

No Room to Expand Health Centre

Dr Tim Ewer spoke at the September Mapua and Districts Community Association meeting on the past, present and future status of the Mapua Health Centre. He began by highlighting the history of the Health Centre and how it started in March 1990. At that stage locals had already formed a committee looking at setting up a healthcare facility. Tim joined the committee and offered his services as a doctor. At the same time the Nelson Hospital Board bought the old Post Office as a space for the District Nurse to work from, which the Health Centre now occupies. For the first four years Tim was the sole doctor at the health centre. Over time more doctors were employed and the building extended with great community involvement.

The current dilemma is that the building has reached capacity with no option to extend any further at the present site. The centre employs 23 staff and operates as a teaching practice. Apart from Mapua growing, hospitals are increasing services required by general practices.

The facility will need to be extended in order to meet the needs of the growing community. There is space at the back of the health centre to expand but the Tasman District Council will not allow further extensions because of parking restrictions. Another option would be to build a new health centre but cost of land, etc. is making this a challenging option.

Tim said he has looked into various options and has even come up with a design of the type of health centre he believes would be most suitable for the growing health related needs within Mapua. The actual design plans were passed around the meeting audience for all to see.

An MDCA member raised the question of looking into the option of introducing or partnering with another practice in Mapua. Tim responded that financial viability for GPs was a growing concern with many not able to sustain the high costs involved.

Another member referred to the open space available around 20 Aranui Road and asked if this space

might be a suitable possibility. Tim said that that specific land was council-owned with talks of land divided up in sections already, costing over \$1 million. The only way that this land might be made available for a health care centre was if it came through central government with significant community pressure for the land to be acquired. Tim also said several proposals have been submitted to council for a health care centre, gym and rest home.

The question was raised: How can we as a community proceed to make council aware of the need? Tim said he had approached the council but without much progress being made.

Question: Eight doctors in Motueka came together to form practice/profit-sharing business. Any possibility to do something similar by going private?

Tim said some practices tried doing it through community projects but found no council support for land and were thus forced to go private in some syndicate type of set-up.

Question: What do you want to be known for?

Tim replied: We're about to take on a Health Care Home programme. A new form of delivering health care. Patient-centred where

the doctor goes to the patient rather than patient to the doctor. Best care, best modern ways of doing, providing the extra services and eventually doing it in a fully serviced building to provide a full spectrum of possibilities. In a small way he has tried to do this already.

He was asked if there were any other models similar to Mapua with community ownership, size, building etc. Suggesting that it might be easier for community to attract money than for a number of doctors which might be seen only as a for-profit business.

Tim responded that it would be ideal for a community-owned type syndicate. In reality, you need to look at a 7-10% return. Wakefield was an example of community-owned health centre but the price of going to the doctor is the same as Mapua, as it's still an



expensive business to run. It's a model that has worked but was set up in the 80s.

Tim was asked what his ideal time line would be and he answered that it came down to having sufficient seed funds to make it happen as well as having business momentum behind it.

Tim concluded that the most feasible solution would be for a philanthropic effort aimed at obtaining land and building a multifunctional health care centre specifically for the Mapua community.

MDCA chairperson Marion Satherly thanked Tim for his insightful presentation and encouraged all to get in touch with Tim should they know of any other options available or know of a philanthropist that would invest in such a project.

Water and Wastewater

Also presenting at the September meeting was Rob O'Grady, TDC Project Manager, speaking about the upgrade of Stafford Drive and Aranui Road water and wastewater systems. Rob highlighted the fact that \$15 million has been set aside for water projects in our area with the Aranui Rd /Stafford Dr being one of the first. The project involves:

- An upgrade to the wastewater pump station in Ruby Bay, including a new underground emergency storage tank and odour control.
- A new wastewater pump station at 69 Stafford Drive, which will replace the existing pump station at 72 Stafford Drive. The new pump station will include underground emergency storage and odour control.

- A new water main running from Mapua Wharf to Pine Hill Road.
- A new wastewater pipe running from Mapua Wharf to Ruby Bay.

The project work is targeted to begin in January 2019 and be completed by November 2019. At a later stage, possibly years away, the plan will also involve setting up a pipeline from Mapua Wharf over to Rabbit Island towards wastewater works.

In response to a question from the floor about life-spans of the system and the amount of people it is designed to cater for, Rob said the wastewater pipe sizing was for about 30 years and that estimating population growth could be challenging since our area has had significant growth just recently.

Asked what has been highlighted as the key risk areas, Rob said keeping within budget; not having to do things twice; minimizing disruptions in the community and being sure to be engaged with the community.

Three projects have been grouped together with work taking place at the same time in order to be more efficient—one trench for mains and waste water pipes for example. The community will be well informed about work taking place and how it will affect them. The TDC team is determined to maintain good relations with the community.

It was reported that a substantial rebuild of the steps going over the Tait Street sea wall will start later this month.


Be sure to attend our next monthly meeting: Monday, 8 October at 7pm in the Mapua Hall.

Richard Ewbank

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

Mapua Kai Collective

We had another cook-up in September and now in addition to the macaroni cheese and apple and peach crumble we have bags of vege soup in the freezers at the Mapua Hall, Delicious and Mapua School. Please avail yourself of the free meals if you need one for yourself or know of someone who could just use some aroha from their community. There is no need to justify the collection of a meal. Please take one and feel the love.

We appreciate and thank those that help us to get the meals out to you all. NBS, Mapua Community Hall, Mapua Country Store, Jellyfish for the bags and use of their bagging machine, Jester House, Kristin Harrison Catering and our Mapua community.

If you would like to support this venture financially, you might consider a one-off donation or a small monthly automatic payment. Our NBS bank account is: Mapua Kai Collective, 03 1354 0464683 30. Please include the word 'donation' with your transaction.

If you would like to get involved in the cook-ups go to our Facebook page, Mapua Kai Collective, where we post updates.

Rose Barnes



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It is time to say goodbye to all my lovely shearing clients, as my body has passed its 'ewes' by date and I am off to discover new pastures.

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John Barnett will be taking over as of 1st October and I will be assisting him during this transition.

Thank you all for your support and cups of tea, and especially to those who provided cake and chocolate! It has been a pleasure working with you and I hope to see you around in the future.

Sue McGregor
John Barnett – 027 222 9306
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Applications for Grants

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

Forms may be obtained from the secretary (John Sharman Ph 540-3642) or downloaded from <https://mapuacommunitytrust.wordpress.com> Applications should be emailed as a single attachment to:

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

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

Community Care Project

Since being formed, the trustees of the Dale Vercoe Community Care Charitable Trust (DVCCCT) have been working hard designing the governance structures, understanding the care business and the opportunity in front of us. It will take time to do this properly and we will continue to update the community on our progress. It is also our intention at the right time (in 2019) to also hold open community meetings to inform and consult on progress.

Although the project will be located close to Mapua village, the community we hope to serve will encompass the surrounding neighbourhoods.

Part of the governance structure will be a Community Consultation Group (CCG) that will provide advice and input on how the community values will be supported by the design of the facility and the way it is developed and operated. We expect the CCG to be a group of 10 to 15 people and to have the first meeting before the end of the year. We then intend to meet two to four times a year once the project has some momentum. We are looking to include people who understand the care needs of the community, including parents of young children and elderly/disability carers.

We need some help right now...Communication will be critical to our success as we get up and operational. We would really appreciate some voluntary help, both to take an overview of communications, and also someone with skills that can help us set up a new Facebook site.

We think this will not be a time-demanding role for the next six to 12 months at least, and may be more than one person. If you think you can help us, please send us a short description of yourself and how you can help to dvccctrust@gmail.com, with the title "Communications support" by 10 October.

Regards, DVCCCT Trustees

Hello Animal Lovers

Few people would disagree that whales are some of the most majestic and wonderful creatures on the planet. They are unique and are accepted as very intelligent and social. Sadly over the years they have been targeted and hunted for their oil and flesh almost to extinction. Fortunately since hunting was banned whale numbers have started to increase although some countries still keep up the practice.

One of the more distressing behaviours that whales have exhibited in many countries and New Zealand is beaching; often a whole pod will be beached and it is debatable why this behaviour continues. In the case of Farewell Spit which sees strandings every year, it is thought to be caused by the curved nature of the spit and the shallowness of the water.

Whales communicate and navigate through echo location. They also communicate as a pod so when the echo signals are confused the whales all follow each other and once the water is shallow they cannot get back out to sea.

So many people try to help by re-floating the whales which is not often successful as the whales are still trying to rely on their navigation and often turn back into the beach.

There is no easy solution to this as it is hard to predict when whales are heading for the beach and then they need to be turned back while they are still in deep water. It is sad indeed that any whales are dying needlessly and more research needs to go into how we can communicate with them to help save them from going the wrong way.

These creatures are truly therapeutic to humans and seem to desire contact and understanding. They have large brains and are very socially aware. We could all learn a lot from them. Ideally it would be wonderful to send an electronic signal to them to communicate there is a hazard ahead and it would be wonderful if money for this could be raised. I firmly believe the world would be seriously threatened if there were no more whales.

One last thought on this subject involves the ever increasing pollution of the world's oceans through plastic and general rubbish. Everyone can take responsibility for this and dispose of rubbish appropriately. Also seriously restricting the use of plastic and finding alternatives. Recently due to publicity a significant effort has been made to reduce single plastic bags but more needs to be done. Hundreds of marine creatures are suffering and dying due to this rubbish and it something everyone can do something about.

I am always happy to help with animal behaviour issues.

Sue Mott, Animal Behaviourist

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Mapua Spring Fling on Again

Last year we had amazing weather for our annual Spring Fling and the event was a huge success with well over 350 ice creams slurped, gallons of home-made lemonade guzzled and over 400 sausages chomped. So we're back for more of the same this year on Thursday 18 October.

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

Last year the Sports Tasman crew (courtesy of Tasman District Council) turned out with games galore and a sprinkling of bean bags! There was a giant Connect 4 as well as heaps of other games and activities. The Bowling Club opened its doors for people to try their hand at a spot of bowling. As always the Mapua Fire Crew turned up at the end and completely drenched all the kids!

We have always been fortunate to receive donations that enable this event to happen and sincere thanks go to Mapua Ruby Bay and Districts Community Trust, Club Mapua, Talley's, Hamish's, Mapua Auto Centre, TDC activities trailer team and NBS – who all make a contribution to this fantastic community event. Most of these donors have supported us

for the full twelve years we have been running. We are very grateful for their generosity.

The Mapua Spring Fling is an event for all members of our community to come together and enjoy our Domain and each other's company. It is organised by the "Strengthening our Community" group which works to fulfil the proverb, "It takes a village to raise a child." In recent years a few of the original event organisers have decided to deservedly take a step back leaving us slightly short-staffed. After 12 years, the formula is well-defined, the 'to-do' list is complete and the organising is all run via an email trail. So it is not onerous, doesn't involve meetings and is a worthwhile, rewarding activity. If you are happy to join the organisers or would like to know more, please contact Sally Hargraves on 027 898 600 / 540-3917.



Hills Community Church Presents
Mapua's
Costume Carnival

An Old Fashioned Carnival
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5-7 pm Wednesday 31st October
 Aranui Park and the Hills Community Church

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We are a very close-knit family at the Golden Bear. Recently, our Den Mother, a vital member of our family has fallen ill. Her absence is evident and there is a growing concern for her well-being from friends and customers. We want to share some information about her situation.

After being cancer-free for three years, Ronnie has had a relapse. She is waging an incredible, dignified and determined fight with this disease. We want to make sure that she has all the support she needs and receives the best care and treatment for her condition.

There have been many enquiries from the public about how they can help. For all those who have enquired, we have set up a fund for her. Any donation will help give her peace-of-mind.

Account name: TORTUGA FUND
 Account number: 03-1354-0473432-30
Help return the Den Mother to her cubs.

**A date for your diary—
 Monday 31 October 5-7pm.**

Hills Community Church will hold its free annual Costume Carnival at Aranui Park, Mapua, on Monday 31 October.

As a trick-or-treating alternative, bring your children for a fabulous, fright-free evening of old-fashioned games, sledge rides, bouncy castle, free sausage sizzle and more. Non-scary costumes encouraged. Fairies, pirates, superheroes, princesses, animals, All Blacks, etc, with a prize for the best!

In case of rain a smaller scale version will be held in the new Hills Community Church.

Queries, call Connie on 540-3005.

Mapua Craft Group

During August we focused on blackwork and Suffolk Puffs. The puffs can be made into key rings, handbag ornaments or brooches. These will make useful small gifts. They could also be bookmarks with a long ribbon attached to the puff. Various patterned cotton materials were used to decide the colour schemes. The shopping bags that we have made were donated to the Hospice shop in Richmond. If you have "lost" this shop it is now at the shopping area near Resene.

Correction. On page 17 of the September issue of *Coastal News* the photograph of Ella cutting her cake was taken at a craft morning. The delicious cake was supplied by a shop in Motueka. (See the write-up on page 2 of the September edition).

By the time you read this we will be on school holidays and meetings will resume on 19 October when the theme will be Christmas gifts.

Barbara Halse.




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Daffodil Day

The Cancer Society's annual Daffodil Day was as always on the last Friday of August. This year the Mapua Women's Recreation Group had an abundance of flowers to pick at Don Heslop's property in Lower Moutere, which he grows especially for Daffodil Day. There were quite a few unusual varieties and they made a stunning display.

With the fresh daffodils, Cancer Society merchandise and our cake stall we raised \$2615.10. The money goes to ongoing research and assisting cancer patients and their whanau. We would like to thank everyone for their help and support with this project again.

Rose Barnes and Bernie Turnbull

Lynda's Exercise Classes in the Mapua Hall
October 2nd – November 8th 2018.

Classes during this 6-week period will operate on a CASUAL basis – pay as you go; a great opportunity to come along and give it a go.

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lynda@hht.co.nz 027 222 1491

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PANZ

Spring has definitely arrived. Now the lawns have to be mowed again which means less time to paint! Oh no ... just joking! This is a time of new growth and creativity whether at your easel or in your garden. Our moods seem to be lifted by the longer and warmer days.

We are looking forward to our upcoming two-day workshop with Liz Haywood-Sullivan from the United States. This workshop will be a great opportunity for us to learn and to develop our painting skills.

I am not sure if this newsletter will be published in time for this reminder of the upcoming Impressions National Art Awards 2018 from 29 September through 13 October, at the Mapua Community Hall. The exhibition will be open daily from 9:30am to 4:30pm. Entry is free and all artwork is for sale. Hope you have an opportunity to view this art exhibition as it will have a wide range of outstanding artwork from all over New Zealand, including pastels.

Our group of friendly artists meet at the Mapua Community Hall on Tuesday mornings from 9am to 12 noon. You are most welcome to come along and see what we are creating. For additional information please contact our Area Rep, Glenys Forbes at 03 540-3388 or by email gmforbes@ts.co.nz. You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see what our pastel artists from New Zealand and abroad are creating.

Gloria Anderson, PANZ Member

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Mapua Health Centre

We warmly welcome Camilla Rombouts to our staff. Camilla has come down from Auckland where she was working as a practice nurse with special interest in integrative medicine. She is going to develop this role in our practice and work with Dr Tim Ewer and Dr Caroline Wheeler to provide nutritional and complementary medicine support.

The patient portal service is working well and we encourage you to register for it so that you can enjoy the benefits. It allows you to have access to your own medical information via a secure web server and includes being able to review test results, as well as request appointments, ask questions by a dedicated email option and get repeat prescriptions. In due course it will also allow you to review your medical notes and have full access to all your records. If you would like to register for Manage My Health™ please contact the receptionists on 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, Ceru-



mol or Waxol from the chemist). Only if this doesn't work is it necessary to consider getting the wax removed. There is a special service at the hospital ENT department that offers ear toileting (using a specialised suction device) as well as private options

through Ear Health (0800 400 403) in Nelson, Richmond and Motueka.

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 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 recent research shows that older adults who keep to a Mediterranean diet are less likely to become frail, and those who have a high adherence to the diet have a 56% reduction in risk (*J Am Geriatr Soc*. January 11, 2018). Exercise may reduce disability even in the frail elderly, according to a study, incorporating 150 minutes a week of walking and activities to improve strength, balance and flexibility (*Ann Intern Med* 2018). Even doing virtual reality games can improve mobility skills and balance measurements in community-dwelling older adults (*Clin Rehabil*. Oct;31 2017). Also, 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). 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).

This month's health and school events include:

1	International Day of Older Persons	www.un.org
1-31	Health Literacy Month	www.healthliteracymonth.org
1-31	Breast Cancer Awareness Month	www.nzbcf.org.nz/home
1-7	Stroke Week	https://strokewise.org.nz
8	World Arthritis Day	www.arthritis.org.nz
10	World Mental Health Day	www.mentalhealth.org.nz
9-15	Get Ready Week (Civil Defence)	www.civildefence.govt.nz
11	World Obesity Day	www.obesityday.worldobesity.org
11	International Day of the Girl Child	un.org/en/events/girlchild
16	World Food Day	www.fao.org/world-food-day
20	World Osteoporosis Day	www.bones.org.nz
24	United Nations Day	www.un.org

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Art Awards Attract Big Number of Entries

The second year of the Impressions National Art Awards has arrived and at the Māpua Hall for the first two weeks of October the exhibition will be back in Māpua. For ten years the exhibition was a regular event for Nelson city and it was only last year that it was first held in Māpua.

Entries have arrived again from all over the country and a selection has made it through. Over a hundred artworks will be on display, showing the diversity, depth and skill of art making here. The Awards are an event and exhibition in themselves but there is also the opening event and Award Presentation where the prize-winners are announced.

There are three judges, one from out of the district, renewed each year. They had the job of selecting a supreme winner this year plus the three merit awards that make up the awarded prizes at the opening. Graham Taylor, Neville Parker and Rose Shepherd were this year's judges. The supreme winner takes home a prize of \$2000 as well as being recognized. Last year Sally Barron from Nelson was supreme winner.

The merit awards are to the value of \$1000 each, so there are real rewards on offer. One of the most popular awards is the NBS People's Choice award where everyone can make their selection and vote on a winner. Last year Vicki Jackson, from Marlborough, had the most of the 800 votes and she was the happy recipient of the award and its \$750 prize.

The Impressions National Art Awards have been a Nelson event and the move to Tasman District and the Māpua Hall was suggested and enthusiastically welcomed in Mapua by our artists. The awards started by Lewis and Glenys Della Bosca, are becoming a community event for Māpua, supported by a cast of many who have been guided by local arts organizers Glenys Forbes and Graeme Stradling. The move has been an overwhelming success and this year it is on for longer. Last year's exhibition was enjoyed by about 1500 visitors who saw the week long exhibition.

Sponsorship of course is important for the event to pay its way and once again the sponsors' contribution to our event is warmly welcomed. Impressions Art Shop and Picture Framers in Richmond are the major sponsor of the event. Tasman District Council is also a key funder and the support there is very welcome and helpful. Wine from Kaimira Brightside estate in Brightwater is gifted for the opening. Other commercial sponsors include Printhouse Nelson, Dahler-Rowney artists' supplies, Windsor and Newton Artist's Colours, Golden Artists paint, and Larsen Juhl and Avon picture framer suppliers.

The exhibition is open to the public between 9.30am and 4.30pm daily until 13 October.

Entry is free.

Impressions NATIONAL ART AWARDS
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Whenua Iti Outdoors — Learning New Skills

What has been happening?

A new programme running at WIO is the Service Industry Internship. The programme creates work experience opportunities in the tourism industry to extend the skills students have learned in, for example, adventure tourism or Manaaki Tāpoi (cultural tourism) programmes. It's been a huge success and has formed an important bridge between school and work. The next intake is in 2019.

Focus on Senior Journey and Journey Max

Senior Journey and Journey Max are holiday programmes for secondary students looking for some fun and adventure in the outdoors to kick-start the holidays. Both involve overnights on tramping or sometimes sea kayak journeys and are a great opportunity to make new friends and explore new places. Enrolments are open now if this looks like an opportunity you'd like to be part of.

What's coming up

In October, we start wrapping up Trades Academy programmes for the year. It is fantastic to be able to celebrate the success of our students with graduations and Top Student Ceremonies – we are always amazed at the effort and commitment students make to their programmes. However, we also have to farewell students have been with us for between four and eight weeks and we've all got to know each other pretty well and had some awesome experiences together. We hope it's ka kite ano – see you again – and not

good bye! We wish all our students well for their next adventure!

Mapua School staff and students are taking part in the filming of our Social Impact Report – we are hoping a video will enable us to share the work we do in a way everyone can understand. Thank you Mapua School.

Outdoor Wanderings

So spring has sprung! The days are getting longer so here's one of our favourite overnight trips—heading up to John Reid Hut. It is a steep climb up Chummies Track to the hut and there is a river crossing as soon as you get out of the car. Wet feet and a steep climb? The views you get from the tops are worth every step. Carry some extra fluid as you won't pass any en route.

Built in 1963, John Reid Hut is classic old school six-bunk ex forestry service hut and has just recently had a makeover by the Nelson Tramping Club. The views of Wangapeka Valley and Mount Owen are spectacular. It's a 15-minute stroll up to the Wharepapa/Arthur Range where you can look out to the West Coast.

To get there, head up the Wangapeka Valley from Tapawera. About half-way up there is sign beside the river on the right pointing to Chummies Track. Allow three to four hours one way. Enjoy!


Need more information? Go to:

www.wio.org.nz info@wio.org.nz



Uniformed services (below) looking after a 'casualty.' And left, it's not for everybody; caving can be a tight squeeze.



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The Numbers say it all!

Did you know that around **20** different groups use the hall every week and **5** more monthly. Then every third weekend we have a one off booking. That amounts to an average of **80** people a day or **550** a week. That's over **2000** a month and **24,000** a year!! Not bad for one big small community! That's got to be over a **million** smiles per year, good on us Mapua!

The numbers keep growing with an increasing amount of people running classes, events, meetings & social groups out of our hall, we have the most regular activities happening now than we ever have. Just have a look on our website to see all the new and exciting things going on and get involved!



Carpark Sealing

As you may be aware we received a generous grant from the **Lotteries Grants Board** and contribution from the **Tasman District Council** to seal the hall carpark. We expect the work to take place over a week in October/November at which time the carpark will obviously be closed. We hope to provide our community with a firm date soon so watch this space!

What's On at the Hall In OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1 9.30am Low Impact Dance 6pm Mapua Dance Fitness	2 9am PANZ 1:30pm Tai Chi Beginners 6pm Aerobics 7pm Pilates	3 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas	4 9am Mapua Art Group 6pm Mapua Dance Fitness	5 9.30am DRU Yoga 1pm Mapua Fellowship Group	6 9am Aerobics 10am Pilates	7
IMPRESSIONS NATIONAL ART AWARDS EXHIBITION 29TH SEPTEMBER - 13TH OCTOBER						
8 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua Comm. Assc. Meeting	9 9am PANZ 10am Mapua Creative 1:30pm Tai Chi Beginners 6pm Aerobics 7pm Pilates	10 9am Aerobics 10am Pilates 12.30pm Tai Chi 6pm Yoga with Thomas	11 9am Mapua Art Group 6pm Mapua Dance Fitness	12 9.30am DRU Yoga	13 1pm-5pm Ian Hamlin Painting Class	14 6.30pm The Packhouse Cinema 'The Namesake'
IMPRESSIONS NATIONAL ART AWARDS EXHIBITION 29TH SEPTEMBER - 13TH OCTOBER						
15 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Committee meeting	16 9am-5pm PANZ Workshop 9am Sioux Line Dance 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 3.30pm Mapua Dance Co. 5.15pm Mapua Drama Club 6pm Aerobics 7pm Pilates	17 9am-5pm PANZ Workshop 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 6.30pm Barre Class	18 9am Mapua Art Group 9.30am Flow Dance Fitness 2pm Friendship Group 6pm Mapua Dance Fitness	19 9am Aerobics 9.30am DRU Yoga 10am Pilates 4pm Mapua Drama Club 6pm Mapua Youth Group	20 9am Aerobics 10am Pilates 7pm Motueka Social Dance Group	21
22 9.30am Low Impact Dance 6pm Mapua Dance Fitness LABOUR DAY	23 9am PANZ 9am Sioux Line Dance 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Aerobics 7pm Pilates	24 9am Aerobics 9.30am DRU Yoga 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 6.30pm Barre Class	25 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness 7pm Local Matters Meeting	26 9am Aerobics 9.30am DRU Yoga 10am Pilates 2pm Friendship Group 4pm Mapua Drama Club 6pm Mapua Youth Group	27 9am Aerobics 10am Pilates	28 10am Tai Chi
29 9.15am Yoga with Charlotte 9.30am Low Impact Dance 6pm Mapua Dance Fitness	30 9am PANZ 9am Sioux Line Dance 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Aerobics 7pm Pilates	31 9am Aerobics 9.30am DRU Yoga 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 6.30pm Barre Class	OFFICE HOURS: Monday, Wednesday & Thursday 9.30am - 12.30pm  Like us on facebook WWW.MAPUAHALL.ORG			



Long-Term Thinking

For some strange reason New Zealand has a love-hate relationship with dams. Back in the early 70s there was an outpouring of resistance to raising the level of Lake Manapouri in order to bolster the dam's production capacity.

*Damn the dam cried the fantail,
As he flew into the sky,
To give power to the people
All this beauty has to die...*

This Kiwi-penned song by John Hanlon resonated with many in the country at that time.

Then of course we moved into "Think Big" projects of the Muldoon era (late 70s and early 80s), one of which was the Clyde Dam.

Opponents cited the destruction of private property, or the destruction of the Cromwell Gorge. Some even questioned need for the power the dam would deliver.

In our day and place, those for and against the proposed Waimea Dam in Tasman District continue this fine tradition of arguing about whether or not another dam is needed. There are vigorous arguments for and against the proposed dam in every form of media at our disposal.

One of the tensions in all of these debates about damming water has been the need to balance short-term with long-term thinking. The bigger the project, the more it is likely to cost (a negative) but the more strategic it is likely to be in the longer term (or so the argument goes).

When it comes to making decisions that have long-term implications, it is often hard to appreciate the cost/benefit ratio in the shorter term.

Whether we are talking dams or life itself, this long term/short term tension exists. Do I live my life on the assumption that I have 60-80 years at most, or will life (in some, albeit different form) continue on? If we are simply the product of time plus chance and nothing else, then we can get away with short-term thinking. If, on the other hand, we are more than biological accidents, long-term thinking would seem to be critically important. Christians take the latter position. Jesus put it quite simply (and somewhat disconcertingly) when he posed the questions, "What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"

Geoff Paynter

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Aug 11: Fire Kina beach camp, Cliff Rd. put fire out. No person in attendance. No permit
Aug 25: Sitting on Richmond fire station, big house fire in Stoke
Aug 26: Car v barrier SH60 near Gardner Valley Rd
Aug 30: Cardiac arrest Tahiti St
Sep 1: Alarm activation Mapua School. Nothing found
Sep 6: Bonfire McKee Domain. Put fire out.
Sep 11: Oil fire in pot, Aranui Rd. Damage to kitchen.
Sep 12: Child locked in safe Pomona Rd, child got himself out
Sep 14: Shed fire Moutere highway, possible tractor fault.
Sep 16: Burn-off out of control, Neudorf Rd
Calls this year—60

Safety Tip: Don't Drink and Fry
Take care when cooking, especially when using fat or oil and always keep the pot lid handy. Never use water to put out a fat fire
Never leave cooking unattended
Avoid cooking after drinking alcohol—dial for a meal instead.

At the moment we have 13 fire-fighters. We have room for four more persons who live or work within the Mapua area and can come to training on Thursday evening and call-outs at any time. Ideally should within four minutes of the station.
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Musical Notes of My Life by L M

I love music. In fact, I'm listening to music as I write this. I get carried away with music. I think in music, I ride my bike with music going on in my head. I dream in music, I wake up with a song or a tune in my head. Music transports me to a different time and places. It helps me recall memories and it helps me make memories too. If someone says a word or phrase, I can almost certainly find a song which will in some way relate to that word, phrase or object. I don't seem to stick to one genre. If it's a good song, catchy tune and good lyrics then it gets stored in the hard drive of my brain. The strange thing about this is that in a practical way I am not musical in any way. I cannot play an instrument and many people will testify I cannot dance either. No rhythm at all. Can't even clap in time with a tune.

So, what is *Musical Notes of My Life* about? Simple. A piece of music will be in my head and I will have experience, story or anecdote to tell to go with it. Many stories will be set in the UK, Ireland and Europe. But there will be some that are Kiwi-based too.

Each Musical Note will start with the song title, singer and maybe some of the lyrics. I hope you will enjoy some of the song suggestions and see how I have related them to my life, and how they might relate to yours too.

The Swimming Song by Kate and Anna McGarrigle

"This summer I went swimming. This summer I might have drowned but held breath and kicked my feet and I moved my arms around, moved my arms around."

The day I almost drowned at a lifesaving competition.

After leaving school at 16 with nothing but a signed shirt from all your mates and two GCSEs (General Certificate of Secondary Education) to my name, I had to decide what to do with my life. My friends and peer group who all got more than just two GCSEs, were mapping out their lives quite nicely by picking their A-levels and the sixth form college of their choice. This of course, would propel them straight to a university whereupon they would drink and party for three years, come out the other side with a degree and a career lined up. I, on the other hand took a back road without any career lined up. I had a short spell at the local technical college, which really was short as the pub around the corner was far more interesting than any subject at college. Plus, the pub was also full of the teaching staff so in essence no one was at the college anyway.

After about four months of drinking, I decided to take a job at a local hotel and spa resort. Actually, I

was kicked out of college and was placed by government on a YTS programme. This stood for Youth Training Scheme, and it was a government initiative to get young people into work while also training for a qualification.

So, my placement was in the spa and leisure centre of this hotel and my qualification was an NVQ in fitness. NVQ stood for National Vocational Qualification but to everyone undertaking one, or employers, it just simply stood for Not Very Qualified. My duties at the hotel involved a lot of cleaning of the pool and gym area and not very much of anything else. Still, it paid a mighty £30 a week and helped to keep the Thatcher Government in power by claiming there were fewer people unemployed. Ok, we weren't unemployed, but we were underpaid. Once your year of cheap labour was up, the guarantee would be that you were back on the dole queue while another sucker on £30 a week was taken on in your place.

My manager at the leisure complex was a retired copper, Mr Lindal. Any transferable skills from decades in the police force to manager of the leisure centre had sadly been lost on the journey from police HQ to the hotel. He was a tall, thin man who always wore the same jacket, shirt and tie even though he had no dress code to follow. Of course, the colour of his jacket and tie was black and his shirt was white. Just a piece of the police force he couldn't shake off. However, he apparently still had friends in the force which is how my colleague Jo and I ended up travelling one day to a police lifesaving competition. Having been promised that it would count as a day of work we were eager to leave the hotel in Crewe for a day out in Preston. It really couldn't get more exciting. How wrong was I.

After arriving at a swimming pool in Preston Jo and I were instructed on our role for the day. We were to swim to the other end of the 25 metre pool, tread water and pretend we were drowning. Easy enough. Then a whistle would blow, and eight police officers would jump in, swim and rescue us. With it being a competition, we assumed that they would all have been taught the basic rules of lifesaving in water. Well, all I can say is that I hope none of the young officers were stationed anywhere near to the sea. Most were from the Cheshire and Manchester area so maybe the closest they got to water was the Manchester Ship Canal.

So, Jo, I and six other volunteers jumped in and swam to the deep end as instructed. Once we had been treading water for about two minutes, the whistle went, and eight coppers made a splash as they swam furiously towards us. I watched as my rescuer, an athletic 6ft woman, came like a torpedo towards me. I was thinking not only am I going to get saved

but we were going to win. Then obviously this copper would immediately fall in love with me and we would happily live forever in Warrington or any other industrial towns of the north-west of England.

My dreams of happy ever after soon turned into nightmare as PC Plod reached me. "Get on your back," she growled. Having been treading water for a while my buoyancy seemed to have left me and getting my legs horizontal and being on my back was a near impossible task. A quick look sideways revealed that other volunteers were quite happily being rescued and they and their lifesavers were swimming the 25 metres back to the end of the pool.

Having not been able to follow instructions as quickly as PC Plod wanted me to, my ideal date was already sinking in my head as the rest of my body was just sinking. With a roll of her eyes and a gasp of exasperation, she grabbed me around the neck and proceeded to start her swim back. Now I am not trained in lifesaving but I do think the fundamental element is to save the person. i.e., do not try to drown them before you get them to safety.

PC Plod obviously had other aims and objectives, none of which involved me safely making it to the side of the pool. As she swam back the neck hold on me was turning into strangle. Ok, I thought a bit rough but at least I'm being saved. It was the next 20 metres I found most difficult. At this point the strangle hold was beginning to take effect and then she decided that I needed to be pulled along backwards underwater. This left me flailing my arms and kicking my feet. All this seemed to do was, irritate her further and put more pressure on my neck and head until my

face was totally submerged. Trying to gasp for air and swallowing copious amounts of water I finally realised I could put my feet on the bottom so against a lot of resistance I stood up. We were at this stage only a metre from the end. Everybody else was by now out of the water and watching the spectacle that was unfolding in front of them.

PC Plod looked at me with a vicious angry stare and pushed my head once again into the water while shouting, "I could have won it if it wasn't for your imbecilic behaviour." She then just jumped out of the pool and stormed towards the changing rooms. I wanted to shout after her that "it wasn't my behaviour it was yours. You nearly bloody drowned me." Of course I couldn't say anything like that as I was still coughing up water. My friend Jo was doubled over with laughter and to rub it in further she was holding in her hand the number of Mr PC Plod who had saved her.

Jo and I thought it was best to wait a while before we ventured towards the changing rooms in case she was still there. I had had enough of police brutality for one day and I was quite happy to be heading back down the M6 to Crewe. I do hope she was put on desk duties for the rest of her career and her career was a short one at that, as what she did to me was just not very PC!

As for my friend Jo, well she became a police officer and is now happily living and working in Warrington.

Your Boots are made for Walking

Bob & Mary from Mapua-based 'High Places' are just back home from another successful Iceland season. Their 'Iceland Contrasts' trip is a 14-day walking holiday with mountains, volcanoes, great waterfalls, lava deserts, a 25km canyon and steaming fumaroles atop the Mid-Atlantic Ridge. No camping or carrying! Next trips July/August 2019.

Two other trips to look out for: March is a great time to see Patagonia with autumn colours and fewer people on the popular Torres del Paine trails. The 'High Andes of Patagonia' (18 days) treks in both the Fitzroy massif and the classic 'W' trail in Paine. It can also link with the 'Chile Volcanoes' trip (18 days) combining the Paine trail with the volcanoes, lakes and monkey puzzle forests in the Chilean Lake District. March/April 2019.

In April/May we go to India and the tiny mountain kingdom of Sikkim. Our 'Sikkim -High Circuit' trek (22 days), follows a trail along high ridge-tops and over passes towards the mighty Kanchenjunga. Two days recovery in legendary Darjeeling is a great finale. The historic overnight sleeper train from Kolkata 'The Darjeeling Mail' can be an adventurous option.

Both our Patagonia trips and the Sikkim Trek are up and running with places available!



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Book Review

Wildfire, by Ann Cleeves, and *The Pillars of the Earth*, by Ken Follet. Reviewed by Anne Thompson. These books are available in the Mapua Community Library

Wildfire is the eighth and final book in the author's Shetland series. Knitwear designer Helena and her architect husband move from London to give their children, autistic Christopher and Ellie, a better life. Although they love the wild landscape and their new home, malicious gossip, anonymous notes and the suicide of the previous owner of their home in their barn unsettle the whole family.

Things take a turn for the worst when the nanny employed by the local doctor is found hanged in the family's barn. The local policeman, Jimmy Perez, investigates. Is it really suicide? Is it murder? Who really knew the victim? How will Perez cope with the stress and upheaval in his personal life?

Set against a brooding, atmospheric landscape this is a story of murder, dysfunctional families, abuse and the difficulties of outsiders in insular communities riddled with rumour and gossip.

The Pillars of the Earth

I think the test of a great story is that it can be re-told or reread possibly many, many times without losing its ability to enthrall.

I first read *The Pillars of the Earth* several years ago; it was originally published in 1989. I enjoyed it then but a truly awful adaptation for television put me off rereading the story. However, last Christmas I read the final book in this trilogy, *A Column of Fire*, and decided to go back to the beginning of the series.

And it needs to be a decision. The book is huge; the paperback edition has 1075 pages.

The story concerns the building of a cathedral in Medieval England in the imaginary town of Kingsbridge. England is in a state of chaos. Civil war rages as rival claimants for the throne, King Stephen and the Empress Maud battle for supremacy. The Church and the nobility change sides frequently, plotting to ensure that whoever eventually rules does not limit their power, money or influence.

Meanwhile, the building of the cathedral moves forward in fits and starts. Building is expensive. New ways to resource the building project need to be developed. Resources such as stone and wood are often controlled by forces opposed to the building of the cathedral in Kingsbridge, as opposed to another town. Always predicted to be a decades-long project natural disasters, political manoeuvring, unskilled builders and various personal jealousies and rivalries all impact on progress.

Although the primary theme is the building of the cathedral the book also tells the stories of the builders, their partners, the monks and the Prior of the Benedictine monastery, the nobility and the political and Church leaders.

The novel blends historical figures and fictional characters and gives an overview of life in Medieval England. The grinding poverty of most of the peasants, the brutality, corruption and power-seeking of the Church hierarchy and the nobility. The book also describes the architectural and engineering discoveries that allowed the building of tall buildings with



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Mapua Community Library

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Grant from TDC: We are very excited to have received \$3000 from the Tasman District Council Community Grants Scheme to go towards new book purchases. Look out for more new books in the library!

Children in the Library: A number of volunteers have commented how much they enjoy children arriving in the library after school and enjoying some reading time until their parents/caregivers arrive to meet them. We love that the library is a handy haven for our village children.

Membership Cards: No you don't have to show your cards to borrow books. Simply advise the desk volunteer of your name and address. In fact, we won't be supplying future new members with cards. Our MDBA-sponsored card supply is nearly exhausted and many members don't have their cards with them when they pop in, so it was decided to put the funds towards more books.

Displays: Diane Tucker's beautiful paintings are with us until mid-October. We will then feature Rowena Lukomska's textile wall hangings until late November.

The foyer book display features books celebrating spring colours on the cover and they are all available to borrow immediately.

Quiz Night: Huge thanks to everyone who supported this fund-raiser at the Sprig and Fern Tavern.

We raised \$558.70. Thanks to the Sprig and Fern team for hosting and organising the quiz.

Cartridge Recycling Reminder: A drop-off bin for used cartridges is available at the library during opening hours

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.

School's Art Auction

The team behind Tasman School's biennial arts auction has its strongest line-up of artists yet.

Art Bid Win co-ordinator Anna Simpson says the school's fund-raising committee has focused on attracting the best talent possible and, as result, the programme reads more like something you would expect at a big city gallery than a fund-raiser for a small country school.

More than 40 established artists are supporting Art Bid Win, including Nic Moon, Robin Slow, Stephen Howard, Darryl Frost, Katie Gold, Mark Fa'avae, Lloyd Harwood, Craig Potton, Marion Towns and Peter Geen.

"We really want to raise the bar this year. We have the best group of artists yet and for the first time we're offering online bidding and holding the auction at Darryl Frost's Frost & Fire Gallery. We'll also be offering complimentary local wines, Jester House canapés, a cash bar and live music," Anna said.

Art Bid Win starts with Exhibition Week, also held at Frost & Fire Gallery, from November 10 to 16. Open from 9.30 am to 4pm, the exhibition will feature all the works up for grabs, including ceramics, furniture, jewellery, paintings, photography, sculpture and textiles. The Live Auction Evening will take place on Saturday 17 November from 5pm with Matt Lawrey as MC and Liam Boshoff as auctioneer. Around a dozen artworks will be going under the hammer with people welcome to make bids in person or online. Phone bidding will be available by prior arrangement.

Money raised will be put towards inspiring and educating the children of Tasman School to explore and discover the world of art.

For more information and to purchase tickets (\$38.50) to the Live Auction Evening visit: artbidwin.co.nz

Art – over 40 works from sought-after artists.

Bid – in person, online or by phone.

Win – an opportunity for artists, art buyers and Tasman School.

Contact: Anna Simpson – anna@artbidwin.co.nz or 021 973 363



ART BID WIN

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WEEK 10-17 NOVEMBER
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Adele Calteaux

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Spring is in the air which makes us feel a whole lot brighter. As the days get longer and the sun has some warmth to it, we can all look forward to Spring fever hitting. The gardens look amazing at this time of the year with beautiful blossoms and daffodils in full bloom. If you are planning on selling your property and would like to get a **premium price**, get in before everybody else does. Now is the time to list (before purchasers are spoilt for choice). You will achieve a higher price when there are fewer properties to choose from.

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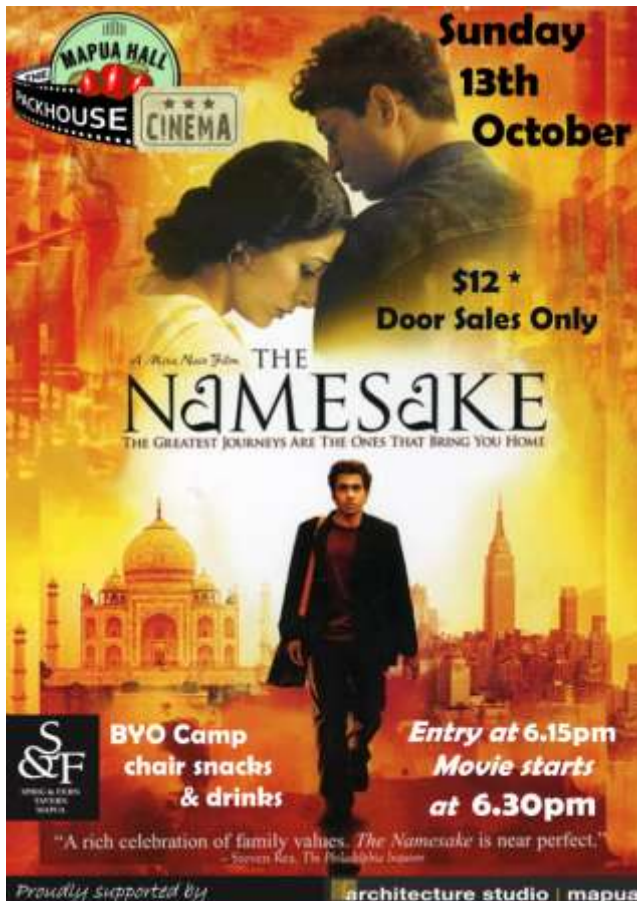
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The Namesake

Reviewed by Mapua Movie Mogul'

This film is everything a good movie is supposed to be: diverting and credible. You are left in no doubt as to the integrity of the characters in their respective roles.

The movie begins when Ashima, a young girl in India (played by the intoxicating Tabu) is introduced to a prospective husband, Ashoke. She decides she likes him because before entering the room to see him for the first time she notices his Western wingtipped shoes outside the door and decides he must be an interesting person.

He becomes endeared to her (and us) when she is asked to recite a beloved sample of English verse and he smiles at her composure and suppressed fear when she is interrupted by his pedantic father.

She agrees to marry this engineer and he takes to the USA to live in New York. Slowly she begins to adapt to her new life in a very different culture from the India she grew up in. The movie follows her for 25 years as she sees her two children become Americans and face their own issues. Such as loneliness, joy, tribe, custom, and life's relentless call for us to adapt.

Its most understated point is that none of the good would have come to pass if not for the success of the arranged marriage between Ashoke and Ashima, and the good fortune that this wonderful young woman had to link up with the kind and loving Ashoke. It is the success of the parents' marriage that makes everything possible for young Gogol and his Caucasian girlfriend.

Note: With attendance falling, movies in Mapua may have to cease. See you Sunday 13th.



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Function 6 CLOSED
FOR
WEDDING 7 CLOSED
FOR
WEDDING

12 13 14

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Why I Love Personal Training

For me personal training is essentially about exercise and a personal relationship with an individual. And of course the big little things. The exercise is understanding what each person wants to achieve with me and going on a journey to achieve it.

When I personal train with anyone I enter into a unique relationship with them. I gain an insight into a part of their personality, I learn about them and the important people in their life. I am given access to concerns, challenges they may have and special events they are fearful of or excited about.

These elements inform and shape how training can go, needs to go, or in some cases don't go.

The big little things.

The big little things are the moments when an individual gets something functional back from coming to the gym. It's that something they had once lost or have not had for a long time, or it's that something they never thought they could ever possibly do. This may be being able to do a box jump for the first time, or proper squats, or crouch down or bend down to pick something up – bending the knees and lowering the body confidently and safely are a huge deal for a number of individuals.

The big little things make me so happy. I often bore my lovely, patient better half with stories of the big little things (where appropriate of course), and of times when world records for individuals have been set and broken! These personal milestones are what makes my day as a trainer, and helps individuals to recognise the gifts you get from training your body – and of course let's not forget the mind too – when you step into the gym with a little or a lot of intent.

So come in and give it a nudge, as I like to say. You will be surprised what you can do in the gym and you'll be surprised what gifts it gives back to you.

Contact Marv on 027 312 6435 or call in at the gym for a chat.

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Motoring with Fred

Terry's Red Porsche



Terry, a local Porsche owner, took me for a spin in his red Carrera 2 last weekend and also invited me to the following Sunday's gathering of the top of the south Porsche Club lunch at the Upper Moutere Hotel. I arrived there too early and was wondering whether I had the days mixed but then Porsches started to appear.

It was a grand display of 24 cars including Cayan S, 911 Turbo, Boxster, Carrera 4, Carrera 2, 911 GT, Spyder and the granddaddy of them all, a 1950s Porsche 356, the first model. It was a tribal gathering of Porsche enthusiasts and their cars from Blenheim and Nelson. A great display of colour and Porsche sports cars.

Andrew, the first South Island president of Porsche Club NZ outside of Auckland, had great knowledge of Porsche and its history. I did like how Andrew defined his Porsche to himself, to quote, "I tell people I like to drive my Porsche but not to be seen in it." ie, Andrew owned his car for the driving experience, not to be seen posing in it.

Terry invited me on a ride around Ruapuna race track at a Christchurch Porsche club's track day. That sounded real good and I could conclude with some family stuff. I've got to say it was a buzz be to involved in a gathering of true sports car drivers. All chatting about Porsche's with a blare of engine noise as each driver got their turn on the track.

Someone lent me a crash helmet and I was all strapped in as we moved slowly up the line waiting for our turn on the track. Lots of marshalling going on but finally we rumbled out to the start line and then along with the final clearance to go there was a blare of noise from the rear of Terry's red Porsche Carrera 2. The 3.6 litre engine with 275hp blew the

1340kg sports car off the start. Coming up to the first left corner we were still accelerating but the Porsche did not notice the corner. Coming into the next corner with the smell of racing fuel in the air we were now honking it and I was there to enjoy the moment. Looking at the speedo might have stressed me so it was eyes ahead.

Terry had a determined look on his face, or was it a smile? Down the back straight and I did look quickly at the dash and saw 4000 but didn't look back again. The car was a blast; solid cornering with the new adjustable suspension, powerful and a top speed I was too stressed to look for.



Terry was in touch with the car the whole time or he might have but-toned off on the hairpin as I was saying whooo! We cruised to a stop and we changed seats and I was driving the fire engine red Porsche. The dash set up was excellent with all gauges up high and in your vision except the rev counter was centre with the speedo off to the right. So what I thought was the speedo

was the rev counter. This meant I had to feel the car around each corner rather than depend on the speedo. Full concentration was required for the very positive steering, no lazy one-hand driving this car. I loved the noise and the expectation of speed over danger. It has got to be my best ever fast car driving experience. Thank you Terry, that was a blast.

Andrew also told me they do driver training for new owners who need a bit of tutoring for safety. Good on you NZ Porsche Club for promoting safety in your sport.

Terry, thank you for letting me drive your shiny red Porsche, it was better than a V8 muscle car to drive.

Fred Cassin

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I used to be indecisive. Now I am not so sure.

Nostalgia isn't what it used to be.

Evening news is when they begin with "Good Evening", and then proceed to tell you why it isn't.

Hills Community Church



As we come to October, we have passed a significant milestone in our family life. Our youngest, Emily, has now started the adventure of school. She was certainly ready for it, has been super excited about going to school for a long time, and she jumped into her school visits with her usual joy and excitement.

The words used to describe Emily, are words like – enthusiastic, happy, extraverted, and friendly. She brings a joyful and exuberant life to our family. She has a plenty of friends from preschool who were already in her class to welcome her.

In the midst of all this excitement though, the enormosity of this transition was brought home to me. The night before her first real day, when I chatted and prayed with her, as she went to bed, I said that she would have a great day tomorrow. Her response surprised me, 'No, it will be a bad day.' I casually replied, oh why is that, and a little quiet voice replied, 'I will be worried.' Worried about what? 'Because there are so many people there.'

It made me realize that even at five years old, we have an amazing ability to portray an outward appearance that sees us able to fit in with the world around us and yet, deep inside of us there is a little voice, that reveals our inner fears and anxieties. For many of us the journey of life can be one that buries this inner fragility under an outward shell. When we read scripture we come to meet a God, who seeks to embrace us in our weaknesses, and in our deepest places. May we have the courage to let God behind our walls, and

may we have the trust to know that we have a Father who longs to embrace us and in him we have find our true home and security.

In Christ, Rev John Sherlock

Sunday Worship

9am Traditional service, 10.30am Contemporary service and children's programme including creche. Morning tea between the services. Holy Communion celebrated at both services on the 2nd and 4th Sunday.

Youth Groups

Year 9 to 13 Fridays at Mapua Community Hall
6.30pm-8.30pm.

Year 6 to 8 Thursdays at Hills Community Church 3pm-4pm.

www.hillscommunitychurch.org.nz, phone 540-3848

Rev John Sherlock, revsherlock.hcc@gmail.com or phone 021 070 7276

Letters to the Editor

Can You Help?

I am emailing on behalf of a beautiful friend who has suffered for the last 20 years with Lyme disease and also ME [myalgic encephalomyelitis]. She has been living in Mapua for several years getting treatment. However, because of her illness many will not know her.

Her strength to get through a day is heroic to say the least. She has multiple seizures daily, each exerting more exhaustion on her body than you or I would feel if we run a half-marathon. She has musical gifts waiting to be unleashed. Yet her body physiology is in a constant fight with her every minute of the day. We are trying to raise \$80,000 so she can get specialist treatment in Cyprus for Lyme Disease and ME, where they have successfully given many people back their lives.

NikkiJo Tyrrell is the beautiful friend. We are trying to raise awareness of NikkiJo's need and gain some community support for her recovery. She is hoping to leave in October for Cyprus, depending on funds.

Get Nikki to Cyprus to get her life back! Givealittle
<https://givealittle.co.nz/cause/get-nikkis-life-back>

Kind Regards, Sony Denny



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If I agreed with you we would both be wrong.

A bus station is where a bus stops. A train station is where a train stops. On my desk I have a work station...

Improve Balance, Mobility for Seniors

If you talk to ACC you will realize that one of the biggest areas of concern is not just the treatment injuries, but the prevention of them also. Latest statistics read that if you're over the age of 65 you have a 1 in 3 chance of having a fall this year. The rate climbs dramatically as you get older to almost 50% for those over the age of 80. No wonder that falls in the elderly population have become a leading cause of disability, not to mention a loss of independence.

The reasons for having a fall may be varied. However, a person's gradual loss of balance, co-ordination and drop in mobility and muscle strength all contribute to a person's fall risk, regardless of age. Traditional ways of reducing these have been to:

- Encourage exercises and stretches for muscle tone and flexibility
- Monitoring medication as some have been known to affect balance and gait (walking)
- Eye testing and reducing visual impairment
- Reducing any known danger areas in the home.

Unfortunately, most of these measures tend to overlook one of the most important reasons for a drop in co-ordination in the elderly. This measure is a decline in the nervous system function that occurs when people age. As the body begins to degenerate, structural misalignments of the spine system commonly place pressure on nerve signals sent to and from the brain. Over time if left unchecked this can cause a


significant loss of balance, poor control of the limbs and a decrease in mobility. All of which are significant contributors to encouraging falls and injury.

A recent study by the New Zealand College of Chiropractic showed significant changes in sensori-motor function (balance and co-ordination) for elderly patients enrolled in chiropractic care compared with a control group. Although the study was too small to conclude whether it would reduce falls in elderly, it nonetheless confirms what many sports chiropractors have known for years. This knowledge being, that having a healthy functioning spine and nervous system can be the difference between winning gold and silver, and for an elderly person even more important maintaining their independence.

The benefits of chiropractic care go far beyond helping people with chronic pain and injury. It can also help to reduce postural problems associated with a number of clinical conditions. Patients with Parkinson's disease suffer from chronic impairment in their mobility which causes abnormal posture, freezing of gait, and leg weakness. Together, these symptoms have a direct effect on the ability to perform the activities of daily living safely without falling. Through spinal corrective care, soft tissue work, and functional exercise, chiropractors are able to improve joint range of motion, flexibility, and mobility. This can not only help to prevent falls in seniors, but improves their overall health and happiness as well.

If you are concerned with your present well-being and would like to have a check-up to evaluate where your motion and flexibility status lies and what can be done to improve it, please give our friendly team a call at Coast & Country Chiropractic Centre. We have offices in Mapua and Motueka.

Dr Ron Howard



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Playcentre

The article this month is about juggling. Not the circus kind of juggling, although to be fair it's sometimes hard to tell the difference in my house, but the kind of juggling that parents do every day to keep things running smoothly. This topic has come up in conversation with several members of Playcentre lately and it has made me realise how little credit we often give ourselves for our juggling ability.

Multi-tasking has taken on a whole new meaning for the modern parent. Not only is there the tasks required for the day-to-day running of a house, but there is also now a real emphasis on pro-active parenting that focuses on every aspect of your child's development. I'm sure every generation aimed to raise happy and healthy children but it seems to me we are bombarded with more messages through social media, literature, experts and support groups than ever before about how this should actually be done. The result

is that we have several balls in the air at one time and our job is that we don't drop any least our children's social, emotional, physical, nutritional or spiritual needs be harmed.

Don't get me wrong, this isn't a woe is me. There are many things that have made parenting easier for this generation also, but as I look around at all the mums and dads out there I know juggling, I think something needs to be said, and it's this... You are all doing a fantastic job. I see your worry that you are doing things right, I see your guilt if you need some time out for yourself, I see the tiredness when your children are sick or your partner is away, and I see all the effort you go to make sure you keep those balls in the air. Those of you that are doing it by yourself—I see your superhero capes flying high. The fact that you are concerned and that you care so much is the reason you are doing a good job, no, a great one.

One wonderful thing about coming to Mapua Playcentre is that it is an opportunity to share the juggling load for a few hours. Often when I am attending to my one-year-olds exploration of the water trough I'll look up and another parent is helping my four-year-old set up an obstacle course. Parents at Playcentre just get it and they intuitively understand about the juggling we do, because they do it too. It really helps to have a conversation with someone who is facing the same challenges you are and knows what you're on about!

Come and check Mapua Playcentre out for yourself. We offer a term of free sessions for first-time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 253 4264, email: mapuaplaycentre@gmail.com or find us on Facebook.



Playcentre

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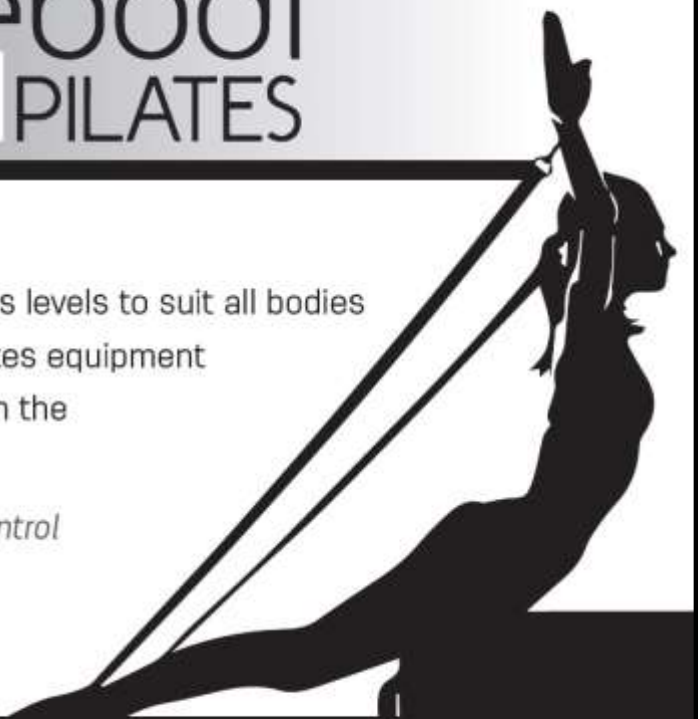
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-Spring is upon us-

Spring is a vibrant time of the year.

- It is a time when new life begins (lambs are born; daffodils bloom; trees blossom; and the grass and weeds grow)
- It is a time when the days are starting to lengthen and one starts to feel those fun filled summer days and evenings are just around the corner.
- It is a time of unpredictable weather, when one minute we are being bathed in warm sunshine, showered with rain or reaching for an extra layer to fend of the cold.



Spring is also a time when some of us may start to think about that special piece of equipment to lessen the work load of maintaining a property.



The seasonal use of mowers, chainsaws, weedeaters, hedge trimmers, quad/ATV bikes and the like makes it very easy to forget that they need to be serviced and maintained regularly.



I am sure you will agree, there is nothing worse than planning a property maintenance day only to find that your lawnmower, weedeater, hedgetrimmer, yard vac, chainsaw etc will not start, or even worse, if it breaks down halfway through the job.



Our advice is to plan now for a pleasant and problem free property maintenance experience.



Wishing you happy and safe motoring....

the team at

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 "YOUR AUTOMOTIVE SPECIALIST"



MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Administrator: Mel Stringer
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mdba@mapua.co.nz

Hi all

I hope you're enjoying the joys of spring!

We figure here at the MDBA that it's time to have a knees up—so members make sure you watch out in your inboxes shortly for more info on a fun social evening to be held in the Mapua Hall!

Mel Stringer—Administrator MDBA

Anna Barnett Pottery



Cottages

Character Teapots

Ceramic pendant (P8)

Ceramic Flowers (L1)

Pottery Hearts HG123

Glass Art Wall plate

Along with a range of functional work, I specialise in creating intriguing textured, coloured, tactile surfaces on my Ceramic Art pieces.

My work is inspired by the natural world, and is continually evolving as I follow up on test results that emerge from my kilns

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We are a small specialised company dealing in the production and sale (mostly export) of biological products for the control of plant diseases.

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Supporting Local Businesses since 1992

Noticeboard

Kidz 'n' Koffee playgroup: Wednesdays 10-noon, Hills Community Church (during term time). All parents & carers welcome, we cater for 0-6 yrs. \$2 don/family. Make some new friends. Info: Verena 027 435 1932.

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

Ruby Coast Walking Group meets 9.30am Wednesdays outside Tasman Store. Walk ~1½ hrs, then coffee & muffin back at the Store. All welcome. Just turn up. Fiona 526-6840, fiona.oliver@xtra.co.nz

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

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 7.30am at Java Hut most days of the week. Info: Debby 027 327 4055.

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

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 03 970 0565

Sing Your Lungs Out! Free community singing group for anyone with respiratory issues, followed by morning tea. Singing improves your lung health! 10am Mondays, Te Awhina Marae, Pah St, Motueka. Pip 0274 282 693

Mapua Craft Group: Fridays 10-noon, supper room, Hills Community Church. Simple craft work, occasional guest speakers, demos & outings. A social, a cuppa, some easy craft. \$2 + koha for materials. Just come along

Fair Exchange: We are having a seasonal break until September...see you all in Springtime.

Ruby Coast Newcomers Social Group: meet new people, make new friends. Coffee 10am last Fridays at Tasman Store & occasional social events. Just turn up. Vivien/Richard 526-6707, vpeters@xtra.co.nz

Tasman Area Community Association (TACA): 7.30pm last Wednesdays (not Dec) at Tasman School. All Ruby Bluffs to Tasman & Kina residents are welcome. Info: tasmancommunity.org.nz

Croquet Mapua: Come join us Sundays 1:30pm & Fridays 10am at Mapua Domain / Iwa Street end. All abilities welcome. Inquiries Myra Boyd 021 146 0234.

Motueka Senior Net. Technology for mature adults. Monthly meetings. Help sessions 2x/month. De-mystify technology in a fun and friendly forum. Clubrooms 42 Pah St Motueka. Senionet motueka.org.nz

Mapua Art Group meets Bill Marris Room Mapua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media welcome. \$5 includes morning tea. Tables, chairs & easels provided. Cushla Moorhead 03 528 6548.

Java Hut Knit Group: 10am Tuesdays at Java Hut. Bring your knitting or crochet. Debby 027 327 4055

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

Mapua Friendship Club: 3rd Thursdays & last Fridays, Mapua Hall, for indoor bowls & bring-a-plate afternoon tea. New members enthusiastically welcomed. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

Fair Exchange: Appleshed restaurant 8.45am 2nd & 4th Wednesdays to exchange home grown and home-made produce & goods. We welcome everyone! Info: Judith Holmes 021 072 8924 / 544-0890.

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

Re-cycling for Printer Cartridges at the Library. Printer & Photocopying cartridges accepted. Reduce waste, raise funds for the Library. Two good reasons to re-cycle!

Fibre Craft Sunday. Birch Hall, Richmond A&P Showgrounds. 1.30-3.30pm. Learn to spin, knit, felt or weave. \$5 includes tea or coffee. All ages welcome. Monthly, last Sundays, next: 28 Oct. Richmond Creative Fibre Group: Diane 547-6517 or Karyn 544-9709

RSA: Anyone interested in joining the Moutere Hills RSA is welcome. No former service history is required. Great platform to catch up & meet new members of the community. Nic Poultny 021 220 3920 or 548-4420

Intermediate Club Year 6-8: 3-4pm at Hills Community Church. Food, fun & Hangout. Contact Mark Waweru 020410 48 799

Community Youth club. Year 9 -13 youth. 6.30-8.30 most Fridays at Mapua Hall. Contact: Mark Waweru 020 410 48 799. Funded & co-ordinated by HCC.

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. Info: Derek 540-3364 ev, or Claire 03 526-6819.

Technical problems solved! - Can't set up something new you've bought? Need computer tuition? Local help is at hand! Web design and mobile app creation also available. Call Sam, 03 544-0737, sam@sambennett.co.nz.