

Golden Bear Liquor Licence Area Extended

Golden Bear Brewing had an important win when it recently secured a new three-year liquor licence for a bigger outdoor drinking area near Mapua wharf. It also gained an opportunity to take over the sites formerly occupied by the popular Hamish's Ice Cream Parlour and the Cool Change Gallery.

Golden Bear is planning to rebuild its main bar so that it faces out to the wharf reserve. But this is likely to concern many residents because of the proximity of the licensed drinking area with a reserve area that is very popular with families and children.

At the 12 September meeting of the Mapua and District Community Association, there were questions about aspects of the TDC's drive for more commercial development near the wharf. Concern was expressed about threats to the wharf reserve area and about the council placing on the grassed area a temporary Portacom toilet building for tavern patrons.

The meeting passed a resolution asking Tasman District Council for an assurance that there would be no encroachment on the reserve. Deputy Tasman Mayor Tim King told the meeting that there was nothing to fear. "All spending on its Mapua development project had stopped and it was subject to a strategic review", he said.

The Golden Bear liquor licence decision was released in early September after consideration of the application in August by a panel of three people, chaired by a distinguished former judge with specialised knowledge of liquor licensing, Bill Unwin.

In its decision, Mr Unwin noted that the Golden Bear was "operating in a fluid environment where the space available both inside and outside...is subject to change." Golden Bear's original 2006 planning consent and licence authorised a frontage facing south, use by tavern patrons of the old port workers' toilet building and a requirement to provide eight car parks.

However, in 2014 Tasman District Council bought the building and the council assumed the role of tavern landlord, with management by TDC's commercial manager, Gene Cooper. Changes that followed included loss of four car parks, loss of use of the old port workers' toilet and loss of some of the tavern's outdoor licensed area.

A further complication occurred in late 2015 when a koiwi, or Maori burial, was discovered near the Golden Bear and the tavern was advised that the

outdoor licensed area would not be available to the tavern for 3-4 months. This would encompass the tavern's busiest period of the year.

Golden Bear director Jim Matranga complained to the council about the damage being done to his business. Although he had applied earlier for a new three-year liquor licence, a decision was not likely for many months.

Council records show that compliance officers discussed the complaint with him and proposed that he should use an alternative area for customers. It was suggested that Mr Matranga should apply for a temporary liquor licence for a new outdoor area, adjacent to the former Hamish's and Cool Change Gallery. Under the current law, a temporary licence application does not require public notification.

Council records show that on 2 December 2015 Mr Matranga applied for a temporary licence for that area and it was granted the same day, with immediate effect. The temporary licence was subsequently renewed in May 2016. It is not clear what discussions the TDC had with the tavern at this time over a lease of the new area. Nor is it clear if any TDC councillors were aware of, or supported this action. Many residents could not understand how or when the tavern had acquired use of the additional area.

In the committee's decision on the three-year licence, Mr Unwin noted that the growing popularity of Mapua's port area had created pressure on retailers and hospitality venues. What Mr Matranga was hoping to achieve was "a significant increase in the size of the internal and external spaces available to the company's customers."

Mr Unwin noted that Mr Matranga was negotiating for a possible lease from the TDC for the remainder of the eastern part of the building "so that he could, not only extend the internal bar area, but also create an open plan area with large bi-fold doors and windows in the eastern and southern walls, giving a full view of the estuary as well as the new outdoor area."

Most Mapua residents would almost certainly not be aware of the Golden Bear's three-year licence application for two reasons. Firstly, according to council records, the public notice, lodged on 30 September 2015 was not advertised till 11 December 2015, taking the notice period of 10 (Continued on page 2)

(Continued from page 1) days into the hectic Christmas New Year period. Council staff say the delay was caused by a lack of information about the application.

A second reason was that the TDC no longer advertises liquor licence notices in newspapers. The notices can be seen only in the public notices section of the TDC website, or on an A4-sized notice that has to be displayed on the applicant's premises for a minimal period of 10 days.

One person who did see the notice of Golden Bear's application and filed an objection was Cool Change Gallery owner Peter Coeland, who submitted that Golden Bear had continually flouted its licence with a disregard for where its patrons drank.

Mr Coeland submitted 15 photographs of patrons drinking outside the licensed area. However, these were disallowed by the licensing committee because there was inadequate information about when and where they were taken.

Mr Unwin also said that the issues raised by Mr Coeland had been "overtaken by time." Improvements to the outdoor area, including planter boxes, had created "visual as well as physical parameters that will contain the company's patrons." In future, he said, the tavern was unlikely to be complacent about drinkers outside its licensed area.

The committee had no evidence of unsafe or irresponsible sale or supply of liquor and no evidence of harm, he said. It also had an obligation to put in place a new system for the sale and supply of alcohol.

The committee granted the three-year on and off-licence, with the temporarily licensed outdoor area included as part of the main licence. The decision was subject to a condition that Golden Bear supplied a plan detailing management of outdoor patrons.


Mr Unwin said that Mr Matranga's long-term intention was to reconfigure the bar to the east side of the building and to use the new entrance for all patrons.

"These grand designs will not only reduce crowding, but change the way that the bar is utilised," he said. "In our view, the new proposal is a potential game-changer in terms of how the patrons behave, but this has yet to be tested".

Discussions between the company and the council over a lease of the eastern part of the building are understood to be continuing. No decision has yet been reported. The Portacom toilet moved on to part of the wharf reserve for the use of patrons was authorised by the TDC. At the time of writing, it had not been possible to clarify the planning consent for that decision.

If Mr Matranga gains a lease of the eastern side of the building, he faces one further hurdle for his plan—securing a new liquor licence for that part of the building.

David Mitchell



The annual Daffodil Day held on Friday 26th of August was a great success. The Community's support raised \$2527.20 in Mapua.

Thank you everyone for your help and support.

HAIRLOUNGE RUBY BAY

ALISON JOANNE HATCH
Owner and Senior Hair Stylist

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


- Ali has years of experience in top salons and superb professional skills
- Everyone is welcome - men too!
- Enjoy our salon's sociable and relaxed atmosphere
- Next door to Ruby Bay Takeaways.

Close to Mapua and a stone's throw from Ruby Bay Beach
Open Monday - Friday
*Evenings & Saturdays by appointment only

2/172 Stafford Drive, Ruby Bay 7005
T 03 540 3699 | M 022 379 9851
E ali@hairlounge.nz | www.hairlounge.nz



To celebrate our opening
15% off your first cut
Bring this voucher with you



Shanti Massage Therapy

Relaxation and Deep Tissue Massage

Kim Saunders Stevenson
Certified Massage Therapist

178c Old Coach Rd, Mahana 540-3911



Time to explore the cycle trail

Try our new transport service for one way rides


We will transport you with your own bike or hire bikes. This bespoke service allows you to choose the time and place to start your ride.

Booking Essential - Call 0800 2 CYCLE (0800 2 29253)

www.wheeliefantastic.co.nz

Practise Yuan Gong Qigong

**Improve your health
Replenish your energy
Feel relaxed and happy
Create balance and harmony
Increase clarity of mind**



Yuan Gong is the newest and most advanced form of Qigong

When: Thursday mornings 10:00 am till 12:00 pm starting 13th of October 2016
Investment in your health: \$160 for the term (8 classes: 13, 20 & 27 Oct, 3 & 24 Nov, 1, 8 & 15 Dec)
Venue: Wee Organic Shop, 155 Stafford Drive, Mapua
Phone: 0204 5678 43
Email: Aiyanna@CenterofNewDirection.com

Mapua Offered Property for Public Use

Once again it has been a busy month on the Mapua and Districts Community Association front. This vibrant community always has something on board and September has been no exception.

Our meeting last month started with a guest slot in which we were given a taster for a public meeting to be held next month. Dr Tim Phillips introduced Dale Vercoe who owns a property in Mapua Rise that he is prepared to gift to the community for a yet-to-be-determined use. Dr Phillips outlined possibilities for a medical facility/community-based care unit, but stressed that this needs to be decided on and run by the community. So put your thinking caps on as to what you think is needed and how you can contribute.

All are invited to then come to the public meeting on 19 October in the Mapua Hall at 7pm with ideas and enthusiasm. How often does a community get this sort of offer? Let's make the most of it.

A formal acceptance of Mary Garner as secretary and Aileen Connell as treasurer of the association was approved by the meeting and their upcoming contribution was acknowledged by the chairperson, Elena Meredith

Reports on roads and footpaths in the area show that work is progressing. A decision is still to be reached for the lower end of the footpath on Mapua Drive but there is a new bridge and pathway that connects this path through Aranui Park to Aranui Road for use by residents and school children. At a recent meeting of the cycle/walkways group Jamie McPherson from TDC reported that the Higgs Road footpath is in the planning stage with possibly something for the community to look at by Christmas.

The sub-committee for Dominion Flats reported on progress there, with work on the track being done by a contractor. Volunteers are continuing with weeding and planting and a grant has been received from TDC towards more plants for next autumn.

Marion Satherley reported that the Ruby Coast Trust is in the final stages of securing resource consent for the sculpture in Higgs Reserve and this will be followed by fund-raising.

David Mitchell spoke about his concerns over the retaining the green space/wharf reserve between the Golden Bear and the ferry launching site. He provided a background paper detailing the traditional view and usage of the space as "reserve." Cr Tim King reassured the meeting that although the zoning remains as "commercial fee simple" there is no planned change to the use of the reserve space.

There was some discussion on the future development of the Golden Bear in relation to its new liquor licence and lease with TDC. Its planned redesign includes a requirement for internal toilets and the Advisory Forum members were assured by Gene Cooper that the temporary Portacom unit would "be gone by

summer." The association agreed to write to TDC seeking assurance that any developments by the Golden Bear would remain within the current "footprint" and not encroach onto the reserve area.

Martyn Barlow reported that a proposed plan for a boat ramp developed with TDC staff and Cr Trevor Norris, has been approved by the Boat Club and is now to be put for discussion to the working party chosen at the November Community Forum last year. Any such proposals would require full community consultation as part of the consent process

There will be no further developments in the waterfront area until the Strategic Review of the land has been completed. The association was told that the contract for this project has not yet been let by TDC.

The MDCA Facebook page is getting an increasing number of views and is becoming a good way for association news to be accessed. Work is continuing on development of a website for the MDCA.

A Meet-the-Candidates meeting was hosted by the MDCA on 15 September and attracted about 140 interested community members. The Mayoral and Waimeha/Moutere Ward candidates were each given time to explain how they would best represent the district and then they answered questions from the floor. The evening concluded with candidates spending one-on-one time with those who wanted more questions answered. Don't forget to send back those election forms in time and read carefully how to fill them out so that your vote is valid and counts. Voting closes midday Saturday 8 October. The results of these elections will determine much of the development direction for our area over the next three years!! Now it is up to us.

The October meeting will be held on Monday 10 October at 7pm in the Mapua Community Hall. All are welcome; come along and help shape our community.

Helen Bibby and Elena Meredith (MDCA Executive Committee members)



THE ART OF TOUCH
"Discover Enhanced Health and Well-Being"

- BIODYNAMIC CRANIOSACRAL THERAPY
- THERAPEUTIC / REMEDIAL MASSAGE
- REFLEXOLOGY — AROMATOUCH
- GAIN RELIEF OF MANY AILMENTS! **FREE CONSULT

MELISSA POTTER
(T.T.C., D.B.E., R.M., BOST DIP, P.A.C.T., YOGA DIP)
PH/TXT: 021-1368439
WWW.THEARTOFTOUCH.CO.NZ 
Bringing you over 27 years experience!

SUMMIT

Licensed REAA 2008

GORDON WEBB

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

Tasman - Nelson - Marlborough

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

'A Good Deal Better'



Gordon Webb

Residential & Rural Branch Manager

021 540 241 | 544 2900

gordon.webb@summit.co.nz

summit.co.nz



Low impact dance

FREE for your first class.

A friendly group of folks learning the basic steps to many styles of dance. All ages welcome. Includes a cuppa afterwards.



Ph: Hilary 5432290

or just turn up to the next class.

Monday & Thursday 9.30am

Mapua community Hall



Dr Keith Beasley D.D.S.

"LOOKING FOR A GENTLE DENTIST?"

- Family and cosmetic dentistry
- Same day emergency care
- Competitive rates
- Hygienist



66-68 Aranui Road,
Mapua (behind Naled Bun Cakes)

03 540 3440 office@onedental.co.nz

one dental

Playcentre

Session Times
Monday & Friday
9.30am - 12noon
during school term

Mapua Playcentre

84 Aranui Road

ph. 540 2386

mapuaplaycentre@gmail.com

or follow us on Facebook



Quality Early Childhood Education for 0-6 year olds.

Whānau tupu ngātahi - families growing together



Tasman Bay Contracting Ltd

PROPERTY MAINTENANCE SPECIALISTS

- Lawn Mowing Residential • Property Maintenance
- Leaf, Weed & Green Waste Removal
- Lifestyle Block Mowing & Section Clearing
- Water Blasting • Digger • Fencing • Commercial Gardens



Locally
Owned &
Operated

**TASMAN BAY CONTRACTING
SHELTER BELT TRIMMING**

Large Hedge Trimming/Reduction
Olive Tree Pruning/Mechanical
Orchards • 3 Trimmers Available

Servicing the Tasman Bay to Nelson Regions

SUPPORTING SMALL BUSINESS

FREEPHONE 0800 891 634

FULL PACKAGE PROPERTY CARE PROGRAMMES

Locally Owned & Operated

Peter Collins
M: 027 513 5588

E: tasmanbaycontracting@gmail.com
www.tasmanbaycontracting.co.nz



HIGH PLACES

www.highplaces.co.nz

trekking worldwide



Alpamayo Circuit, Peru

Peru - Patagonia - Ecuador

Iceland - Greenland - Himalayas

Kilimanjaro - Mt Kenya - and more...

Tel 03 540 3208 treks@highplaces.co.nz

Building Project on its Final Leg

You know things are looking up when light comes through the bedroom window curtains at 6am. Memories of last winter's dark mornings, cold floors, bumping into furniture and tripping over the dog fade away; a mental repair has started.

So it is with the house construction. The last frame inspection was a couple of days ago and for the fourth time a determined patch of damp timber-frame scuppered the process. But I'm assured it is really close to being there. For me, at this stage of the build, that's almost as good as a pass mark.

It's about time because the damp corner is now on the "critical path," as project managers say. Once dry, they'll stick the gib on top, stop the gib, a quick undercoat and then top coat. Painters are poised to paint the final coat on the whole house apart from this pesky corner.

Ignoring the corner and in keeping with the new season, the whole process has a new lease of life. We became accustomed to the usual suspects being at the house; the blue SUV, the maroon sedan, the 70s and 80s middle-of-the-road rock music on the radio and the muffled bang of the nail gun.

There are now new cars and sounds. Firstly, the noble sound of heavy machinery moving stuff, mostly yellow clay. There's been a fair bit of moving it one way and then moving it back again as we have had duelling diggers on site. Over four frantic days one little delicate digger dug the drain trenches into which pipes went, inspectors inspected and were then refilled never to be seen again. All done to plan; the council plan, that is.

The other digger, a real big boy, was a landscaping one and was the creative part of the process. With a wide sweep of the hand we could dispatch it to lower, raise, level, move, grade and disturb a huge amount of ground very quickly. Having had

no problems digging the slab, other than delays, the digger found soft ground within minutes of starting. When the site was cut, the cut material was pushed to the edge and it looked like clean cut ground, except it had soil underneath. Nothing that five truck loads can't replace. A few hours later and dollars yet to be determined, and all was back to level.

It helps to have a landscaper who tells it how it is: "We will never speak again, John, if you don't replace this ground as your nice concrete drive will crack within two years. And by the way, your concrete colour choice is rubbish and you're getting this one. You gotta problem with that?"

Landscaping has been a breeze so far, with gravel trucked, concrete areas boxed, planter boxes created and topsoil spread far and wide. Learn to love your landscaper and they will love you.

The music has also changed. Classic rock was briefly replaced by a thing called "rap," a ghastly racket designed to keep owners out of the way. But when the gib stoppers were done, in came the decorators. I could have sworn Max Bygraves was playing when we first turned up to see the painted walls. The young lad listening to it proudly told me it was his grandad's tunes.

Anyway, we are on the final leg, probably. Mid-November is the date and all hands are at the pump. Paint soffits, cladding, internal walls, install kitchen, bathrooms, fit door handles, install woodburner, floors, lay concrete, connect biocycle, install water pump, lay gravel, dig in flax. Piece of cake for a couple of months, hey?

John Bamfylde



New Stylist
Rebecca Thomason
Full time @ Zoom

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

Call the team @ Zoom
Monday - Saturday 9am till 5pm
Late night by appointment
Ph 03 540 2333 www.zoomhair.co.nz



**DETAIL ORIENTATED
RESULTS FOCUSED**

John Bamfylde
Sales Associate
M +64 27 325 1325
john.bamfylde@sothebysrealty.com
nzsothebysrealty.com

Each Office Is Independently Owned And Operated.
Brown's Real Estate Limited Licensed under the REAA 2006 (MR142)

New Zealand | **Sotheby's**
INTERNATIONAL REALTY



FOOD • SKINCARE • GIFTS

OPEN DAILY
Shed 4 - Mapua Wharf
402/6 Aranui Road
Mapua 7005
Shop: (03) 540 2561
Cathie: 021 732 752
info@ketetasman.com
Shop Online: ketetasman.com

Showcasing the best of Nelson

Mapua School

On Friday 9 September we competed in the Takaka sports. Each year Mapua and Takaka have a sports day where we spend all day playing sports trying to win the Taylor Shield. We call it the Taylor Shield because one of our teachers, Mr Taylor, made it. Takaka has won it more than Mapua has. We were proud to have won it three times in a row—something we had not done before this year's challenge. We were the current holders of the shield and we desperately wanted to keep it.

We started the day with a haka and then got into the sports: netball, rugby, hockey, soccer and mini-ball. The final sporting activity of the day was the tug-of-war.

This year it was a great time for Mapua and not so much for Takaka. Mapua had an amazing year this year because we won every sport (netball, hockey, soccer, miniball and even the RUGBY!!!), except the tug-of-war. That means, yes, we won the shield!



We finished off the day with a delicious shared lunch that the kids from Mapua brought.

This year was an amazing year and I'm so sad that I can't do it anymore because I am a Year 6. :(

Ashlee Young

Mapua Tennis Club

The courts are very busy as the days get longer and the game attracts more and more players of all ages. There are opportunities for social tennis, competitions around the region as well as coaching for all ages. This summer we have four teams playing social inter-club competition. If you want to know more email mapuatennisclub@gmail.com.

There are also opportunities for juniors to take up the sport or try it out, with coaching and playing sessions coordinated by Vanessa Mairs.

Junior tennis coaching in Mapua

For ages 5years +. These sessions will develop and improve technique through games based learning, match play and hitting on the ball machine. Depending on a child's age and ability, they will learn at Red Level (5-8yrs), Orange Level (8-10yrs) or Green Level (11yrs +). With the use of modified racquets, nets and balls, children see success very early and therefore enjoy their time on court. Lessons run on Wednesdays and Fridays from 3pm starting 12 October. Cost is \$8.50 per 1 hour lesson (plus membership and affiliation fees). Various competitions are run throughout the season – both locally and region-wide.

Community play

These sessions offer no coaching but are a chance for children and families to see if they are interested in tennis. It is run by trained teenagers and each session will include a warm-up, challenge, play and wrap-up. Cost is \$5 per session for ages 5-12 years and run for 40-45 minutes.

To register your child, please email Vanessa – claybrookestate@xtra.co.nz. Also available is private and group coaching for adults, and cardio tennis for those keen to get fit while playing (no ability required).

Richard Ewbank *Garden & Property Maintenance*

- NEW SERVICE: Lawn Mowing
- Handyman jobs - inside and out
- Chainsaw work
- Spraying
- Hedge trimming
- Water blasting
- Chipper available
- Green waste removal
- Raised garden beds
- Dry stone walling

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



MCDOWELL PLUMBING Craftsman Plumber

JOE MCDOWELL
021 989 593

99 Redwood Park Road
RD1 Richmond 7081
Nelson
A/H 03 544 2235
joplum@clear.net.nz

C S EARTH & TREE
DIGGER HIRE
GARDEN MAINTENANCE
LAWNS, HIGH GRASS & WEEDS
TREE / SHRUB PLANTING & TRIMMING
PH : 0274463075 MAPUA

The Magic of Spring

I would like to start this article with a quote I read from Sally Duggan, editor of the *New Zealand House and Garden* magazine. "Spring. The season that magically upcycles our gardens, renews our enthusiasm and revamps our energy levels all at once." I found that this applies to my painting as well. During the winter I sometimes found it hard to get motivated to head out to our painting group in Mapua on a cold, frosty morning. However, now that spring has arrived, I am full of new ideas and inspiration, as are my fellow pastel artists as they work away on their various, creative paintings.

Once our members arrive and settle into their painting, their enthusiasm and creativity seem to rub off on me. They are a real inspiration to me as I am relatively new to pastel painting and I am still finding my style. They are a very supportive group. We meet every Tuesday morning at the Mapua Community Hall. Feel free to come and join us to see if this is an art medium that you would be interested in. We have painting challenges or mini-workshops on the third Tuesday of the month. These fun workshops help us refresh our skills and sometimes even take us out of our comfort zone but that is what we enjoy about them. All of us have different styles and levels of expertise but everyone is willing to help you along with problems and to give you friendly advice to improve your skills.

We often have visitors to our sessions which we always welcome, so if you feel inclined to see what we are up to, just 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. Enjoy the spring.

The pastor will preach his farewell message, after which the choir will sing *Break Forth into Joy*.



Planting Project Well Supported

Wow, it is looking fantastic in Dominion Flats at present!

Some of the grant money from Rata Foundation has been used to surface the track and widen it in places which makes it so much easier for walking and cycling. There is just a little crusher dust to be added in some places where the gravel is a bit 'rocky'. The remainder of that grant is being used by Ashton Oliver who is doing the contract work for the project and is clearing the weeds from between the plants over most of the whole six and a half hectares. This will make it much easier to get to the plants to release them from the close-in weeds. Suddenly we can see what is there and how much it has all grown in less than three years.

Using money from Pub Charities Ash has also cleared area 6 and replanted the gaps in that area. Not only is that happening, but last week the Thursday Walking Group volunteered their usual morning walk time to help plant and weed. A large group, I think 18, arrived armed with spades and enthusiasm and had over 100 plants in the ground in a very short time. They then spent the rest of the morning releasing plants from the tangle of weeds that manage to squeeze in to the plant protectors alongside the plants, before they went off for a well-earned coffee. A big thank you to you all.

We have been lucky to receive \$1200 from TDC community grants which will be used for plants for next autumn. Not so lucky with a couple of other applications recently but overall we can't believe how generous different organisations have been. Add to that, we really appreciate the time people volunteer to help, with more helpers joining us on a Tuesday morning lately too.

It is so good to know that New Zealanders want to see New Zealand green.

Contact Helen Bibby at 540-3830



Relaxing Beauty Salon in the heart of Mapua
Rejuvenating Facials, Waxing and
Electrolysis, Pamper Packages,
Manicures and Pedicures, Eye Treatments

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



PILATES

CLASSES:

16 classes per week

Levelled classes: beginners,
intermediate & advanced.

Classes to suit those with aches, pain
and osteoporosis

Maximum of 12 per class to ensure
individual attention



PRIVATE STUDIO SESSIONS:

One instructor focused on you
or share with a friend

Working at your pace to your body
Offering mat and equipment sessions
Specialised Pilates Equipment

ONEBODI:

Specialising in the Pilates Method

2 Qualified Pilates Teachers with continued education

Private studio with 2 reformers, 2 towers, 1 chair and a Ladder Barrel

Onebodi
| PILATES

Michelle Alexander – Onebodi Pilates

One Body, One Life, Live It!

Phone: 03 528 0252 & 021 245 9955

Info@onebodi.co.nz

155 High Street, Motueka

www.onebodi.co.nz

Mapua Health Centre

We welcome Ben Wilkinson who is a trainee intern and will be with us at the beginning of October. This is a great opportunity for final year medical students to get some insights about general practice and health care in the community setting.

There will be a public meeting in the Mapua Hall on Wednesday evening, 19 October, to look at some options that have been put forward by the community for a health facility development. This relates to land that a local person is willing to make available for projects such as a rest home, which could be expanded to more comprehensive facilities, if there is a desire by the community to provide these sorts of resources.

The patient portal service is working well. This allows patients to have access to their own medical information via a secure web server and includes being able to review test results, as well as ask for appointments and prescriptions. If you wish to register for Manage My Health™ contact receptionists 540-2211.

A nuisance that many suffer from time to time is blocked ears. Although our ears are continuously cleaning themselves by moving a thin layer of wax to the outside with debris on it, sometimes the hearing canal gets clogged up with wax. It may then be necessary to use some drops to loosen the wax (e.g., Cerumol or Waxol from the chemist). Only if this doesn't work is it necessary to consider getting the wax syringed out and an appointment with the practice nurse can be organised. There is a special service at the hospital ENT department that offers ear toileting (using a specialised suction device) as well as private options through Ear Health (0800 400 403) in Nelson, Richmond and Motueka. For more information please contact the practice nurse.

This month celebrates the International Day of Older Persons and the latest research even suggests that coffee and alcohol intake (one to three drinks a day) may give better walking and balance in older adults,

but smokers were more likely to have worse gaits than non-smokers (*Eur J Clin Nutr* 2015). Pilates has been found to improve quality of life in the elderly, due to the benefits of fall prevention, physical fitness, and improved mood states (*Prev Med*. March 2015).

It looks as though Omega-3 oils (as in fish and flax seed oil) may improve several of the negative consequences of ageing, including inflammation, high cholesterol, platelet stickiness, and high blood pressure (*Nutrients*. Oct 2014). Also, green tea consumption is significantly associated with a lower risk of functional disability as we age, as well as a lower risk of stroke, cognitive impairment, and osteoporosis (*Am J Clin Nutr*. 2012). By adding some vitamin D at daily doses of 800 to 1,000 IU it's been shown to have beneficial effects on strength and balance (*J Am Geriatr Soc*. 2011 Dec) and preventing falls (*J Am Geriatr Soc*, Dec 2013). The same has been found by taking up tai chi twice a week for 45 minutes (*Am J Chin Med*. 2012).

This month's health and school events include:

1	International Day of Older Persons	www.un.org
1-31	Health Literacy Month	www.healthliteracymonth.org
1-31	Breast Cancer Awareness Month	www.nzbcf.org.nz/home
10-16	Mental Health Awareness week	www.mentalhealth.org.nz
10	Term 4 begins	
14	Pink Ribbon Day – Breast Cancer	www.nzbcf.org.nz
15	White Cane Safety Day	http://blindfoundation.org.nz
16	World Food Day	www.fao.org/world-food-day
20	World Osteoporosis Day	www.bones.org.nz
24	United Nations Day	www.un.org
24-30	Blind Appeal Week	www.mzfb.org.nz

MAPUA PODIATRY

Justin F Powell NZDip.Pod. SRPod.

♦ for immediate relief of painful feet



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

101A Aranui Rd, down the mossy driveway

Phone: 5403758 or 021 122 2268

MAPUA RUBY BAY & MOUTERE DISTRICT
HEALTH CENTRE

AGM

7.30pm Wednesday 19th October

To be held at the Mapua Health Centre. All welcome



Shearing, crutching & sheep care
Specialising in
LIFESTYLE BLOCKS
Portable machine + Generator

SUE THE SHEARER

RING FOR A NO OBLIGATION QUOTE

Ph 021 533 350



Landscape Supplies • Truck & Digger hire • Storage Containers

come in and check out what we have in store:
hardware, gardening tools, railway sleepers

Darren 0274 792 770
Debbie 0274 317 133

15 Warren Place Mapua
mapualandscapes@gmail.com

www.mapualandscapes.co.nz

03 540 3423

Mapua Bowling Club

The write bias

The beginning of October means the start of the lawn bowling season. Keen bowlers can again be seen arriving at the clubrooms with bowls polished, ready to take part in the roll-ups on Tuesday, Thursday and Saturday afternoons.

Ever think it might be interesting to give lawn bowls a go? Well, you are in luck. The club warmly welcomes everyone to come along and see what bowling is all about. On Friday 7 October a special coaching session is planned for anyone interested in trying out lawn bowls. No experience is necessary. The session will start at 4pm. The club has bowls that will be available for use. Please wear flat-soled shoes to avoid damage to the green. It is a great chance to try a sport that is enjoyed by so many.

Later in the month on Thursday the 20th, the club will be taking part in the Spring Fling at Mapua. The club will be open to anyone wanting to visit the clubrooms or to try their hand at lawn bowls.

The members of the Club play both socially and competitively, if they choose to. Teams from the Club enter tournaments held at various clubs around the Nelson area.

With the great facilities at the club social get-togethers are well attended by the members. Whether it is just a drink at the end of an afternoon of bowling or perhaps a summer BBQ, members enjoy spending time together at the club. Just before the season

started, the club held a Spring Roast Lunch. Nearly 40 members and friends enjoyed a delicious roast beef meal catered by Chris Green and her band of kitchen helpers. What a great way to spend a spring afternoon!

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


Barbara Brown



WOMAN GARDENER

Very experienced
Maintenance, makeovers
or restoration

Fiona Ph: 03 528 7653



THE GRIND
Espresso Bar & Roastery

@The Tasman Store
Just up the road on the Great Taste Trail
Award winning coffee, real fruit ice creams, pies,
sandwiches, home made cakes & cookies.

Open 7 days
Aporo Rd, Tasman ph 526 6275

WAKEFIELD QUARRY
Pig Valley, 6km from Wakefield



FOR: Basecourse 70mm
Topcourse 40mm
Topcourse 20mm
Drainage metal 40mm
Landscape Rock
Lime

Truck Available

Limeworks 541 9093
Tony Dick 541 8392 a/h
Philip Dick 541 8666 a/h

OPEN:
MON - FRI 7 am - 5pm
No longer open Saturdays



Mapua Upholstery
for all your upholstery needs....

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

architecture studio | mapua

design - build - live



Simone Wenk
Reg. Architect (Germany), LBP Design 2 (NZ)
03 540 3282 / 021 1049 039
simonewenk@xtra.co.nz

Shed 4, Mapua Wharf
www.architecturemapua.co.nz

Mapua Natural Health Clinic

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

Arborvitae Essential Oil

Known as the “tree of life,” arborvitae is majestic in size and abundant in unique benefits. Arborvitae essential oil contains a group of chemical compounds that protect against environmental and seasonal threats and have powerful purifying properties. These compounds also contribute to arborvitae’s natural insect repellent properties. Native to Canada, all parts of the arborvitae tree were used extensively by Native Americans for health benefits and for building vessels, totem poles, baskets, and clothing.

Uses:

- Add a few drops to a spray bottle with water and spray on surfaces or hands to protect against environmental threats.
- Apply to wrists and ankles while hiking.
- Diffuse to purify the air and to repel insects inside the home.
- Mix 4 drops of arborvitae essential oil and 2 drops of lemon essential oil for a natural wood preservative and polish.
- Use during meditation for a sense of peace and calm.

Directions for Use:

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

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

Mental / Emotional Balancing:

Negative emotions: Wilful, struggle, excessive effort, distrust, rigid, fearful, need to control.



Positive Emotions: Peaceful, surrender, grounded, allowing, relaxed, grace filled, effortless living, trust in divine grace.

Brown Rice Salad

Ingredients:

- 2 cups brown rice
- 1 Carrot, cut into fine sticks
- ½ Telegraph cucumber, chopped
- 1 Red capsicum, very finely sliced
- 4 Spring onions, finely sliced
- ½ cup Peanuts, lightly roasted
- ½ cup Cashew nuts, lightly roasted
- 1 Tbs Sesame oil
- 3 Tbs Mirin
- 3 Tbs Light soy sauce
- 1 lemon, freshly juiced
- ½ tsp Himalayan salt
- ½ cup Mung bean sprouts
- ½ cup Fresh coriander

Method:

1. Cook the rice in boiling water for 30 minutes. Drain well and set aside to cool.
2. Gently combine the rice, carrot, cucumber, spring onions and nuts.
3. Mix together sesame oil, mirin, soy, lemon juice and salt. Drizzle dressing over the salad and toss to combine.
4. Serve the salad topped with sprouts and coriander leaves.

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

Resources: www.doterra.com Emotions & Essential Oils. A Modern Resource for Healing. www.bite.co.nz

Church Notice: Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say “Hell” to someone who doesn’t care much about you.

**MAPUA
NATURAL HEALTH CLINIC**



Body Talk / Energy Healing

Jude 021 2020339
www.mapuanaturalhealth.co.nz

www.rubycoastarts.co.nz



For local arts information



Visit us for information about Ruby Coast art events, exhibitions, artists, potters, craftspeople and galleries.
Enquiries : info@rubycoastarts.co.nz



**Groovy
Paws
Dog Grooming**



Caroline Lusty, 115 Tarrant Rd, Mahana
Ph: 03-543 2277 027 520 1285
Email: caro.lusty@xtra.co.nz

BOOK REVIEWS

Our Souls at Night by Kent Haruf and *The Auschwitz Violin* by Maria Angelis Anglada. Reviewed by Penny Brown. These books are available in the Mapua Community Library.

“And then there was the day when Addie Moore made a call on Louis Waters”

Author Kent Haruf was particularly careful about opening sentences and this was the one that started his last book, *Our Souls at Night*, published posthumously. He died in November 2014, aged 77.

This book is an attempted resolution to loneliness in the latter stages of life. Addie, a widow, makes a bold decision to invite Louis, a widower and friend of her late husband, to share her bed at night. She regards Louis as a good and kind man and proposes that he share her bed at night “lying warm in bed, companionably” just to talk.

“I’m lonely,” she says, “and I think you might be too. I wonder if you would come and sleep in the night.” The plan is to share their expectations and disappointments, their losses and feelings, their dislocated families, their memories and recollections – just two old people talking in the dark. Things become complicated when her son, Gene, finds out and is scandalised. He decides that the relationship must end.

Haruf writes with great economy, but the cumulative effect is engaging. There is no sentimentality or

blame – just a look back on what life has delivered. It makes the reader wonder whether they would have the courage to make one last attempt at happiness.

I highly recommend this little book.

The second little book, *The Auschwitz Violin*, a holocaust novel, has been beautifully translated from the Spanish original. It is the story of Daniel, a Jewish luthier (violin maker) who, because he has been listed as a carpenter when interned, is sent for by the camp commandant to repair a cracked violin.

It turns out that the commandant is a lover of music and collector of violins and on seeing Daniel’s craftsmanship, orders him to make a violin.

Although the horrors of the Nazi camps are well described, they are not the main focus of the book. History has made us aware of their awfulness and the book neither sets out to emphasise this nor to deny it. Instead the reader is drawn into Daniel’s use of his skills to keep out of trouble and to access paltry amounts of extra rations.

It is a quick but moving read, almost poetic in parts, filled with courage and the will to survive. One is left admiring the way that prisoners of war coped with their terrible ordeals. People disappear, atrocities occur, experiments are carried out and although this is almost accepted as part of the fate of internees, Daniel’s tenacious hold on life always gives hope. A good, quick read.

Ray White **Know How**
to create wealth
for landlords

Ray White.



Property management is more than co-ordinating tenancies and rental payments – it’s about helping you achieve your financial goals.

To maximize the rental returns on your investment,
call Sharon Stockdale today - 03 544 8778 or 027 462 8923.

Sharon urgently needs more properties in the Mapua area.

Can you help?

Call for your free rental Appraisal, today.



Mapua Community Library

(Moutere Hills RSA Memorial Library)

Thanks to Carol Greenall for hosting two wonderful flax-weaving sessions in the library.

The last session will be:

Story time with Mike Howell, and grandchildren (Book illustrators) Thursday 6 October from 2.30pm NZ conservation themes

Mike will also share the working drawings for his new book about cats on Stewart Island. No registration necessary

Facebook Page

We are thrilled to advise of the launch of our Facebook page. General information and events are all posted there now – Mapua Community Library.

Art Display

Dennis Emery's paintings are fantastic aren't they! For November we will host pastel artist Ron Oliver. Mike Howell's book illustrations will be displayed in the children's area.

TDC – Community grants, grants from rates

We were pleased to receive \$1000 this year. There was a record number of applications received so we were granted less than last year. Thank you ratepayers!

Book Sale: Saturday of Labour Weekend – 9am-1pm, 22 October

Bring yourself, friends and neighbours along for some wonderful second-hand book bargains. Friends

of Aranui Park group has decided that they won't be bringing seedlings etc along to sell.

Children's Book Boxes

You will notice a few temporary solutions for children's book presentation. The big wooden book boxes are in the process of being repainted.

Website

We have found a website designer who is happy to oversee this project. Website content has been 'brainstormed' and I look forward to moving ahead on this project at last.

Book Display Theme

The theme of the current foyer display is 'Small in Size, Big in Stature'. You are welcome to

borrow the books from this display.

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

Notice in paddock: The farmer allows walkers to cross the field for free, but the bull charges.



**exhibition
by Lisa
Chandler**

*between
yesterday and
tomorrow*

Opening
Tues 25th Oct
5.30pm - 7.30pm
all welcome

Mckee Gallery
Nelson Suter
Art Society
208 Bridge Street

**GILL PUMPS &
IRRIGATION**

4 O'CONNOR RD APPLEBY
Ph/Fax/Ah 03 5448063
Accredited to verify water meters
Sales service and repairs

MAPUA COUNTRY STORE

YOUR FRESH LOCAL MARKET

Open 7 days a week to bring you
the very best produce and products

FRESH FRUIT & VEGGIES ★ DELI PRODUCTS ★ GIFT IDEAS
LOCAL CHEESES & MEATS ★ FRESH FLOWERS
PANTRY STAPLES ★ QUALITY PET FOOD & MORE...

★ We are now stocking
local beer, cider, wines ★
and wines from around the world.

RETURN of the PUMPKIN COMPETITION!

The Famous Pumpkin Competition returns
with your chance to win prizes
if you can grow a whopper!
Registration forms and seeds will be available
in store from the end of November.

Look out for our regular in-store tastings
and cooking demonstrations

151 Aranui Road, Mapua (opposite Mapua School)

P: 03 540 2581

E: info@mapuacountrystore.co.nz

www.mapuacountrystore.co.nz

 MapuaCountryStore

 MapuaCountryStore



Shop local × Eat Local × Enjoy Local

Mapua Crafts Group Bowls into Spring

With the end of term upon us we have decided to give ourselves a week off from creating and crafting. Instead we shall repair to the Riverside Café at Lower Moutere for a leisurely morning tea affair.

Not me though. Oh no. I shall be down in Oamaru with the husbandit for our first visit there in 20 years. The aim is to squizz the Steam Punk Museum and to see if any of the Moeraki Boulders have sneakily moved since we last photographed them.

So what has Craft Group been up to since the last newsletter? Two very different projects are what.

After our seashell on flowerpots efforts we plunged straight into making decorative bowls from scraps of fabric and yarns. Now, you would think this is a benign activity. A restful, sedate activity within a sea of calm serenity but this is the Mapua Craft Group we are talking about here. Perhaps we should have known better as this involved...balloons and glue. First. Find a set of lungs capable of blowing up said balloons. Then select your scraps of cloth and the like, the aim being to stick the fabric to the balloons.

What you do need to consider, so I discovered, is to quadruple the quantity of glue provided for that certain person that takes a fancy to this substance and slather their balloon accordingly. You know who you are, missus! Once all is dry you ceremoniously pop your balloon and are left with a rather pleasing bowl. What you don't do though is to become over-energetic with your balloon and your bowl-making. That level of enthusiasm leads to a loud and sudden BANG, rendering several of the troupe in need of CPR. Isn't that right, Mary Forrest?

There did appear to be one further uncalled for variation on the balloon-popping finale. While some went out with a bang, mine was more of a damp squib. Just like everyone else I faithfully took my carefully colour co-ordinated bowl and balloon home to dry. Sadly, while everyone else's balloon remained



hale and hearty over the course of the week, my blue balloon lost the will to live and withered away, sucking my bowl into the despairing shape of a dent-ridden canoe.

Our other project for the end of this term was finally getting our mitts on the shaving foam to make some rather lovely cards but I'll write about that next time as I need to go pack me thermals. There be penguins waiting for me and I am hoping they will be where we left them last time. Right there on the cliffs.

Marian Bevan

In an office: Would the person who took the step ladder yesterday please bring it back or further steps will be taken.

Re-Fashion with Fibre Row

Learn how to adapt clothes into
trendy fashion items

Contact: Rowena Lukomska
rowenalukomska@extra.co.nz
03 543 2400
www.fibrerow.com

Police report

Hi to you all. Great that the frosts have finished and spring is well and truly here. I'm pleased to report that there has been very little crime in the Mapua area over the last month. Don't allow yourselves to get complacent though.

People from out of town visit our area. We have just had a 19-year-old male from the North Island go on a four-day crime spree in Motueka. He had committed 11 offences consisting of burglaries and theft of cars. Luckily we caught him quickly.

A boat was burgled in Ruby Bay recently. Garmin brand fish-finder, fishing rods and tackle box were stolen.

*Grant Heny, Motueka prevention team,
Ph 03 970-5271*

Mapua Occurrences:

Sep 11: 46-year-old Riwaka male drink-driving in Mapua. Licence suspended for 28 days
Sep 2: Theft at Mahana. Household items stolen
Aug 29: Domestic incident Ruby Bay. Male issued with a police safety order

Playing Poker on the Water

Although the day began cool and drizzly, by the time the fleet of 18 powerboats set off, it was a silver day in Mapua and the weather and the event just got better as the day went on. The goal was to pick up a playing card from five dealers stationed around the estuary, with the boat collecting the best poker hand being the winner.

The fleet set off in a mass start from Grossi Point and fought the incoming current to a rounding mark near the Mapua Wharf, and then back via Grossi Point to Winch Bay and the first 'table.' This was the *Flat Bottomed Floozie* with dealers John Ward and Liz Tod-Hunter. The next 'table', further west towards Thawley's was the trailer yacht *Wizard*, with dealers Clare Kininmonth and John Leydon on board.



By now the fleet had worked out a very efficient system of approaching slowly, queued up in a large semi circle, which brought them alongside to pick up their card with great efficiency. Then it was back to a rounding mark at Grossi Point and off up the channel to Bronte, a left turn around a mark there and over to Hoddy Road where the next table was the Mapua boat Club's mooring raft. Ann Hilson was the dealer

marooned here, and then the fleet joined the main channel at Hunter-Brown and went down towards the Rabbit Island bridge to the next mark. From here it was back to the Traverse where Mike Perry on his launch *Ruru* was the last floating table. After leaving *Ruru* the fleet crossed the now outgoing tide to Grossi Point where after signing off on the safety sheet, the players received their final card from Marion Leydon.

The fleet comprised a vast range small boats including classic clinkers, tinnies, inflatables and small yachts and even a Hobie 16 catamaran with an out-board.

Members from the Picton Clinker Club, and from their Nelson branch brought six boats and the rest of the fleet were local. Harold Gratton from Picton presented the club with their club's pennant after thanking the local organisers for an enjoyable day on the water.

The winning hand was that of Richard Winn from Richmond, and his crew, with four nines. Second best hand was held by Rob and Hue Smith from Mapua, and third best was Peter Murton from Richmond in the 100-year-old *Angelina*. The prize was a 50-year-old unopened pack of Port Line playing cards, and after the prize-giving, Richard presented them back to the club to be competed for again next year. This was a very sporting gesture and may be the beginning of a new tradition!

The eight-foot dinghy Rob and Hue used has the distinction of being the only boat that has participated in the sailing, rowing and powered events of the LGPYC this season.

The after-match was hosted by the Mapua Boat Club in its club rooms on Mapua Wharf and participants were welcomed with hot drinks and plates of food. It was a great ending to a great day.

If you would like to be notified of future events the club now has an email address. Register your interest at loyalgpyc@gmail.com.

John Leydon

Ski Trip Part of a Busy Month for School Students

The last month at Tasman School has been another busy one.

The two senior classes (Year 4-8) took part in the biennial event, "Rock da House". This is a musical event, where local primary schools learn a range of songs. The songs range from western to modern, something for everyone. Over four nights, various schools then combined to form a massive choir. It is really quite something, and a credit to the children and those who facilitate it.

Our annual ski trip to Rainbow Ski Field was another success. It is open to all pupils and their fami-

lies, with large numbers taking the opportunity to brush up on their skills and hit the slopes.

Room Four (Year 6-8) have just had their annual class camp. This year they spent the week at Rotoiti Lodge, taking advantage of all the area has to offer—bush walks, kayaking, biking. Unfortunately weather put a stop to the day at Rainbow Ski Field. However, they were treated to a day of snow, and got out amongst it, with much snow thrown around. A great way to finish the term!



“Sometimes in Life You Need a Change.”

Recently, on the 1st of July, Mapua’s well known patisserie and café changed hands. It was bought by Sean Carley, a New Zealander originally from Wairarapa who has returned after many years in Australia, and his Australian wife, Annie.

With the youngest of five sons turning 21, Annie and Sean decided it was time for a change. The thought of a bakery in New Zealand had been something Sean had always liked the idea of but never thought it would come about.

In March of this year, Annie and Sean flew into Nelson from Western Australia. Hiring a car and driving into Mapua was a life-changing event. They just loved the area and after having a coffee at The Naked Bun, which was on the market, they decided to buy it. Annie could see the potential and Sean could see a great-sized kitchen! A deal was done for a take-over on 1 July, 2016.

On returning to Australia the process began. Packing, sales, garage sales, booking return flights, booking a container for their belongings and so the list went on. What to take? What to leave? These were the questions asked each day. By the end of May, the container was packed and sent to Fremantle for its four-week voyage to Nelson.

On the 1st of June Annie and Sean boarded a flight to Auckland. Their two border collies, Frazie and Misty, were on the same flight. There was a short stopover in Auckland then on to Nelson. By the time they had collected a car, the dogs were ready to be picked up. After a short drive to Mapua it was a relief to be here as the last few months had been hectic.

June was a whirlwind; obtaining drivers’ licences, getting new phone numbers, contacting suppliers, sourcing ingredients, deciding what products they were going to sell, changing the business name and employing staff. There were a few hiccups like not having any idea of how GST and general taxation worked in New Zealand.

By the end of June Sean started phoning to see where the container was. They were told it had not yet reached the Port of Nelson.

The 1st of July was the day the keys for the new Mapua Village Bakery at last belonged to Sean and Annie. And so the make-over began—painting,

counters, shelving, electrical work—the list seemed never-ending. During the second week of July they heard the container had arrived in Nelson but after four days it mysteriously disappeared again. Then there was a call to say that the container would be delivered that day. Sean and Annie really needed it by this time as it contained bakery items and furniture needed to open the business.

Finally the container arrived but it did not contain what they expected. They had shared a container and half the container was supposed to stay in Nelson and their half delivered to Mapua. They got the wrong half. The container with their belongings eventually

turned up in Blenheim. Sean and Annie still say, “All roads lead to Blenheim,” as over the past weeks two of their flour deliveries have ended up in Blenheim as well.

Sean and Annie are very happy in Mapua and love the community. They want to say a special thank you to all the trades people and the locals for making them feel so welcome. They hope everybody enjoys their village bakery as much as they enjoy being here.

Baking starts at 1am and the shop hours are

7.30am to 5pm, seven days a week

Christmas will see the bakery selling a special Christmas-style dessert that will be available by order. Small hampers will also be available as gifts.

Some of the very appealing offerings of the Mapua Village Bakery include artisan and sour dough breads, gourmet and family-size pies, and a wide selection of lavish cakes.

Enjoy the coffee, cakes and pies—the service is very friendly! An interesting thing to note is that all the furnishings in the bakery have a meaning. There is family furniture going back several generations, pieces of equipment Sean, Annie, family and friends have used and grown fond of over the years, all sorts of other memorabilia. Check out the teapots hanging from the ceiling. Annie has a story to tell about virtually every item!

Note: I can vouch for the pies. I am working my way through the extensive selection and I haven’t been disappointed yet!

Pete Hancock



Local research on global climate change

Since 2008 a small but enthusiastic team has worked to clarify and quantify the relationship between global climate change and future heat levels around the world, with particular attention to the impacts of rising temperatures on working people. The Ruby Coast Research Centre (RCRC) core team includes Tord Kjellstrom, Bruno Lemke, Dave Briggs and Chris Freyberg from Ruby Coast, working with collaborators Matthias Otto (Nelson), Olivia Hyatt (Richmond) and Lauren Lines (Mahana). Bruno and Matthias are employed by NMIT, which creates a link to the research carried out there.

The group has a broad range of skills including epidemiology, medicine, mathematics, physics, physiology, geography, demographics, computer science and data management. We are interested in joining forces with additional people with suitable expertise living in this part of New Zealand. RCRC has a website www.ClimateChip.org that is free for anyone to access, and includes data on current and future projected climate variables around the world.

The publication of RCRC research in scientific journals and in international reports is starting to influence those working on climate change about the ways in which heat exposure in work situations will undermine social and economic development in tropical low and middle income countries. For example, our results have been used to calculate economic losses due to increasing heat in workplaces and for India the losses may be 450 billion US dollars a year in the 2030s. Recent updates of the analysis with the

latest climate modelling results shows that many tropical countries will lose several percent of their annual GDP due to the increasing heat levels.

On 18 October we will present our latest research results at a meeting of the Nelson Science Society. The presentation and discussion will emphasise the links to global and national policies and actions on climate change impacts prevention. We will present examples of how increasing heat in hot countries is already a real threat to local communities, and must be considered alongside the problems of sea level rise, more frequent extreme weather, and climate-related negative impacts on agriculture and other industries.

New Zealand will of course be affected directly, but potential indirect effects are likely to occur including visible suffering in lower income countries, climate-related migration pressures, and economic impacts. One of the ways New Zealand can contribute to strengthened policies and actions in highly populated countries is via research and analysis of the type RCRC carries out.

Everyone is welcome to the Nelson Science Society lecture "New developments in climate change impact assessment" at 7.30pm, Tuesday, 18 October. Room A211, NMIT, entrance off Alton Street. All welcome, non-members \$2.

Tord Kjellstrom



0277 789 798
MOBILE DOG GROOMING

www.ruffcuts.co.nz

*no mess, no stress,
we come to you*



Holiday house on Ruby Bay beach to let.
www.absolutebeachfrontrubybay.co.nz
ferrier@clear.net.nz 0800 0222 33



Hills Community Church Presents

Mapua's Costume Carnival



An Old Fashioned Carnival
with
Games
Bouncy Castles
Trailer Rides
and Sausage Sizzle
EVERYTHING IS FREE

5-7pm Monday 31st October
Aranui Park and the Hills Community Church
 A safe alternative to
traditional "trick or treating"

Prizes for best costumes - Please avoid scary costumes

Proudly supported by





Hills Community Church



A date for your diary

The Hills Community Church will hold a Costume Carnival on Monday 31 October from 5pm to 7pm in Aranui Park. This free annual event is a trick-or-treating alternative so bring your children for a fabulous fright-free evening of old fashioned games, sledge rides, bouncy castle, free sausage sizzle and more.

Non-scary costumes are encouraged—fairies, pirates, superheroes, princesses, animals, All Blacks, etc. There will be a prize for the best! In case of rain a smaller scale version will be held in the new Hills Community Church. Any queries please call Connie on 540-3005.

The CAP Money Course is a free, revolutionary money management course that teaches people budgeting skills and a simple, cash-based system that really works. This course will help you prioritise the things that are important to you, manage any debt that you have, live well within your means and save for your future – just as it has for thousands of New Zealanders.

It will be held on Tuesday 1, 8 and 22 November. Contact: Hills Community Church 03 540-3848 for more information or visit www.capnz.org

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.

Mapua, Mahana, Iwi gain a DoC reserve

A decade-long attempt to gain protection for the Chaytor-Dominion Stream now seems confirmed, with the Department of Conservation reporting that it is “in the final stages” of purchasing a section of the stream between Te Mamaku Drive and Dominion Road.

DoC says in a message to representatives of the Mapua and District Community Association (MDCA) that it is buying land in what it calls the “Mamaku/Section 9” part of the stream with the help of funding from a Tasman District Council and a price reduction by the NZ Transport Authority. DoC has also gained the support of the multi-iwi Te Tau Ihu conservation group Tiakina Te Taiao. The Maori organisation is expected to play a significant part in protection and restoration work for that part of the stream.

The department says the land will be for a local-purpose cultural and ecological restoration reserve, with details to be worked through.

The combined Chaytor-Dominion Stream system is a rare example of a hilltop-to-sea stream system flowing into the Waimea Estuary that still has most of its high natural values. These include the intact Chaytor Wetland at the head of the stream and a spawning area for some species of native fish in the basin where water from the Chaytor Stream meets the Dominion Stream at a point close to the highway.

Advocacy for protection of the stream was encouraged by Nelson-based fisheries consultant Tom

Kroos, who did much of the stream advisory work for the Transport Authority when it undertook construction of the State Highway 60 by-pass, now called Te Mamaku Drive.

Work by Mr Kroos resulted in improvements in the channel of the stream and the construction of a “fish ladder” in the pedestrian underpass below Te Mamaku Drive. Recent work by MDCA and TDC on pathways has improved walking and cycle access to the underpass.

The land had previously been on the market, but attracted little interest because of difficulties that included the proximity of the by-pass and difficulties identifying a viable building site.

The campaign for a reserve has been supported by the MDCA, which has undertaken a huge restoration project on the north side of the highway, ably led by Neville and Helen Bibby. It has also been supported by the Mahana School and community. An early goal identified in the campaign was to help improve the links between Mapua and Mahana. TDC has also given financial and practical support for restoration of pockets of land that were not needed after highway construction finished.

DoC is convening a meeting of interested parties to discuss opportunities arising from the Mamaku/Section 9 purchase, to be held on 18 October, with details to be advised.

David Mitchell

Cool Store Gallery THE COOL STORE GALLERY



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

Come & browse & chat with our friendly staff.

Open Daily in summer 10am-5pm
later in weekends

Tricia Morrison
7 ARANUI ROAD
MAPUA NELSON
Wk 03 540 3778
Hrs 540 3005

GELLING
CONTRACTING
LIMITED

Earthmoving Contractor

- Site Clearing & Foundations
- Driveways & Trenching
- Water Delivery
- Gravel & Landscape Supplies
- Ditch Cleaning
- Available in your area



Pat Gelling 027 246 0953
gellingcontracting@xtra.co.nz

tasman
homeopathy

Linda Morgane Classical Homeopath - dip. hom

027 4510 178
peaffamily@xtra.co.nz 211 Westdale Road, Mapua
Redwood Valley 7081

Electrical Laser

ANTIDOTE APPLIANCE REPAIRS

Laser Electrical Motueka and Antidote Appliance Repairs
Proud to be 100% Locally Owned and Operated

- Air Conditioning and Heat Pump Installation, Cleaning and Servicing
- Domestic & Commercial Wiring
- Appliance Repairs
- New Builds or Renovations
- 24 hr Callout Service

Contact Greg and Donna Bradley
- 03 528 9071
- 027 243 2212
- 9a Monahan Street, Motueka
- motueka@laserelectrical.co.nz
- laserelectricalmotueka.co.nz



Initially Dependable Guarantee



cafe & tame eels

NEW ZEALAND CAFÉ OF THE YEAR 2013-14
NOW OPEN 7 DAYS A WEEK 9AM – 5PM
FOR DELICIOUS BREAKFASTS AND LUNCHES
BOOKINGS HIGHLY RECOMMENDED
320 APORO ROAD, TASMAN.
03 5266742 LUNCH@JESTERHOUSE.CO.NZ
BRING YOUR FRIENDS TO EXPERIENCE THE
DELIGHTS OF TASMAN'S BEST CAFE (SINCE 1991)



Riverside Café

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

OPEN 7 DAYS A WEEK
9.30am to 4.30pm for brunch, lunch, fantastic coffee
Fri & Sat evenings from 6pm for dinner



289 Main Road Motueka Hwy
Ph: (03) 526 7447 e: cafe@riverside.org.nz
f RiversideCafe&CommunityNZ

Yoga class – Vinyasa flow

Tuesdays 9.30-10.45am, Riverside Community Centre, 289 Main Road, Lower Motueka.
Thursdays 6.30-7.45pm at Parklands School, Aniwanui Room, 9 Pah Street, Motueka.
All levels welcome. \$10 drop-in class.
Please bring yoga mat, light blanket, water bottle.
For enquiries contact Jo 0211 709 495.



Motueka Appliance Repairs

Specialising in Home Appliances
In Mapua Regularly
Call Dan **022 4568 068**



Trivial Pursuit?

The Paul Henry radio show has an item, ‘...things you do not need to know.’ He then reads them out. If we do not need to know them, why continue? It is an irony too deep for me. But, it must be important because parts of that infotainment show are repeated later in case you missed it the first time around.

That particular emerging style of radio—infotainment—has (like all media) come under the pressure of cultural supply and demand. There must be more interaction, fun, and at least, purported participation. Compared with other similar products, the needs and expectations of the masses sometimes determine the style over the content itself methinks. Engaging others in the communication enterprise is always important but I wonder if style is the ‘new black’ over content in the ratings stakes? Who can blame them? We’re talking all-important livelihoods and profit!

You’ll see the same pressures sustained in what has been termed ‘organised religion.’ In a recent North American poll, the number of ‘nones’ is increasing. I assume ‘nones’ means affiliations to nothing. That is open to serious question. The ‘nones’ however, are causing some self-reflection amongst traditional denominations in that ‘Christian’(?) nation. Again, a survival game?

And so to one of the great ironies of our time. Amidst the information explosion, there has never been more ‘information’ available, far greater than the discovery of the ‘new worlds’ of the 15th century.

At the same time the quest to disseminate any information is equally matched by control or regulation by individuals and governments, at least in some pockets of the world.

There’s a whole range of questions one might ask. Who decides what information should be out there and available and, to whom? Chief editors of the ‘Free Press’ may be viewed almost as god-like as doctors at various points. We’ve known this for some time through the portrayal of at least one villain in a James Bond movie, so that must be true! Just looked it up in Wikipedia—can I trust it?

Other questions address the amount of, veracity, and ultimately the quality and point of information. Does ‘information’ do what it means? The ‘Net’ is not short of would-be consumers.

The Apostle John quoted Jesus one time: “Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.” (John 17:3).

It’s one of those quotes in the Gospels that gets Christianity into trouble these days for being so exclusive and exacting. Whether that is the case or not, like the old technology board game (or bored game?), I wonder how much of our short lives are devoted to Trivial Pursuit?

Richard Drury

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



tasman tree fella

LIMITED

Do you have a tree problem?

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

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

**felling, height reduction, trimming,
chipping, firewood splitting**

Endurance Spraying Ltd

Pete Hughes Owner/Operator

Ph (03) 544 2654

Cell 0211 942 654

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

**Richmond
Physiotherapy**

Active well-being

Get Moving

**ACC subsidised treatments still available
when you visit our clinics**

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



architecture studio | mapua

\$10 ENTRY
Tickets at door
OR **JAVA HUT** OR

Hall ph: 540 2330
mapuabookings@gmail.com

28 **FRI.**
OCT

MAPUA HALL

Big ROCK 'N' ROLL Dance



Featuring

**CRUISE
CONTROL**

PLAYING LIVE

DOORS OPEN **7pm.**

DRESS UP
ROCK'N'ROLL

Bring
a plate

**CASH
BAR**

Moving to Mapua, an early account

Part 17 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.

The Potters' Clay Industry

During the war years (about 1940) Ian's father, William (Bill) McPherson, leased a piece of land on the foothills of Puramahoi, Golden Bay, to run his dry cows on in the off season. One morning while he was driving them home to the farm, the cows walked through a muddy patch. Their hooves mixed up a milky white substance which interested Bill, so he examined it. He found it was a good example of while kaolin clay. Being interested in minerals, Bill sent a sample away to be tested and it was found to be very good clay that could be used in the making of paint, car tyres and as a spreader. It could also be fired to high temperatures to make insulators. Bill obtained a prospecting licence and started up a small business digging and bagging up clay.

Years later, Mirek Smisek, a potter from Australia (Czechoslovakian by birth) who had been potting in Wellington, arrived in Nelson where he set up a small pottery in a shed. He was looking around for a high-firing, good quality clay when he heard of the clay venture which Ian had taken over from his father.

The hillside in Puramahoi was attacked and good potting clay was obtained. There were several seams, all facing towards the sea from where it had originated. They could tell this was so as when big chunks were split open there were prints of shells and fern fronds on the inside like black paintings in soot. When the bulldozers were brought in, all that was destroyed.

After working for the McKees for 25 years and, along with Bill Marris and a few others, had received his reward of a gold watch, Ian retired from the chemical factory and made clay his full-time business. We still lived in Mapua but Ian spent a good bit of time staying with his parents and working the clay pits. I used to go over with him sometimes taking baby Jeanette in the clay lorry which would bring back clay loads for McKees, who used a lot of clay in their business.

When Ian became interested in making clay for the potters around the country he set up business on our home land which had once been our small orchard. Ian had a shed built to house the machinery for mixing and pressing the clay and for bagging and branding the bags for shipment. By 1968 he was employing several workers. I helped by branding and sewing up bags of clay but mainly I helped by taking phone orders. Time went on and more orders came in as his pottery clay was very sought after. Ian em-

ployed more workers and upgraded his machinery using electric mixers to replace hand-mixing. He sent bags of clay to potters on both islands and also to schools and play centres.

By the 1970s Ian was producing pottery clay for potters all around the country. The white china clay from his pits in Puramahoi was brought over the Takaka Hill by a truck driven by Don McNabb who worked for a firm named Sollys. He delivered clay usually twice a week and always brought with him a male friend who came along for the ride and they would stop at the bakery in Motueka and buy a meat pie each for their lunch. During the apple season Don always took back a case of apples.



Ian McPherson cutting the clay mid 1960s

After Ian had run a successful clay processing business for a good few years (around 1981), a deal was made with Winstones. Ian sold his business to them but was retained in an advisory capacity. In 1986 Winstones made all the staff redundant along with an option to buy the plant. Ian, with Malcolm Newport and two staff members bought the plant from Winstones and it became Potters Clay where, once again, Ian was brought in as a consultant.

By then potters were setting up all over the district; some doing very fine work using various glazes. One very good potter in Bateups Road took Ian's hard-worked press and other pieces of machinery and set up a museum in the paddock beside his pottery. It is very nice to see that Ian's hard work and his contribution towards setting up the clay industry (which was not well known at the time) has not been forgotten. My heartfelt thanks go to Hugh McMillan for remembering Ian's venture that started so long ago.

After Ian's 80th birthday for which we had a few friends around for a tea party, his health began to slip. He had suffered from bad headaches for years which affected his health and work. Two years later he was diagnosed with leukemia and after medical help at home he went into hospital in Motueka where he died in August, 2001, aged 83 years. He is buried in the Moutere Hills Cemetery.

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

Under The Bonnet with Fred

The Car Park – Emerald Hotel Bangkok



While reading the newspaper in the reception area of my hotel I could observe the drive-through canopy entrance to the famous Emerald Hotel on Ratchapeisk Road, a luxury hotel built in 1992 where all the wealthy and politically important people seem to gather. This is about the cars frequenting the Emerald and maybe about the social order of Thailand.

Parking status is important if you're a guest at the Emerald. If you turn up in a Mercedes 530SL or similar you are ushered by two parking wardens into priority parking next to the entrance. Your door will be held open and you will be escorted to the main door, be greeted by the two door men and one will make



sure you get to the restaurant etc.

Two shiny Mercedes: Sunday morning after the bombing in the south of Thailand two Mercedes Benz cars escorted by two black Ford Everest 4WDs parked under the canopy and stayed there. No one parked the cars! There were four mean-looking Military Police half asleep in the reception area of my hotel, all with guns. Later there was a call on a radio and they sprang into action. Ratchapeisk Road had been cleared of traffic and the black Mercedes sped away followed by the Ford Everest with lights flashing. An important breakfast?

Four very Shiny Mercedes: One afternoon I was walking back along Ratchdapeisk Road to my hotel when a policeman blew his whistle to stop me. I couldn't understand him and he couldn't understand me but from my years of travel I always stop for a man with a whistle and a gun. I noticed the road was slowly clearing of traffic, then driving along the cleared road in spear formation was a motorcade of four cream-coloured Mercedes Benz, all identical with Thai royal crest on the grilles followed by a police escort. All the Thai citizens standing still on the footpath watching. The whistle was blown again and I was allowed to continue. As I stepped into my hotel I looked across to the Emerald and there were the four cream Mercedes parked under the canopy. My

hotel reception area was full of police playing checkers. I tried to ask what was going on but there was no response, but I stuck around to watch the action. Should I have taken a photo? Umm, guns, long prison terms, no. The Mercedes slowly moved out to Ratchdapeisk Road which had been cleared again and the cars disappeared along with the police escort.

A 1975 Mitsubishi Mirage: On occasions a Mercedes was flagged from the canopy, maybe not enough status? Yet late one afternoon a Mitsubishi Mirage in mint condition pulled up under the canopy and an elderly well-dressed lady was assisted from the car and up the steps. The car was parked for her in the priority parking. There was a wealthy old girl who didn't waste money on flash cars.

A Bentley Limo down the market: Probably the most interesting motoring event for me while wandering the markets one day was a large chauffeur-driven white Bentley which drove very quietly amongst the stalls. Every now and then it would stop and the back window would slide down. One of the stall owners would be called over for a chat. It was almost threatening to watch knowing this was probably the local mafia. But maybe it's not bad if for his fee he maintains some sort of discipline amongst that very crowded market.

After all this observation and little else to do I thought I might try and have dinner at the Emerald. Was I going to get past the doorman? But I needed the challenge of experiencing dining at the Emerald. I put on my best jeans and a conservative shirt which might call evening wear. I got to the doorman and he said, "Welcome sir." The reception doors were opened for me and the doorman asked me if I had been to the Emerald before. I must have looked like a lone tourist. He then listed all the restaurants in the hotel and escorted me to my choice, the International Smorgasbord. I must say the variety and quality of the food was amazing. Cost \$NZ25. Unfortunately no Mercedes or police escort to walk me back to my hotel.

Best transport was the MRT underground and BRT trains—clean, tidy, on time, good security. No drunken bums on that underground. Best drink was ice lychee tea. Best meal Emerald Hotel International smorgasbord. Best car the white Bentley. My hotel had a police security in the reception area most of the time so I felt safe. I think more cops on the ground would make New Zealand a safer place. Few road signs in English so New Zealanders have to be more understanding with Asian tourists who don't understand our alphabet.

Fred Cassin

Feuerstein's Theory

"Intelligence is not a static structure but an open, dynamic system that can continue to develop throughout life," says Dr Reuven Feuerstein

In Feuerstein's Theory of Mediated Learning Experience, the primary causes of learning difficulties are a student's inefficient use of the brain's cognitive abilities, otherwise known as cognitive functions. When efficient, the functions are the foundations of the processes for learning; enabling to see the complete picture rather than episodes, to gather all the information accurately, to restrain impulsivity and much more.

The Instrumental Enrichment Programme (IE)

This Programme is a curriculum in thinking, which is designed to enhance cognitive functioning, and is based on Feuerstein's theory of Structural Cognitive modifiability (change) and a philosophy that all children, young people and adults can learn and change their level of functioning.

The goal of the IE Programme is the development, refinement, and crystallisation of thinking processes that are needed for effective thinking, problem solving, and decision making. It focuses on transforming passive and dependant learners into more active self-motivated students.

For students who have previously experienced failure in school, IE creates opportunities to gain insights into their way of thinking, attitudes, and feelings. They can begin to appreciate that the source of their difficulties is not due to their inferiority, inability, or lack of intelligence, but is due to inefficient strategies or lack of thorough planning.

Applications for Grants

Voluntary organisations are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant. Applications will be considered at the next meeting of the Trust in November and should be in the hands of the secretary by 1 November.

Forms may be obtained from the secretary (John Sharman, Ph 540-3642) or downloaded from:

<https://mapuacommunitytrust.wordpress.com>

Applications should be emailed as a single attachment to:

mapuarubybaycommunitytrust@gmail.com
or mailed to PO Box 19 Mapua.

Grants will usually be for less than \$500 but the trustees have a discretionary right to vary this in individual cases.

Want to know more?

Please Contact Feuerstein IE Program Mediator,

Nelson area. **Kathryn Bird**

25 years' experience in Tutoring children and adults
with specific learning disabilities.

021 2844 100 kate@psi.net.nz



Every person Harcourts Tasman does business with during Spring, whether buying, selling or visiting an open home, is eligible to enter.

3 x \$1000  **vouchers to be won!***

1 x Richmond 1x Mapua 1 x Motueka

Live prize draw at each office in December

Spring into action and you could be a winner!



* Excludes Realty

Award Realty Ltd / Property Sales (Nelson) & Real Estate Ltd Licensed Agent NZIA 2008

Creative Ways to Make Time to Keep Fit

How often do I hear "I haven't got time to exercise?" There are 24 hours in every day, and you can do a reasonable amount of beneficial exercise in just one hour. I know we are all busy and have a lot to fit in each day, but when it's something so important, I'm sure time can be found somehow, somewhere.

There are lots of ways you can find to just keep moving

Last week I was mowing the lawns on a very large property. On the ride-on mower, it takes about an hour and a half. It's on a slope, and to do it with a normal mower was not only going to take about three hours but be a hard workout as well.

It was a lovely sunny day, and I decided that three hours mowing the lawn with the hand mower was better than 1.5 hours sitting on a ride-on, and then going home and doing one and a half hours of gym, bike or run that I would have otherwise done.



If you can bike to work, that's another way to fit in exercise. Burn calories instead of petrol and be kind to the environment! If you join a gym, plan your visit before or after work but before you get home and settle in for the evening—it's hard to get going again once you have settled at home.

Or, if your gym is close to your work, go during your lunch break.

There are tons of creative ways you can find time to exercise, if you really want to that is!

Karyn Holland, Personal Trainer

SIT AND BE FIT

In the Mapua Hall (Bill Marris Room)

2.30 - 3.15pm Tuesdays during school terms.

Seated exercise is great for:

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

We play great old-school sing-along music.

Using small hand-weights and mini-Swiss balls improves strength, flexibility, range of movement, joint mobilization, blood pressure and circulation, all from the safety of a chair.

Gold coin donation.

CATALYST FITNESS

**Join Catalyst Fitness now and SAVE
12 Week Spring Tone-Up Program \$179**

Enjoy the gym for a whole week FREE of charge and ALSO save the \$40 joining fee if you choose to become a member at the end of your free week.

Enquiries, call Karyn on 027 223 9561

14 Warren Place, Mapua. Email info@catalystfitness.co.nz

www.catalystfitness.co.nz

[/catalystfitnessandtraining](https://www.facebook.com/catalystfitnessandtraining)



Affiliated Provider to Southern Cross Health Society for
Endovenous Laser Treatment & Ultrasound Guided Sclerotherapy

Non Surgical Endovenous Laser Treatment
Walk In, Walk Out Treatment that's Reassuringly Local
Cosmetic Botulinum : Dermal Fillers : Sun Damage Treatments

Say goodbye to unsightly, aching varicose veins...
Find instant relief and wear shorts again!

**CALL FOR YOUR FREE, NO OBLIGATION
DOCTOR'S ASSESSMENT & SCAN
OR COSMEDICAL CONSULTATION**

Dr David Orsborn
MBChB, Dip Obs, FRNZCGP, FACAM
Fellow New Zealand Society of Cosmetic Medicine
Certificate of Procedural Phlebology
Member of Skin Cancer College of Australasia



7 Buxton Square, Nelson - 03 548 8216 - www.enhanceskin.co.nz

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



Sam Neill
Julian Dennison

Movie Night

At the Mapua Hall

SUNDAY 9th OCTOBER

Entry at 6.15pm

Movie starts at 6.30pm

BYO Camp chair
snacks and drinks.

\$12 per person

Door Sales Only



Proudly supported by architecture studio | mapua &

What's On at the Hall In OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
31 9.30 Low Impact Dance 3.30 FUNK BUSTA 6pm Zumba	WWW.MAPUAHALL.ORG  Like us on facebook www.facebook.com/mapuacommunityhall				1 9:05am Aerobics 10:05am Pilates 12-4pm Painting Class	2
3 9.30 Low Impact Dance 6pm Zumba	4 9am PANZ 2.30pm Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	5 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Tai Chi	6 9am Mapua Art Group 9.30 Low Impact Dance 6pm Zumba	7 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Probus		9 6.30pm Mapua Movie Night
10 9.30 Low Impact Dance 3.30 FUNK BUSTA 6pm Zumba 7pm Comm. Assc. Meeting	11 9am PANZ 10am Mapua Creative Fibre 2.30pm Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	12 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Tai Chi	13 9am Mapua Art Group 9.30 Low Impact Dance 3.30pm Karate 6pm Zumba	14 9am Yoga 9:05am Aerobics 10:05am Pilates 6.30pm Mapua Youth Group	15 9:05am Aerobics 10:05am Pilates 7.30pm Motueka Dance Group	16
17 9.30 Low Impact Dance 3.30 FUNK BUSTA 6pm Zumba 6.30pm Hall Comm. Meeting	18 9am PANZ 2.30pm Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	19 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Tai Chi 7pm Meeting	20 9am Mapua Art Group 9.30 Low Impact Dance 2pm Friendship Club 3.30pm Karate 6pm Zumba	21 9am Yoga 9:05am Aerobics 10:05am Pilates 6.30pm Mapua Youth Group	22 PANZ Workshop	23 PANZ Workshop
24 9.30 Low Impact Dance 3.30 FUNK BUSTA 6pm Zumba	25 9am PANZ 6pm Yoga	26 9am Yoga 1pm Tai Chi	27 9am Mapua Art Group 9.30 Low Impact Dance 3.30pm Karate 6pm Zumba 7pm Comm. Assc. Meeting	28 9am Yoga 2pm Friendship Club ROCK N ROLL DANCE!	29 7.30pm Motueka Dance Group	30

Boat Shed Mapua

Our food is made to share!

Open Thursday-Saturday 10.30am – late

Open Sunday 10.30-3.30pm

Happy hour 5-6.30pm Every Night!

Live Music Friday Nights from 5.30pm!!

(See facebook for details)

035402656 – mapua@boatshedcafe.co.nz



Pain Relief, Stress Relief

Easing Tension from Overworked Muscles

Support with emotions associated with: Trauma, Change, & Grief

Relaxation to avert Fatigue & Illness

Rebalancing to Support Optimum Function

Increasing Awareness to Support Lifestyle Changes and Direction

Ora Health & Wellbeing: 69 Aranui Road, Mapua

By Appointment: Mon - Sat including some evenings

To Book: Text Stephanie on 021 351 319

or make contact via the website vibechangeers.nz

FROZEN BERRIES

Boysenberry and Blackberry *good 2nds*

OCTOBER/NOVEMBER SPECIAL (while stocks last)

1kg freeflow packs, or 10kg bulk boxes

all \$5.00kg

Phone 5432888



www.allaboutchocolate.co.nz

Online store selling craft chocolate
from the top chocolate makers
around the world.

(including New Zealand makers)

Come and see (and taste) our chocolate at
Ruby Bay Kitchen and Mapua Country Store

Free delivery 20km radius of Mapua. Enter Code SHOPMAPUA at checkout



Have you booked your Company's Christmas Party Yet??

Open for Breakfast, Lunch and Dinner

Winter: Sun-Mon 9am-3pm, Tues-Sat 9am-late

Summer: 7 days 9am-late

jellyfish
CAFE AND BAR

Shed 1 Mapua Wharf

03 540 2028

www.jellyfishmapua.co.nz

**HANZ Finalist 2016/2017 for Best Café &
Excellent Customer Service Awards**



Ora Reflexology & Craniosacral Therapy

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

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

www.oracraniosacral.nz

orareflexology

Oasis Preschool Mapua

spaces
available!

Monday – Friday 7:30am – 5:30pm

2 Toru Street, Mapua (03) 540 3668

mapua@oasispreschool.co.nz

Babies and Toddlers

- ♥ a special, separate, safe space
- ♥ nurturing teachers
- ♥ respectful primary caregiving.

Preschoolers

- ♥ structured daily routine
- ♥ loads of interesting activities
- ♥ challenging and inspiring
- ♥ 20hrs ECE



www.oasispreschools.co.nz





Gas Heaters Can Be Harmful to Health

During a particularly cold snap this winter the oil heater I have in my office simply wasn't man enough to keep the damp and cold at bay. I remembered I had an LPG fuelled gas heater lying in the man cave, so thought it would be a great comfort to set it up and roast in the glorious heat.

The first morning I fired it up and wow was I toastie. I quickly forget about it and started working through the day's business. Now they do smell a bit but I soon came to the conclusion that this was a small price to pay but after several hours I developed quite a headache. I put this down to a hard day's graft.

Back to work the next morning and the first thing I did was fire up the bad boy to melt the ice. A few hours later I began to notice the same symptoms, I also started to take note of the strong gas odour the fire gave off. I went outside to get some fresh air and when I returned it struck me that it may be the heater causing the issue. I turned it off and decided to do a bit of research. Turns out that my fire

is what's known as a unflued gas heater, and they're pretty dangerous things.

As a firefighter I am aware of the dangers a naked flame poses but was unaware of the other issues. The government list a number of health effects: Unflued gas heaters increase the level of indoor air pollutants and also the incidence of respiratory problems amongst some people in the building. Health effects from nitrogen dioxide and carbon monoxide may occur immediately at the time of exposure or they may occur sometime later.

Here's the advice:

- The room needs to be well ventilated.
- Keep internal doors and at least 1 window open to allow fresh air to enter the room.
- Check that room vents are not blocked.
- Never use an unflued gas heater in the room where you sleep, in a bathroom, caravan or tent.
- Minimise the length of time you use an unflued gas heater.
- Make sure your heater is installed by a licensed gas fitter.
- Have your unflued gas heater serviced by a qualified person at least once a year.



**Quality Websites
Barking Mad Prices!**

WebDog.co.nz

Sponsored by WebDog

Gavin Lambert
Master Painter

DECORATOR Master Painters

CRAFTSMAN PAINTERS & DECORATORS
GAVIN LAMBERT (OWNER)

Ph: 03 540 2748 Cell: 021 476 318
Email painter@scorch.co.nz / 26D Jessie St, Mapua, 7005
www.lambertdecorators.co.nz

Harcourts
MyMove Mapua
Property Management



- Protecting your investment
- Maximising your return
- Sensible rates without compromise
- We look after your property as if it were our own!
- Also covering properties in Richmond & Motueka

Call Amanda James on 03 544 2065
Email amanda.james@harcourts.co.nz
www.mymove.co.nz | Licensed Agent REAA 2008

Mapua HOLIDAY Homes
Friendly • Professional • Stress-free

Full & Part Time Lets Managed
Mapua-based Managers
A friendly & professional service

Call Sian Potts on 027 296 8345
Email sian.potts@gmail.com
www.mapuaholidayhomes.co.nz

Postal Delivery

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

MAPUA AUTO CENTRE
"YOUR AUTOMOTIVE SPECIALIST"

Fully Equipped Automotive Workshop | All Makes & Models | 6 Courtesy Cars W.O.F.



20 WARREN PL, MAPUA, NELSON 7005 | PH 03 540 2180

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

Power Steering Flush

The majority of vehicles have hydraulically assisted power steering to increase our safety and comfort while driving. Steering would become extremely difficult and heavy without power steering, requiring the strength of a weight lifter to turn the wheel with ease.

Hydraulic assisted power steering requires high pressure and hydraulic fluid to function. To operate correctly, hydraulic fluid needs to be capable of withstanding high pressure. Like all fluids in your vehicle, hydraulic fluid is subject to contamination with time and use. Contaminated fluid reduces its effectiveness resulting in a decreased ability to withstand high pressure.

Replacement of the hydraulic power steering fluid should be done regularly. If not, you could be up for replacement of power steering components and at the very least replacement of all the seals in the system due to hardening and accelerated wear as a result of reduced effectiveness.

By performing a power steering flush we will remove all the old fluid and replace it with fresh fluid.

This often results in:

- Smoother and more positive steering, especially on cold mornings.
- Reduction in noise from the steering system.
- Protection of the seals.
- Assured performance of your steering system when it's needed most.



Contaminated Fluid Clean Fluid



Power steer flush machine in action on a vehicle

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



MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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

Living Design

Architectural joinery without comparison

Six years ago Klaus and Annett Todt founded Living Design. A design consultancy tied with a formidable workshop for kitchens, bathrooms and living spaces.

'We believe that spaces should have a story to tell. A kitchen is not only a kitchen anymore; it creates the meeting hub for the whole family. A well designed space is not a luxury but a necessity. It should give you enjoyment in everyday use'.

Annett and Klaus Todt have spent their working life in furniture design and creation. In their native land of Germany they ran their own successful joinery, where they discovered both the art of true craftsmanship and also their passion for ground breaking interior design. With over 30 years in the industry, they have made it a life project to bring beauty and perfection together in original and inventive ways. When you engage Living Design you can be assured that you will receive the very best in design, expertise and realisation. We design and realise whole house concepts as well as single parts of your furnishing, as well as boutique commercial projects. We make sure to engage and work closely with you; We listen to you and implement your ideas. No project is the same, every customer and space has different requirements, needs and wants. Therefore we spent a lot of time tailoring your project for you and ensure it is to build it to the highest quality level. This is what happens when passion and talent meet commitment. This is why our clients become friends.



Living Design – Enjoy the Art of Living

Showroom & Workshop: 71 Trafalgar Road P: 540 2527

www.rubycostmouterehills.co.nz



Cartridge Re-cycling

If you are new to the area you may not be aware that the MDBA offers a printer and photocopier cartridge re-cycling option. Used cartridges can be left in the recycle box conveniently located at the Vet Centre's Mapua Clinic on Aranui Rd. As well as supporting the environment, this helps raise funds that support local community activities such as the purchase of batteries for the Community's Civil Defence kits. Thanks to the Vet Centre for helping out in this way!

Rimu Wine Bar

It's been eight months since we took the plunge to take on our new venture, Rimu Wine Bar, at Shed 4 on the wharf. What a baptism it's been!

Firstly we'd really like to thank all of the locals who have come into the bar and supported us. Our vision was to create a place that you would want to come to, bring your friends and whanau, relax, and hopefully enjoy a glass of wine or two. So far, that seems to have appealed to a good number.

Our dream is to introduce people to wines they might otherwise never have discovered by offering tastings – or at least a sneaky 'try before you buy'. We have a flagship wine from virtually every Nelson region winery on offer and of course the full range of our own Rimu Grove wines.

If you haven't been down on a Friday night yet, we have a regular line up of solo musicians who create a great vibe. The fire is still roaring ... summer is not here yet.

Looking forward we are continually expanding the range of wines and other beverages on offer. By popular demand we can now pour a top notch gin and tonic and have the range of Cardrona Distillery spirits on offer. We also have two very high end rums, vintage ports and single malt whiskeys – Irish and Scotch. If beer is your beverage, we have a great range of craft beers, including the full line up from Brew Moon in Amberley.

Don't forget we have pizzas and platters, but you're also welcome to bring in your F n' Cs from the Smokehouse, or the Jellyfish and Apple Shed takeaways.

Nga mihi
The Rimu team

Phone: 540 2580



Supporting local businesses since 1992

Noticeboard

Wanted to rent: Professional couple with 1yr old daughter looking for home to rent over summer (from mid-Nov). Non-smokers, no pets, very clean and tidy, local references. Ph. Libby 022 325 6864.

Tiles and broken china needed for Mapua Community Mosaic project. Please contact Bridget at 12 Iwa Street, or 540-2461. Thanks!

Book Sale at Mapua Library 22 October (Labour Week-end) from 9am to 1pm.

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.

Motueka Senior Net. Technology for mature adults. Monthly members' meetings with guest speakers. Help sessions twice monthly. Courses & workshops change each term. Special interest groups meet regularly. 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 5402461 or bridgetpcastle@gmail.com

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

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.

Mapua Social Cycling Group: "Wheels 2 Meals". Approx 30 km ride, coffee break halfway, no racing! Depart Mapua Wharf each fine Thursday @ 9:30 am. 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: 10-noon, Wednesdays in school term at Old Church Hall, Aranui Rd. All parents & caregivers welcome, we cater for 0-6 yrs. Koha for morning tea. Make some new friends. Info: Bridget, 540-2572.

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

Fair Exchange: A small group meets at Appleshed restaurant 9am 2nd & 4th Wednesdays to exchange home

grown and home made produce & goods. We welcome everyone! It's the sharing that counts. Info: Judith Holmes 021 072 8924 / 544-0890.

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

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

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

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

Mapua Craft Group meet Fridays 10-noon, supper room, Hills Community Church. Simple craft work including: paper craft & card making, sewing, knitting, cooking, small upcycling projects. Occasional guest speakers, demos & outings. A social, some fun and a chat, some easy craft along the way. Koha for materials & room rent. Info: Julie Cox 540-3602, juliehcox@xtra.co.nz & facebook.

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

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

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.