

## This is OUR HALL

I drifted on to the hall committee three years ago oblivious of the work entailed to keep our hall in great shape. It soon became apparent that a small group of very talented people were giving many hours of their time to ensure the high standards you see at the hall today are maintained.

Because of the group who spent long hours applying for grants, the ensuing funds have resulted in major improvements such as wall coverings to improve acoustics, AV equipment, large carpet runners, an updating of the carpark, the replacement of decking areas, new shelving and new furniture. The list goes on.

The new AV system has been described as fabulous. The group that were given instruction as to its use on Monday were delighted with this \$32,000 installation.

A very different scenario existed in 2015 when Reinhard Gebhard joined the committee.

He recalls there was a debate as to whether they could afford new light bulbs!

After the extensive renovations of the hall, Tord Kjellstrom and his hard-working team had handed the hall to a new group. Many of the original team were exhausted after their mammoth effort and needless to say the bank account was depleted.

Reinhard, originally from Germany, only accepts the best. His background of first working in a building firm and then becoming a business entrepreneur has proved to be invaluable over the past five years. Nothing escapes his eagle eye. He is a worker, a talented handy man and was a very able treasurer.

The following year Sue Lockhart joined the team and soon became the secretary. She too is a very able person who was head-hunted from her position at the Nelson hospital to become the Senior Payroll Manager for the three Auckland DHBs.

She retired four years ago, and our community has been very fortunate to gain her expertise both at the hall and at our local library.

Sue is far more than just a keeper of minutes. She is an administrator, leads the team of Karen Wellsford and Anita Green in applying for grants, is actively involved with fundraising, record keeping and along with Reinhard and Ross was involved with marketing. She is often at the hall, working with Anita our very capable hall co-ordinator.

Ross Lovell also joined the committee in 2016 and he and Reinhard share the same values. We heard of Ross when we first arrived in the area 14 years ago. Many acknowledged that he was an outstanding builder. He started his career as a student of engineering but building beckoned. In conversation he noted the huge satisfaction he gained from his years leading a team to build architecturally designed homes.

Our two perfectionists have quietly worked at repairing decks, building shelving, organising the carpark overseeing the AV system, changing taps and lights, and doing general maintenance. Last year Ross took over the chairman's role and proved to be equally efficient here too.

There have been many of us on the committee over the past three years and all have contributed. It was exciting for me to exit and note the quality of the team. Ross at the helm along with Bill, Christine, Barbara, Karen and new members Nicque, Sue R and Adrienne along with Sue and Reinhard.

**Funds.** Gone are the times when it was a struggle to replace light bulbs thanks to the many folk over the years who have given their time and energy to support the hall.

I could fill up the Coastal News if I were to write a paragraph on the many important contributors over the years. People like Bill Marris followed by Jim Bryce, the unpaid caretakers for many years.

While the hall is on a much better financial footing than it was it is important that everyone in our community takes ownership of this important community asset.



**Sue Lockhart and Reinhard Gebhard**



**President Ross Lovell**

*cont'd from previous page*

### **This is our hall.**

It does not belong to the local council. The council have made generous donations to the upgrade of our hall and major improvements such as the upgrading of our carpark, but the hall belongs to each and every one of us.

There are many generous firms who contribute regularly. Among them are The Sprig and Fern, The Playhouse, Local architect Simone Wenk and the generous anonymous person who donates \$1000 a year. Sandra Bishop organises the 4Square noticeboard and donates the substantial profit to the hall each year.

At only \$15 a year, you too could become a hall supporter. If half of our local population joined as members it would greatly ease

the fund-raising workload that is currently the responsibility of a few. Anita at the office is happy to accept donations on Monday, Wednesday and Thursday mornings.



**Peter O'Halloran our tech wizard**

The final person I want to mention, quietly organises two events which result in approximately a yearly \$6,500 contribution to our hall.

We owe a huge thank you to Peter O'Halloran and his team who have set up and run the Pecha Kucha night. It has been a very popular successful yearly event which Peter has been organising for the past six years.

He is also the organiser of the popular monthly film evenings. To date he has shown 50 films.

To all who have contributed to our special hall our grateful thanks.

*Joyce Bullock*

## **Māpua Community Wellbeing Trust**

**Formerly called the "Dale Vercoe Community Care Charitable Trust Board"**

**S**pring heralds a new focus and a significant opportunity to move forward for the renamed Māpua Community Wellbeing Trust.

It is over three years since Dale Vercoe offered to donate a parcel of land near his house in Māpua Drive for a community respite centre.

A Trust Deed was established, Trustees appointed, and charitable status granted to the newly formed "Dale Vercoe Community Care Charitable Trust Board". This new legal entity and Trustee Board enabled a significant amount of work to be done to investigate how Dale's vision for a respite/care centre could be turned into a sustainably fundable centre that would meet the care and respite needs of the local community.

Unfortunately, the ability of the Trust to develop the land and provide water and sewage services proved to be unachievable in the short to medium term. This left the Trustees searching for alternative ways of achieving the Trust's objectives of:

- 1) providing health and respite care and other assistance to those in need within the Māpua area and elsewhere.
- 2) establishing and maintaining programmes, interventions and mitigation strategies aimed at addressing health and welfare needs or concerns particularly within the Māpua community.

In parallel with this work, the Trustees consulted with key community groups and individuals on how to ensure that the Trust Board was as representative as possible of the local community. The search began to find suitable

additional trustees, either drawn from the relevant community groups in Māpua or who would help to balance the composition of the enlarged Trust Board.

This dual search by the Trustees coincided with publication of the results of the transport survey carried out jointly by the MDCA and Hills Community Church, and the establishment of the Māpua Community Hub project.

To find out if this project might provide the alternative way forward the Trustee Board was searching for, the Trustees joined the small group set up to take forward the Community Hub project.

Three months of work by this small group has identified some exciting opportunities for jointly meeting the aims of the Community Hub project and Trust.

Discussions are currently taking place over the use of the Trust as the formal legal vehicle for taking forward the Community Hub Project and the use of the old church land and building as a Community Hub centre.

The Trust has been renamed the "Māpua Community Wellbeing Trust" to reflect its wider focus that would include providing the umbrella for the Community Hub project. The Trust retains its charitable status and has undertaken to use Dale Vercoe's name for any future initiative by the Trust that uses land donated by Dale Vercoe.

The Trust is in discussions to appoint three new Trustees to help broaden its community representation.

The AGM of the Trust will take place at 6pm on November 25<sup>th</sup>, 2020 at the Bowling Club, 84 Aranui Road. Formal notice will be published in due course.

# MAPUA HALL NEWS

72 Aranui Road Mapua | mapuabookings@gmail.com | 03 540 2330

## Regular Weekly Activities at the Mapua Hall



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9.15 am</b> <b>Yoga</b> with Charlotte	<b>9 am</b> <b>PANZ</b> Pastel Artists of NZ	<b>9.15 am</b> <b>Aerobics</b> with Lynda	<b>9.30 am</b> <b>MAG Art Group</b> <small>Mapua Art Group</small>	<b>9.15 am</b> <b>Aerobics</b> with Lynda
<b>9.30 am</b> <b>Superb Dance</b> <small>with Hilary</small>	<b>9 am</b> <b>Sioux Line Dance</b>	<b>9.15 am</b> <b>Yoga for Healthy Aging</b> with Nikki		<b>9.30 am</b> <b>Superb Dance</b> <small>with Hilary</small>
<b>5.30 pm</b> <b>Broga Men's Yoga</b> <small>with Nikki</small>	<b>10 am</b> <b>Mapua Creative Fibre</b> <small>2nd Tue of Month</small>	<b>10.15 am</b> <b>Pilates</b> with Lynda		<b>10.15 am</b> <b>Pilates</b> with Lynda
<b>6 pm</b> <b>Dance Fitness</b> <small>Dancehall Fitness with Hilary</small>	<b>2:00 pm</b> <b>Chair Flair</b> with Hilary	<b>1:30 pm</b> <b>Tai Chi</b>		<b>10.45 am</b> <b>Yoga</b> with Martin
<b>6:30 pm</b> <b>Mapua Hall Society Committee meeting</b> <small>Meeting 3rd Monday of month</small>	<b>6 pm</b> <b>Aerobics</b> with Lynda			<b>2 pm</b> <b>Friendship Group</b> <small>3<sup>rd</sup> &amp; last Friday of the month</small>
<b>7 pm</b> <b>Mapua &amp; District Community Assoc.</b> <small>Meeting 2<sup>nd</sup> Monday of month</small>	<b>6 pm</b> <b>Yoga</b> with Martin		<b>7.30 pm</b> <b>Mapua Community Choir</b>	<b>6.30 pm</b> <b>YOUTH GROUP</b> <small>Most Fridays</small>

### This month

For current timetable and updates please check the live calendar on the Hall website.

- School Holidays  
26<sup>th</sup> September - 11<sup>th</sup> October.
- General Election at the Hall  
10<sup>th</sup>, 11<sup>th</sup> and 17<sup>th</sup> October.
- Mapua School Quiz  
Friday 16<sup>th</sup> October

### Packhouse Cinema

Packhouse Cinema screening "KEEPING MUM" on Sunday 11<sup>th</sup> October at 6.30pm  
 Tickets \$12 on the door. (Seating provided at Alert Level 2 only).

### Coming Soon

FOMS Clothes Swap on Saturday 28<sup>th</sup> November.

## Hall Society News

The new Audio & Visual equipment is up and running in the main Hall ready for functions, conferences and live streaming events! Thanks to our generous sponsors at the **Lottery Community Fund & Pub Charity** and a big shout out to **Tom at AV Architects** for his expertise and installing the system customized to the specific needs of the Hall users.

We look forward to finally hosting this year's Mapua School Quiz, which is a fundraiser for the year 8's trip to Wellington as well as a fundraiser for the Hall, book at table through Pip Day at Mapua School.

For monthly updates from the Hall community sign up to our eNewsletter with information on what's happening at the Hall and all the latest members news. Just visit our website and click on 'Newsletter' on the home page to sign up.

*Stay safe & be kind*

[www.MapuaHall.org](http://www.MapuaHall.org)





## Māpua Kai Collective news

The Māpua Kai Collective model is sustainable through the generosity of our local community. In February, Jester House ran their "Sending Love Project" involving art by Māpua School children which was framed by Lance Trollé of the Art Box in Tasman. The art was sold by auction and raised \$275 for the Māpua Kai Collective.

A private dinner at Jester House, hosted by Neil and Sue Bruce-Miller raised \$323 in donations from their guests.

And out of the blue, a local resident gave us a \$100 supermarket voucher. Added to these windfalls, we acknowledge the continued support of locals who make regular monthly donations to our funds. Your community mindedness is appreciated. Thank you all.

Lockdown affected both our ability to do cook ups and the number of meals being collected or distributed. However, Rose Barnes and her team of kitchen fairies was back in the commercial kitchen of the Māpua Community Hall in mid-June, producing 75 two-person servings of pasta bolognaise. The team met again on Tuesday 8th September to cook up 31 vegetarian cottage pies, 24 meat cottage pies and 47 fruit crumbles.

If you are unaware of this local resource, please consider yourself welcome to make use of our free, wholesome meals should the need arise. We encourage residents of our community to collect meals on behalf of neighbours or friends who need that little extra support and TLC - perhaps due to a new baby in the family, family stress of some kind, or illness. While there may well be friends dropping off a casserole, having a home cooked frozen meal to fall back on can make all the difference to a day already stretched by circumstances.

Just to remind you where you will find our freezers: the Māpua Community Hall, open whenever regular activities occur, or during hall office hours; Delicious, on the corner of Aranui Road and Iwa Street, open daily from 9 to 5; while the freezer at the Māpua school is accessible during school hours. In addition, Hills Community Church stores some of our meals in their freezer, and the church team can help you with access.

If none of these options work for you, please text Bridget Castle on 021 183 8790, Rose Barnes on 021 111 1003, Karen Toll on 021 059 8649 or Kaye Latham on 021 133 7414, who can help you pick up a meal. You can find the Māpua Kai Collective on Facebook.

Should you wish to make a financial donation, our NBS account number is 03-1354-0464683-30.

"From our community for our community."

*Thanks! Bridget Castle*



**Motueka**  
**SUNDAY MARKET**  
[www.motuekasundaymarket.co.nz](http://www.motuekasundaymarket.co.nz)  
Every Sunday 8am-1pm - Rain or Shine  
DECKS RESERVE CARPARK T. 540 2709 M. 027 278 8806

## Māpua Playcentre

Welcome, Story Grans, to Māpua Playcentre!  
At Playcentre this term we are enjoying wonderful connections with our local community library. Rachel, the Māpua Community Library pre-school liaison, contacted us to find out how the library could help build a sense of community with our children and families and help our children develop a love of books and reading.



The suggestion of having a Story Gran visit from the library to build relationships and share stories with our tamariki was hugely popular with our parents. It has proven to be hugely popular with our children too. It is lovely to see our children gathered round with a friendly face from our community, building new relationships and learning that there are lovely stories to be found at our library.

We want to say a big thank you too to Māpua Community Library for putting us in touch with a volunteer to help us run our finances. This help is so welcome because Playcentre can be a busy place! Help with the work that goes on behind the scenes frees up parents to spend more time setting up cool play experiences for our children and learning more about child development and parenting skills.

If you would like to join us and listen to stories from a Story Gran, or just pop in for a play, don't hesitate to get in touch. You are also welcome to drop in any time.

Māpua Playcentre is open on Mondays, Thursdays, and Fridays from 9.30-12.00 for children aged 0-6. If you would like more information about Playcentre you can contact us on 027 306 8695 or [mapua@playcentre.org.nz](mailto:mapua@playcentre.org.nz)



**Decor 8 with Distinction**  
QUALIFIED PAINTER & DECORATOR  
**Simon Noake**  
M: 021 751 073  
E: [decor8@xtra.co.nz](mailto:decor8@xtra.co.nz)

# Motoring with

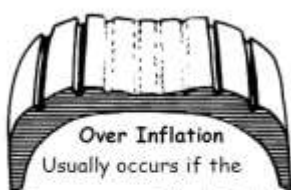


## Tyres - How to read tread wear

The way your tyres wear is a good indication of what's happening in other parts of your vehicle. Abnormal wear patterns are often caused by the need for simple tyre maintenance or a wheel alignment. Learning to read the early warning signs can prevent wear that shortens the tyres' life or indicate the need to have other parts of the vehicle serviced.

Tyres should be inspected in three ways:

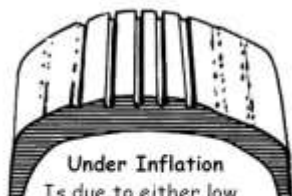
1. Visual examination of all four tyres.
2. Feeling the tread by hand to detect wear such as feathering.
3. Checking all four tyres with a tyre pressure gauge.



### Over Inflation

Usually occurs if the

Air pressure is too high but can occur if a tyre is too wide for the rim.



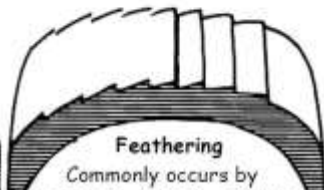
### Under Inflation

Is due to either low air pressure or incorrect wheel alignment which could be due to bent or worn steering components.



### Cupping/Scalloping

Commonly indicating worn or bent suspension components that require replacement followed by a wheel alignment.



### Feathering

Commonly occurs by incorrect wheel alignment which may be the result of worn suspension bushes.



### One Sided Wear

This can be due to excess suspension camber causing the wheel to lean inwards or outwards and requires a wheel alignment to correct.



### Bald Patches

Appear when a wheel is out of balance. If left unattended the life of the tyres, bearings, shock absorbers and steering components will wear prematurely.

If you suspect your tyres are wearing abnormally, do not delay to have it checked by a professionally.

Happy & safe motoring  
from the team at



WAIMEA AREA

## QUILT SHOW

Saturday & Sunday  
17<sup>th</sup> & 18<sup>th</sup> October  
10.00 am – 4.00 pm

WAKEFIELD SCHOOL HALL  
Edward Street, Wakefield

**\$3.00pp – ALL WELCOME**

Also able to be purchased on site



Refreshments, in support of ongoing pool development,  
by Wakefield School & Community Pool Committee

**Perrys Auto - Trailers for hire**

3 trailer options

Caged or un-caged

**Call us on  
03 540 2866  
to book a trailer**



NPD Fuel Cards • SuperGold Cardholders welcome  
Repair & maintenance workshop • Electrical & air con work  
24 hr Breakdown: Call AA if you are a member or 021 540 286  
T: 03 540 2866 | E: perrys.auto.services@xtra.co.nz  
www.perrysautoservices.co.nz | Find us on Facebook @perrys9829

## Advertising Costs

Ads go by the size in column centimetres. Columns are 8.5 cm wide and costs are as follows:

\$2.50 per cm up to 6 cm	\$3 per cm up to 10 cm
\$4 per cm over 10 cm	\$48 ¼ page
\$60 ½ page	\$80 full page

With 20% discount for long-term advertising (3+ months) and prompt payment by internet banking only. The deadline is the 20<sup>th</sup> of each month with each issue coming out on the 1<sup>st</sup>.

There is no separate January issue.

E: news@coastalnews.online for more information.

*Edited by Andrew Earlam, Mary Garner and Trees van Ruth. Views expressed are not necessarily those of the editors. Distributed 1<sup>st</sup> of the month. Deadline for copy to news@coastalnews.online is 20<sup>th</sup> of the month. Noticeboard items are a gold coin donation in the collection boxes.*

*Club notices are free.*

*Printed by the Tasman District Council.*

# MDCA -Significant trees and preparing for TRMP

**M**āpua & Districts Community Association's September meeting was held at the start of Te Wiki o te Reo Māori and the mana of this taonga was acknowledged with a plea that the "week" be extended into months and years so that our tamariki experience a bi-lingual living and learning environment as "the norm".

The primary focus of the meeting was preparing members and the community to be fully informed for the coming consultation with TDC on the Tasman Resources Management Plan (TRMP) to be held in October. This would ensure that the focus of the consultation would be on "what the community wants".

Different speakers explored ways of ensuring that members and the wider community were "informed so we can influence (TDC) at a high level" with a particular focus on trees/green & recreational spaces as well as ways of moving around the district; roads, walkways and cycle trails.

Comments along this line included:

- "Is impossible really impossible or just a problem waiting to be solved?"
- "The time has come for us to have some influence here."
- "We need to *understand the process* so that we know if we can *change the procedure* in order for the community to be *involved earlier* and have input into such processes as non-notifiable consents."
- "We need to be starting the conversation before consultation with TDC."
- "Look at the process so we know what is going on."

We need a "planning for dummies" training session for TDC staff.

Cr David Ogilvie provided a broader framework to the korero considering:

The estimated population growth in the next 8-10 years is from 2,000-4,000 residents which will result in a likely increase in traffic from intersecting roads onto already very busy roads (Aranui & Higgs).

How close to the coast do we develop?

How much input did MDCA have on past developments in the area?

What a process of information gathering, and involvement could be.

Is the information useful? If yes, can it be made available?

How can we engage more effectively with TDC in terms of focus/"lines in the sand"?

How can we most effectively engage and become informed?

Three speakers addressed areas of concern and focus. A link to a video of their full presentations as well as their accompanying power-point slides is available on the Māpua Community Association Facebook Page.

This article will simply outline the main points raised by each.

## Paul McIntosh: Planning Overview

Maps indicated planned areas of future development and indicative roads planned for the next 12-15 years.

Avoid narrow focus on the roads alone; look at exits, existing roads, and potential "choke points".

Binary nature of access to village; only two main roads with impact on safety, noise, accessibility.

Need to focus on what community wants.

## Dave Briggs: Significance of Trees; "all trees matter".

see article page 8

## Bruce Gilkinson (speaking for David Mitchell): Significant trees in relation to 160 Māpua Drive

Noted that there had been eight significant 100-year-old trees planted by a member of the Wells family who donated their land (Aranui Park) initially to Lands & Survey; passed onto TDC.

Contractor stopped cutting once these were evident (two destroyed).

No protocol/requirements for consent or for trees to remain once land zoned "residential".

**MDCA passed a motion** urging that Aranui Park and Dominion Flats be reclassified as scenic reserves to provide this protection.

Photos of damage by vandals driving through the park; suggestion that these be passed to police and that there be "a beef up of protection for Aranui Park to stop 'hoons' getting in in the first place".

Issue of use of uncleaned contaminated soil (with potential levels of lead and arsenic) to build up the bank.

**Association agreed to send email** to Dennis Bush-King asking, "what is the current set of rules relating to the usage and remediation of contaminated soils?" and asking to see data on the levels of toxicity in the soils being used.

## ENVIRONMENTAL PROJECTS

**Dominion Flats.** Noted that planting for the season has finished; includes clematis and mamakū.

2021 planting; grants applied for "trees to bring in the birds".

Back to weekly weeding: Tuesdays 9am with a "leisurely morning tea".

Concern was expressed about regulations relating to developers' rights and responsibilities in relation to

**Native Bush Corridor on Mamakū Drive;** TACA meeting focused on plan to plant natives roadside between Māpua and Tasman with turn-offs into a native bush corridor.

## ROADS & PATHWAYS

Wayne noted that work on the Māpua Drive – Dominion Flats footpath was due to begin in September.

## COMMUNITY WELLBEING

**Community volunteer drivers' service.** *Māpua Willing Wheels* has 12 willing volunteer drivers and is beginning to receive membership subs from prospective passengers. Leaflets have been distributed throughout the district and to all local businesses. Everyone was urged to inform

*continued on next page*



MDCA continued

prospective passengers about the service and to ensure that it is well used; "use it or lose it".

**Community Hub.** Noted significant progress on establishing the foundation of a legal financial basis for the project in terms of a Trust (see separate article in this issue). Work is continuing on prioritizing building requirements and renovations to create a safe, warm fit-for-purpose facility.

**Projects**

**Community Seating.** A group of local men have offered to dig out the foundations while at-cost concreting has been arranged by Mike Kininmonth. MDCA will supply bolts and safety railing.

**SOCIAL MEDIA**

Noted high levels of engagement with postings on:

- Application for Liquor Licence corner of Aranui Road and Māpua Drive (345). Most comments from people noted that there was previously a pub in that location. One of the store owners objected to the graphic we posted so this was removed.
- Margaret Cotter TDC services award; 176 engagements as well as 107 comments and reactions; (all "thumbs up").
- Decided we could post the police reports as long as members agreed not to take the report and re-post it on Social media. If that happened, we would be prevented from putting further police reports on our web site.

**COMMENTS FROM WARD COUNCILLORS**

Cr Christeen McKenzie:

Apologized that she had been unable to attend TDC Community Services Award Ceremony and congratulated Margaret Cotter on her receiving an award.

Noted that under the 3 Waters Reform, \$3.7 million was allocated for signing up and engaging; mostly to be spent on fresh drinking water.

**FUTURE HOT TOPICS:**

**October** Community consultation on TRMP. First chance for input: Open Afternoon at Bowling Club 4-7pm followed by presentation/discussion at MDCA meeting.

**November** Advanced Care Planning: what is it & why is it important?

**December** Celebrating the year ☺

**Be sure to attend/join in our next monthly meeting: Monday, 12 October at 7 PM (content & format to be confirmed on MDCA Facebook & Mailchimp mailout).**

MDCA works closely with TDC to ensure our community functions in a way that suits the majority of our residents. To have a vote that counts, become a financial member of MDCA by simply paying a \$10 membership fee to our NBS account 03-1354-0356471-00 with your name and phone number as a reference.

*Submitted by  
Elena Meredith*



**Simplicity Funerals**  
Simply respectful. Simply affordable.  
**Why Choose Us?**  
Simple really... we excel in honouring, celebrating and memorialising your loved one together.

- Range of pricing plans
- Prearranged and prepaid funeral options
- Full monumental headstones & plaque services

Nelson & Tasman wide,  
we're part of your community  
03 539 0066   
69 Haven Road, Nelson 7010  
www.simplicity.co.nz

  
**Groovy Paws Dog Grooming**  
  
Caroline Lusty, 115 Tarrant Rd, Mahana  
Ph: 03-543 2277 027 520 1285  
Email: caro.lust@xtra.co.nz

**Tasman Bay Chiropractic**  
64 Oxford Street, Richmond  
We look forward to welcoming you into our spacious, airy practice.  
Health guidelines are adhered to.  
Face-to-face and Telehealth appointments available.  
Referrals and new patients welcome.  
Call with queries or for more information  
tasmanbaychiropractic.co.nz  
03 544 4554 Monday-Saturday 

  
Keeping you in the game since 2002

# Tree loss in the Tasman District

**David Briggs – Professor Emeritus Environment & Health Science Imperial College London**

Here in Māpua, it's impossible to avoid the sense that our trees are under attack. Almost every week, new stands of trees are felled, either for development or because they supposedly pose a risk or an inconvenience to road traffic.

Few of these trees are iconic, and not everyone mourns their loss. But all trees perform a range of vital services for us. They reduce runoff, protect the soil from erosion and help to minimise the risk of flooding.

They absorb air pollutants and are an extremely efficient barrier against noise. They provide habitats not only birds but also for insects, many of which are vital both for wildlife and in the pollination of agricultural crops.

They add to the visual quality of the landscape. Most important of all, they soak up carbon from the atmosphere, and thus help to delay the impacts of global warming. Indeed, so important are they in this respect, that the government has announced a policy to 'plant a billion trees' as a way of helping the country achieve a carbon-zero economy by 2050. Given this, we can argue that every tree matters.

To try and get a more objective insight into the issue, I've recently been doing some research to map tree loss across the Tasman District, and assess its implications for the climate. The analysis has been done using the national Land Cover Database (LCDB) – a remarkable project that employs satellite data to map the surface of New Zealand every few years in order to monitor changes in vegetation and land use.

So far there have been five surveys, in 1996, 2001, 2008, 2012 and 2018. I've focused on assessing changes in tree cover between 1996 and 2018. At this stage, the results are only preliminary; there's more research to be done, so the numbers may change. But even if they are only approximate, the results are remarkable.

The ballpark figures are these:

In the 22 years between 1996 and 2018, Tasman lost ca. 2000 hectares (20 km<sup>2</sup>) of tree cover.

More than two thirds of this loss has occurred in the last 10 years, so the rate of loss is rising.

Most of this loss is concentrated in the Māpua/Moutere areas – where trees of any note are already scarce.

At the same time as the area of trees is declining, the average age (and thus the total biomass) of tree-covered land is falling, as old trees are felled, and new ones planted.

If we estimate the CO<sub>2</sub> equivalent of these changes the result is a loss of about 6.6 million tonnes since 1996 (or over 300,000 tonnes per year, on average).

What do these figures mean?

To make full sense of them, we have to understand what happens when we remove trees. First of all, some part of the trees – perhaps 50% or so – typically gets burned or trashed and thus releases the carbon it contains back into the atmosphere, as carbon dioxide. That adds to our emissions.

But secondly, by removing the trees, we've reduced the amount of carbon that our overall stock of trees can absorb from the atmosphere – and this is not just a one-off event, but one that persists for years to come. This means that less of the CO<sub>2</sub> emissions we produce gets safely locked up in our trees. Put the two together and tree removal in Tasman has the effect of adding something like an extra 165,000 tonnes of CO<sub>2</sub> emissions each year.

That's a lot of CO<sub>2</sub>. To put it into context, the entire car fleet in Tasman - some 40,000 cars – produces less CO<sub>2</sub> per year (about 120,000 tonnes). Our trees are adding more than the same amount again. Far from reducing the effects of our emissions, therefore, they are doubling them.

So, what should be done? We all, obviously, have a role to play by not removing trees unnecessarily. But the Council could make the biggest difference – by establishing a strong climate change policy that both protects the trees we have and increases tree cover. And there are government funds to help.

But it also raises a more local question. As I've said, the Māpua/Moutere area has borne much of the brunt of this tree loss in the past. In the face of all the new developments that are planned (none of which includes any commitment to green space), we need to ask: what sort of environment do we want to live in? Do we want one that is just an urban expanse? Or do we want more green space, and more trees to keep it pleasant and healthy?

Power-point slides relating to the presentation of this material to the MDCA September 2020 meeting are available through a link on the Māpua Community Association Facebook Page.

## Endurance Spraying Ltd

**Pete Hughes** Owner/Operator

petejulieh@gmail.com

Cell 0211 942 654

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



## Stephanie Wright

B.App.Sci.Chiropractic

Practitioner of Tibetan Medicine

Tibetan Acupuncture

Tibetan Massage

Facial Enhance Cosmetic Acupuncture

Ph. 021 169 0218

swchiro@gmail.com stephaniewright.co.nz



# Pastel Artists of New Zealand

Interesting changes afoot for PANZ Nelson. It is fair to say that our members have been spoilt for some considerable time. Glenys has steered the ship for as long as we can remember and it has been all too easy to rely on her for, well, pretty much everything! The hall is always opened on Tuesday mornings; tea, coffee, milk, sugar, biscuits, all present and correct; information up to date and regularly provided; workshops planned and exhibitions organised; books, DVDs, advice, ideas, you name it, Glenys has sorted it.

And now she has stopped! Absolutely fair enough and on behalf of all our members, I would like to say a very big thank you to her for everything that she has done for us. Now it is her turn to do what the rest of us do every week, enjoy painting with a cup of coffee and some conversation about anything and everything, all with zero responsibility.

So, we are rudderless but not drowning. Our weekly meetings will continue, and visitors are always welcome. The duties will be shared, the coffee will get made and you never know, a new team leader may emerge. It will be

good for the group to manage and the programme of events planned earlier in the year continues.

Critique sessions every first Tuesday of the month are valuable for the recipient and the giver of advice. It is a popular session. As is the third Tuesday of each month when we take up a challenge set by individual members. A demonstration by Judy gave us valuable insight into painting animal eyes and we discovered the difference between those of cats, dogs, and horses. Glen will lead an 'en plein air' session and in October, Sue and Marian will host the 'Big Picture'.

For now, Glenys is still the contact point for any information about the pastel group as Glenys Forbes on 03 540 3388 or by email [gmlforbes@ts.co.nz](mailto:gmlforbes@ts.co.nz).

You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see national and international pastel artwork.



Sue England



## Relaxing Beauty Salon in the heart of Mapua

### Rejuvenating Facials, Waxing and Electrolysis, Pamper Packages, Manicures and Pedicures, Eye Treatments



Call Jill Today or book online  
11 Moreland Place, Mapua. Ph 5403923. Web: [radiancebeauty.co.nz](http://radiancebeauty.co.nz)

LOWCOST LAWNMOWERS

SERVICE • SALES • REPAIRS

ROTARY, RIDE-ON, HAND & REEL MOWERS  
CHAINSAWS, LINE & HEDGE TRIMMERS  
GARDEN TOOL SHARPENING

FREE PICK-UP & DELIVERY  
(CONDITIONS APPLY)

WWW.LOWCOSTLAWNMOWERS.CO.NZ

Ph: 03-547 4038 M: 0274 071 328

144 Moutere Hwy, Appleby  
E: [lowcostlawnmowers@xtra.co.nz](mailto:lowcostlawnmowers@xtra.co.nz)



## JELLYFISH

RESTAURANT & BAR

with glorious seaside dining, our beautiful restaurant has indoor / outdoor seating and a large deck over the wharf.

we cater for breakfast, lunch and dinner with locally supplied food from land and sea

superb local wine and beer

located at shed 1 mapua wharf 03 540 2028 - open 7 days book online at [jellyfishmapua.co.nz](http://jellyfishmapua.co.nz)

## CAS Drainage

Certified Drainlayer.

Residential, commercial and industrial.  
New installs, repairs and maintenance.

*Competitive rates.*

Email or Call for a free quote:  
[casdrainage@xtra.co.nz](mailto:casdrainage@xtra.co.nz)    027 300 6422

Gavin Lambert

Master Painter




CRAFTSMAN PAINTERS & DECORATORS

GAVIN LAMBERT (OWNER)

Ph: 03 540 2748 Cell: 021 476 318

Email [painter@scorch.co.nz](mailto:painter@scorch.co.nz) / 26D Jessie St, Mapua, 7005  
[www.lambertdecorators.co.nz](http://www.lambertdecorators.co.nz)

# Low carbon lifestyles

**B**e inspired and see how you could re-imagine your life - join a tour of climate-friendly properties and see ways to make positive contributions to climate action.

A tour of two local properties that have many low carbon features is happening on October 10, part of a series of three tours, two of which were in September.

A low carbon lifestyle is characterised by climate-friendly activities that reduce carbon emissions and/or capture carbon from the atmosphere and store it in nature's carbon sinks; the properties featured on these tours do just that.

Carbon reduction solutions seen will undoubtedly surprise many people, as most are simple and practical, that anyone can do. Many people will leave the tour full of ideas for what they could do to make a positive contribution to climate action.

The tour on Saturday October 10 is at Jester House and a property in Lower Moutere.

Jester House, probably best known for its cafe and innovative garden environment, is also a superb example of low carbon living. Features at Jester include earth buildings, solar power, solar hot water and heating, the Wiggly Wog's living roof and low-cost construction.

Gardens and fruit trees are extensive in a permaculture system and surplus produce is shared via a roadside stall. Use of various forms of waste - glass, composting toilets, food - are illustrated. Extensive tree planting and timber from trees planted on bare land 30 years ago will be seen, as well as a simple biochar kiln and description of biochar production.

The second property on this tour has a large organic garden and orchard that supports 11 people. Garden management applies regenerative agriculture principles. One of the hosts will talk about her

fermented foods and how she uses biochar, and another will showcase his low emissions stove, both a cooker and space heater, that burns waste and wet wood, and produces biochar.

Previous tours, the first on Saturday 26 September, was in and around Motueka and included four properties that illustrate a wide variety of climate change reversal solutions in both town and country environments.

At Atamai Community in the Motueka Valley visitors saw and heard about the climate benefits of passive solar houses, solar hot water and heating, solar electricity, organic gardens and terraced orchards, an underground food cellar, foods preserved by different methods, practical use of recycled materials, ways of reducing and using waste, and efficient water use. All part of minimal consumption lifestyles that support plant-rich eating, sharing surplus food, and a community ethos for shared transport.

Returning to Motueka, the third property featured a productive permaculture garden full of vegetables, fruit trees and chooks. The host's description of transforming a previously conventional landscaped shrubs/lawn site to its current form was both warming and motivating. This garden is a superb example of the possibilities of using your land to produce food and what you can achieve if you change your mindset and give away your lawn mower.

The fourth visit was to a Motueka home that generates its own solar hot water and electricity, has goats that are managed with climate-friendly regenerative agriculture methods, a productive organic garden that illustrates efficient irrigation and water conservation, and extensive use of recycled materials throughout. A teenager in this household grows asparagus for sale on a road-side stall.

For both site hosts in Motueka, transport within the town is via bikes with trailers.

**The second tour, Sunday 27 September**, was of two properties in Ngatimoti, that again illustrate many examples of low carbon living and climate change reversal solutions.

Both have solar hot water and electricity generation, efficient water storage and distribution, composting toilets,



and underground cellars.

Plentiful organic gardens and orchards illustrate many regenerative agriculture techniques on a domestic garden scale, and cattle and sheep are similarly managed in paddocks and among the trees.

Forestry on these properties, significant carbon sinks, have both exotic and native plantings. Old man's beard clearing and regenerating native species are companion activities within the forestry blocks.

An exhibit of plant-based foods will be shown on the tour. The site host is happy to share their knowledge and answer questions.

Bookings are essential. Tickets are available from <https://www.humanitix.com/nz> and search on **Walking the Talk - Motueka Garden Trails**.

Tours are part of Motueka Greens Local Matters' 'Walking the Talk. Local Solutions for Carbon Reduction'.

*Information, Heather 03 5224458.*



# Māpua Fruit & Vege

- We sell fresh flowers
- local produce when possible

**Open 7 days, 8 am - 6 pm**  
*Opposite the school*  
 027 430 7232

**architecture studio | mapua**

- Warmer
- Drier
- Healthier



**Simone Wenk**  
 Reg. Architect (Germany), LBP Design 2 (NZ)  
 03 540 3282 / 021 1049 039 | Shed 4, Mapua Wharf  
 simonewenk@xtra.co.nz | www.architecturemapua.co.nz



**JASON GARDINER BUILDERS**

Renovations · Alterations · New Builds  
 CONTACT US FOR A FREE CONSULTATION

**PH 027 246 0870**

**www.jasongardinerbuilders.co.nz**



**Tuffnell**  
 Plumbing Drainage & Gas

**Servicing Mapua, Ruby Bay & Moutere Hills areas daily**

**Plumbing – Gasfitting – Draining  
 Wastewater Servicing**

Contact us to book your job or free quote today  
**03 543 8090 or 0800 129 683**  
 info@tuffnell.co.nz

*"We thank all our clients for their continued support"*



**Master Plumbers**  
 Representing Excellence

# Māpua Fire Brigade



**Fire & Emergency callouts Aug to Sept 2020**  
 22 Aug 15:26 - Called to Tasman for smoke in area. Nothing found.  
 30 Aug 15:59 - Alarm at Mahana School, nothing found.  
 12 Sept - Bonfires, Kina Beach Rd. Unpermitted fires at night, Brigade put out.

Calls this year: 55  
 Safety Tip – Be Safe.  
 Smoke alarms need to be tested monthly and taken down and cleaned six-monthly. Keep insects and dust away from alarms to keep them working as they should.

All rubbish fires, bonfires, burn offs need a fire permit all year round. Go to "check it's alright" to see if you can burn or get a permit.  
 For fire safety info go to: <https://fireandemergency.nz/>  
 For fire permits go to: <http://www.checkitsalright.nz/>  
 Any questions phone Mark 0274392778 or mark.Theobald14@gmail.com



## DOG TRAINING

*Mary Chaffey  
 Canine Behaviour Consultant  
 and Endorsed Trainer*

*From basic polite manners to serious behaviour problems*

**GROUP CLASSES  
 PRIVATE CONSULTATIONS**

Contact Mary Chaffey: 021 288 0881  
 www.k9mana.co.nz k9mana@gmail.com

# NEED A LIFT?

## Māpua Willing Wheels

**Volunteer Drivers Transport Service**

- reliable & affordable transport for Māpua & Districts residents
- in & around Māpua, Motueka, Nelson, Richmond
- business; appointments; activities; shopping
- ride home from sports' practices or after-school activities

**Costs** – 6 monthly membership subscription \$25 & set mileage per ride, e.g. Māpua to Richmond return \$30  
**Drivers** – team of locals all police vetted & ready to go

Contact Rachel on **022 6822 373** / [mapuawheels@gmail.com](mailto:mapuawheels@gmail.com)

Yes please, my name is: ..... Tel: .....

I've enclosed \$25 in an envelope with my name on & will drop off at  
 Mapua Community Hall postbox **OR** I'd like more info.

Our Service Co-ordinator will contact you.




Provided in partnership by: Nelson Seaman Community Transport Trust (NSCTT) & Mapua & Districts Community Association (MDCA)  
 & funded by the Community Connect M30 Travel System as part of the WCTT / Māpua Project



# The Write Bias

## News from Māpua Bowling Club

Saturday 12 September, a perfect day. The sun shone, the Green looked fantastic thanks to the ministrations of greenkeeper Glen Saunderson and the members turned out in force sporting brand new club shirts and bearing plates of deliciousness for afternoon tea. As Opening Days go, it was one of the best.

But before we opened, we had to close. Ridiculous as that sounds it is true. Closing Day back in April was cancelled because of covid-19 so proceedings on the 12<sup>th</sup> started with the presentation of championship trophies gained in the 2019/2020 season.

If it had been possible, there would also have been a presentation of Life Membership to Sylvia Peter. Unfortunately, Covid got in the way again keeping Sylvia in her retirement home. We look forward to honouring her later in the season when alert levels drop back to 1 or 0.

After all the highly polished cups had been awarded and photos taken it was out on to the green for some fun games of fours. Our two existing Life Members, Les McAlwee and Colin Pryke, put down the first jack and the first bowl and then we were away.



Colin Pryke

Les McAlwee

As always with a roll-up it was competitive in a friendly, bantering sort of way and a whole lot of fun. For me it also highlighted the need for some serious practice, especially as the lists were up in the Clubhouse for the new round of championships and I found myself signing up for everything!

Māpua members are looking forward to the new season ahead, hopeful that there won't be too many, if any, Covid interruptions and we will be very happy to welcome any new bowlers. Spare bowls and free coaching are both available.

For any information about bowling, coaching, or booking the clubhouse and facilities, please contact the secretary, Di Blanchet on 03 540 2627 or check out our website, [sporty.co.nz/mapuabowls](http://sporty.co.nz/mapuabowls)

Sue England



## Book reviews - Māpua Library

We are so lucky to have Māpua Library with its thousands of excellent titles. Impossible to choose from a run of great reading, so a broad spectrum is offered. One of these hopefully will appeal to you.

*Pat Russell Library Volunteer*

### **All the Light We Cannot See by Anthony Doerr (2014)**

is charming; completely, irresistibly. Given the action mainly takes place 1934 to 1945 in Germany and France, charm is an odd descriptive but lyrical, wonderfully inventive, and charming it is. The author won the Pulitzer Prize for this book. I since borrowed two earlier works and wanted to finish neither. He improved.

Although the story takes place in desperate and destructive times, the author uses suggestion. We know the brutality is there but are not deterred from turning the next page.

The main characters are Werner, a German boy, and Marie-Laure, a blind French girl of a similar age. Both are very intelligent and inventive people, very young in 1934.

Doerr offers their very differing yet oddly overlapping lives with insight, swinging back and forth in chapters of as little as two pages.

No plot description is offered here; the detail and complexity wouldn't be honoured; your discovery would be ruined. I cannot recommend this book highly enough.

### **A Scandalous Man by Gavin Esler (2008).**

Esler is a well-regarded journalist and co-presenter of UK Newsnight.

"The gunshot of August 1914 when Gavrilo Princip killed the Archduke Franz Ferdinand led to two World Wars and the Cold War. The mess did not end until 1989. It took three generations, and it ruined the lives of millions in the twentieth century. Our own mess started in 1979, and it could easily drag on for more than three generations, ruining the lives of millions more in the twenty-first. For my part, I have decided that I am going to expose everything that we have done, every dirty trick, every double deal, every shady agreement, in the hope that truth and light will be the best disinfectants against the virus that we have helped create and which may yet destroy us."

When it was returned the last reader read this paragraph aloud when I asked if she had enjoyed it. Enjoyed? No. Driven to read it? Yes. As was I. Distressed but better informed? Also, yes.

**The Art of Racing in the Rain by Garth Stein (2009)** is a quick read, taking only a bit of an evening and a morning. A tear and a good blow and the day will feel better for it. If you love dogs, you'll love it. If you have an elderly dog, you'll likely fear but celebrate it. For those who love cars (a '58 XK150 in my case), who revel in the detail of tracks, technique, drivers and racing it's a book to devour. Good, bad, ugly family dynamics; tick. There's something for everyone.



### **The Electric Hotel by Dominic Smith (2019).**

A good book for anyone with an interest in very early film. The story begins in 1895 Paris with Auguste and Louis Lumière.

Thomas Edison is a step behind but he's brutally patent-savvy regarding anything new,

electrical, mechanical, illuminating, projecting.

The story line is panoramic, taking us between Europe and USA with film first used as a propaganda tool by the Germans in WWI. What could easily have been either over-burdened with detail or cast thinly is neither. It is through the eyes and life of Claude, the Director, that we travel.

It's great for insight into special effect tricks of the newly emerging movie business, while being also a good story of death, love, success, tragedy, fickleness, the insanity of war and finally in the first and last pages it is a story of recognition and reality that celluloid merely mimics.

**The Last Days of Dogtown by Anita Diamant (2005)** was addictive, a joy to read. It brings wonderfully to life the fictional human vestiges of a real late 19<sup>th</sup> century shantytown in Massachusetts.

It's a beautiful village history through character study and stories of the inhabitants: kind, thoughtful, generous, isolationist, self-serving, greedy, treacherous and outright vile and cruel.

We find gems in the mud and intricacy where one would imagine none. The unofficial name is due to the feral dogs that live in the hills, the pack diminishing as does the village, and as a cruelty by other villages in referring to the 'doxy house' around which some of the action flows.



## Daffodil Day 2020

Thank you once again, Māpua Community for your generous support for Daffodil Day 2020.

Our stalls outside Tessa Mae's, Jester House and at the wharf, plus the boxes at businesses around the village raised \$3099.10 for the Cancer Society. We sold out of the famous Don's Daffs, our cakes, and a new favourite this year - lemon curd. Nga mihi nui.

*Māpua Women's Recreation Group*





# October at the Playhouse Theatre



**13th: The Beths    16th: Jordan Luck Band**



**23rd + 24th:  
Hopetoun Brown**

**25th: The  
Fleetwoods**

**call us for bookings  
or head to the Richmond Mall for tickets**



# Update from local charity OKC (Orphan Kids Charity)

This year has been like no other for everyone around the world and for us here at OKC and our sponsored students in Vietnam it is no exception. The students have had some disruption to their studies, but we are proud to say despite Covid-19 related difficulties we have two graduating students to celebrate this year and also a wedding!



Above photo: Sung Seo Do (far left) and Chau Seo Minh (2nd from right), who both studied Social work and graduated this year. OKC continues to support them as they seek employment in the coming year. We wish them every success and all the very best for the future.

In the 2nd photo is one of our students Tao, and (Din, a previously OKC sponsored student) on their wedding day. Some happy moments to enjoy in a difficult year.



Four of the students we supported last year are continuing their studies with support from OKC, and we will be sponsoring two new students from the Orphanage in Lao Cai. Of course, any studies this coming year will depend on the situation in Vietnam with regard to the Covid-19 pandemic. So far, the country has coped as well as it could

with the situation, and we hope that will continue over the months to come so our students are safe and have their best chance at success.

At a recent meeting of the OKC Trustees we came up with some exciting new ideas for fundraising over the coming months, plus a commitment to running our annual 10 x 10 x 10 project which this year will begin on 1 October and finish on 10 October.

The 10 x 10 x 10 project aims to raise funds by finding 10 people each day to donate \$10 and we do this for 10 days. This project suits those who want to help in a quick and easy way each year. It also suits those supporters who don't live close enough to participate in our local fundraising activities. The Trust would be grateful if you would consider rounding up nine friends or family members and taking out a whole day!

Another fundraiser that is going well for us is the Cinnamon goat's milk soap made for us by Purple Kiwi Natural Goat Milk Soap with cinnamon oil from Vietnam. It smells divine and is so soft on your skin. Three soaps for \$20 or 1 for \$7. Contact Janet at [janettaylor@kinect.co.nz](mailto:janettaylor@kinect.co.nz) if you would like some.

For all our fundraising the OKC bank account is 06 0453 0210529 00. We are a registered charity based locally, working to support the children from an orphanage in Lao Cai, Vietnam.

All funds raised go directly to our students, most often in the form of an educational scholarship. We are grateful for all the ongoing support from our community that makes this possible.

Stay well and safe in these very challenging times. Kia kaha arohanui.

*Sarah McLeod and Janet Taylor, Trustees OKC*

## Lynda's Exercise Classes in Māpua Hall

**Regular fitness and Strength classes for all levels.**

Concession tickets available for 5, 10, 20 or 30 sessions.

Casual (one-off) \$12.00, 2 sessions on the same day

\$20.00. Classes on **Tuesday** evenings 6 pm & 7 pm,

**Wednesday** and **Friday** mornings 9.05 am & 10.05 am,

and some **Saturday** mornings 9.05 am & 10.05 am.

**Strength/weight training, HIIT, Pump,**

**Aerobics and Pilates.**

Please contact Lynda for details,

[lynda@hht.co.nz](mailto:lynda@hht.co.nz)

0272221491.

## Letter to the Editor

### Roadworks updates

In view of the seemingly never-ending road works in Māpua, perhaps it would be a good idea if Coastal News published some sort of monthly progress report.

Might this fall within the scope of the Māpua and Districts Community Association?

*Kind regards, Barbara Halse*



## Shanti Massage Therapy

Relaxation and Deep Tissue Massage

*Kim Saunders Stevenson*

*Certified Massage Therapist*

178c Old Coach Rd, Mahana 540-3911



## Motueka Appliance Repairs

Specialising in Home Appliances

In Mapua Regularly

Call Dan **022 4568 068**

# Journeys of Discovery

SEPTEMBER / OCTOBER 2020



## WHAT'S BEEN HAPPENING.... *Macpac Fund Recipient & Award Finalist*

We're very excited to be the recipients of the Macpac Fund for Good, which means we will be able to upgrade some of our specialist outdoors gear. An important part of what we do at WIO is removing barriers to accessing the outdoors. Providing good equipment and gear is a big part of that – so thanks Macpac! We are proud to have been named as a finalist in the Sustainable Business Awards, which is truly an acknowledgement of our partners, funders & the community who supports us. We love working together with the amazing schools and community groups in our region to have a positive impact in building a sustainable community & environment, so thank you!

## WHAT'S COMING UP... *Can Your Business Support Local Youth?*

We are currently developing opportunities to further promote work readiness in our youth and establish pathways into local employment. WIO will work with youth to develop their essential employability skills and connect them with local employers offering work placements and/or training. The Motueka Vocational Pathways Programme will be running in November and we are looking for businesses to be involved. If you are a local business or employer who would be interested in supporting such initiatives through work placements, training or future employment opportunities, please get in touch! We'd love to hear from you: [info@wio.org.nz](mailto:info@wio.org.nz). There will be more information at the **Pop Up Employment & Training Expo at Motueka Public Library on Thurs 15 October, 10am – 4pm** - a chance to connect with Work Brokers, Training Providers & Employers. For event info call Janine, 03 543 7240.



*New gear is on it's way - thanks Macpac!*

## FOCUS ON.... *Making a Difference*

The Ignite Programme is a great example of how one person can look to make a difference in their community. This 3 year programme has been established in a local high school after it was noted by the sponsor that there weren't as many boys on stage receiving awards. How come? What could be done about it? From initial discussions, the Ignite youth development programme was created to provide a positive stimulus in the crucial mid-teen years, designed to encourage a step-up in skills, leadership and personal development. The lasting benefits for these tama will be felt in the school, whānau and community. You can see photos from their latest adventures on our Facebook Page:

[facebook.com/WhenuaItiOutdoors/](https://facebook.com/WhenuaItiOutdoors/)



*A great lunch spot for the Ignite Year 10 crew on their latest expedition in the Kahurangi*

## OUTDOOR WANDERINGS.... *The Riuwaka Resurgence*

Getting outside is such an integral part of our wellbeing, and with Mental Health Awareness Week having just been, this month is a reminder to head outside for a walk with your whānau or friends, fill your lungs with fresh air, take time to notice the spring changes around you and appreciate where we live! Our pick would be a picnic and stroll at the Riuwaka Resurgence, where the healing waters of Te Puna ō Riuwaka, a sacred place for local Māori, provides the perfect place for both spiritual and physical nourishment.

*We'll see you out there!*



[www.wio.org.nz](http://www.wio.org.nz)

Experiential Learning Inspiring Positive Change



**enhanceskin**

COSMETIC, MEDICAL & VEIN CLINIC

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

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

**Say goodbye to unsightly, aching varicose veins...**

*Find instant relief and wear shorts again!*

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

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



7 Buxton Square, Nelson - 03 548 8216 - [www.enhanceskin.co.nz](http://www.enhanceskin.co.nz)



## BROOK STREET LOUNGE

SUSTAINABLE CLOTHING



Recycled Clothing and Accessories for Men and Women

### Your Consignment Store

for Quality Recycled Clothing for Men and Women. Prices from \$5

**New and not-so-new** Designer and Mainstream Brands including Vintage and Retro Finds sizes 6-24, Maternity, Footwear and Accessories

**Special Events** for You and your Friend, Hen's Nights, Birthdays. Enjoy an evening in the shop this weekend.

**GET IN TOUCH** Facebook or Instagram @brookstreetlounge

### HOURS:

Fri-Sat-Sun 11-3

151 Aranui Road  
(with Parking)  
Across from  
Mapua School



# Garry Simkin Plastering

For all Interior Plastering

027 226 1722



**Electrical  
Laser**

ANTIDOTE APPLIANCE REPAIRS

Laser Electrical Motueka and Antidote Appliance Repairs

*Proud to be 100% Locally Owned and Operated*

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

Contact Greg and Donna Bradley

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



## Suzie Brosnahan Celebrant

*Bringing Together Moments To Treasure*

By becoming a celebrant I have the privilege to work alongside people as they experience milestones and important occasions in their life's seasons. I aim to create and professionally deliver a ceremony personal to you, giving you a lasting memory to treasure.

[www.sayyesenterprises.co.nz/suziebrosnahancelebrant](http://www.sayyesenterprises.co.nz/suziebrosnahancelebrant)

✉ [bookings@sayyesenterprises.co.nz](mailto:bookings@sayyesenterprises.co.nz) or ph: 027 378 8277

📍 [www.facebook.com/suziebrosnahancelebrant](https://www.facebook.com/suziebrosnahancelebrant)

## Packhouse Cinema

### Sunday 11th October

Entry at 6.15

Movie starts at 6.30pm

Bring your own camp chair, snacks & drinks



Proudly Supported by

architecture studio | mapua

SPRIGGFERN

## Keeping Mum

Showing at Māpuā's  
famous 'Packhouse Cinema'  
6:30pm Sunday 11<sup>th</sup> October

"Keeping Mum" is an almost perfect "naughty" English comedy whose humour is too complicated to be described.

Rowan Atkinson, Maggie Smith, and the rest of the cast are perfect. This is the most understated I have ever seen Atkinson and marks an interesting evolution for him. Two young ladies in front of me were still giggling halfway through the closing credits, and the entire audience, judging from the laughter, had a great time.

Seriously though this is not a "sweetness-and-light" comedy; it has a dark side, which is evident from the beginning, but that aspect drives the humour, because it touches feelings in us which we must restrain, but in watching the film we are allowed to indulge them.

It also has a lot of very deep things to say about marriage and religion (Atkinson plays a shy, self-absorbed country vicar with a beautiful wife and daughter whom he neglects) without indulging in the usual superficial post-modern ironic attacks on either institution. In fact, it has some very intelligent things to say about both.

You really must see this movie - it is a gem and it's English!



# Harcourts

MAPUA

## Our Philosophy

*It's all about people.*

Companies don't succeed, people do. As an organisation we understand that our success is all about people - our team and our clients. Part of our Philosophy is to never lose sight of 'people' being at the centre of everything.

Successfully buying and selling real estate is mostly about fulfilling people's needs, dreams and aspirations. That's why Harcourts people not only receive in-depth professional training which has become recognised as the benchmark for the entire industry, but they are committed to building meaningful and genuine relationships with their clients.

At Harcourts Mapua, we know that our clients want to deal with consultants who have expertise, knowledge of property and the area and someone who will treat them with honesty and integrity, a consultant committed to achieving the best possible result for them whether they are buying or selling.

We are committed to putting our absolute focus on creating a relationship of trust and respect with all our clients. We've found that this philosophy is great for achieving personal satisfaction, high morale and continued success.

A totally consultative approach is what makes the Harcourts way of doing things so seamless. Trust, honesty and integrity remain the company's personal hallmarks. Add to those attributes an intimate knowledge of the local market and current property trends, a solid work ethic plus well-developed negotiation skills and you have the perfect recipe for success.

2A Iwa Street, Mapua. Telephone 540 3425

ARROW REALTY LTD - Licensed Agent REAA 2008



Amanda James • 027 472 1960



Franklin Op den Buijsch • 027 445 6581



Jen Williams • 027 738 8545



Jimmy Lillington • 021 158 1773

## Local Winery opens doors to local artists

Local artists from the top of the South Island now have a new space to show their work, thanks to a blossoming partnership with a community focused wine company.

Gravity Gallery, located at the Gravity Winery in Mahana, has been specially created for local artists, who work in rotation to occupy the space and exhibit their work. The Nelson region is rich in creative talent and the team at Gravity are intent on showcasing everything it has to offer.

In the future they hope to also host artisan markets, giving locals another opportunity to share their produce.

Gravity is part of Kiwi owned Booster Wine Group. Director, Allan Yeo, says a dedicated space for artists was just one way the company was able to get involved and support the local community.

"For us, it's not new to support local, it's always been about supporting local. Like many of New Zealand's special sites, Gravity could have been lost to foreign ownership. We've kept it in New Zealand hands, and we want this place to be a community asset and a focal point for both locals and visitors to the region.

"It's a small start to something we hope can grow," said Yeo. "Our ethos is one of partnership. When we work together, we create opportunities for everyone to benefit."

Since its official opening just prior to the Covid-19 lockdown in March, the Gravity Cellar Door has once again become a must-see on the Nelson wine trail, garnering a reputation not only for the wide selection of wines on offer but also the platters which place local artisan food producers at the forefront.



**GRAVITY WINERY**  
CELLAR DOOR

Spend the afternoon relaxing with the stunning vista of the Tasman region in front of you, while enjoying a glass of your favourite wine.

*Wine tastings - Local platters - Wine sales - Winery tours - Art gallery*

**Open 11am - 5pm Daily**  
[www.gravitywinery.co.nz](http://www.gravitywinery.co.nz)  
243 Old Coach Road, Mahana 7173 P: 03 543 2817



## Quick Cut Lawns

**Ride-On Lawn Mowing  
Weed Eating  
Hedge Cutting  
Tree Felling**

**Competitive rates  
Tidy work guaranteed  
Call Allan 0225850047**

# Ruby Coast Running Club

Spring is here and it is getting warmer with longer days. Great time to get out and join us for a run.

This past month has seen us pretty busy with local runs. It is always fun to turn up and run when you are with your friends and that is what this club is all about. Like-minded people having a good time on our feet.

We attended the Richmond Sprig & Fern 10k. That was a hilly challenging run.

We had a team in the Motueka to Māpua Relay. Okay, so more hills.



At the Brightwater Sprig & Fern 10k

A number of us turned up for the Brightwater Sprig & Fern 10k too. At least that was a flat course. But if racing isn't your passion we also organize longer runs or tramps. This month saw us in the Abel Tasman climbing up the Inland Route. Some runners are happy just running or walking the 5k each Thursday night. And I think there are some who just come for the curly fries and drinks after the 5k.

Whatever it is that gets you going we hope to see you out there.

Happy Spring!

## How well will you age?

People are living longer. It is a fact. We are also aging more and seeing the effects of aging as a result.

Every year thousands of people in New Zealand alone are turning 65. Our lifespan continues to lengthen but this doesn't mean we are living healthier. We see many older patients in our clinics who are active and out enjoying life, where others their age are already in a rest home and dependant on others.

Where would you rather be; in a rest home or out enjoying life? It comes down to a person and their choices with what they do with their life and lifestyle. Do they get out and move physically doing things or are they more sedentary and wait for their choices to take their toll down the line later in life?

Honesty, we see people in their 60s, 70s and 80s who could run circles around some of the 30- and 40-year olds that we treat. They are truly inspirational to listen to and to work with regarding their health. They have taken a different route in life and embraced a healthy lifestyle. More than ever it is important to take care of your health in all stages of life, but it is extremely important to support healthy aging.

People potentially face arthritis, diabetes, cardiac issues, mental health challenges, osteoporosis, and balance issues just to name a few as we age. This year alone with the effects of Covid we have seen a rise of anxiety and a lack of confidence in our clinics in people as they venture out and try to return to normal.

This can be with something as routine as driving a car or going out in public and signing in before entering a public premise. Mentally this can take its toll on people

with all its uncertainty. It can also affect and cause more painful musculoskeletal conditions resulting with pain in the neck, spine, body, and lower back.

Often these factors can combine to create a more sedentary lifestyle, and this can lead to a higher risk of falls and all its complications. For some people, this year it has also meant a decrease in their activity levels prior to Covid. The physical aspect of a person and mental state go hand in hand. You cannot affect one without affecting the other. In either case the risk of complications increases severely with side effects drastically affecting quality and quantity of life.



Chiropractic can help decrease the risk of all of these issues. Seeking chiropractic care gets you up, moving and educated with the current research. We can take care of your spine and extremities, also advising you on what you can do to help yourself. New medical and chiropractic research is showing that the chiropractic adjustments

affect the nervous system and help to rewire the brain. We help you stay active and keep you in balance. With being more active your cardiac health improves, your health improves, and your mental health improves from the physical activity.

Chiropractic works in many ways on the human body. We work by hand gently, with the aid of different tools and means, also advising through lifestyle choices and help. But more importantly we help you unlock the ability that your body has to live a longer, healthy, happy life.

You need to take the first step and communicate to us what your goals are. We can help you get there and that is what we are passionate about. We can help get you going!

*Dr Ron Howard*  
**Coast & Country Chiropractic Centre**



# Moutere Hills RSA Memorial Library

**Winter book sale** 17 October- coincides with election day - at the library. See you there.

**TDC grants from Rates** We have been granted \$1000 to support our book purchasing programme. Thanks to ratepayers and TDC for this ongoing support.

**Book purchases** On the subject of book purchasing, a reminder that a list of recent purchases is displayed on our website, Facebook page and on the pillar to the right of the Recent Returns display.

**Recommend a book** Recommendations for book purchases are welcome. There is a book to do this on the counter; and we will endeavour to contact you when it arrives so you can enjoy it first!

**Displays** Rob Herbert's paintings will be exhibited until 16 October when Tim David's photo prints will feature. Once again, we are proud to show off local talent.

**Te wiki o te reo Maori** A great theme for a foyer display! Thanks to Carol Greenall for her support with this display.

A reminder that the books in the display in the foyer are available for borrowing.

**Community liaison** The committee has been exploring ways to build this aspect of our service. We have recently made contact with the pre-schools and Māpua School and have designated coordinators on the committee. Recent

activity includes hosting three school classes and reading aloud weekly at Māpua Playcentre. We are thrilled to support local littlies' love of books and reading.

We have more activities planned in this area. Watch this space!

**Daylight Saving hours resume** Our daylight-saving hours (open 'til 6.30pm on Wednesdays) will resume from 30 September.

Our REGULAR and COVID Level One opening hours are below. Other COVID Levels may mean a variation to these.

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-4.30pm (extended to 6.30pm during daylight saving)
Thursday	10am-12.30pm; 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	2pm-4.30pm

E: [mapualibrary@xtra.co.nz](mailto:mapualibrary@xtra.co.nz);

F: Facebook: Māpua Community Library;

W: [www.mapuacommunitylibrary.co.nz](http://www.mapuacommunitylibrary.co.nz)

**Major Sponsors:** The Lion Foundation, Rata Foundation and Tasman District Council



**tasman tree fella**  
LIMITED

**Do you have a tree problem?**  
Specialising in confined space tree removal & tree reduction

- felling ★ firewood splitting
- height reduction ★ large chipper available
- trimming ★ fast & friendly service
- chipping ★ free no-obligation quotes

Contact: Mafiu Noakes: 021 1058 359 or 03 526 8001




**Mapua Landscapes**  
LIMITED  
03 540 3423

Landscape Supplies  
Courtesy Trailers  
Gardening products  
Wine Barrels  
Railway Sleepers  
Bridge Beams•Trellis

Digger and Truck available for Retaining Walls, Driveways, Shaping up sections ready for landscaping, house sites

15 Warren Place, Mapua [www.mapualandscapes.co.nz](http://www.mapualandscapes.co.nz)



**Coast & Country Chiropractic Centre**  
Dr. Ron Howard  
ACC registered  
[coastandcountrychiropractic.co.nz](http://coastandcountrychiropractic.co.nz)

**Mapua** 105a Aranui Rd 03 540 2068  
**Motueka** 2 Wilkinson St 03 528 8880

**SUMMIT** Licensed REAA 2008

**GORDON WEBB**  
Top Salesperson 2007/2008/2009/2010  
Runner Up 2005/2006 | Top Office 2014/2015  
in Summit Real Estate MIRIENZ

**Tasman - Nelson - Marlborough**

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

**'A Good Deal Better'**



**Gordon Webb**  
Residential & Rural Branch Manager  
021 540 241 | 544 2900  
[gordon.webb@summit.co.nz](mailto:gordon.webb@summit.co.nz)  
[summit.co.nz](http://summit.co.nz)



# SUMMIT

Licensed REAA 2008

## SELL WITH

### ADELE

THREE GREAT REASONS WHY YOU SHOULD CHOOSE ME  
TO SELL YOUR HOME

“

1

#### Neighborhood Knowledge.

I have lived in this wonderful location for 25 years.

#### Negotiation Skills and Confidentiality.

I can remove myself from all the emotional aspects of selling your property - it's part of my job description. This allows me to focus on getting you the very best price for your home and as a professional, your confidentiality is assured.

2

#### Locally Owned Company

Summit is a long standing, locally owned company with proven results throughout this spectacular region and I am delighted to be part of such an amazing team!

3

”

*"Know me before you need me"*  
Call today for your free property market valuation

10 Cliff Road, Tasman

Offers Over \$1,060,000



10 Van Beek Place, Mapua

Tender



Adele Calteaux | 528 4001 | 027 337 5848 | [adele.calteaux@summit.co.nz](mailto:adele.calteaux@summit.co.nz)



## Hello animal lovers

I was pleasantly surprised to see the other day, a happy owner and happy dog walking along together. The dog was on a lead, but it was loose, and the dog was walking happy and relaxed beside its owner. So, I thought I would write about how this can be achieved as a dog pulling or unwilling to follow its owner is stressful for both.

It all starts from when the dog is younger and involves a lot of time and patience. All dogs like to interact with their owners and quite naturally follow a leader; however, they are easily distracted; especially on walks and with other dogs and people around.

Start with encouraging the dog to come when called at home and being rewarded either with a treat or praise. Dogs are associative so if they get a reward for an action, they are likely to repeat it.

At the start a puppy should get used to a collar or harness, there are many different types on the market. Again, encourage the dog to come and be with the owner with a reward.

When the dog is comfortable with the collar then a lead can be attached but no pressure should be applied. Once more the dog should be encouraged to come but this time on the lead. At first a puppy will want to play or resist but with practice it will associate the lead with being with the owner.

When this has been established in the home or quiet place the owner can try walking with the dog on the lead. Short distances at first then building it up over time. Always the dog should be praised for being with their owner and walking at their speed. A dog should never have constant pressure on its neck as this can be very stressful and in some cases trigger aggression in the dog. If the dog wants to pull away a short amount of pressure on the lead is all that is needed and as soon as the dog responds the lead should be loose again.

All this training takes time but, in the end, it is very rewarding for both dog and owner.

I am always happy to help with animal behaviour issues.

*Sue Mott, Animal Behaviourist*

## Māpua Craft Group

September has been a month of thinking of others; making face masks, cards, greeting tags, special soaps with felting and novel pin cushions.

We will be observing school holidays as usual, so we will meet again at the commencement of next term: **Friday the 16th of October.**

Do join us at Hills Community Church from 10 'til 12 on a Friday, to enjoy company and perhaps learn new skills!

*Barbara Halse 5493901.*

A sad postscript to our report: *It was with great sadness that we learnt of the death of Vesper Harrison, a long-time member of our craft group. She will be remembered for her skill, smile, generosity and quick wit. We will all miss her.*

**DESIGNS  
for  
GARDENS**

Clare Smith Stevens  
021 775 806  
clare@singingspaces.co.nz  
www.singingspaces.co.nz

Let your garden sing!  
Contact me for a free visit

**You deserve a higher level of real estate.**

The mark of a good agent is the quality of the relationships and the referrals that comes from doing what's right, simply because it's the right thing to do.

Integrity, ethics, honesty, attention to detail, dedication, friendly and approachable, but more than that understanding the power of having a confident negotiator at your back when you need it. With over 12 years in real estate and over 40 years in management I know what works. Want to learn more - contact me today!

**Anne Hunter**  
P: 027 630 2811  
E: anne@debbiecooper.co.nz  
W: debbiecooper.co.nz

Sales Associate, MREINZ  
Debbie Cooper Real Estate Ltd (Licensed REAA 2008)

**DC** **DEBBIE COOPER**  
REAL ESTATE

**Tessa Mae's**  
WITH ATTITUDE

Gifts & Homewares in The Village

**OPEN 7 DAYS**

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

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

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

# MĀPUA BOAT CLUB KIDS FISHING COMPETITION

**Where** - Māpua Wharf

**When** - Sunday 1st Nov 2020

**Time** – Lines in 11am - out 12.15pm

**Registration from 10.30 am**

## 3 Categories:



- Under six years
- 6 - 9 years
- 10 – 12 years

**Spot prizes - sausage sizzle**

**Prize presentation**

## CONDITIONS OF ENTRY:

Only fish caught on lines win prizes

Maximum 3 hooks per line

Children to be accompanied by an adult at all times

**Please direct enquiries to:**

**CLARE** on Email [mapuaboatclubevents@gmail.com](mailto:mapuaboatclubevents@gmail.com)  
or phone/txt 0221771186

[www.PageBorders.net](http://www.PageBorders.net)



**Ruby Bay**  
KITCHEN

Chef-made food at takeaway prices  
172 Stafford Drive, Ruby Bay  
03 540 3530



**THE COOL STORE GALLERY**

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

*Come & browse & chat with our  
friendly staff.*

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

Tricia Morrison  
7 ARANUI ROAD  
MAPUA, NELSON  
Wk: 03 540 3778  
Hk: 540 3009



# Māpua Health Centre news

**S**adly, we farewell Dr Lisa McIlwraith at the end of this month. She has, over the last three years, provided a wonderful and very caring service for her patients, and it has been a privilege to have her as part of our team. We will be sad to see her leave, however we wish her well for the future.

Some changes have been made to the immunisation schedule effective the 1st October 2020 which include:

- 12mth olds will now receive MMR (Measles/Mumps and Rubella) together with the final dose of pneumococcal.
- 15mth olds are now getting one less vaccine.
- 4year olds will only receive one vaccine of DTaP-IPV (Diphtheria/Tetanus/Pertussis and Polio).

We appreciate this can be very confusing but if you have any concerns or want to discuss this with one of our nurses please do not hesitate to contact us on 03 5402211.

We are in the process of updating our website and we hope to have it completed by mid-October.

We would like to say a big thank you to all our patients who have attended their consults in the back carpark as part of the COVID-19 precautions. We appreciate this is not a normal process however this has enabled both patients and staff to stay safe.

Electronic/emailed prescriptions were rolled out during lock-down and due to initial software and other technical problems this has caused considerable problems for both patients and primary healthcare practices throughout New Zealand. To those patients who have had trouble picking up their prescription we apologize for the inconvenience. Please let us know if you are continuing to have any issues with prescriptions and we will endeavour to sort it out. Hopefully, the system will soon be fine-tuned and efficient for everyone concerned.

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 age 50.

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

Recent findings suggest that, regardless of genetic risk, women may be able to reduce their risk of developing breast cancer by getting adequate levels of exercise; maintaining a healthy weight; and limiting or eliminating use of alcohol, and hormone replacement therapy (*JAMA*, July 2020).

Evidence suggests 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 2017).

This month also celebrates the International Day of Older Persons and recent research shows that higher amounts of omega-3 from seafood are associated with healthy aging in adults, defined as survival without chronic disease, such as cardiovascular disease, cancer, lung disease, or severe chronic kidney disease (*BMJ*. October 17, 2018).

Also, 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 Geriatrics 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).

The patient portal service is working well, and we greatly 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 medical notes and test results, as well as request appointments, ask questions by a dedicated email option and get repeat prescriptions. If you would like to register for Manage My Health™ please contact the receptionists 03 5402211.

## **This month's health and school events include:**

- Oct 1 International Day of Older Persons [www.un.org](http://www.un.org)
- Oct 1-31 Health Literacy Month  
[www.healthliteracymonth.org](http://www.healthliteracymonth.org)
- Oct 1-31 Breast Cancer Awareness Month  
[www.nzbcf.org.nz/home](http://www.nzbcf.org.nz/home)
- Oct 10 World Mental Health Day  
[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)
- Oct 9-15 New Zealand Shake Out (Civil Defence)  
[www.civildefence.govt.nz](http://www.civildefence.govt.nz)
- Oct 11 International Day of the Girl Child  
[www.un.org/en/events/girlchild](http://www.un.org/en/events/girlchild)
- Oct 12 World Arthritis Day [www.arthritis.org.nz](http://www.arthritis.org.nz)
- Oct 13 International Day for Disaster Risk Reduction  
[www.un.org/en/events](http://www.un.org/en/events)
- Oct 16 World Food Day [www.fao.org/world-food-day](http://www.fao.org/world-food-day)
- Oct 20 World Osteoporosis Day [www.bones.org.nz](http://www.bones.org.nz)
- Oct 24 United Nations Day [www.un.org](http://www.un.org)



**Mapua Pharmacy**

**OPENING HOURS: Mon - Fri 9am – 5:30pm**  
**Sat: 9am- 12.30pm, Closed Sunday**

Prescriptions	Trilogy Skin Care
OTC medicines	SHE skincare range
Vitamin supplements and health products	Accredited TMP, ECP and Sildenafil suppliers

Located behind the Mapua Village Bakery **Tel 03 540 3735**  
**Fax 03 540 3741**



MYMOVE TASMAN LTD - NELSON/TASMAN PROPERTY MANAGEMENT EXPERTS

# Maximising your investment

“ Thank you for the brilliant service you guys provide, by far the best property Managers we've ever dealt with.

*Jane & Peter* ”

“ Fabulous service! Easy to deal with, excellent communication skills and helped me find the perfect rental property. Highly recommend MyMove from a tenant perspective.

*Thank you. Jen.* ”

“ We are over the moon on how effective and professional MyMove's services have been. With their stickability and commitment, it is a pleasure to be reliant on their level of service.

*Kevin & Jane* ”

**Harcourts**

- We are specialists in Property Management, our people are dedicated professionals who promote a company wide focus on the delivery of exceptional customer service.
- Our Property Managers continue to remain at the forefront of Property Management legislative changes.
- We are leaders in Property Management technology. Our Property Managers enjoy a mix of mobile and web based products for seamless management of the many administrative processes required.
- We accelerate the renting of your property to the right tenant through our focussed marketing and tenant screening procedures.
- We maximise your investment by optimising your return.

## Sian Potts – Your Property Management Expert

Sian has a proven track record for delivering a high level of customer service and her clients appreciate her clear communication and attention to detail.

Know that when working with Sian, you will be employing the services of a property manager you can trust, someone who will ensure your property and your tenants are well looked after.

Mobile: 022 384 9791  
Office: 03 540 3425  
Email: [propertymanager@mymove.co.nz](mailto:propertymanager@mymove.co.nz)





## Sow with an open hand

**W**hen it comes to patching up a bare patch or putting down a new lawn there are some critical principles when it comes to sowing grass seeds.

One key observation I made the other day though, was that it's best to sow liberally if I expect to get any grass at all after the birds have picked off their share.

And the same liberality with seeding probably applies to getting that vege garden in at this time of year. (Except perhaps with sowing Beetroot, as most varieties come as a cluster of seeds grouped into one clump, so the liberality is kind of "built in" and always seems to germinate plenty of young plants.)

If I expect plentiful produce or a lush lawn, then I've got to sow plenty of seed in optimal conditions; which takes some planning and purposed intent. And I'd like to suggest that being generous at this stage of the planting season carries with it the genesis of another principle. That you reap what you sow.

Sow sparingly or begrudgingly and you most likely will get back not much more than a pitiful result, with not much to rejoice or celebrate over in the future. And we understand these principles don't we, when out in the vegetable garden or out on the lawns we love.

Yet sometimes people forget these same universal principles when called upon to have a "generous spirit" within our own human eco-systems.

And that's why I'd like to honour in this column those who have demonstrated a liberal generosity of heart, and

have gone about cheerfully sowing seeds of kindness in the expectation of an abundance for all, coming along after them.

Without making mention of specific folk, you may well know who I am talking about. You might well be one of them or wanting to become one of them!

They're the ones who give of their time, at their own cost. They're the ones who give extra energy for a person in need, giving a ride to the hospital perhaps. They're the ones who see a need and meet it. They're the ones gifting money or boosting their grocery list with some produce for a local "kai with love" service. They're the ones less concerned about "their rights" and more keenly sowing gratitude (along with a sense of fun for good measure too). They're the ones stopping to chat with children, at their level. They're the ones on committees, or the ones stacking chairs. They're the ones . . .

Look out for them. You might notice them - but probably not - because they often go about quietly, privately . . . and unsung. Its better to sow in that way.

The Bible has plenty to say about having a generous heart. For example, read the second letter the apostle Paul wrote to the Corinthian church, Chapter 9, verses 6-15.

These and other timeless principle are all there - God's instructions for sowing liberally and being generous.

In all respects though, I think any generosity is better informed, and inspired, when we first come to appreciate how generous God has been toward us.

*Greig Caigou -*

*Greig enjoys being the Pastor at the Church in Tasman*

NEW BUSINESS---NEW BUSINESS--- NEW BUSINESS



*Tasman Bay*  
ESTATES

Natives - Exotics - Grasses - Ferns

Attractive prices - Great Quality

*The Nursery*

*@ 35 Horton Road, Tasman*

Open Wednesdays 8am-4pm and by appointment

Call Jo: 021 - 122 3056



## Hills Community Church

Have you ever wondered why geese fly in a Vee formation? It is fascinating to read what has been discovered about their flight pattern as well as their in-flight habits. Four come to mind.

1. Those in front rotate their leadership. When one lead goose gets tired, it changes places with one in the wing of the V-formation and another flies point.

2. By flying as they do, the members of the flock create an upward air current for one another. Each flap of the wings literally creates an uplift for the bird immediately following. One author states that by flying in a V-formation, the whole flock gets 71 percent greater flying range than if each goose flew on its own.

3. When one goose gets sick or wounded, two fall out of formation with it and follow it down to help and protect it. They stay with the struggler until it's able to fly again.

4. The geese in the rear of the formation are the ones who do the honking. I suppose it's their way of announcing that they're following and that all is well. For sure, the repeated honks encourage those in front to stay at it.

In all of this, one lesson stands out above all others: it is the natural instinct of geese to work together. Whether it's rotating, flapping, helping, or simply honking, the flock is in it together... which enables them to accomplish far more than anyone could imagine.

A real blessing of being a pastor is being able to meet a wide variety of people from many different backgrounds. One question I am often asked is this "What kind of Church is HCC?" And the answer relates to the illustration of the geese flying together.

HCC is an independent community church, that some 25 years ago was born out of the joining together of three local churches: Anglican, New Life Pentecostal and Uniting. In this it seeks to honour and value the different denomination, backgrounds and traditions within the Christian faith. In this, HCC represents a commitment to walking the journey alongside one another, honouring and valuing each other, our unique contribution, and the gifts we bring. At heart HCC is about recognising that we can be and can accomplish far more by being together than by being apart.

*Yours, together, in Christ*  
Rev John Sherlock

Sunday Worship:

9 am – Traditional service;

10.30 am – Contemporary service and children's programme including crèche.

Morning tea between the services. Holy Communion celebrated at both services on the 2nd and 4th Sunday.

Youth Groups: Years 9 to 13 Fridays at Māpua Community Hall 6.30-8.30pm.

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

Māpua Tennis Club invites you to their Love Tennis open weekend.  
Bring your whole family for some fun on court. No need to have played tennis before.  
Racquets provided. See you there!



love tennis  
All welcome  
come play  
it's free!



Sat 10 & Sun 11 Oct 1-4pm

Contact the club at [mapuatennisclub@gmail.com](mailto:mapuatennisclub@gmail.com) or follow us on Facebook @MapuaTennisClub



Happy October! We hope everyone is getting into the swing of Spring. The weather has definitely warmed up and there is no better time to get out and support our regions businesses! The MDBA is all about providing networking opportunities, promoting and supporting local business and advocating for our members. If you're a local business owner, get in touch and see how we can help you!

## NEW MEMBER INTRODUCTIONS

### Tasman Earthworks & Construction - Nelson & Tasman

Tasman Earthworks and Construction are specialists in Excavation and Construction located in Lower Moutere and operating in the greater Nelson and Tasman regions. We are a newly established business and pride ourselves on providing friendly and reliable earthmoving and construction services. Tasman Earthworks and Construction offers a wealth of knowledge with more than 30 years' experience in the building industry. Having a qualified Licensed Building Practitioner (LBP) and a skilled machine operator, we can be relied on to get the job done quickly and efficiently, regardless of size or difficulty.

We are committed to providing our customers with professional advice, quality workmanship and a tailored service to meet each individual project's requirements.

Tasman Earthworks and Construction provides a wide range of services with the ability to finish all elements of your project from beginning to completion. The company operates a 3.5T Yanmar Excavator, equipped with a full range of buckets and augers; perfect for residential projects as the rubber tracks are friendlier on

formed surfaces. The 5.2T tip truck is ideal for those projects that have limited access requirements. If you are looking for quality, service, reliability and competitive rates, contact us today to discuss your project needs and get an obligation-free quote.

**Tasman Earthworks Limited**

P: Office - 021 119 2239

P: Operations - 027 385 5998

E: [info@tasmanearthworks.co.nz](mailto:info@tasmanearthworks.co.nz)

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



**TASMAN**  
EARTHWORKS &  
CONSTRUCTION

CALL US TODAY  
021 119 2239

Tasman Earthworks & Construction is active throughout the greater Nelson and Tasman regions offering a wide range of excavation and construction services. We offer a personal and tailored service to meet your needs. Contact us today for an estimate for your next project.

### Tasman View Accommodation - Your retreat in Tasman

Tasman View Accommodation is a unique property offering stylish boutique accommodation, situated on a private farmland setting on the Tasman Great Taste Cycle Trail, one of New Zealand's Great Rides. Established on the ridge separating the Moutere Valley from the coastal Mariri area, it offers 360° panoramic mountain and sea views. Tasman View Accommodation offers the option of 3 self-contained attached double units, each with a separate external entrance. It is great for couples, small groups or families looking for a relaxing time away from it all. You can enjoy a picnic by one of our natural ponds, a stroll around our 8.6ha farmlands or relax on our private guest outdoor deck whilst taking in the breath-taking views of the region.



### About your hosts

Jacqui and Wal Patchett are your hosts at Tasman View Accommodation. They warmly welcome all guests to their amazing property, and take pride in ensuring that any stay is an enjoyable experience.

Both have a passion for the outdoors and over the years have cycled, tramped and travelled extensively around the Nelson Tasman region and beyond, sharing these adventures with their two children as they were growing up.

Born and bred Kiwis, they also enjoyed living overseas for 13 years before returning to New Zealand and settling in Nelson in 2009. Jacqui and Wal love the region, the climate and all it has to offer, and are keen to share it with others.

Unpack your bags, relax and enjoy your stay!

**Tasman View Accommodation**

903 Tasman View Road, Lower Moutere

P: 021 119 2239

E: [info@tasmanview.co.nz](mailto:info@tasmanview.co.nz)

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

# Noticeboard

**Low carbon lifestyle tour** - Tour of two climate-friendly local properties, 10 October. \$10. Tickets essential, from <https://www.humanitix.com/nz>; Motueka Greens, Petra 021 0292 6209

**Stamp Collectors** - anyone interested in forming a group or having their collections evaluated – contact Nick Ferrier 021 688243

**Quakers** meet at Family Service Centre, Motueka 10am 2<sup>nd</sup> Sundays. All welcome. Enquiries: Linda 027 447 6435.

**MATHS TUTOR** - Experienced High School maths teacher available for individual tuition. \$30 for 45 minutes. First lesson free. Jane 021 02972934

**Māpua Friendship Club:** 2nd & last Fridays, Māpua Hall, indoor bowls & bring-a-plate tea. New members welcomed. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

**Māpua Art Group** meets Bill Marris Room Māpua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media. \$5 incl 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

**MDCA:** Māpua & Districts Community Association meets Feb-Dec, 2nd Mondays, 7pm Māpua Hall; [info@ourmapua.org](mailto:info@ourmapua.org)

**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 new friends. Info: Verena 027 435 1932.

**Ruby Coast Walking Group** meets 9.30am Wednesdays by Tasman Store. Walk 1½ hrs then coffee & muffins back at the Store. All welcome. Fiona: 021 232 6089 for more info.

**Spinners, Knitters, Weavers:** Creative Fibre Group, Māpua Hall, second Tuesdays 10am. All welcome.

**Taoist Tai Chi** Beginning class Tuesdays 1.30 - 2.30pm. Continuing class Wednesdays 12.30 - 2.30pm. All welcome. Enquiries 545-8375

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

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

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

**Toy Library:** extensive selection of toys, puzzles & videos for children 0-5yrs. Māpua Hall every 1st & 3rd Tuesday, 10-11am & 6.30-7.30pm, 1st & 3rd Friday 3-4pm. [mapuatoylibrary@gmail.com](mailto:mapuatoylibrary@gmail.com)

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

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

**Daytime Book Group:** Meets first Tuesdays 9.45am. New members welcome. Gaye 03 526 6827

**Toastmasters:** Like to speak with more confidence? Motueka Toastmaster Club meets every 1<sup>st</sup> & 3<sup>rd</sup> Weds, 6.45–8.30pm, 15 Courtney St, Motueka. Please come along to a meeting, no obligations. Info: Dave 027 538 0059.

**Ruby Coast Running Club:** 5k run Thursday nights 5:30pm. Also runs most mornings. Find us on Facebook or contact Debby 027 327 4055.

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

**Motueka Senior Net.** Tech for mature adults. Monthly meetings. Help sessions 2x/month. De-mystify technology in a fun & friendly forum. Clubrooms 42 Pah St Motueka. [Seniornetmotueka.org.nz](http://Seniornetmotueka.org.nz)

**Tasman Golf Club** welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Info: Jim 022 096 6067 & Lyndal 03 526 6819, [teeup@tasmangolclub.com](mailto:teeup@tasmangolclub.com)

**Coastal Stringers** Ukulele group: beginners welcome. Fridays, 1.30~4pm Boat Club rooms on the wharf. Just turn up & join us for some fun! Info: Colleen 540-3010, Diane 540-2627.

**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, morning tea. Singing improves your lung health! 10am Mondays, Te Awhina Marae, Pah St, Motueka. Pip 0274 282 693

**Māpua Craft Group:** Fridays 10-noon, supper room, HCC. Simple craft work, occasional guest speakers, demos & outings. A social, a cuppa, some easy craft. \$2 + koha for materials. Julie Cox 0277418575, Barbara Halse 5403901

**Tasman Area Community Association (TACA)** 7.30pm last Thursdays (x Dec) Tasman Bible Church. Residents of Ruby Bluffs to Tasman & Kina welcome. Info: Facebook or [www.tasmancommunity.org.nz](http://www.tasmancommunity.org.nz)

**Nelson Trout Fishing Club:** 7pm 3rd Wednesdays, Fish & Game Rooms, 66/74 Champion Rd, Stoke. Beginner or expert. Courses, field trips, speakers. Open to all ages. Info: 03 5476432, [secretary@nelsontroutfishingclub.com](mailto:secretary@nelsontroutfishingclub.com)

**Friends & Neighbours:** Varied programs of interest, friendship & good morning tea. Third Fridays 10:30 - 12:30pm at Tasman Bible Church. Info: Jane 526-6709.

**Māpua Boat Club:** Social evenings Thursdays 5.30-7pm at club rooms, Māpua Wharf. No boat required. Monthly guest speakers, raffles, free snacks, open bar. Info: Clare 0227117786

**Motueka Scottish Country Dance Club:** Weds 7.30pm Lower Moutere Hall Scout den. No partner needed, dress casual, wear soft flat shoes, beginners welcome. Good exercise, lively music. Contact Fay 021 039 3559 or Alison 0220 363 891.

**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, 03-538-0711, 021-0828-4473, [sam@sambennett.co.nz](mailto:sam@sambennett.co.nz).

**Club Notices** are free. Others by gold coin donation to one of the distribution boxes.

**Coastal News:** to see it in colour download the pdf from [www.coastalnews.online](http://www.coastalnews.online)