Upper Hutt when he was 17. Tom O'Toole is Sean's inspiration. Sean prefers baking to being a chef. He started as a chef.



*The world's best baker ever.*

The last bakery Sean owned was in Denmark Western Australia. Sean came to Mapua because Mapua is the best place in NZ that he was offered. Sean's favorite bakery was Miami Bake House because it made him lots and lots of money. He has owned 6 bakeries.

Six bakers work for Sean in Mapua. Sean's most popular pie is the plain steak pie with sauce and he believes that this is his most popular overall because it sells the fastest.



*Me eating a pie.*

I am really happy about the new bakery in Mapua because it has a wonderful atmosphere because it smells nice and is affordable for all. In the bakery it smells so sweet and you could hear the customers chattering. The environment felt very warm.



# Mapua Health Centre

This month is promoting "5+ A Day" ([www.5aday.co.nz](http://www.5aday.co.nz)). The key messages are:

- 1) 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.
- 2) 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.
- 3) 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.
- 4) A family of four can purchase a week's worth of fruit and vegetables for as little as 28 cents a serving.

However, the Ministry of Health statistics suggest we still have a way to go...

	Per day	NZ Health 2005-07	NZ Health 2011-13
<b>Males</b>	Eating 3+ servings of vegetables	56%	59.3%
<b>Males</b>	Eating 2 or more servings of fruit	50%	54.6%
<b>Females</b>	Eating 3+ servings of vegetables	69%	72.2%
<b>Females</b>	Eating 2 or more servings of fruit	68%	65.8%

Evidence continues to mount up for the benefits of a Mediterranean diet, with the latest study showing that those who changed to it had up to 15% less cardiovascular disease (*BMC Med.* Sept, 2016). The Mediterranean diet is rich in fruits, vegetables, legumes, cereals, and olive oil, and low in red meats, as well as containing moderate amounts of fish and dairy. On the other hand, if you turn to red meat as your main source of protein, you could be shortening your life according to a new study which found that protein from red meat, particularly processed red meat (bacon, sausages and some deli meats), is strongly associated with increased mortality (*JAMA Int Med.* Aug, 2016). However, for every 3% increase in protein from plants they found a 10% lower risk of death from all causes and a 12% lower risk of heart-related death. And more good news for chocoholics as eating a small amount of dark chocolate each day could help lower heart disease and prevent diabetes and insulin resistance (*Br J Nutr.* May, 2016).

The Mapua Health Centre committee AGM will be held on Wednesday 2 November at 7:30pm at the Health Centre. Anyone is welcome to attend.

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

- 1-30 Movember (prostate prevention) <http://nz.movember.com>
- 1-30 5+ A Day [www.5aday.co.nz](http://www.5aday.co.nz)
- 1-30 Epilepsy NZ "Talk about it" Month [www.epilepsy.org.nz](http://www.epilepsy.org.nz)
- 14 World Diabetes Day [www.diabetes.org.nz](http://www.diabetes.org.nz)
- 19 World Day for the prevention of abuse against children  
<http://www.woman.ch/june09/children/1-introduction.php>
- 20 World COPD Day [asthmafoundation.org.nz/news](http://asthmafoundation.org.nz/news)



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# Mapua Bowling Club

## *The write bias*

Spring showers are a mixed blessing. They keep the bowling green watered well but also can mean cancelled play when the green is too wet. Unfortunately, the season Opening Day had to be postponed a few days because of rain. But happily the sun shone on Tuesday 4 October as president Dave England welcomed the Mapua Bowling Club members to the start of the new season.

The season will be busy from the start. Roll-ups are held at the club every Tuesday, Thursday and Saturday afternoons beginning at 1.15pm. The club has entered a Mapua team in the President's Cup, a Nelson Centre tournament series held on Saturday mornings. The club will also enter teams in a number of open tournaments held at various clubs in the Nelson area during November and December.

The Mapua Bowling Club will hold a 'Bonfire Bash' on Guy Fawkes Day, 5 November. Members of the Mapua Bowling Club will be joined by members of the Riwaka Bowling Club for an afternoon of bowls. Jointly they will be competing on either the Captain's or President's team. Drinks and afternoon tea will follow.


Have you been looking for an evening activity to help unwind after work? Or maybe you are someone who prefers bowling in the cool of the evening. In either case Leisure Bowls might just be what you are looking for.

Leisure Bowls (previously known as League Bowls) are held on Mondays at 6pm. These sessions are open to new and existing bowlers with both friendly and competitive play. There is no need to book; just turn up on a Monday evening and give it a go. Flat-soled shoes are essential to protect the green, but there are plenty of sets of bowls to borrow at the club and the bar is always open. Cost for the whole season is only \$42.50 or you can pay a weekly fee of \$5. Why not give it a try?

For information about bowling, coaching or booking the clubhouse and facilities please call the president Dave England 03 540-2934.

*Barbara Brown*





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# KIDS CHRISTMAS MOVIE NIGHT!

**Saturday 26th November**  
**Mapua Community Hall**

Entry at  
**5.30pm**  
 Movie  
 starts at  
**5.45pm**

**Dr. Seuss**  
**HOW THE**  
**GRINCH**  
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**\$5 per child or**  
**\$12 per family**  
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**Children under the age of 5**  
**must be accompanied by an adult.**  
**All children must be picked up**  
**at 7.45pm.**

**Door sales only.**  
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**YOU BETTER WATCH OUT!**



**Bring along something to eat &**  
**drink and a comfy camping chair,**  
**cushion or bean bag.**

## What's On at the Hall In NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
	<b>1</b> 9am PANZ 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Cardio/Pump 6pm Yoga 7pm Pilates	<b>2</b> 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Tai Chi	<b>3</b> 9am Mapua Art Group 9.30 Low Impact Dance 3.30pm Karate 6pm Zumba	<b>4</b> 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Probus 6.30pm Mapua Youth Group	<b>5</b> 12-4pm Painting Class	<b>6</b> 6.30pm Mapua Movie Night
<b>7</b> 9.15am Yoga with Robin 9.30am Low Impact Dance 3.30 Funk Busta 6pm Zumba	<b>8</b> 9am PANZ 10am Mapua Creative Fibre 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Cardio/Pump 6pm Yoga 7pm Pilates	<b>9</b> 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Tai Chi 7pm Galeo Estate Residents Meeting	<b>10</b> 9am Mapua Art Group 9.30 Low Impact Dance 3.30pm Karate 6pm Zumba	<b>11</b> 9am Yoga 9:05am Aerobics 10:05am Pilates		
<b>14</b> 9.15am Yoga with Robin 9.30am Low Impact Dance 3.30 Funk Busta 6pm Zumba 7pm Comm. Assc. Meeting	<b>15</b> 9am PANZ 2.30pm Sit & Be Fit 3.45pm CAB Nelson Meeting 4.30pm Childrens Theatre Sports 6pm Cardio/Pump 6pm Yoga 7pm Pilates	<b>16</b> 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Tai Chi	<b>17</b> 9am Mapua Art Group 9.30 Low Impact Dance 2pm Friendship Club 3.30pm Karate 6pm Zumba	<b>18</b> 9am Yoga 9:05am Aerobics 10:05am Pilates 6.30pm Mapua Youth Group	<b>19</b> 9:05am Aerobics 10:05am Pilates	<b>20</b>
<b>21</b> 9.15am Yoga with Robin 9.30am Low Impact Dance 3.30 Funk Busta 6pm Zumba 6.30pm Hall Comm. Meeting	<b>22</b> 9am PANZ 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Cardio/Pump 6pm Yoga 7pm Pilates	<b>23</b> 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Tai Chi	<b>24</b> 9am Mapua Art Group 9.30 Low Impact Dance 3.30pm Karate 6pm Zumba 7pm Comm. Assc. Meeting	<b>25</b> 9am Yoga 9:05am Aerobics 10:05am Pilates 2pm Friendship Club	<b>26</b> 12-4pm Painting Class 5.45pm KIDS CHRISTMAS MOVIE!	<b>27</b>
<b>28</b> 9.15am Yoga with Robin 9.30am Low Impact Dance 3.30 Funk Busta 6pm Zumba	<b>29</b> 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Cardio/Pump 6pm Yoga 7pm Pilates	<b>30</b> 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Tai Chi	<b>WWW.MAPUAHALL.ORG</b> <b>www.facebook.com/mapuacommunityhall</b>			



# Playcentre

Session Times  
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# Mapua Community Library

(Moutere Hills RSA Memorial Library)

## Archiving...

A plan for items and materials we already have available to us is being drawn up, along with a plan for maintaining and storing records from now on. If you have any photos or items of interest that you would like to donate or have recorded within our archives, please be in touch with me on 540-2292.

## ... and a lovely donation

Entirely co-incidentally we have just been given a photo of Sam Busch who moved to Mapua from Murchison after the earthquake there. He later donated to the RSA the land where the library and RSA building is now standing. We are looking to source an appropriate frame so we can display the photo in the library. Thanks Ted for the photo – and perfect timing!

## Facebook Page

A reminder that we now have a Facebook page. General information and events are all posted there now – Mapua Community Library.

## Art Display

We are excited to be hosting work by pastel artist Ron Oliver. Mike Howell's wonderful book illustrations are displayed in the children's area.

## Children's Book Boxes

Special thanks to Shona McLean who has already redecorated two of our children's book boxes. They



have all been slightly remodelled to make them a little more size-friendly for our younger book lovers.

## Wednesdays

A reminder that the library is open from 2pm until 6.30pm on Wednesdays during daylight saving.

*Lynley Worsley*

## Library Hours (closed Statutory Holidays)

Monday 2pm-4.30pm  
Tuesday 2pm-4.30pm  
Wednesday 2pm-6.30pm (during Daylight Saving)  
Thursday 10am-12.30pm; 2pm-4.30pm  
Friday 2pm-4.30pm  
Saturday 2pm-4.30pm

mapualibrary@xtra.co.nz

www.mapuacommunitylibrary.co.nz (temporarily closed)

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



**exhibition  
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*between  
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tomorrow*

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# THE RETURN OF THE **GIANT PUMPKIN COMPETITION**

- Registration \$5 includes a pumpkin seedling
- Judging takes place at 1pm, Sunday 26th March 2017
- Register in store or email [info@mapuacountrystore.co.nz](mailto:info@mapuacountrystore.co.nz)

# Spring Fling Celebrates its 10th Year

This year's event featured the worst weather in our history – but it didn't dampen the BBQ or the spirits of the crowd! Hot sausages kept everyone warm, and given most of the children were prepared to be wet under the fire hoses, the rain served as a worthy alternative! The hall veranda proved to be a great viewing point for those who weren't so keen for a soaking and the home-made lemonade and ice-creams were a nice follow-up to a hot sausage.

Unfortunately the rain did take a toll on our newest activity. The Mapua Bowling Club had opened its doors and green for Spring Flingers to visit, have a look around and 'Have a Go'. The green had to be closed as soon as the rain started – a real pity. Fingers crossed for more co-operative weather next year.

Once again, the TDC activity trailer was opened up and myriad equipment for games and activities made its way out onto the domain to be swarmed over by the children.

The objective of this 'everything free' event is to develop community connections, bridge the generation gap and provide an opportunity to mix and mingle. It is fantastic to see friends and neighbours catch up with each other, locals meet locals they had never

met before and make introductions, and everyone looking relaxed and happy.

We have always been fortunate to receive donations that enable this event to happen and sincere thanks go to Tamaha Cubs (and leaders and parents), Talleys, Mapua Ruby Bay and Districts Community Trust, Club Mapua, New World Motueka, Couplands, Hamish's, Mapua Auto Centre, TDC activities trailer team and NBS – who all make a contribution to this fantastic community event. Most of these donors have supported us for the full 10 years we have been running. We are very grateful for their generosity.

The Mapua Spring Fling is an event for all members of our community to come together and enjoy our Domain and each other's company. It is organised by the "Strengthening our Community" group which works to fulfil the proverb, "It takes a village to raise a child." Several of the key organisers are looking to take a step back now. After 10 years, the formula is well defined, the 'to-do' list is complete and the organising is all run via an email trail. So it is not onerous, doesn't involve meetings and is a worthwhile, rewarding activity. If you wish to join the organisers or would like to know more, contact Lynley Worsley on 540-2292 or Rose Barnes on 540-3600.



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## GIGANTIC GARAGE SALE!

Sat 5<sup>th</sup> & Sun 6<sup>th</sup> November

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# Boat Club Proposes New Boat Ramp



The Mapua Boat Club has been working with the Tasman District Council on a solution for a new boat ramp to restore access to the water for trailer boats now that boaties and the Tamaha Sea Scouts have been excluded from the wharf boat ramp and look to replace the 2000 square metres we have lost at the wharf for access and parking.

Continued commercial development over the years has compromised our access with the final straw being the building of Shed 4 which has now excluded us and the Sea Scouts from using our own boat ramp, because of health and safety regulations.

Our existing user-rights were not considered as the Mapua Wharf commercial development continued and while the focus has been on a boat ramp this is not just about a boat ramp, it is also about our seaside village and our community having access to the water, the protection of our open and green spaces and the Sea Scouts being able to operate efficiently and effectively as they once did for the many kids and families in Mapua.

Through widespread consultation with members of the MBC, the Sea Scouts, the community and the TDC after Cr Trevor Norriss offered to work with us to find a solution, we have looked at numerous potential options with Cr Norris and TDC staff and agreed the waterfront park is the preferred solution and was an achievable solution.

There is a process we have to go through to make this become a reality, and gaining community support is a step in that process before we invest in designs and embark on a resort consent process and get included in the TDC's Long Term Plan 2018. The concept has been endorsed by the MBC membership and was presented at the MDCA October meeting and at

the next monthly meeting on 16 November we will ask the community to also support the concept.

As well as the proposal to utilise 3000m<sup>2</sup> of the waterfront park the proposal also includes management and regulations at Grossi Point to restore 3300m<sup>2</sup> used for trailer parking to the recreational reserve status it has and remove conflict with swimmers, picnicker's and families having BBQs, resulting in not only a new boat ramp but a wider range of open and green spaces in Mapua.



## Community Association November Meeting MAPUA BOAT RAMP PRESENTATION

Community support for the new boat ramp concepts presented at the October meeting will be sought at the Mapua District Community Association November meeting.

For this project to proceed to the next stage it is important we have community support. Representatives of the Mapua Boat Club have worked with the TDC and propose a new MAPUA BOAT RAMP at the waterfront park to replace the existing wharf ramp we no longer have access to. If you have any questions or concerns these can be discussed at the meeting before we ask for community support to proceed.

7pm MONDAY 14th November  
MAPUA COMMUNITY HALL

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# Nelson-Tasman Singers Win Silver Medal

*Men in Accord* (MiA) has just returned from representing the Nelson/Tasman region, competing at the National New Zealand Barbershop Convention, which was held at the new ASB Theatre in Blenheim. The chorus is proud to announce, that under the musical direction of Andy Rolfe, they won Silver Medals in the Small Chorus category.

Andy has done a fantastic job, being both firm and patient during our rehearsals to get the songs up to competition standard. Along with some much appreciated additional coaching and guidance from Celia Rodley, we were able to fine-tune the songs to give them that little 'extra something' to help make us stand out from the other competitors.

The weekend was full on and tiring but all the guys agree it was well worth the effort.

Attaining Silver Medals is quite an achievement, as MiA was the smallest chorus competing, with only 11 men singing on the risers. Their score even beat one of the other larger choruses of twice as many singers.

During the very positive evaluations by the judges, MiA was congratulated on how good they sounded for such a small group. You can imagine how great that made them all feel!

Competing at the Convention has been a wonderful team effort and an experience that MiA will remember fondly in years to come. The support and camaraderie amongst the guys has been so uplifting, we truly are a band of brothers.

Being at the Convention was an amazing opportunity to hear the very best choruses in the country, with the 2016 World Champion Quartet *Forefront*, all

the way from the USA, as headlining guests for the weekend.

*Men in Accord* also had success with the Quartet representing them at the Convention. They go under the name of *The Hemispheres* (the bass and baritone being from New Zealand and the lead and tenor originally from the UK). *The Hemispheres* brought home the Iraia Te Whaiti Trophy for the "Most Entertaining Quartet" as voted for by the audience.

It was the first time the chorus's quartet had entered the competition, competing against 19 other quartets, and winning that section was a great achievement for them. *The Hemispheres* will now have their names added to the trophy, alongside past winners, including those of previous World Champion Quartet, *The Musical Island Boys*. How cool is that!

Now competitions are over, it'll be business as usual for Men in Accord, rehearsing on their regular Tuesday evenings 7.15pm at Club Waimea, Richmond.

Winning the silver medal has been a huge boost for Men in Accord and we're now looking to swell the numbers by recruiting new members. So a message to all you guys out there who can hold a tune: if you're looking for something different to do on a Tuesday evening, we encourage you to come along and try the experience for yourselves, to see how much fun four-part harmony singing can be.

For further information about *Men in Accord*, please feel free to pop in and see us at Club Waimea, or alternatively, visit our website at: [men-inaccord.nz](http://men-inaccord.nz) or call Dave on 540-2178.



Musical director Andy Rolfe in front of the prize-winning group Men in Accord at the national barbershop convention.



## Walking & Cycling Interests Given an Airing

**H**ow fabulous that 59 excited and passionate community members came to the Mapua and Districts Walkways and Cycleways public meeting at the hall in September. It was great to have updates from Jamie MacPherson and Beryl Wilkes from TDC. The workshop sessions on various cycle / walkway routes created very intense and focused activity. Thanks too to Janet Taylor for a brief history of the group and to John Kerridge for updates on The Great Taste Trail. The message was loud and clear that people were very appreciative of the great shared pathways that we already have, and that there was a strong push for a lot more.

The great news is that Steve Elkington from TDC has since been out and looked at the potential route for the Seaton Valley walk / cycleway. It has not only been pulled back from the 'not in the 10-year plan' spot onto the list that TDC will look at for development, but also that is definitely going to go ahead, and soon, 'not before Christmas but by the end of the financial year,' ie, by the end of June 2017.

So with that good news in mind, here is the summary of people's thoughts on the night, which is the follow-up we said we would do. Thanks to everybody who came and had an input—it just shows that things can change with focused community input. It's also a great outcome for longstanding individuals in the group who have lobbied long and hard for the walkways and cycleways we have now, with another big one to come! Enjoy your walking and cycling!

*Adele Smith, co-facilitator for the meeting.*

# Harcourts

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### What you liked:

- ☐ Walkway Aranui Road - Langford Drive. Increasingly well used and a great asset.
- ☐ The progress that has been made!
- ☐ The linking ideas for Dominion Flats walkway through to Higgs Reserve and linking to Higgs Road and the village.
- ☐ Love the new footpath down Mapua Drive
- ☐ There are about 25 children on Higgs Road from Jessie Street-Mapua Drive and Lionel Place that would use Higgs Road footpath. About 30 kids from Jessie Street also.

### Changes wanted:

- ☐ Seaton Valley Road desperately needs a cycle path and walkway. Please resurrect the plans which were started 10 years ago. .
- ☐ Are they still going to lower the Seaton Valley Road where the new subdivision joins in?
- ☐ Is it possible to separate a designated area along Mapua Drive from Dominion Flats to the footpath at the Mapua Drive subdivision so that people can stay on the same side of the road?
- ☐ Higgs Road footpath. Please can the footpath go on one side of the road, minimising the number of times we cross; ie, if on the south side meet with existing path.
- ☐ Can we please have either a 'rumble strip' or the bollard-type markers to separate the road and cycle / walkway up the hill part of Mapua Drive from Dominion Flats to the new subdivision footpath. Cars cut the corners.

### Other suggestions:

- ☐ Seaton Valley Road needs an off-road path for cyclists and walkers. It was proposed years ago and then got dropped due to lack of funding. Some clearing was done, trees chopped down and fences moved back. Please finish it off!
  - ☐ Hasten the provision of a walkway around the estuary from lower Aranui Road to Higgs Reserve.
  - ☐ Please keep pathways 'rural' - no hard kerbing - compacted gravel is fine.
  - ☐ Seaton Valley Road needs a simple walking and cycling pathway along reserve.
  - ☐ Link dead-end walkway at back of Aranui Wetland to Higgs Road.
  - ☐ Love to see a walkway from Jessie Street through to Aranui Road. Safer for children. Also footpath, or even a trail for bikes on west side of Aranui Road all the way from Higgs Road-Mapua Country Store.
  - ☐ Secure bike parking, parking and waiting area at bottom of Dominion Road where school bus stop is.
  - ☐ Seaton Valley cycle/walkway for GT Trail users.
  - ☐ Enable cyclists to get from Higgs Road corner to past the Sprig and Fern down to the Country Trading Store.
- More Feedback** from the large group who worked on Seaton Valley Road:
- ☐ Off road - use what is there to Dawson Road.
  - ☐ Link right through to the underpass - great infrastructure is already there, so let's create a decent cycle/walkway to go from the bottom of Seaton Valley Road right up to it and get full use of it.
  - ☐ Road reserve too wet, too uneven.
  - ☐ Trees already removed - gorse has been left to grow. Not possible to bike; ankle-twisting to walk.



# New Transport Service For Mapua

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Another winter is all but done and it has been a busy one! We have renovated the Mapua shop, opened a new shop next to the Nelson i SITE, completed an online booking system and you may have noticed the new Trail Hopper van running around.

The Trail Hopper is a daily scheduled service running between the Nelson i SITE, Mapua Wharf, Motueka - i SITE, Kaiteriteri and return twice a day. The service is for anyone, with or without bikes, and gives people great flexibility to experience any part of our region or just to get a one way trip. The Hopper kicks off on December 1<sup>st</sup> for the summer and we look forward to bringing lots of people to the Wharf.

After redesigning and taking possession of one hundred new Trail Bikes we are now in the position to sell last season's model for a great price. We are also the local agents for Scott and Avanti E bikes.

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*Andrew Schwass*



# Mapua Craft Group

Like hedgehogs emerging from their winter hibernation, Mapua Craft Group have thrown off their fingerless gloves, thermals and several layers of sockies from their tootsies, to smile and embrace spring. Heck, we've even managed to meet the last couple of Fridays without turning on the heaters the minute we enter the supper room.

We returned to Craft Group a week early this term as there was a bit of a rush job on. At our end of term outing to Riverside café a few weeks ago it was suggested by Rowena that Mapua Craft Group make a collective effort to fashion a multi-sensorial wall hanging and submit this for entry into the Blind Date exhibition in Nelson. The exhibition was intended to raise awareness of visually-impaired creative people within our communities. That we can all be creative and express ourselves through art and craft. Sight or no sight.

The theme was trees and the wall hanging to be called a Walk in the Woods. (*Pictured below right*). Given how little time there was to pull this together, it was amazing to see all the assorted trees produced. From little acorns and all that. Well done and thank you everyone.

Now, some of you might be wondering if we ever did get our hands on the shaving foam. The answer is yes we did. We use the shaving foam with dye to create a pattern on a piece of card. You can then use this as part of an attractive greeting card or a notelet book or similar. There is a bit more to it than that but the technique really does make for a very attractive

design. It certainly was a fun and productive master-class by Julie.

So what's on for the last term of 2016? Hedgehogs for starters, that's what. It is spring. There are newly awoken hedgies in the garden, all imaginatively named Spike by the husband. Hedgehogs opened this update. A crafted hedgehog came to visit with the Crafty Tarts so it is fitting that hedgehogs star in our craft calendar too.

Our next meet up will see us book-folding to create cute hedgehogs. Following on from that our minds turn to the Festive Season. We'll be decorating candles, making some Christmas cards and perhaps having a bit of a play with plaster of paris if the fancy takes us.

Meanwhile: "What do hedgehogs have for lunch?" "Prickled Onions!"

Well, someone had to start far too early. After all, it is only 66 days to Christmas as I type now and likely under 55 days when you read this. Ho!Ho!Ho!

Marian Bevan





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**In a safari park:** Elephants please stay in your car.



# Hills Community Church



This time of year, as we approach the lead-up to the end of the year and Christmas, I find myself wondering where the year has gone—it has flown by. I know that time seems to speed up as you get older, but I wonder whether today's lifestyle contributes to this sense of speed. At times it feels like being on one of the old merry-go-rounds that were in every playground as a kid; you just have to hang on for the ride!



Perhaps though, there are things about our lifestyle that contribute to the sense of speed. Maybe it is being involved in too many things, or trying to do too much? Maybe it is our access to instant communication, and the ability to always be connected digitally? Surely these things limit our ability to simply be and to rest?

How then do we find space in our daily and weekly schedule to find a place of stillness? For our own sanity and wellbeing it is essential that we do. And yet it is difficult to achieve.

In many ways this is the goal of 'spirituality' to step away from the busyness and get in touch with, not only our spirit, but also with the spirit of Truth, God, the source of our being.

The strange thing with the merry-go-round is that the slowest, easiest and safest place to be was in the centre, it was when you got to edge that it was a little dangerous.

I wonder whether this is the problem we face. The further we get from the centre and source of our being, our creator God, the less able we are to face the challenges that life throws at us. There are many

voices in our modern culture that happily lead us away from the centre.

What would it mean for you to come close to the centre? One of the symbols that the first Christians used to describe the hope that is found in Jesus was that of an 'anchor' (Hebrews 6:19). I wonder whether we need to rediscover the anchor that keeps us grounded in God; it is Jesus himself, who in his love, and grace, reaches out to us. The invitation is there; may we learn to let go of the merry-go-round, and hold on to the hope that is Christ, and in him find our stillness and peace and hope.

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

## **Weekly Calendar:**

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

Fridays: 10am-noon—Craft n Coffee—learn a craft and share a laugh! Open to all, crèche provided.

Drop-off for area food bank – Bring your non-perishable food items to the church (122 Aranui Road) on Friday mornings between 10am & noon.

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

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# Tasman Bible Church



## A Reasonable Faith?

Christians, by definition, are called to follow Christ, but this calling also includes an obligation to invite others to join them on the journey. This invitation can simply involve sharing details of one's own faith journey, or inviting others to find out about Jesus at church, passing on a book about the Good News Jesus brings, or sharing the reasons behind our own faith position.

People have various reasons for placing their faith and trust in Jesus Christ. Some become followers of Jesus after facing a life crisis—a traumatic event that compels them to turn and seek God. Others have a sense of moral crisis that is resolved in turning to a God who offers forgiveness and restoration. Still others believe that the Christian faith simply makes sense and that the Bible's account of reality is compelling enough to make embracing Christianity the only sensible thing to do.

I find myself believing in and following Jesus for that final reason. Now I am the first to admit that many others reject Christianity because to them it seems unreasonable! Nevertheless, I am persuaded Christians can affirm wholeheartedly that Christianity is a reasonable faith.

Perhaps it has something to do with my personality, but I am a sceptic when it comes to truth claims.

This is especially so if the offer being made seems too good to be true. I am not one to be easily swayed by emotion or rushed into making a decision. Any attempt to persuade me to do something significant must offer compelling support in the form of wisdom or logic.

Christians call this evidential approach to the Christian faith, Apologetics. If you are the sort of person who needs to see clear and credible evidence before you believe something, this may be an appealing avenue through which to approach the claims of Christianity.

The Gospel According to Luke is a fairly detailed biography about Jesus. The recipient of his original work was a Greek man named Theophilus. Luke writes, "Having carefully investigated everything from the beginning, I also have decided to write a careful account for you, most honourable Theophilus, so you can be certain of the truth of everything you were taught" (Luke 1:3-4).

Luke's work is a historical biography by a man who lived at the same time as the one he writes about. Luke, at least, believes his record to be credible and reliable. The Christian faith may not be palatable, but it is reasonable.

*Geoff Paynter*

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

**Church notice:** The Fasting and Prayer conference includes meals.

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# Playcentre

With the onset of spring parents and tamariki have been busy planting our Sensory Garden. With a generous grant from the Mapua/Ruby Bay and District Community Trust we have purchased scented lawns, herbs and flowers to create a special exploratory garden surrounding our slide area, to allow the children to explore smells and textures with all their senses as well as their hands and feet. With special thanks to Dan and Kate for project managing, researching appropriate plants and gathering all the plants together for us, we have all enjoyed getting our hands dirty digging and planting.

Our Annual General Meeting was held at the Rimu Wine Bar at Mapua Wharf. We had a lovely evening of pizzas and wine, and discussed the forthcoming year's budget, office admin decisions and electing our office-holders for the year. We wish to congratulate all those who have taken on a role to support our centre and welcome those who are new to our centre's administration. We whole heartedly thank those who volunteer their precious time and impart their knowledge to help Playcentre remain a valued community asset and provide such a wonderful journey for all those involved.

The Mapua Easter Fair Trust has recently held a meeting in which the financial reports for the 2016 Easter Fair were presented as well as discussions on gathering an organising committee for the 2017 Mapua Easter Fair. First figures show the total financial success for the 2016 Fair of \$67,500 before expenses. After expenses have been allocated the sum \$40,000 is to be divided between Mapua School and Mapua Playcentre, this is calculated by percentage of roll numbers on the day, Mapua School being 274 and Playcentre being 21.

This fund-raising is essential to both institutions, going towards the general running costs and maintenance of Playcentre and Mapua School using the funds to maintain high teacher-pupil ratios, keep equipment and technology up to date and provide students with the best possible resources – as Mapua



School is now a decile 10 this extra fund-raising is vital to maintaining its current standards. The school will issue a more comprehensive outline of how these funds are utilised through the usual school communications. The Easter Fair Trust would like to encourage parents and community members to come along to our information evening to be held at the school as we begin preparations for the 2017 Mapua Easter Fair! All input is valued.

## About Playcentre

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

Mapua Playcentre has been a prominent place for families in the Mapua community for over 60 years. We have a qualified supervisor on each session, whose experience and knowledge is awesome. Visitors always welcome, drop in and find out what Kiwi families have been embracing for generations.

Session times Mondays and Fridays 9.30am – 12noon (School term time). We are at 84 Aranui Road, behind the tennis courts by the scout den. Any enquires please phone Anita on 021 1265 357, contact us on mapuaplaycentre@gmail.com or find us on Facebook.

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

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# Under The Bonnet with Fred

Back When I Had a 4X4



After 14 years of running a 4x4 Coast-to-Coast I had collected some amusing incidents but also some good rules-of-thumb-for the sport. We ran the events in three classes: cruising, endurance and tough tough. Tough tough class was where extreme 4x4 tasks had to be taken. Some places we went there was no cellphone coverage and in one incident up the Clarence Valley not even a satellite phone would work.

## Characters and incidences:

**Bruce the Goose:** An entertaining personality, but he could not be helped. The first year he came on 4x4 Coast-to-Coast he had a standard Toyota Hilux with very oversized tyres. We all said, "You'll break axles," and he did. Next year he up-sized his back axles and shredded the gearbox by causing wind-up between front and rear axles as they were out of ratio. Next year he put in a V6 engine and a new gearbox and the engine overpowered the gearbox and shredded it, helped by the out-of-ratio rear diff. The next year he said he couldn't afford it. Every year we told him his tyres were too big and the solution was to lower the transfer box ratio, costing about \$700. Despite much advice from experienced 4x4ers, poor Bruce was his own worst enemy but a real character who was missed at the evening gatherings.

**The Computer Boys:** Money was no problem. Two characters turned up for Tough Tough in a brand new VX Landcruiser. The scrutineers came in to registration with these two characters and I told them their vehicle was likely to get damaged and was too expensive. His response was, "If I can afford \$123,000 I will do what I like with it." So I made him sign a waiver on his entry for any responsibility of the new Landcruiser. Day one, he stalled in a river and filled it up to the top of the shift lever. We cleaned out the filters for him and luckily he didn't hydraulic the motor. Day two he stoved in the back guard and tailgate. Day three, he arrived in Hanmer Springs without a windscreen and had shredded the front diff and was not feeling so cocky. At prize-giving we gave him the hard luck prize for providing the most entertainment. I understand he took the VX back to Toyota and told them to fix it under warranty but later



heard it was sitting on blocks and lawyers were involved.

**A Mercedes deflection plate:** I was running a spring tour up the Rainbow-Molesworth road and one person had a brand new Mercedes Benz 400 4WD which had a plastic deflection plate below the front bumper and under the engine. I was sure it would not last the tour. The owner told me the tow bar cost \$1800. What did the plastic plate cost! At the first river crossing the Toyotas were crossing without pause. The Mercedes stopped at the river bank. I encouraged the driver to cross the river to take part in a true South Island 4x4 experience but to drive upstream first to miss a large rock in the water. No! He

went straight across, clipped the rock and the deflection plate floated downstream. I ran to catch the plate but missed it, falling into the snow-melt water. Missed again and alarm went off in my head as I was now seriously cold. I had another go and fell again with my legs now numb but managed to get the plate and struggle to the bank. The moral of this story is I won't be remembered

for saving a plastic deflection plate. The ice cold water of the Wairau River reminded me that "the mountains have no friends."

**If you start floating, open the doors:** During a Tough Tough event we had a timed challenge where the team of three had to tow one dead 4x4 under the bridge, around the bridge pier and back under the bridge. This team all roped together started well, went under the bridge but the lead vehicles turned too early around the pier and the rope slackened. The dead vehicle was now floating sideways and about to hit the bridge pier. Despite yelling into their CB radio no contact could be made with the tow vehicles. They floated to within 3m of the pier and then suddenly both front doors opened and the 4x4 sunk and stopped. Then there was a whiplash as the tow rope took up and they were pulled past the pier by a metre. Spectacular to watch.

**Good rules-of-thumb when river crossings:** Still water runs deep. Dirty water, I don't know how deep. If in doubt get out and walk it. Windows down, seat belts off. Open your doors if you're floating. A wet bum might save your life!

*Fred Cassin*



# Feuerstein's Theory

**R**euven Feuerstein (August 21, 1921 – April 29, 2014) was an Israeli clinical, developmental, and cognitive psychologist, known for his theory of intelligence which states “it is not ‘fixed’, but rather modifiable.”

Feuerstein was the founder and director of the International Centre for the Enhancement of Learning Potential (ICELP) in Jerusalem, Israel. For more than 50 years, his theories and applied systems have been implemented in both clinical and classroom settings internationally, with more than 80 countries applying his work. Feuerstein's theory on the malleability (changeable) of intelligence has led to more than 2000 scientific research studies and countless case studies with various learning populations.

Reuven Feuerstein was one of nine siblings born in Botoșani, Romania. He attended the Teachers' College in Bucharest and Onesco College in Bucharest. Feuerstein fled the Nazi invasion before obtaining his degree in psychology. After settling in Mandate Palestine in 1945, he taught child survivors of the Holocaust until 1948. Seeing that these children affected by the Holocaust needed attention, he began a career that attended to the psychological and educational needs of immigrant refugee children.

To date Feuerstein Instrumental Enrichment Programme (FIE) has been successfully used across the world in the following frameworks:

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Due to its long history and application, FIE Standard is one of the most researched of the cognitive intervention programs, with over one thousand related publications and hundreds of analyses on the performance of FIE in varied settings and populations. FIE is considered suitable for individuals with disabilities and those who are considered “normal” and “gifted”. Cognitive gains are seen in all three categories of students who undertake FIE. The programme is designed to help people of all ages, not just students.

This programme is available in Nelson.

## Want to know more?

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black & white movie  
this should be it"*

**\$12 per person**  
**Door Sales Only**

Rudysapathy architecture studio | mapua & S&F

Movie nights showing a mix of Classic Art house movies and recent releases have been held each month at the Mapua Hall since May 2015. These have generally been well supported by the public of Mapua and surrounds.

Please help us celebrate this success by bringing some nibbles etc. to the November showing of **12 Angry Men**, which has been rated one of the top ten movies of all time and is one we should all have on our Bucket list.

You can see it at the Mapua Hall on Sunday November 6<sup>th</sup> commencing @ 6:30pm. "If you only see one black and white movie this should be it."

## 12 Angry Men

(Starring Henry Fonda and Lee J Cobb)

The defense and the prosecution have rested and the jury is filing into the jury room to decide if a young man is guilty or innocent of murdering his father. What begins as an open-and-shut case of murder soon becomes a detective story that presents a succession of clues creating doubt, and a mini-drama of each of the jurors' prejudices and preconceptions about the trial, the accused, and each other.



Come on down to the Wharf soon, enjoy a stroll in the sun and check us out - we have made a few changes and welcome your visit. There's more to browse! We are now bigger and brighter and are very pleased to offer an expanded range of stock - plenty to choose from with Christmas and holiday season coming up. A special addition which we are very proud to showcase is some of Benjamin Clark's new gorgeous jewellery range - Black Matter -- we love his "Nautical" range in particular. Whatever your style, Benjamin creates exquisite hand crafted jewellery designed to last generations. He recently received the Rising Star award for his beautiful work. Looking for that special kitchen item? We pride ourselves on having good quality products that work - if it doesn't do the job satisfactorily we are happy to exchange or refund. We currently have the renowned and trusted WMF brand on promotion with selected items at excellent prices until the end of November and whilst stock lasts. See our latest catalogue - in store and in your letterbox. You will find us at Coolstores 4 & 5 and we're open from 9.00am to 5.00pm every day. Contact us on 03 5402463, [info@delicious.com.au](mailto:info@delicious.com.au) or follow us on Facebook where Karmin will post the latest news. Jenny and the Delicious girls look forward to assisting you soon.

## Determination Needed

Are you determined enough to commit?

With only about 10 weeks till Christmas, have you been telling yourself for a while now that you need, or want, to lose a few kilograms? Well, now is the time to bite the bullet and just get on with it.

Have you heard the saying, "If nothing changes, nothing changes?" You can make a noticeable change to how you look and feel in 10 weeks, but you will have to make some significant changes to the habits that have got you to where you are now.

If you want to drop those unwanted Kgs, then what's stopping you getting started? You don't need



shortcuts, fad diets, or weird food group lists to eat or not eat. It's just plain, simple, healthy eating—and moving your body. It will work only if you commit.

*Karyn Holland,  
personal trainer at Catalyst Fitness T 027 223 9561*



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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.*



# Mapua Natural Health Clinic

Sometimes the questions seem complicated.  
Know that the answers can be simple.

## Basil Essential Oil

**B**asil has a warm, spicy, yet herbal aroma known to reduce anxious feelings. Basil provides great benefits to both the mind and body due to its high linalool content, making it an ideal application to help reduce feelings of tension when applied to the temples and back of the neck. Basil is commonly used in cooking to add a fresh, herbal flavour to meats, pastas, and entrée dishes, and it is also cooling to the skin. When diffused, basil may help promote focus and relieve stress.

### Uses:

- Diffuse to promote a sense of focus while studying or reading.
- Massage with wintergreen and carrier oil on back of neck for a stress-relieving experience.
- Add to your favourite Italian dishes for a refreshing taste.

### Directions for use:

Diffusion: Use three to four drops in the diffuser of your choice.

Topical use: Apply one to two drops to the desired area. Dilute with fractionated coconut oil.

Mental / Emotional Balancing:



Negative emotions-anxious, weary, overwhelmed, tired, drained, exhausted, addicted.

Positive emotions-energised, renewed, rejuvenated, rested, strengthened.

## Lemon Posset

### Ingredients

- 300 ml cream
- ¼ cup caster sugar
- juice of 1 lemon
- grated zest of 1 lemon

### Method

1. Place the cream, caster sugar and lemon zest in a saucepan. Stir over a moderate heat and bring to the boil. Continue to boil for 3 minutes.

2. Remove from the heat and stir in the lemon juice. Strain the mixture through a sieve into a jug, to remove the lemon zest.

3. Pour the lemon cream into individual serving dishes. Cool and refrigerate for 3-4 hours, or overnight until set.

Serve garnished with a slice of lemon and a mint leaf.

Tips: For variation place berries in the base of the serving dishes before pouring over the lemon cream. Garnish with berries and a mint leaf. Serves two.

Jude Twin, 021 2020 339,  
[www.mapuanaturalhealth.co.nz](http://www.mapuanaturalhealth.co.nz)

Resources: [www.doterra.com](http://www.doterra.com) Emotions & Essential Oils. A Modern Resource for Healing.  
[www.bite.co.nz](http://www.bite.co.nz)

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# Boat Shed Mapua

Our food is made to share!

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(See facebook for details)

035402656 – mapua@boatshedcafe.co.nz



## Pain Relief, Stress Relief

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or make contact via the website vibechangers.nz

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## Lynda's Exercise Classes in the Mapua Hall.

Term 4 - a 7 week term: Tue Nov 1<sup>st</sup> to Fri Dec 16<sup>th</sup>.

Tuesday 2.30-3.15pm Sit and be Fit  
(seated exercise for Seniors/rehab - gold coin)

Tuesday 6pm-6.55pm Cardio/Strength  
(no coordination required)

Tuesday 7.05pm-7.55pm Pilates  
(all levels, beginner to advanced)

Wednesday 9.05am - 9.55am Aerobics  
(the old-fashioned dance-around and sing-along kind)

Wednesday 10.05am - 10.55am Pilates  
(all levels, beginner to advanced)

Friday 9.05 - 9.55am Cardio/Strength  
alternating every 3rd week with fast  
Aerobics/Pump and Step Cardio/Weights.

Friday 10.05am - 10.55am Pilates  
(all levels, beginner to advanced)

You buy a membership based on 1,2,3 etc times per week,  
but you can attend any number of classes in any week.

Minimum commitment this term 7 sessions – ie/ at least  
one a week ☺. There are 4 Saturday sessions, Nov 5th and  
19th - Strength Training 9.05, Pilates 10.05. "Top ups"  
available, but you can't just buy the top ups ☺. 7 is the  
minimum commitment this term. It's up to you to keep  
count ☺. Please email lynda@hht.co.nz, ph 5432268 or  
027 222 1491 to reserve a guaranteed place.

### FOR THE TERM:

7 sessions	\$60.00 (\$8.57 per session)
14 sessions	\$110.00 (\$7.85 per session)
21 sessions	\$140.00 (\$6.66 per session)
28 sessions	\$150.00 (\$5.28 per session)
35 sessions	\$170.00 (\$4.85 per session)

Session top ups: One: \$8, Two: \$15, 3: \$20, 4: \$28, 5: \$35

Term ends Fri Dec 16. 4 weeks of Casual Summer classes  
(pay as you go) begins Tue Dec 27, including all 4 Sats.



## Ora Reflexology & Craniosacral Therapy

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## Oasis Preschool Mapua

Spaces  
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2 Toru Street, Mapua (03) 540 3668

[mapua@oasispreschool.co.nz](mailto:mapua@oasispreschool.co.nz)

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## Going on the water?

It's that time of the year again that we've all been looking forward to and if the weather decides to sort itself out, many of us will be dragging out the boat.

Unfortunately, it's also a time that opens us up to all the dangers associated with it, including fire. Now one thing I never want to do with these articles is come across as pious. I'm a volunteer and a parent and just like you. It's not until you see, first hand what can happen that the dangers all around us graphically reveal themselves.

A fire on the boat is an indiscriminate, real and present danger. I was a chartered yacht skipper for many years and have experienced situations you simply wouldn't normally account for.

One particularly memorable incident happened on the quay in Athens. I'd just returned from a hellish trip and was looking forward to getting my head down at the hotel.

A few boats away I hear this huge commotion followed by a group of guys running in panic from below, through the cockpit onto the boardwalk and off into the sunset.

Before I had the chance to even wonder what was going on there was the most almighty explosion. Much of the contents of what was a decent sized boat, shot skywards some hundred feet or more.

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### WATCH THE VIDEOS FIREBUDDY.CO.NZ

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I later discovered the cause and it's something you simply wouldn't think of.

One of the crew was moving stuff around the locker and in doing so laid the auxiliary outboard onto the battery. The terminals shorted out igniting the fuel tank ... BOOM!

"This shouldn't be happening," was my first, useless mental response, before I recovered and darted for the fire extinguisher; that item of safety equipment that had, until now, seemed a legislative necessity rather than an item which might one day save my life.

Luckily, on this occasion, the explosion didn't cause a fire but it graphically illustrates the need to be prepared ... for anything!

I've always been firmly in the 'she'll be alright' camp and resented the legislation that's thrust upon us but as I mature, I see more of the obscure incidents that drive it.

So this summer all I ask is that you look at the safety kit on board and think about the 'unthinkable' and make sure that at the very minimum there's a dry powder extinguisher aboard.





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**Are you prepared to enjoy your Summer Holiday Motoring**




Reduce the risk of your vehicle breaking down while you are away on holiday by organising a pre-holiday vehicle inspection.

We recommend a pre-holiday inspection so special attention can be given to the areas which are more likely to be put under pressure while you are away. Those areas include the braking system, cooling system, shock absorbers, wheel alignment, tuning, servicing items (fluid levels, belts, hoses etc), and ensuring you have a current WOF.

If you have a boat, caravan or trailer with your camping gear, don't forget to have the tyres and brakes checked so they are in sound condition and their WOF is also current prior to heading away.

I'm sure you've heard the saying 'prevention is better than the cure'. This saying is very pertinent when it comes to your vehicle, especially when the cure can entail spending hundreds of dollars. Coupled with the inconvenience, stress, and missed opportunities a breakdown can cause if holiday activities and/or travel plans have to be altered as a result.

There are definitely better ways of spending your holiday dollars and time than having your vehicle repaired.


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



The MDBA Launched it's 2016 - 17 Community Directory and Visitor Maps at a pleasant evening function at Mahana Estate on the 13th October. Directories are delivered free to all letter boxes in the region. By now you should have received your new copy, sporting a stunning photo of the Aporo Tasman Sculpture on the cover. If you have a 'no junk mail' sticker on your letter box it is possible a Directory won't have been delivered. If this is the case, and you would like one, you can collect from Mapua Library, from First Class Accounts in Mapua Village or from the Moutere Community Centre. Visitor maps have also been delivered to many locations in the region however if you have a place where these would be useful please make contact with Janet and she will deliver.



## Service Center

Mylez Mechanical Service Centre introduces a fresh approach to the motoring industry for the region of Mapua and Moutere Hills. With over 18 years' experience behind this qualified business owner, Mylez Mechanical Service Centre is the gateway to all your vehicle and mechanical needs!

Myles Hoy is excited to open the doors to all requiring auto repairs, as well as providing expert advice on how to keep your wheels in tip top shape. With a guaranteed half-day turnaround, Myles will see you up and running in no time. We offer to collect your vehicle and return to location once repaired for your convenience.

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T (03) 540 2477

M 021 297 0391

E [mylezinmapua@gmail.com](mailto:mylezinmapua@gmail.com)

## Mapua Landscapes Limited

Mapua Landscapes Limited is a family owned and operated business, with over 10 year's experience in the garden and landscape industry. We aim to provide a personal touch for you, our customer, and to provide you with the BEST SERVICE possible.

When you contact Mapua Landscapes Limited you are dealing with the business owners and our priority is to be of service to you.

We are your one stop shop for :

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Phone:  
Darren or Debbie - 540 3423

Email:  
[office@mapualandscapes.co.nz](mailto:office@mapualandscapes.co.nz)

Website:  
[www.mapualandscapes.co.nz](http://www.mapualandscapes.co.nz)

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

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# Noticeboard

**For rent:** Spacious sunny 3 dbl bed house available for long term rent in Upper Moutere village in Dec/Jan. Fenced garden, log burner, single garage, all day sun, fully insulated. No pets or smokers. Please contact Karen 021 292 9294

**Mapua Boat Club** nights Thursdays 5.30-7pm at the Club rooms, Mapua Wharf. Visitors and guests welcome. For more info: mapuabcsecretary@gmail.com

**Olive Oil** Skye Harvest Extra Virgin, 2016 Frantoio, available fresh from the producer. 750ml \$20. Ph 540-2698, email mcleodsarah@xtra.co.nz. Orders delivered or call in 113 Seaton Valley Rd Mapua.

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

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

**Kidz 'n' Koffee playgroup:** Wednesdays 10am-noon, Hills Community Church, Aranui Road (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. 6.30-8.30pm 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 10am-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. Koha for materials & room rent. Info: Julie Cox 540-3602, juliecox@xtra.co.nz & facebook.

**Coastal Garden Group** meet first Thursdays, 10pm, Tasman Bible Hall. Members, guests & visitors welcome. Judith Garrett-Brown, Phone 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.

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

**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, Neighbourly or call Annie 540-3301.

**Mosaic workshops:** Keen to start a mosaic project, or continue work on one you've had on the back burner? Enjoy the stimulation of working with others, and become more confident in your skills. Tools and some materials provided. \$10 per session. Contact: Bridget 540-2461 or bridgetpcastle@gmail.com

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

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

**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 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

**Qi-gong** practice weekly in Mapua, YUAN GONG form. Info: Marianne, 0220 828 559.

**Probus Club** meets Mapua Hall, 1.30 pm, first Fridays. Guest speakers talk for about an hour, and club member will also give a short talk. Now in its 15th year, new members always welcome. Pres: Bill Hall, 540-2522, Secr: Rita Mitchell, 03 528-8097

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