

## Police Warn Against Complacency

Senior Constable Grant Heney warned the Mapua community that complacency about security can “catch you out.” Speaking on a “security and safety” panel at September’s MDCA meeting, he warned that over the past 18 months “idiots” have been coming to Mapua to commit commercial burglaries and citizens need to be vigilant about locking doors and storing away private property.

“Mapua is a lovely village,” Grant said. “Not much tends to happen in Mapua, so it’s very easy to get relaxed and let your standards drop. These idiots think ‘Wow, it’s nice, small and remote.’ It’s away from police stations in Mot and Richmond and it gives them an opportunity to do their crime and bugger off.”

Referring to a recent theft of a trailer on Higgs Road, Grant said, “You don’t have to live in a fortress, but on the other hand you do want to make it as difficult as possible for some of these people, else they just keep doing it. Word gets around: ‘Mapua is really easy.’ Yes, Mapua is a lovely quiet place, but



the main road is just outside and the whole world can come into Mapua. Don’t be complacent.”

Updating the progress on installing 12 to 14 security cameras at the wharf and village,

Grant said the project was nearing completion. The cameras’ recordings are sent to and monitored by the Motueka police station and can store three months of activity. The cameras will be publicly notified with signage and easily seen. The video footage will be accessed only by police personnel when investigating any reported crimes. Grant reported that the system is already working, having captured the license plate of the Higgs Road trailer-thief, leading to his arrest.

Roger Ball, Regional Manager for Civil Defence Emergency Management for Tasman District and Nelson City, explained the primary hazards we face in our area: severe weather (the flood of 2011), tsu-

nami and earthquakes (make sure your own property is safe – are your bookshelves tied back, your wall mirrors secured and crockery capable of withstanding a severe shake?) And join a Neighbourhood Support group because “There is no army in the cupboard, we are the army.”

It’s not a matter of if a major earthquake will hit, but when. “That day is coming, probably a lot sooner than most people think. Within the next 50 years, we have a 30% chance or greater of being involved in a magnitude 8 or greater event. And communities like this will need to rely on resources that are available to them locally for some time.” Figure 3-7 days, potentially, without power. Regarding tsunamis, our area does not have a siren alert. But Civil Defence will have a smart phone app going active in November that will alert you, wherever you are in NZ. And think ahead: if you do have to leave your house, what will you take and where will you go? When should you evacuate? Remember: “Long and Strong – Get Gone.” Civil Defence evacuation centres locally are Hills Community Church and Mahana School.

Also on the “Security and Safety” panel was David Herd of the Motueka/Tasman Neighbourhood support region. David reported that Mapua was well covered with 23 neighbourhood groups helping each other stay alert to local crime and prepared for any natural disaster.

In other business, Wayne Chisnall reported that tenders were soon to go out for construction of a kea crossing on Aranui Road at the Mapua Drive/Stafford Drive intersection, immediately opposite Mapua Country Store, to facilitate pedestrian traffic to Mapua School. There has been considerable dissatisfaction amongst the Mapua community over this location, considered as by most as extremely unsafe. It was resolved that Wayne should seek to delay the tendering process, send a letter to Jamie McPherson (TDC Transportation Manager) and set up a meeting with Dale Vercoe (owner of the Mapua Country Store), the store leasee and the Mapua School to clarify the situation. The community and Dale Vercoe



believe that children coming down Mapua Drive should be directed through Aranui Park to a crossing sited south of the store near the clothing bins.

Concern also was expressed about the unsafe conditions at the new Mamaku Drive/Dominion Road school bus drop-off location. Recently 40 children were seen disembarking and being met by 20 cars, creating a congested and unsafe pick-up situation. It was resolved to contact Cr Tim King to seek a resolution with the NZTA of either creating a safe parking zone at this location or dropping off the children in Mapua.

In additional news, David Davison reported the Riwaka Croquet Club has been trying to raise support for a croquet club in Mapua. Noting that croquet is a growing sport, David is trying to get two greens (25x30 metres) set up alongside the bowling club. He has the backing of three clubs in Nelson area and is applying for national support. They are planning an open day and are encouraging everyone to come along when that happens.

*Tim Hawthorne, MDCA Executive Committee*

## 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.gcn.nz](mailto:coastalnews@mapua.gcn.nz)

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## More Helpers Welcome At Dominion Flats

Wow! It's time to go and have another look at Dominion Flats to see how busy the community has been. During the last few weeks the Battle for the Banded Rail group has included Dominion Flats in their planting days and we have lots to show for it.

About 20 people each day got head down/bottom up and worked really hard to get the large donation of plants from Z Service Stations/Trees That Count into the ground. There are now thousands more plants standing by their marker stakes and lapping up all this rain we are getting. Some of these were donated by Tiakina te Taiao for which we are very grateful.

Our faithful few who go down most Tuesday mornings from 9am are continuing with weeding. Some of the first plantings are big enough to fend for themselves but there are many that need a helping hand to keep them free from the weeds so we are never short of things to do and always welcome anyone who would like to join us.

It is worth while parking your car or bike in the parking area off Mapua Drive and walking the new track in Higgs Reserve then crossing back over and strolling up the tracks in Dominion Flats. Allow an hour or so as there is quite an area to cover and you might want to rest awhile at the table for a cuppa. You will love it and you can just about watch the plants grow. Enjoy it – it belongs to all of us.

*Helen Bibby*

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## 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 P O Box 19 Mapua.

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

## Apology

In the August edition of the *Coastal News* we permitted some unfortunate remarks to be made by a writer of a Letter to the Editor on the subject of a boat ramp at Mapua. We sincerely regret any unintentional offence that may have been caused. The placing of a boat ramp is a contentious subject but we trust opinions can be expressed without offending anyone.

*The Editors*

## Police Report

Hi all. By the time you read this daylight saving will have started and the evenings will be longer.

Recent community fund-raising has made the installation of some village security cameras possible in the central Mapua area. These cameras are recorded at the Motueka Police Station and are viewed only when a crime or traffic incident has been reported and needs investigating.

In the first week they were operating we used them twice – once to identify a suspicious vehicle and occupant at the Mall on Aranui Road at 3am. The second time to identify the offending vehicle connected to the theft of a trailer from Higgs Road.

The great result is that the trailer has been returned and the registered owner of the offending vehicle is to be prosecuted for failing to tell police who the driver was. Motueka has a camera system and since November 2015 we have identified 72 offenders. The level of crime in central Motueka has dropped dramatically compared with what it was.

*Grant Heney, Motueka Crime Prevention Team*

### Occurrences:

18-year-old male forbidden to drive

Non-injury accident at intersection of Pomona Road and Stafford Drive

Damage to several mailboxes Iwa Street-Moreland Place area one weekend.

Sudden death at Ruby Bay

Assist a mentally unwell person



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Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>30</b> 9.30am Low Impact Dance 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness	<b>31</b> 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 3-6pm Mapua Afterschool Care 6pm Yoga 6pm Aerobics 7pm Pilates	What's On at the Hall In OCTOBER  mapuabookings@gmail.com				
<b>2</b> 9.30am Low Impact Dance 6pm Mapua Dance Fitness	<b>3</b> 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 6pm Yoga	<b>4</b> 9am Yoga 12.30pm Tai Chi 6pm Middle Eastern Dance	<b>5</b> 9am Mapua Art Group 6pm Mapua Dance Fitness	<b>6</b> 1.30pm The Mapua Fellowship Club	<b>7</b>	<b>8</b> 6.30pm The Packhouse Cinema: 'What we did on our holiday'
<b>9</b> 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua Comm. Assc. Mtg	<b>10</b> 9am PANZ 10am Mapua Creative 1pm Tai Chi 6pm Yoga	<b>11</b> 9am Yoga 12.30pm Tai Chi	<b>12</b> 9am Mapua Art Group 12.30 Drama Workshop 6pm Mapua Dance Fitness	<b>13</b> 9am Yoga 12.30 Drama Workshop	<b>14</b> 1-4pm Ian Hamlin Painting Class	<b>15</b>
IMPRESSIONS NATIONAL ART AWARDS						
<b>16</b> 9.30am Low Impact Dance 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness 6.30pm Hall Comm. Meeting	<b>17</b> 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 3-6pm Mapua Afterschool Care 6pm Yoga 6pm Aerobics 7pm Pilates	<b>18</b> 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi 3-6pm Mapua Afterschool Care	<b>19</b> 9am Mapua Art Group 2pm Friendship Group 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness	<b>20</b> 9am Aerobics 9am Yoga 10am Pilates 3-6pm Mapua Afterschool Care 6pm Mapua Youth Group	<b>21</b> Private Function	<b>22</b>
<b>23</b> 9.30am Low Impact Dance 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness	<b>24</b> 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 3-6pm Mapua Afterschool Care 4.30pm Childrens Theatre Sports 6pm Aerobics 6pm Yoga 7pm Pilates	<b>25</b> 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi 3-6pm Mapua Afterschool Care	<b>26</b> 9am Mapua Art Group 3-6pm Mapua Afterschool Care 6pm Mapua Dance Fitness	<b>27</b> 9am Aerobics 9am Yoga 10am Pilates 2pm Friendship Group 3-6pm Mapua Afterschool Care 6pm Mapua Youth Group	<b>28</b> 7.30pm Motueka Social Dance Group	<b>29</b>



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# Mapua Health Centre

We are very pleased to announce that Dr Lisa McIlwraith will be joining the practice in two months. She and her family are based in the Nelson area and she is looking forward to being a permanent member of our staff. She is highly qualified in general practice as well as having a number of specialist areas which include women's health, paediatrics and psychiatry.

The patient portal service is up and 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 would like to register for Manage My Health™ please contact the receptionists 03 540-2211.

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 (eg, 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 specialized 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 is breast cancer awareness month. Breast cancer is New Zealand's third most common cancer and accounts for more than 600 deaths every year. The risk of being diagnosed with breast cancer increases with age.

Breast cancer isn't common in women under the age of 50. About 70% of women who are diagnosed with breast cancer and about 80% of women who die from it are 50 years or older.

While it is less common, young women can get breast cancer too. 6% of breast cancer in New Zealand occurs under the age of 30 years. Although it is uncommon, men also get breast cancer. About 25 men are diagnosed in New Zealand each year.

Some women are at greater risk of breast cancer because there is a history of close family members having the disease. However, most women who develop breast cancer have no relatives with the disease.

Looking at some of the recent research there is evidence that following a Mediterranean diet in everyday life may significantly reduce the risk for types of breast cancer that are associated with poorer prognoses in postmenopausal women. *Int J Cancer*. March 5, 2017. However, a study has also shown that drinking as little as one small glass of wine or beer a day (about 10g of alcohol) can increase the risk for breast cancer by 5% in premenopausal women and by 9% in postmenopausal women. On the flip side, the report also found that vigorous exercise (such as running or fast cycling) reduced the risk for breast cancer in both pre- and postmenopausal women, and strong evidence confirmed earlier findings that moderate exercise (such as walking and gardening) also decreases the risk in postmenopausal women. *Medscape* - May 23, 2017

This month also celebrates the International Day of Older Persons and research even suggests that coffee 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 like Omega-3 oils (as in fish and flax seed oil) may be able to 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).

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This month's health and school events include:

1	International Day of Older Persons	<a href="http://www.un.org">www.un.org</a>
1-31	Health Literacy Month	<a href="http://healthliteracymonth.org">healthliteracymonth.org</a>
1-31	Breast Cancer Awareness Month	<a href="http://nzbcf.org.nz/home">nzbcf.org.nz/home</a>
2-8	Stroke Week	<a href="https://strokewise.org.nz">https://strokewise.org.nz</a>
8	World Arthritis Day	<a href="http://www.arthritis.org.nz">www.arthritis.org.nz</a>
9-15	Mental Health Awareness week	<a href="http://mentalhealth.org.nz">mentalhealth.org.nz</a>
9-15	Get Ready Week (Civil Defence)	<a href="http://civildefence.govt.nz">civildefence.govt.nz</a>
11	World Obesity Day	<a href="http://obesityday.worldobesity.org">obesityday.worldobesity.org</a>
11	International Day of the Girl Child	<a href="http://un.org/en/events/girlchild">un.org/en/events/girlchild</a>
16	Term 4 begins	
16	World Food Day	<a href="http://fao.org/world-food-day">fao.org/world-food-day</a>
20	World Osteoporosis Day	<a href="http://www.bones.org.nz">www.bones.org.nz</a>
24	United Nations Day	<a href="http://www.un.org">www.un.org</a>



## New Dawn in Staying Young

Everybody is interested in staying younger for longer. Sixty is the new 45. Somehow chronological age (the age from your birth certificate) doesn't matter that much. Biological age (the age of our cells) is the new benchmark

Until recently we could only have guessed our biological age, now we can actually measure it.

Nobel prize-winning research has shown the importance of Telomere shortening with age. If DNA is akin to shoelaces then telomeres are like the plastic caps on the ends.

As the caps (telomeres) get shorter the DNA begins to fray, leading to false copies (the beginnings of cancer cells) and ultimately cellular death.

Elaine Blackburn, one of the Nobel prize-winners, has been instrumental in establishing a DNA laboratory in California USA, to measure telomere length. Using an automated sampling device blood is sent to the reference laboratory and your age will be determined both in Teloyears and in chronological years.

This gives you the option of doing something about it. Given appropriate advice, you will be able to modify your lifestyle and study supplements that may activate telomerase (lengthening those all-important telomeres) and re-energise the power house of the cell- the mitochondria

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## What we did on our holiday Reviewed by Mapua Movie Mogul

'Another Great British Comedy from the BBC'

Well, I talked with lots of people about this movie because I had never before thought about showing a Billy Connolly movie, but the reports were overwhelmingly good.

So here goes, for a night of laughter please come and join us at Mapua's famous 'Packhouse Cinema' @ 6:30pm on Sunday 8 October and enjoy.

This is a wonderful BBC production, starring Rosamund Pike, David Tennant and Billy Connolly. Add to that three very talented and entertaining young actors and you have a film that is an absolute giggle from start to finish.

Abi (Pike) and Doug (Tennant) are going through a bitter divorce but trying to hide it from their very astute children. As a family they are heading off to Scotland to celebrate Doug's Dad's (Connolly) 75th birthday. With a hard-fought-for agreement with their kids the couple decide to hide their troubles from the rest of the family in Scotland and what follows is a hilarious series of events led by the children and their irascible grandfather. I came out at the end and said 'I can't believe they actually did that!'

You need to go and see this film to see what I mean. A great advertisement for Scotland too, the scenery was just beautiful.

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# Short Story Writing has ‘Long & Noble History’

Short story as an art form has a long and noble history in New Zealand – it’s something we know we’re good at. What I’m looking for in a story is something that engages me, my attention and my emotions, so it’s not enough to just give an account of either an incident or, in this case, a journey.

Ask yourself in your writing, what is at stake emotionally for the narrator or another character? If it’s based on a real-life incident, ask yourself, ‘What if this happened, or he/she said that?’

‘What if?’ is a useful question to ask yourself in any writing – it can take you beyond the pedestrian into an imaginative realm – it’s a lot more fun to write too!

Fiction always tells the truth, the psychological truth, even if it’s not *factual*.

So the stories that worked best in this competition were the ones that, while being grounded in effective description and believable characters, allowed a little imagination to sneak in at the door. They also showed to a greater or lesser degree:

- Immediacy
- Strong opening
- Implied complexity of situation and character
- Something that changed by the end; I want to be surprised or intrigued
- Conflict – not an out-and-out fight, but some edge of question or pivot on which the story turns
- Believable characters, and dialogue through which they reveal themselves
- Back story – there’s not a lot of space in 1500 words, so you can’t ponderously meander into



The judge of the adult short story, Bridget Auchmuty (left), with the author of the winning story, *Camera Drone*, Jackie Cook.

the story – jump right in, and imply the rest as you go along.

- Structure – always have in mind the classic shape of a story, *The Hero’s Journey* for example.

In this competition, the runner-up made great use of dialogue, and managed to convey character as well as advancing the story – just what dialogue should do. It was well structured, feeding information in without telling us everything at once.

The winning story (See pages 12/13) used language skilfully to set the story in time without *telling* us. It was lightly humorous, and the lyrical, rhythmic description of landscape and weather conveyed a sense of mystery, a dream-like quality, so that landscape became almost another character.

**Runner-up** – *Final Journeys*

**Winner** – *Camera Drone*

*Bridget Auchmuty, judge*

## Harcourts

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Children’s section Story Prize-winners: Left to right - Cody Forward, Connor Brennan, Raymond Davis, Malia Denny, Scarlett Markham-Hennah, Pat Russell (judge), Mia Fay and Ruby Campbell.

(See their works on pages 14,15)



# Mapua Community Library

(Moutere Hills RSA Memorial Library)

**Displays:** Our current art display is pastel work by the talented Sue England. Tasman Bay Christian School children have created the art in the children's area for us.

The book display in the foyer features great non-fiction reads, all of which are available for borrowing.

## **Journeys Literary Festival**

The library's fourth Literary Festival was held on the weekend of 15-17 September. Previously the Festival featured a panel discussion with visiting authors. This year the format was changed and individual authors talked about their work, their inspiration and their enthusiasms. All of the author talks were held in the Bill Marris Room at the hall. The room was a perfect size and provided a great atmosphere that many of the visiting authors commented favourably on.

All sessions were very well supported. However Gerard Hindmarsh, Joe Bennett, Fiona Farrell, Jenny Pattrick and Fiona Kidman proved to be particularly popular. On Friday evening Joe Bennett acted as quizmaster for a fun quiz and on the Saturday evening local poets and Fiona Farrell and Fiona Kidman read some of their poetry.

At the prize-giving ceremony on Saturday afternoon Jackie Cook from Riwaka was declared the winner of the short story competition.

During the festival the Top of the South Group from the New Zealand Society of Authors showcased their books and talked with prospective authors about the services the group offers. Volume's stall proved to be really popular and many people were able to get their new books inscribed by the author.

While the weather could have been better it didn't seem to upset any of our visitors who enjoyed visiting the wharf restaurants and wandering around Mapua village. Several authors commented that they really enjoy smaller, more intimate festivals as they allow them to connect more easily with their readers.

It was a very successful weekend and the library will need to begin planning soon for the fifth festival as so many people said they would be back!

**Large Print:** Our large print section has recently been restocked with 120 books from Tasman District Libraries. There are available for borrowing immediately.

**School Holiday Programme** – save the date. We invite 3-7-year-olds to share local author Jerri Pirc's new book *Kate and Caboodle in a Splendidly Blended Tale* illustrated by Jane Smith of Chocolate Dog.

Thursday 5 October, 10.30am at the library.

**Daylight Saving:** A reminder that now daylight saving has begun, the library will be open until 6.30pm on Wednesdays.

Lynley Worsley

## **Library Hours** (closed Statutory Holidays)

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-6.30pm
Thursday	10am-12.30pm, 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	2pm-4.30pm

mapualibrary@xtra.co.nz; Facebook: Mapua Community Library; mapuacommunitylibrary.co.nz  
Major Sponsors: Rata Foundation; Lion Foundation; Tasman District Council; Lottery Grants Board.



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## Camera Drone, by Jackie Cook

Wisps of fog are appearing as he climbs, smoke-grey between the trees; so it is not the haze of the silver-backed standing ferns, as he had thought, and he cannot remember how many of those there are this high up, for surely they diminish towards the peak?

He cannot be certain either that it is always along the same path, this journey. Everything seems to move around him; to trade one landmark against another, turning one about and about as one seeks out the better way, and he knows too well how easy it is to lose all sense of time.

My faith, but how it is a country to confuse! Unpaysage sauvage, a wild place, where the land itself can shudder, and often does; entire hills of shattered rock, piled up, collapsing all unbidden; re-making themselves. He feels himself upon the very edge of the Creation; all unfinished, without a history; here there has not been the slow sedimentation of many ages; of man's labours past.

His very footsteps lie too lightly; leave so small a mark. His breviary lies heavy in his shoulder pack, importunate – but he cannot use it while journeying, eyes alert to the tree roots, the leaf mould, the damp patches of flat moss, all a-slide beneath the intruding foot.

Towards noon he has come out onto the highest ridges, climbing steadily upwards between the two crests, the False and the True, onto a grassy massif.

Scattered clouds are scudding north-north-east, the sunlight now golden, rippling across the wild grasses. Here are craggy outbreaks of grey granite, like giant's teeth, or the backbone of a mountain in decay, and now at last he has taken out his prayer book, opened to the Offices of the Day, alongside the apples and the bread he has carried, and the clay jar of water, knowing there is likely none to be had till he reaches the next valley. He stretches himself out in a shallow of the rock, warmed in the sun, meaning to begin the duty, but already his eyes are closing, for it has been an early beginning, and it is the Lenten fasting, and his is a long and heavy frame to carry up this mountain, for all his raw-boned height and stride. But the rock is heating his skin, and the sun traces out notes of gold, glittering in the veins of stone, and the wind sighs across the late summer grass, and he is content.

It is the sun, shifting across the ridge, which teases him awake, or makes him think he is. This tracery of leaf though, he regards it idly, flitting its shade across his vision, surely it is somehow wrong: an alien leaf? Its tendrils curl about, and they bear translucent clusters of fruit: yellow-green, and it is the wine grapes, but how can this be? They shine against the blue sky; a miracle, he thinks, arising from within his memory – for no-one could have planted vines upon this

mountain. Who to tend them, train them, make them produce? Naught but memory, he tells himself,

and half a dream, for all that he seems to feel the press of the fruit; the roll of it beneath his fingers; the weight of it as it lies against his hand – and sees himself cut a bunch with his knife, and place it beside the last of the cheese and the bread and the water, waiting for it to fade away, like the image of the sun on closed eyelids; receding once again into his past, like the sails of the ship that brought him here, dropping over the horizon, never to return.

And the fog is thickening now, and his golden day gone silver-sharp and silent. No more bird calls drip down the canopy, as liquid as melting icicles; no more fan-fanfan from the wings of the tui; all their busyness stilled, and the chill seeping upwards like crystals, visibly forming; he begins to feel them underfoot, or thinks he does, crunching against the soles of his boots, and suddenly he knows that he should hurry; that something is on its way, and moving fast, and it is then that he sees it.

At first he thinks it is the parson bird, come back. He hears again the beating of its wings; waits to glimpse it, caught out in the open, flapping to keep itself airborne; but yet he cannot trace it out; it hides itself from him.

Where can it be? And of a sudden there is again a whirring in the air, but this a rush of a kind he has not heard before. It is a steadier, high-pitched thrum – and then it is upon him: it breaks from the tree line, a blinding white circle, a silver halo of shining, its edges all ashimmer;

It strains his vision as it hovers, dancing in the air, a crown of light. It edges as he watches, back and forth: left; right; left; a gavotte, a farandole, it will not stay still. It rises a little, and falls again, and surely his eyes are deceiving him?

The eye betrays the mind, he tells himself; it has frozen all that is logical, for none of this can be. One imagines. One dreams. It is of the unreal, this.

It circles him, disappearing and re-appearing in the mist, slipping over the bank of rock above him, the sound first muffled, then silenced. And now it is gone.

He stares at where it has been. Rock still. Waiting. And a voice behind him speaks, a small voice; the voice of a child.

'Excuse me,' he hears it ask, polite, a little cautious, 'Did you see my camera drone?'

And the naming of it cuts into his brain, for that is with precision what it has been: a chimera, a monster

This is the winning story in the adult section of the Mapua Library's LitFest held last month. The runner-up story by Carol Pring will be printed next month.



of the imagination; something arising from his past, the soft green, vine-clad valleys of the Rhône; it is that, precisely, a chimera du Rhône – but why has it appeared to him now? And why here? And why in this way?

And with that thought he is become a troll from a fairytale, for what is this that has followed him here, all these miles, across so many oceans? In one moment it has turned him into stone. He cannot turn. He cannot move. To the letter, he is petrified. For there cannot be a child upon this mountain.

‘I lost it,’ says the voice, ‘when it fell behind that ridge.’

‘This chimera,’ he whispers to the voice, all he can achieve, ‘ce chimère... C’est le vôtre? It is yours?’

‘My du Rhône,’ he hears the voice repeat, and now stands before him, and is a small, dark-haired boy, perhaps six or seven years, oddly dressed, in a single, trousered garment of some strange ice-blue fur, with a cowl, and buttons to the front, and how can all this be? For no-one lives upon the mountain; no-one ever has, even before the slow spreading of the settlers across the plains and into the river valleys, for there is a taniwha here, a water-monster, scurried away into the bowels of the earth; he has seen the great hole it burrowed for itself, and even unbelieving, stays away.

‘It’s my chimera du Rhône,’ he hears the child repeat, insistent, and holding out a small, black im-

plement, with a silver wire standing at the top. ‘It’s gone out of control’, and he shakes the device, and holds it to his ear. ‘It won’t work anymore.’

‘I have seen it,’ says the priest, finding his voice at last, ‘in the sky, your chimera.’

‘I think it’s landed in among the grape vines,’ says the boy, and runs towards the rocks, and disappears.

The priest finds himself loath to make a move, to follow – for where might he be led, and who is leading him? But then his limbs unfreeze, and he moves forward. He scrambles up the rock. He stands upon the ridge. He gazes down.

Nothing. The rocks descend into a great declivity, one of so many upon the mountain; no easy way down, no sure places for the foot – and already, the boy has gone, if boy there was.

Clambering back, he finds once more that he has lost the way, and pauses, considering the direction he has taken, tracing the crush of the grass where his boots have climbed upwards, until he comes again to the rock on which he had lain.

It is cold now. He grasps at it, pulling himself up; it is slate-blue with the forming frost, and on it, there beside his breviary and his water jar, the remains of his meal, lies a single bunch of glowing, green-gold grapes.

‘Du Rhône,’ he tells himself, for he is of those valleys, and he knows. And he packs them up, and carries them down the mountain.

## Mapua Bowling Club

### *The Write Bias*

Spring is in the air with a sense of anticipation for the lawn bowlers of our club. Work has proceeded well on the green renovation and the green should be ready for play at the beginning of November.

A non-playing Opening Day is planned for Saturday, 7 October beginning at 3:pm. There will be a general meeting, an update on the bowling schedule for the season and a chance to catch-up with the other members at an afternoon tea.

With a buoyant membership a full bowling programme is on the cards and this year with a couple of exciting additions.

The two club coaches are looking forward to spending Monday afternoons with some of the children from Mapua School. This will be fun for us all and a fantastic opportunity to teach the elements of bowling to a group of young people.

There is still that perception that outdoor bowls is a sport for the elderly. Sure, the older generation is able to participate but the future lies with the children and most of the top Kiwi bowlers are young! Shannon McIlroy, the Nelson-based singles world champion, started to play when he was six years old. Mapua School, bring it on!

The second exciting opportunity is extended to all members of the Mapua, Ruby Bay and Tasman community who may have any aspect of visual impairment, slight problems right through to complete blindness. Lawn bowls is a wonderful game played by all ages and abilities and the pleasure, satisfaction and excitement a player receives from participating in the game is there for everyone.

Come and check us out at Mapua Bowling Club. You don’t have to be a member of the Blind Foundation.

Bowling equipment is provided with the exception of heel-less shoes to protect the green. Coaching is available at no cost in a group situation or one-to-one. We enjoy lovely club facilities where you will be made to feel extremely welcome by all club members. We don’t expect you to commit to any initial financial outlay.

If this is of interest to you and you would like to know more, please feel free to contact either of the coaches:

Sue England: 03 540-2934

Mike Turnbull: 021 0837 6695

We hope to enjoy your company and welcome you to our bowling green soon.

## The winning short stories in the children's LitFest section

### **Cody Forward (13) Mahana School**

Cold, transparent butterflies swoop up and around my stomach as we gradually approach the airport. I look out the window. The sky was concrete grey and large clouds drift over top of smooth and rough terrain. Tapping lightly, the rain falls out of the sky splashing on any surface it can get on. I catch a glimpse of the airport through patches of trees then spot a small Cessna holding short of runway 02.

"That'll be me soon!" I whisper inside my head.

We pull up outside of NAC (Nelson Aviation College). I'm so nervous. A few seconds later I jump out of the car. I spot a small Cessna 172 parked outside the hangar.

"I wonder if that's mine?"

Slowly, we walk into the building then take a seat on the two blue couches.

"Great news! The rain clouds are about to pass over, so come on out," says one of the instructors.

'Hhhhhahhhh...' I let out a big sigh as we walk over to the plane...Placing my foot on the gear support I pull myself up into the cockpit. Just in front of me, I grab my headset then position it comfortably over my ears.

'Blgh, blgh, blllllghhhhh, bllllllgggggghh!' stuttered the engine.

Seconds later the propeller roars up! Beneath me, the three wheels roll along the grass and onto the taxiway. "Wow, are we actually doing this?"

The scorching sun peers into my eyes as we align with the centre line on the runway. Beginning to feel a lot more excited, I throttle forward, we begin to pick up speed... The nose wheel lifts up and the rear gear follows. Beneath me, the gap between us and the tarmac rapidly grows! Pretty quickly, we reach 5000ft. Then I get told to bank to the left. I do so. We level out as I admire the beautiful view.

Casually looking over my shoulder, my instructor is tightly holding her chest and is short of breath! Suddenly, she falls forward and onto the control column, unconscious! The nose sharply dips down! Gripping the yoke tensely, I pull her off the controls and into an upright position against the chair. I attempt to gain control of the aircraft. Managing to, I look behind me. Realising I'm 45deg from the threshold, I begin to turn for the base leg.

Focused, I align with the runway. Next to me remains the unconscious instructor. My stomach feels hollow. I begin to pass over the threshold, so I put the throttle down to 0%.

"The moment of truth!..." I mumble.

Slowly, pulling back on the yoke, the rear wheels lightly brush the runway... Then touchdown! Gently, the nose wheel lowers. Smoothly it skims the tarmac. Pressing both rudder pedals, the brakes engage. Finally, after what seemed a lifetime, we stop in the middle of the runway. I sigh of relief. Then suddenly, smoke begins to seep into the cabin!

### **Connor Brennon (8) Mahana School**

#### ***No Clue Left Behind***

I jumped behind the barrier as I heard gunfire from the other end of the field. Markus shot at me like a madman. At last moving from barrier to barrier, I escaped to the bunker and found Craig.

"Hey Craig," I said. "Do you know where Markus is?" "No I don't," said Craig. "Should we find him?" I asked. That did not take long; he was just outside the door waiting

for us. "Trapped" I thought miserably as I slammed the door on his face and me and Craig put on a bullet-proof vest.

Markus opened the door looking dazed. He saw us armed with an RPG. I decided to let Craig have a shot at Markus **WOOF! BOOM! WOOF! BOOM!** Flames shot out of the barrel like a flame thrower. As the flames cleared, Markus was gone, no clue left behind.

As we walked out of the bunker cautiously I spotted a few singed hairs on the ground, no help at all.

### **Mia Fay, Mapua School**

#### ***Chloe's Journey***

"Two minutes," Chloe whispered. No other people seemed to be there, just a figure in a black suit inside the shop. Was that a gun in his pocket?

Chloe had short, wavy blonde hair and eyes of sapphire blue. She was short for her age but was popular and had a decent number of friends. Her best friend was a girl called Ellie. She was quite shy and had very pretty long blonde hair usually worn in a braid. She also had large brown eyes that Chloe was always jealous of.

Some of Chloe's hobbies were code-cracking, maths and rock climbing. In fact rock climbing was where it all started...

*A few days before..*

Chloe had been selected to participate in a rock climbing championship even though she was only eleven. She had won, only by a couple of seconds as she was racing against some of the best. A couple of days later, she received a letter in the mail. Her insides tingled when she saw who it was for. CHLOE PARKER, 125 WILTON ROAD, WELLINGTON. Chloe ripped it open and saw that it looked like some kind of code. She rushed inside to her room to take a look at it. It read:

OMECAY OTAY ESENERAY ELLINGTONWAY @  
OURFAY CLOCKO'AY M.PAY ONWAY UESDAY-  
TAY.

"What?" Chloe said to herself. She read it again and figured out that every word ended with AY or WAY. "OMECAY?" "Aha!" She shouted. "Pig Latin!" Chloe scribbled out the first word on a piece of paper.

**Come.** She then kept on going with the code. In about 5 minutes she had completed the whole sentence:

*Come to Resene Wellington @ four o'clock pm on Tuesday.*

Chloe lived in Crofton so she didn't have too far to go to get to Thorndon. A bus or two would do the trick. Chloe was excited. Thoughts rushed through her mind. Why was the sentence in code? Why was she so special? Why at Resene?

There she was, standing outside the colourful shop of Resene, two minutes to four o'clock. She felt a little nervous after seeing the man in the black suit, but she wasn't going to let a little thing like that stop her from going in.

Suddenly a voice boomed out of the speaker. "You may enter." Chloe slowly opened the door and walked casually in, hands in her pockets. The man in the black suit turned and looked at her. "Ah, you must be Chloe!" He said cheerfully. He sounded French. "I am Monsieur Gabriel. I will be your boss."

"Boss for what?" Chloe asked.



towards the back of the room. "And you are going to be one of our agents."

Agent! Chloe was smiling from ear to ear. All her life she had wanted to be a spy.

### **Scarlett Markham-Hennah, Mapua School**

#### ***The Worm***

Wheeze wheeze, I'm hurrying through the thick bark at the wet playground, trying to get to the sprinkly chocolate cake at the end.

Wheeze wheeze, nearly there. Wheeze, ok finally there and got a bite of the chocolate cake. Now to try and get back through the bumpy bark which isn't going to be easy because a big bird is swooping around overhead! Oh no! What am I supposed to do? Ok, I can do this, I say to myself. I set off on my long journey home.

I crawl across half of the playground with my cake in my little mouth. Finally I'm nearly there when the bird comes and a brown feathery foot kicks me. Then suddenly my friend Fred comes and rolls me away just in time. Just the swings to go now when...

The bird is back and it grabs me and this time I'm on my own! I feel a rush of scaredness. So I whack the bird's beak but nothing happens. Then I have no choice. I have to whack its tummy. I do it just as we cross over the swings and the bird drops me.

I'm at the other side of the playground with my cake! I crawl into my hole, light the fire, eat my cake and fall asleep!

### **Ruby Campbell (11) Tasman School**

#### ***Tsunami Friends***

Imagine you're on a sunny beach in Australia, waves creeping up the sand, you're lazing around on a deckchair. The water is calm, you can see people paddleboarding.

You're in the water now, you feel like a seal, you're in your element. You're swimming around, the water is like glass. Tropical fruit, turtles, starfish and not to mention the tall, gangling palm trees.

Suddenly, deep clouds are submerging the sun in darkness, waves appear, they're mounting ever higher... People are fleeing, like sea gulls hustling and bustling for fish 'n chips. The trees are blowing around like crazy. You're scared; the beach is deserted, like a popular store after a sale.

Nobody to ask for help. No transport away from the beach, how will you get away? You feel a scream welling up in your throat.

You turn toward the ocean. A wave, a massive wave, a tsunami. Next second you're smothered beneath the waves. You swallow a large mouthful of salty seawater, you feel like you're being carried for miles. Water surrounding you like a desert of despair, demolishing buildings in its way. THUNK! A huge wad of concrete hits you in the back of the head...

You wake up what seems like hours later, your head throbbing. You're afloat, but how you think? Look down. You want to laugh, but nothing comes out. Your voice is lost, you must have screamed. You're floating on the back of a tortoise. You're alive, and you've made a new friend.

### **Malia Denny (9) Tasman Bay Christian School**

#### ***My Mind Journey***

All my thoughts are chasing their freedom,

Trying to escape from me.

Memories and words are buzzing in their cages,

Hoping one day they'll be set free.

When set free they go out and about,

Travelling makes them very tired,

So now and again they have a short rest!

Alas one day the rest will cease,

My words and memories will have no peace.

So this is where all our uncaged memories and words go,

Over the rapids and on with the flow!

### **Raymond Davis (13) Tasman Bay Christian School**

#### ***An Unexpected Trip***

It was a Friday afternoon and I had just finished school when Mum and Dad picked me up to take me to Picton.

The trip was boring and the road was really windy. Mum would often turn around and say from the front seat, "You okay Joshy?" I hate it when she does that because my name is actually Josh but my mum always called me that. I was fourteen years old and in my first year of college. I was watching the bright white headlights of the cars passing outside my window and they made me feel sleepy. I was just about to fall asleep when suddenly. Smash!

What happened, where am I, were the only things I could think of? I looked around trying to make out where I was. My seatbelt had broken. Everything was fuzzy and dark. Then finally I remembered what had happened. We had been hit by a car on the way to Picton and we must have gone off the edge of the road! We? Mum, Dad! I tried to sit up to see if they were all right when, ow! Pain, so much pain. It was like nothing I had ever felt. I looked down to see the supporting rod of the seat in front of me stuck in the side of my leg. There was blood that had dried, sealing the area where the metal rod had pierced my leg. I had to get it out of there if I was going to check my parents. I started psyching myself up for the dreadful pain that awaited. Taking deep breaths I counted... 3... 2... 1... Ahhhh!

I sat up and looked around thinking. "Did I pass out?" The pain must have been too much. I looked at my leg. Blood was seeping out of a smaller than expected hole just above my knee. It still felt really sore. I ripped the bottom of my T-shirt off and tied it around my leg to stop the bleeding. I heard a groan come from the front seat and then recognized the voice. Dad! I moved forward through the crumpled car to see if he was alright, trying not to bump my injured leg. I gasped when I saw him. He was covered in blood that was streaming from his face. He must have smacked his face on the glove box in front of him. His seatbelt had broken just like mine had. I looked over at Mum to see if she was alright. She wasn't awake. I put my fingers on her neck and felt her slow steady pulse. She was alive.

The adrenalin started to wear off. "How am I going to get out of here?" I thought. My phone was sitting on the ground. I checked the charge. It read 6%. I dialled 111 and started telling them what happened and where we were, always checking my charge. I hung up and lay back. I waited, knowing that the emergency helicopter would come and we would be alright.

Two weeks later in the hospital Mum had just come in to take us home. Images from the crash are still vividly imprinted in my mind. But that's over now. It's time to go home.

# Hills Community Church



There is a famous book in the Old Testament; the book of Jonah. It is very short, but it very memorable, as it tells the story of Jonah and the whale. Very briefly the story is that God asks Jonah to go the great city of Ninevah, in modern-day Iraq, and proclaim God's word. Jonah though, decides that that is not what he wants to do, and so he flees, buying a ticket for a boat sailing in the opposite direction towards Tarshish in Spain.

The famous part of the story is, of course, that while fleeing to Tarshish God sends a great storm, and Jonah is cast into ocean. But he is 'saved', swallowed by a big fish, spat up onto a beach, and given a second chance. This time Jonah gets in with God's plan and makes his way to Ninevah.

I love this book, because it speaks so profoundly of our own journey in life. We will often find ourselves being asked to go into situations or places in which our natural reaction will be to run in the opposite direction. And most profoundly, this is the heart and soul of the spiritual journey, of growing closer to the character of God, seen in flesh in the person of Jesus Christ. It is the story of growing up.

God calls us to serve others, not ourselves, to forgive others where we have been wronged, and to lay down our own needs for the sake of others. This is a hard journey, but it is the path to life and fullness in God. The temptation we all face is to buy a ticket and

sail to Tarshish; to chase comfort and security, or excitement and riches, or power and prestige. There are many ways that lead to Tarshish, but only one path that leads to the Ninevah we are called to, the path of following Christ.

A great question to ponder then is this: What is the Ninevah that God might be calling you to? It might not be a place at all, but could be the hard work of healing a relationship that has been broken, or forgiving a past hurt that we have carried for so many years. May we learn to hear the whisper of God in our life, and like Jonah, learn to let go of Tarshish. Ninevah is waiting for us.

*Blessings in Christ, Rev John Sherlock*

## Hills Community Church,

'Living Christ-centred life, living Christ-centred love'

Please see our website for further information.

[www.hillscommunitychurch.org.nz](http://www.hillscommunitychurch.org.nz), or phone 540-3848

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

Rev John Sherlock, [revsherlock.hcc@gmail.com](mailto:revsherlock.hcc@gmail.com)  
[hillscommunitychurch.org.nz](http://hillscommunitychurch.org.nz) or phone 021 070 7276

I have been asked by a genuine couple to find them a waterfront property in the Ruby Bay or Mapua area.

If you are you interested in selling, please contact me.



*Lydia Heyward*

M: 027 432 8532  
B: 03 928 0469  
E: [lydia.heyward@bayleys.co.nz](mailto:lydia.heyward@bayleys.co.nz)  
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## Fire Brigade



### Aug 17-Sep17 call-outs

Aug 18: Car fire Moutere Hill. Upper Moutere Fire dealt with it.

Aug 28: Medical, Apple Valley Rd, Turned back.

Aug 31: House fire Umukuri Rd Riwaka. Assist Motueka

Mapua and Tasman Rural to car fire 200 metres along the road.

Aug 31: Cardiac arrest, CPR, AED, O2. Tait St.

Sep 8: MVC, two-car crash Pomona Rd, Ambo attend to one. Police investigating.

Sep 8: House fire main road Riwaka, sat at Motueka Fire Station as a cover.

Calls this year – 59

**Safety Tip – All open fire need a permit expect BBQs and braziers. Ring Nelson Tasman Fire and Emergency on 544-2441.**



## Line Dancers have fun while helping charities

**S**iouxs Line Dance has now been dancing at the Mapua Community Hall since the beginning of this year. What a great venue it is. Always clean and well maintained. A dance floor that is so good and easy on the feet. Thank you to those that work hard to support and care for the hall.

Our Mapua Hall class which started at the beginning of the year, hosted our mid-winter Beginner Improver Social. We had a good attendance and finished up at the Sprig & Fern Restaurant for dinner afterward. It was a Lions/All Black game that Saturday so most of the punters left early and we had the place to ourselves. Out came the music plugged into the sound system and we danced some more and then some more after that.

Recently at our Tuesday morning class we were visited by a group of fun-loving Red Hat Ladies. We had a great morning with them, lots of laughs and even some karaoke.

Our fund-raiser which we started in May, following Hanmer Springs and Temuka weekend socials, is going well. Nelson Tasman Hospice Trust is our chosen benefactor. We spoke with them and discovered on their Wish List was the purchase of portable oxygen cylinders for use in the community. Our target is two cylinders. We have now bought one and after our last social are now half way to paying for the second one. We appreciate the contributions everyone has made towards achieving our target.

In a letter of reply, chief executive officer Frans Dellebeke "Acknowledged the Trust's gratitude for our kindness and was thrilled with our care and generosity which enables them to help those in their care and their families with utmost professional skill, compassion and respect."

It is gratifying to be able to help.

We look forward to many more hours of dancing at Mapua. If anyone is interested in learning to line dance please come along to the hall on a Tuesday morning. Our Beginner class starts at 9am and all are welcome to join.



Fantastic Hall and dance floor for a fun social



Men in Accord is a Silver Medal-winning small chorus that represented the Nelson/Tasman region in the National 4 Part Harmony Convention last year.

We'd like to invite all you guys out there to our Open Evening Workshop.

Come along and learn the art of four-part harmony singing in a friendly, relaxed and fun environment on Tuesday 14 November, 7pm at Club Waimea in the Waimea Room in Richmond.

Men in Accord is lucky to have a number of experienced and musically knowledgeable members, who will guide you through some easy exercises and have you singing four-part harmony by the end of the evening.

Our song arrangements are structured with four separate notes with the intention to make most chords 'ring'. These ringing chords are the ultimate in harmony and create a truly wonderful sound which both singers and audiences find irresistible. Few people

can resist the sound once they hear it. Beware – it is addictive!

Why not come along and give it a try? This is a cost-free event, so just you and your voice are required!



# Moutere Artisans' Open Day

The small village of Upper Moutere is gearing up for its annual celebration of arts, crafts, wine and cheese on Sunday 22 October

Established in 1842 by German settlers, Upper Moutere is still reminiscent of a productive European village with the church and its distinctive steeple at its heart.

On Labour Weekend Sunday the Moutere Artisans, a collective of 16 talented producers, will open their doors to entice you. This year's guest will be popular Wellington chef Martin Bosley who also writes the food column for Air New Zealand's *Kia Ora* magazine.

Artisan chair Andrew Sutherland says they group celebrates country life and crafts. "We're a little slice of history with a very modern take on organic production and sustainability. Everything is produced on site and you can chat to the producers."

"This day is recognised in the region – we don't pretend to be corporate businesses or slick marketers but we are all proud of our products and this life in the village and surrounds. We enjoy each other's company and share each other's ideas and products. There must be something special in our soils because we produce wonderful olive oils, wines, ciders and fruit products and inspired ceramics and sculpture."

This year the Artisans welcome Thorvald sheep cheese – hand-crafted by a talented French cheese maker. Soft, wash rind and hard cheese will be available for tasting at the farm. Close by is Neudorf Mushrooms who know everything about the secret life of their fungi and they will share their knowledge of Saffron Milk Caps, truffles and birch Boletes.

Neudorf Olives produce European-inspired oil and they've expanded their range with their own olive oil soaps and lip balms. They'll have picnic hampers ready for you to enjoy in their charming olive grove. A little further down Neudorf Road you'll find Michael Macmillan with his bold kinetic concrete and bronze sculpture, and oak homewares. Their resident artist Helena Morris will demonstrate encaustic art throughout the day."

Down to Neudorf Vineyards, which is one of New Zealand's most celebrated wineries, where they've invited Kiwi Kai into their garden to match seafood

with distinctive, organically grown wines, including a library tasting of Neudorf Moutere Chardonnay.

One of the country's top cider producers is Peckhams and they'll be pouring their range of traditional ciders at the Moutere Inn – New Zealand's oldest pub and famous for its range of craft beers. It's the pub 167th birthday and their little restaurant will be serving traditional German snacks to recognise the area's heritage. In the village, you'll find Katie Gold at work and in conversation with her admirers. Her partner Owen Bartlett will have a preview of his upcoming exhibition in Whanganui. Both ceramic

artists are known throughout the country for their art and domestic ware.

At The Old Post Office, it will be buzzing with Moutere Gold's Christmas goodies – strawberry and champagne conserve, apricots in brandy and mustard fruits. Also in the shop are Bush Botanica celebration of kiwi flora to inspire your green fingers and somewhere between the ferns and blooms you'll find Harakeke's range of wines. The winery is tiny but the wines are exciting. Next door try Cam and Charlie's unique pickled garlic. Screen printers Skunk and Robot will be working in the garden behind The Old Post Office and Fleur Woods, a multi media artist, will be stitching and dying her current large work.

On the outskirts of the village you'll find Kahurangi. They will be pouring some delicious wine

and cranking up their pizza oven. A perfect refuelling stop. At Himmelsfeld you will have a unique experience of aged wines while enjoying one of the area's most scenic tasting rooms. For those with a larger appetite, Moutere Hills Vineyard & Café is a short distance down the road offering delicious fare, made by the in-house chef from locally sourced produce. A number of newly released wines will also be available for tasting.

*For more information contact Andrew Sutherland, [andrew@harakekefarm.co.nz](mailto:andrew@harakekefarm.co.nz) or Judy Finn [judy@neudorf.co.nz](mailto:judy@neudorf.co.nz)*



Katie Gold



## A Mapua Store Finalist in NZ Top Shop Award

Mapua Wharf's homeware store, Delicious, was a finalist in New Zealand Retail's Top Shop Awards with owner, Jenny Marchbanks of Ruby Bay, and her assistant Karmin Marchbanks (also daughter-in-law) being flown to Auckland and hosted at a formal award dinner in Sky City.

Delicious was selected by NZ Retail judges as the Upper South Island finalist for the Visual Merchandising Award category sponsored by Vodafone. Global Baby of Epsom was announced as the final winner of the category at the awards event.



The entrance to Delicious

"Shops selected from throughout New Zealand to be in the finals are recognised as the top retailer in their category and their region," says the Top Shop Awards citations.

Contestants entering for the award are warned that "an in-store experience will be determined through an independent assessment."

"We have no idea

who made that independent assessment of our Delicious in-store display or when they came to our shop," says Jenny Marchbanks, who previously owned and ran the Mapua grocery store for many years with her husband John. The couple now also own and run Sandstone House, a bed and breakfast tourism business, on Korepo Road in Ruby Bay.

Delicious displays a wide range of homeware products ranging from high-quality crystal, glassware, and cookware to children's toys and local books – selecting leading brands and designer wares.

NZ Retail says the judges made their selection of the finalists on questions like:

How does the shop bring customers' senses to life and create a unique customer experience?

How is in-store theatre and technology to enhance the customer experience?

What makes the visual merchandising brave, innovative and imaginative?

How is colour, texture, signage, props, product groupings and/or lighting used to grab attention?

How is merchandise displayed to stimulates interest and entice customers to purchase?

How is merchandising and/or digital display used to support the store's brand?

For further information:

Jenny Marchbanks, Delicious Homewares, Coolstores 4 & 5, 8 Aranui Rd, Mapua Wharf

Mobile: 027 514 0652, Phone: 03 540-2463

Email: [info@delicious2015.com](mailto:info@delicious2015.com)



Jenny Marchbanks (left) and Karmin Marchbanks



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## Plum Tree House Cook School Spring Series

*You are invited to ...explore the seasons' bounty, get inspired, have some fun!*

Classes 1 – 4 pm, third Thursday of each month.

**October 19<sup>th</sup> Spanish/Catalan & Tapas**

**Oct 12<sup>th</sup> 6-9pm (for men) Blokes in the Kitchen**

**November 16<sup>th</sup> Raw 'Un-cooking class'**

\$65 per person - tasting plates, a glass of wine, recipes, and a little extra something special to take away...

Grab some friends, your partner, or just yourself.

Call Sarah: 027 315 1165 or [sarah@calisso.com](mailto:sarah@calisso.com)



[www.holidaystaymapua.nz](http://www.holidaystaymapua.nz)



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

**Term 4 ~ 9 weeks starts Tues Oct 17 ends Fri Dec 15**

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

**Tuesday 6pm-6.55pm High Intensity Interval Training, rotating with Step-based toning & Strength training every 3<sup>rd</sup> week.**

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

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

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

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

**Thursday (Wakefield) 10.05am - 10.55am Pilates**  
(all levels, beginner to advanced)

**Friday 9.05 - 9.55am High Intensity Interval Training, rotating with Step-based toning & Strength training every 3<sup>rd</sup> week.**

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

### FOR THE TERM:

9 sessions	\$80.00 (\$8.88 per session)
18 sessions	\$135.00 (\$7.50 per session)
27 sessions	\$180.00 (\$6.70 per session)
36 sessions	\$200.00 (\$5.55 per session)
45 sessions	\$225.00 (\$5.00 per session)

Pay for x number of sessions (minimum 9), come to ANY class that number of times in the term. There are **THREE extra Saturday mornings (SIX sessions)** Nov 4<sup>th</sup>, 18<sup>th</sup> and Dec 9<sup>th</sup> - Strength Training, followed by Pilates.

You can "top up" your sessions, no problem, but you can't just buy the top ups ☺. 9 is the minimum commitment.

Session top ups: One: \$8, Two: \$15, 3: \$20, 4: \$25, 5: \$30

Please email [lynda@hht.co.nz](mailto:lynda@hht.co.nz), ph 5432268

or 027 222 1491 for more details.

**Casual classes will start for the summer holidays 28 Dec**

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ARTS ON TOUR NZ PRESENTS

# The Andrew London Trio



Carrying on the tradition of *Hot Club Sandwich*, **The Andrew London Trio** offers songs about the trivia and minutiae of daily life from the point of view of a middle-aged, middle-class, Middle Earther, delivered in a deceptively innocuous 1940s swing style with occasional forays into folk, blues, country and hip-hop.

The obvious opportunity for humour is eagerly seized upon and exploited mercilessly, but occasional poignancy and pathos are never far away.

Beatle-esque vocal harmonies are added by **Kirsten London** on bass, and ex-HCS sax/clarinetist **Nils Olsen**.

**SATURDAY 14 OCTOBER 8PM**

**DINNER FROM 6PM**

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# The Perfect Lamb Partner

By Sarah La Touche

I think most of us would agree that a leg of lamb would have to be up there on the average Kiwi's most favourite of dishes.

Growing up, and I'm showing my vintage here, it was usually mutton or hogget that we ate for our Sunday roast, and lamb was the reserve of special occasions like Easter or Christmas time.

These days, a leg of lamb is standard fare be it roasted, braised or butter-fried on the BBQ. If you have a creative butcher, he or she can make great steaks from the leg too, which also cook up a treat on the summer barbeque.

As lamb is quite fatty meat, I'm always looking for the perfect partner to serve with it. A good agria puree or mash is hard to beat. But in my opinion, al-



though it's not standard Kiwi practice, nothing works better, than some delicious, creamy white haricot beans, braised long and slow, with simple aromatics like shallot or onion, clove, bay, thyme and parsley. Add a few peppercorns, a sliced carrot, celery stick, or whole tomato, and you have an ideal stock or 'bouillon' for the beans to do their thing in. A generous dollop of duck fat helps give the beans a more creamy consistency too.

I cook mine in a cast iron cocotte or casserole, either on the top of the stove, or in the oven, but a plain old saucepan will do just as well. If the white coco beans are dried, as with tasty brands like Sabarot, they will need to be soaked overnight in water, and simmered for 45 minutes to an hour or so. As a general rule, the older they are, the longer the cooking time.

If you are a gardener, and fancy growing your own, there is nothing more satisfying and delicious than cooking fresh coco beans straight from the pod. The shelling does take time admittedly, but with some agreeable music playing in the background, a pleasant view to admire, or a good friend to pass the

time with, the task is complete in no time. Fresh beans, unlike dried, need only about 25 minutes cooking.

Once cooked, I like to serve the haricot beans quite sloppy, with some freshly chopped garlic and parsley sprinkled over the top. Slice the lamb quite pink to serve alongside, with the cooking juices from the lamb spooned over. Just add a green vegetable, like sautéed spinach or broccoli, and you'll be happiness bound.

## Braised Haricot Beans

Serves 4

- 400 grams white haricot (coco) beans, rinsed
- 1 shallot, trimmed and stuck with 3 cloves
- ½ corm garlic
- ½ a small leek, trimmed and washed
- 1 small carrot, washed and peeled
- 1 bouquet garni – 1 bay leaf, small bunch of fresh thyme, 3 stalks and leaves parsley tied in a tight bunch with cooking string
- 4 black or white peppercorns
- 1 dessert spoonful duck fat
- 1 medium tomato, 1 celery branch, rind of Parmesan
- 1 rasher bacon – all optional

The day before, take the haricot beans, rinse them in running water, and pick out any damaged beans or gritty bits. Place in a roomy bowl and cover with plenty of water. Leave overnight to soak.

The following day, strain off the soaking water, rinse again and place in a saucepan. Add all the other ingredients except the duck fat, taking care to bed the bouquet garni, garlic and shallot into the beans. Cover with water by a good thumbnail, place on the hob and bring to the boil.

When the beans are boiling, lower the heat to a gentle simmer, and skim the white froth from the top of the water. This will take just a few minutes.

Add the spoonful of duck fat, and simmer for about 45 minutes to an hour, on a low heat until most of the water has evaporated and the beans are soft and creamy. Remove the bouquet garni, squeeze the flesh from the onion or shallot into the beans and discard the skin, season with salt to your taste, more pepper if required, and serve.

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

# People 'Are Born to be Healthy'

There are a number of reasons why people come into our office seeking help. Yes, the majority of people present with either lower back pain, neck pain, hip pain, shoulder pain or headaches. Yet, in my 27 years of clinical practice I have observed other underlying issues as to why people seek help.

Whether or not they realize it, most people come into my office because they believe that they deserve better from their health. Deep down people know that their body was meant to feel better, to work better or to function at a level other than what they have come to experience day to day. I see this in the attitudes of many people who are often surprised, shocked, frustrated, and almost insulted by the fact that they are suffering with problem X, Y, or Z.

I like that attitude. I like it because I also believe that people are born for health, not sickness, and a life of possibility and potential.

When we get right down to the truth of it, what really brings most people into our office is the fact that their issue is interfering with their quality of life. This is why I ask clients questions like "How is this affecting your day-to-day life?" "Is this keeping you from doing anything you would normally do?" "Is this keeping you from doing anything you would want to do?" The answers are very illuminating, and it is not just eye-opening to me, but to the people answering the questions as well. It gives us goals to strive for throughout an individual's care.

It's sad when people stop believing that they deserve health, or that their body was designed to work

properly and be healthy, or that they even have the potential to be healthy. So many of the messages we are bombarded with on a daily basis tell us exactly that though. The messages through advertising communicate ill health, pain, and dysfunction is normal, and that it can be 'managed' and 'treated' with a drug, product, or medical procedure.

I am so thankful for my experience as a chiropractor, and I get excited about my profession not because of chiropractic's ability to 'treat' or 'manage' conditions but because of the potential I get to see unlocked in my clients throughout their care and the changes in their lives I witness.

What hidden potential do you have? We can help. Let our team help you unlock your body's health potential to be more of the person you know deep down you have the potential to be, or should be. What is holding you back?


*Dr Ron Howard*



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# Tasman Bible Church



## Tolerant Intolerance or Intolerant Tolerance?

I think I prefer the first of these because it is a definite affirmation to accept the view of something that you might vehemently disagree with.

There is a view that we operate in a 'tolerant' society – a boast even – but I wonder whether the tolerant society is simply a myth. After all, that is why there are boundaries, rules, and ideologies. The most 'liberal' of them all, pure democracy, is itself an intolerance of other certain boundaries, laws, principles, ideologies, belief systems etc.

Like most important questions and commitments, it is a question of degree as well as commitment. One person's freedom fighter is another's oppressor, one person's liberty is another's intolerable constraint, and one person's solution, is another's problem.

The most important thing it seems is to be clear and honest and offer a fair representation of one's view. Post-election analysis might raise a few questions regarding the veracity of various party campaigns. Perhaps there is a silent majority because there is a vocal intolerant minority?

Once something has been clarified, that opens the door to a potential objection. Does it matter? Of course! Otherwise, there would be no real possibility for 'freedom' of anything irrespective of the potential libel, slander, or alleged 'hate crime' reactions in person or in other media.

A recent case of an Australian politician expressing a view on a highly controversial subject reported being on the receiving end of 'hatred', 'bigotry', and 'discrimination' worse than racism. She was told to

'go back to her own country' which of course was... Australia!

The pragmatic approach is to make the best of it – agree to disagree, keep quiet, do not rock the proverbial boat and the like. It would be an interesting personal audit to ask what it would take for you to run the gauntlet of intolerant abuse?

The first 'Christians' were born into and matured in a hostile environment. As it emerged that they were not Jews, the term 'Christian' was one of considerable denigration. They were happy to bear that title because of what it meant.

However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name. (1 Peter 4:16) The term was a badge of pride no less.

Across time and cultures, there likely will always be tolerant intolerance or intolerant tolerance. Which one do you prefer?

*Richard Drury*

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

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# Playcentre

We're running a series of family profiles over the coming months to introduce some of our playcentre families and what they love about playcentre. This is from Niki who comes with her daughter Caroline, 3 (Niki's husband Lawson also comes once a week with Caroline).

"As a Playcentre kid myself I had such fond memories so it made sense to try this out when our daughter Caroline was young. We began Caroline's Playcentre journey when she was just three months old when we joined the SPACE programme at the Atawhai Playcentre. This was a wonderful year to relearn the philosophies and teachings of Playcentre and confirmed this was a journey we wished our preschooler to take. After moving to Mahana a year later and not knowing people in the area it was an easy decision for many reasons to join the Mapua Playcentre.

"After 2½ years at Mapua, Caroline has a strong sense of belonging to Playcentre and moves comfortably between the areas of play either with or without a parent by her side. Her first year at Mapua had mum on Mondays and dad on Fridays so she seemed to experience different play areas with each parent. Also at times she attends with grandparents so playcentre has become something she can talk about with all her family. The early days were largely about simple motion (swings) and water play while these days she can spend much of her time at the craft table cutting, gluing and experimenting with colours.

The highlights of Playcentre for us as a parent are we get to share our child's interests and see her develop in so many areas and its all first hand. Also Playcentre is a dedicated 2.5 hours a week of play together which isn't always easy to get at home with interruptions and jobs to do. The children become so

familiar and comfortable with the place, supervisors and the other children that parents get many chances to chat and develop friendships as do the children.

"After each session, I leave with a strong sense of where I need to extend or support my child. Generally the activities taken place on the day are a conversation piece for days with all family members."

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

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

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



## MOTUEKA WOMEN'S SUPPORT LINK

HELPING VICTIMS OF DOMESTIC VIOLENCE

## QUIZ NIGHT!

SPRIG & FERN MAPUA

Wednesday 25<sup>th</sup> October: 7.30 pm

Door Entry **ONLY \$3 per person**

No Need To Book Any Size Team Welcome

**Raffle Prizes!**

# The Spring Fling

## MAPUA'S COMMUNITY BBQ

Thursday 19 Oct, 5-7pm

(If postponed, Monday 23rd)

MAPUA: FREE EAT SOCIALISE  
DOMAIN: ENTRY PLAY

All members of our community are invited to our annual spring BBQ to enjoy **free**: sausage sizzle, ice cream and homemade lemonade.

Join in the activities and fun with friends and neighbours and celebrate our community.

\*Bring a chair or rug\* \*Alcohol Free\*

With thanks to New World Motueka, Couplands, Talley's, Hamish's, Club Mapua, NBS Mapua Auto Centre, TDC Way-to-Go, Mapua Fire Brigade Mapua/Ruby Bay & District Community Trust

## STRENGTHENING OUR COMMUNITY

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Wednesdays @ 7pm



Wednesdays @ 10am

— Church Service on Sundays @ 10:00 —

## PANZ

Spring has sprung and this is the time when our inspiration starts to blossom! Oh no, was that a pun? This is a beautiful time of year when our gardens come alive, the lambs are frolicking in the paddocks and it never seems to stop raining! No really—it hasn't stopped raining since 1 September. I checked the Tasman District statistics and it has rained, even a fraction, every day, somewhere in the Tasman/Nelson region. That's spring for you!

Colour, colour everywhere ... Diane Rappisi from Texas tutored an extremely successful weekend workshop for our group. There was a full class of 15 people who were taken right out of their comfort zone on the Saturday and blossomed on the Sunday and are still talking about it.

Shadows and reflections suddenly became clearer and full of colour. We also learned about the nuances of colour itself, such as how to grey things down and make a colour that we did not have in our box of pastels. Diane is one of the many international and New Zealand pastel artists we have had conduct workshops for us in the past.

We are getting excited about creating our schedule of mini-workshops, plein air painting (for those who don't know that is outdoor painting, I for one didn't know until I joined the group), as well as more outstanding artists workshops. Some of us will venture outside to capture the new growth and exciting scenery and some will find their inspiration from their travels, from ordinary life and from their imagination. Our many members, new and seasoned artists, bring their many skills to our group every Tuesday. I am in awe of their talent.

We welcome you to come on a Tuesday morning between 9am to 12noon at the Mapua Community Hall on Aranui Road, to chat with our members. Don't let yourself be fooled that you have no artistic talent. I am sure that many renowned artists around the world such as Picasso, Renoir, Mondrian, Rita Angus, Grahame Sydney, etc. didn't realise their talent until they picked up their pastel or paint brush and applied it to their canvas. You won't know until you give it a go!

For additional information please contact our Area Rep, Glenys Forbes at 03 540-3388 or by email [gmforbes@ts.co.nz](mailto:gmforbes@ts.co.nz). You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see what our pastel artists are creating.

A reminder of coming events: Mark your calendar! Impressions National Art Awards 2017 is coming to the Mapua Community Hall from 7 October to 15 October.

*Gloria Anderson*






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# Under The Bonnet with Fred

Cars, they are a-changing



History has driven car size, I think. The Americans had cheap cars and a long way to go on great roads so cars big and comfortable sold. The English had expensive cars for the working classes, poor roads and not far to go and you might get one if you were lucky.

Because of the cost relative to income the family probably had one car but four children. I remember sitting in the back seat with my brothers and sisters in my dad's E93A Ford Prefect going up the Taupo hills on gravel roads. Four children and two adults plus holiday luggage with the old Prefect down to first gear and the heat of the engine coming into the car.

It must have been a sight. All the windows down with the windscreen pushed out for air-conditioning, dusty road and having to stop to let the engine cool down. There was no computer-controlled CVT to select gears for you or an electric fan coming on automatically. Motoring was a once-a-year adventure in 1966 for my family.

Yes, even I have a different attitude towards cars and I am not sure what has changed it. Is it the price of fuel or have we slowly as a nation become green? The



modern motor car is lot more economical and requires a lot less maintenance than in the 70s.

Has the recent revival of cycling made us realise that a bit of lost time cycling somewhere gives time out to clear your head. I go cycling with Carolyn on the weekends and find it very relaxing. Also I talk to my wife more than when I'm driving one of my big left-hand-drive cars where concentration is required and little talking is done. Wobbling along at 7km on the bike looking at the scenery keeps you in touch with your environment.

Why do I think cars are changing? The price of fuel keeps my 12litres/100km V8 left in the garage for weekends or the holiday. Carolyn's two-litre Nissan is just as comfortable, goes just as fast, has all the bells and whistles the Cadillac has and uses 30% less petrol, so you bond with it more. These days cars are cheap and likely mum, dad and the teenage kids all have a vehicle, plus dad's got a work vehicle and dad or mum have a classic car. The big car is slowly being replaced by the big van which is ideal for the mum, dad, kids and all the gear.

Flying is starting to get cheaper than using your car. The cost of using even a small engined vehicle, especially if you live in the Nelson area to go up

North to see the family, has to be weighed against the cost of fuel, the Cook Strait ferry and possible vehicle damage. Whereas flying is quicker, sometimes cheaper and gets you back to work on Monday. Again, big cars are not being used for long hauls so easy-to-park smaller cars are preferred.

Changing from petrol engines to electric? I understand they are ripping up a desert in Chile to get enough lithium to make batteries for these cars. Is that really going to save the planet? If we go to electric cars we will have to generate a lot more electricity to charge the batteries. This means more dams or nuclear power stations and that's another no no with the Greenies. Coming home and plugging in two electric cars every day to solar panels is the only way. Is there going to be any real savings in cost or save the planet?

After all this opinion what would I do to save the world from being overtaken by cars? This might seem a bit odd but:

- 1) All cars must have bench seats – more space in cars for more people.
- 2) A special registration for driver-only cars. Encourage car pooling.
- 3) Cheaper postage rates to rural New Zealand. Encourage Internet shopping
- 4) More cycleways. We don't bicycle on the roads as they are considered hazardous.
- 5) Don't change the fuel, change the emission. Have a competition with a \$billion prize for eliminating carbon emission from a petrol engine, and find a commercial use for the carbon.

The need to drive to Nelson is no longer required as Internet shopping is reliable and big shops have come to the small towns like Motueka. Are cars changing into more of a utility than a prized possession? They keep telling us cars cause bad pollution so are we all starting to think cars are bad?

On my travels in the 70s I saw a 1976 Cadillac Eldorado, 8.2 litres (yes, that's right), a gleaming chrome monster, and I said to myself at the time, "I'm going have one of those one day." But nowadays I would rather have my bike.

*Fred Cassin*

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# How to get 'Lean, Toned & Strong'

"I want to be lean and toned, but I haven't got hours each day to exercise, and I don't want to go on some fad diet!"

The good news is, neither of those is necessary to be lean and toned. In fact, they are both more likely to hinder your progress than help it.

If I said that three 45min sessions a week at the gym, plus two or three 30 min cardio sessions, and still eating the foods you love would get you looking lean and toned, would you be interested? I'm pretty sure you would be.

The thing is, it's not how long you train for, it's how consistently, and how effectively you train. Working the muscle groups that make the biggest

difference, working them hard enough—but not too hard—and sticking to your plan. The same goes for food. It's not a matter of cutting out all the food you love and punishing yourself. It's a matter of eating enough calories to feed your muscles so they grow stronger, and yet not eating so many the excess energy is stored as body fat. And you can help things along by having the right mix of protein, fat and carbohydrate in your diet and making sensible choices.

It really is pretty simple. But sadly, there are many mixed messages and myths out there.

Look at diets; Ketogenic, Paleo, Low Carb, High Fat and High protein among many others. No wonder there is confusion. The same myths surround exercise; you read that long slow cardio burns body fat and weights will make you bulky. And worse, people believe it and I hear them say, "I need to go and run / bike off that chocolate cake."

In a nutshell, it's not that hard to get lean, toned and strong. You just have to know how; train consistently and well and eat well but sensibly!

*Karyn Holland, Personal Trainer at Catalyst Fitness*

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



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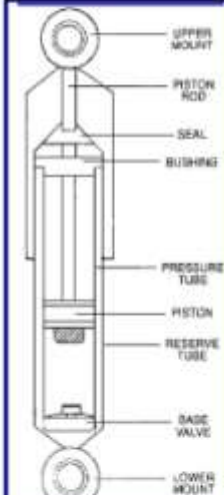
**Worn Shock Absorbers - the hidden dangers**

Shock absorbers keep your vehicle's wheels in constant contact with the road - without them your brakes and tyres simply can not do their job.

At rest or in motion, the bottom surface of your tyres is the only part of your vehicle in contact with the road. When contact with the road is broken or reduced, safety is severely compromised. For example, tests have shown:


- Braking distance may be increased by 2.3m when driving at 55km/h.
- The maximum safe speed on dry roads should be reduced by 10% if shock absorbers are 50% worn ie. travelling at 90km/h instead of 100km/h.
- Skidding and aquaplaning can begin at a speed 10% lower on roads with 6mm of water and shock absorbers that are 50% worn.
- Driver fatigue occurs 26% faster.
- Reaction time can be delayed by 26%.

A shock absorber is basically a pump located between the frame of the vehicle (via the upper mount) and the wheels (via the lower mount). The Upper mount, piston rod and piston are all connected, with the piston surrounded by hydraulic fluid. As your wheel and suspension travels up and down, the lower mount moves, forcing hydraulic fluid through tiny holes inside the piston. These tiny holes only allow a small amount of fluid through the piston which slows its movement, in turn slowing the movement of the spring and suspension, therefore reducing wheel bounce.



Shock absorbers should be thoroughly tested on a mechanically induced rebound bounce tester (as shown) at least every 12 months. At Mapua Auto Centre this is done with every WOF

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## MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Administrator: Mel Stringer  
027 943 2469  
mdba@mapua.co.nz



This is my first MDBA Coastal News profile in my new role as Administrator for the Association.

I am really looking forward to getting stuck in to my new position and meeting all the members in due course!

We have a New Members Meeting at 7pm on the 4th of October at the Moutere Hills Community Centre. This is a great opportunity to promote your business and to network with other members of the MDBA. It is a fun and informal evening – be sure to come along! If you would like to attend or to take one of our 5 min presentation slots flick me through an email at [mdba@mapua.co.nz](mailto:mdba@mapua.co.nz). I look forward to meeting you all there!

Another date for your Diaries is the 26th of October when we will be having our Annual Community Directory Launch at the Playhouse. Contact me if you would like more details! *Mel Stringer*

### Introducing Bradley Nuttall Nelson.

Not all advisers are the same. After a successful career in corporate banking, including Funds Management with the BNZ Financial Services Group and heading up Credit for Trust Bank New Zealand Limited, Doug joined the Bradley Nuttall team in 2000, bringing with him 20 years' experience in financial services. Doug is joined by his wife, Lynette, who has worked for the company for a number of years.

For our clients the financial plan is a living document regularly being updated to align with clients changing circumstances and objectives.

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Our clients are just like you. They want to work with a firm who places their best interests first, provides objective advice, and are not conflicted in the way they receive payment for their services.

We're looking forward to our move to Mapua, avoiding the daily traffic into Nelson and more importantly living and working in the community where we reside.

Pop in when you have a minute.

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### Eastwood Electrical

Hello Mapua Area Community, we are Aimee and Josh Eves from Eastwood Electrical. We are your new local sparky team based in Ruby Bay.

Josh is a highly experienced electrician, as well as a Registered Electrical Inspector. He has worked from apprentice to team leader, for the same company for 13 years.

Josh has a broad range of experience, from residential to commercial work. He has significant experience working on quality residential builds by award winning Architects featuring custom light fittings and lighting design. We are now bringing his skills and experience in high quality workmanship and attention to detail to you in this beautiful rural area we now call home.

At Eastwood Electrical we have a concern for sustainability and energy savings. We do this by ensuring we are only using quality materials and parts, operating careful disposal and recycling of our waste and encouraging the use of energy efficient lighting.

*"I would not hesitate for a moment to recommend Josh for his electrical knowledge, he is a perfectionist and will not let a problem beat him. I've often witnessed him working on a problem until it is solved, no matter what it takes. Josh is hardworking, intelligent, diligent and trustworthy."* Greg, Client

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Josh 027 612 7722

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# Noticeboard

**RSA:** The Moutere Hill Returned and Services' Association will be having a general meeting at the Mapua RSA Clubrooms 2pm Monday 9 October. All members are welcome to attend. Coffee, tea and cakes served on completion.

**Nepali movie** 'Kalo Pothi', winner Best Film at Venice Int'l Film Festival Critics' Week, 2015. Suter Cinema, 7.30pm Sunday 8 October. English subtitles. Fundraiser for school in remote NW Nepal. \$20. For tickets or details: intimetrust@gmail.com.

**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.

**Coastal Garden Group** meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 528 5405

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

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

**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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**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: Senionet motueka.org.nz, Neighbourly or call Annie 540-3301.

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

**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.