

Some Reserves Worth Fighting For

By David Mitchell

Our Māpua reserves are about to be “classified” through a little-publicised and little-understood process which can have far-reaching consequences.

It is the first time Tasman District Council has undertaken reserve classifications of this sort. Until 2013 ‘classification’ was a responsibility for a government department—Conservation. However, the task was handed over to councils in 2013 by the then National Government.

The process sounds simple. Our council has to determine the right classification for every one of its hundreds of reserves and choosing from seven options in the 1977 Reserves Act: will they be classified as reserves for recreation, for historic reasons, scenic, scientific, nature or a specified local purpose? The classification is crucial because, once the decision has been made, it determines policy priorities and how the park will be administered.

However, the classification process is complicated by the size of the district, the huge task and a big backlog of work because of other earlier reserve administration work having been deferred. It is not surprising that there are issues arising.

The classification has already started in the Motueka Ward of Tasman District, and Mapua’s ward, Moutere-Waimea, is next. The process is being handled by a panel of four councillors and one iwi representative. While the council invites and considers public submissions, so far almost all of its decisions have been the classification originally recommended by council staff.

For some of our most valuable reserves in the Māpua area, the classification will be crucial to the future of that particular reserve. High value natural reserves like Dominion Flats, the Pine Hill Reserve walking tracks and Aranui Park should properly be given a “scenic reserve” classification. As a scenic reserve, the priority for future management is to “preserve the indigenous flora and fauna biological associations, and natural environment as far as possible”. Developing facilities for public enjoyment is a secondary priority only.

People can freely visit scenic reserves to walk, walk a dog, cycle, picnic and simply enjoy them.

The council also has to consult iwi and some reserve areas, particularly Grossi Point Reserve and the area of the former wharf reserve area are likely to be important for them because they are both historic Māori occupation sites with food preparation areas and also urupa.

However, the inclination of councils like ours is normally to seek only classification as a ‘recreation reserve’, partly because it gives them maximum flexibility. A reserve’s use can be altered according to the council’s assessment of need.

Under the Reserves Act, the highest priority for ‘recreation reserves’ is to “allow public freedom of entry and access subject to the well-being of the reserve”. Management of native flora and fauna is listed as only as a secondary consideration.

In terms of usage, ‘recreation reserves’, “may be totally modified, for example for suitable sports fields” and may also be suitable for “picnic or camp sites or like development”.

For Māpua and district, it is a time to think and plan ahead. What are the reserves that we have created and what are their

values? Our community has more reason than most in Tasman to care a lot about the classification question. That is because from our earliest reserves to our most recent, Māpua district locals have been busy creating and caring for some amazing reserves that the community cares passionately about

For more than a century now, Māpua residents have been drawing plans, slashing invasive gorse, broom and blackberry, clearing spaces, levelling ground and building pathways to create parks and assets for people of all ages that we now take for granted: the bowling club, the tennis courts, Māpua Recreation Reserve, the RSA Memorial Reserve, Aranui Park, Higgs Reserve and others.

In the 1980s, the Community Association under Bill Williams’s leadership successfully worked on the Pine Hill Reserve network of paths through original native forest trees, providing links to homes in Bra-



bant Drive and Van Beek Place, a pathway to our glow-worm grotto and also linking to the pathway along the coast to McKee Domain.

The most recent and possibly the most spectacular Māpua reserve creation project has been Dominion Flats. At the Māpua turn-off, dedication and hard work over the past five years by a small Dominion Flats Planting Project Team and hundreds of volunteers has transformed what was a 7ha highway construction eyesore into a growing and inspiring native forest "gateway" for our town.

The project team, led by Neville and Helen Bibby, has involved many community volunteers every year. This year marks an important milestone in the project, a five-year first stage of successful planting of primary trees and shrubs in the full area, a remarkable total 50,000-plus grasses, plants and trees.

The tally includes more than 400 kahikatea, New Zealand's tallest tree and a tree linked to the word "Māpua", which in pre-European times dominated the site. The reserve is bisected by a network of cycle/walkway paths, already attracting more users from Māpua and nearby communities. The project has been well-supported by the TDC through land purchases and strong backing from parks and reserves staff.

Another remarkable community effort has been the planting by Māpua school-children of about 6000 native trees and plants over a 10-year period in Aranui Park, helping to make it live up to the aspiration of its donors, the Bernard Wells family, that it would be "A contribution to the preservation of New Zealand's natural heritage".

We believe that at least three Māpua district reserves, Dominion Flats, Aranui Park and the Pine Hill Reserve, should be protected by 'scenic reserve' status. Māpua residents who feel the same will need to be alert to a notice of a submission deadline (yet to be announced) and ready to send in a brief submission requesting the scenic reserve classification for our high-value nature reserves.

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Mapua Craft Group

August has been celebration month! We surprised Ella with a sumptuous morning tea and a delicious chocolate birthday cake. On the 17th we car pooled to view the *Create to Celebrate* exhibition and an art display at Motueka. This was followed by morning tea at Muses. The meeting on 24 August was to obtain items that can be up-cycled to use in the home or garden.

After our display in the Mapua Library, we have decided to donate the twiddle muffs and aprons to the Jack Inglis rest home for use by dementia patients and the shopping bags will be given to the Richmond Hospice shop.

The next project is "black work" which is fine black stitching on Aida cloth. Rae has introduced us to this embroidery so we will make small samplers which can be used as bookmarks, or if longer, for wall hangings.

Come and join us on a Friday during school term time at the Hills Community Church between 10am and noon. We have morning coffee/tea and collect a \$2 donation for use of the room and a koha for any materials used.

Barbara Halse.



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

Lower Speed Limit Proposed

The first general meeting for the new year of the Mapua and Districts Community Association began with TDC engineer Jamie MacPherson presenting the recommendation for a reduced speed limit from Three Brothers Corner to Maisey Road to try and lower the accident rate on this stretch of road.

Currently the speed is 100kmh and the NZTA and TDC in consultation with the AA and the police are recommending this be reduced to 80kmh.

Jamie encouraged those attending the meeting to submit their opinions before the closing date for submissions at the end of the month.

Roads and Pathways. Wayne advised those present that the Seaton Valley cycle/pathway is under way and passed on the comment from Jamie MacPherson at TDC that the budget for footpaths for the whole region is small in the current TDC plan.

Waimea Inlet forum Report. DOC is looking for suitable places in the region to relocate Brown Teal and are asking for offers of lakes or ponds that might be available.

There will be a trapping workshop in October and all who are interested are invited to attend.

Dominion Flats. The big autumn/winter planting is almost completed and now the group of volunteers who come so regularly on a Tuesday morning will be back to weeding and plant-releasing. It is such a pleasant friendly group who turn up most weeks and we love to see others join in. Jim Hosie has constructed two more seats using materials donated by Motueka Community Shop. They have now been set in place so you can stop for a rest or admire the view over the reserve from the top.

Community Transport. Elena referred to other areas like Christchurch and Picton where trusts have been formed to operate transport for those unable to make their own way to appointments or other commitments and she has begun discussions to have a combined

committee formed with other local areas e.g. Wakefield and Brightwater to investigate possibilities that could help all participating areas. Age Concern and Hills Community Church are interested in helping.

AEDs in the area. Watch out for publicity about another training session on how to use these as it is planned to hold a session before Christmas.

The MDCA meetings are always interesting, always lively and it is a fantastic forum to keep up to date with happenings in the area and to voice your concerns or tell us your idea. Everyone is welcome to attend. Or you can follow MDCA on Facebook.

Helen Bibby

Hard Work Appreciated

The AGM of The Mapua and District Community Association was held on 13 August. Elena Meredith, the outgoing chairperson, spoke to the Annual Report which had been circulated by email. She acknowledged the hard work put in by many and outlined the projects and interests that have been addressed during the year. One of the happenings that affected the wider community was the damage and heartbreak caused by the cyclones and the response from the whole community that was so positive and heart-warming.

Input from our three TDC councillors was acknowledged with thanks as were those who keep us up to date with reports from the various subcommittees. The 'hot spots' preceding our general meetings are helping to give an insight into a number of different topics and mention was also made of the advantages with having an interface with the public through Facebook and the MDCA website.

The association accounts which have been reviewed by the accountant were presented by Aileen and show that the association spends money wisely and is in a sound position.

Two motions which had been circulated prior to the meeting were presented.

1. That the honorarium for the secretary be increased from \$150 to \$200 a month. Carried.

2. That the annual subscription increase from \$5 to \$10 a member was also carried.

Elena was thanked for the hard work and able chairing she has shown over the three years and was presented with a small token of appreciation.

The positions for the executive for the next year were uncontested and are as follows: Chair, Marion Satherley; vice chair, Wayne Chisnall; secretary, Jolene Theron; Treasurer, Aileen Connell; Executive members: Mike Kininmonth, Tim Hawthorne, Naomi Aporo, Elena Meredith, Helen Bibby and Trish Smith.

We look forward to another year of interesting developments and happenings in our lovely area.

SENIOR MOMENTS

Hills Community Church

Held on *second and last* Wednesdays of the month
At Hills Community Church - 122 Aranui Rd, Mapua

10 AM to 12:00



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AND MEET NEW
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Hello Animal Lovers

Well, it is spring already and no doubt you have seen a lot of lambs cavorting around the paddocks. It is also a time of rebirth for the land and all the life on it. It would be fair to say that this has not been a typical year for weather judging by the reports of extremes in so many countries. Here in New Zealand we have had more predictable weather, with the odd storm thrown in, but there is a prediction that it will be one of the hottest Summers on record. It is so important therefore to take precautions for our beloved animals.

Paddocked animals should always have access to plenty of shade and water and smaller animals kept around the home need to be protected as well, again with lots of shade and plenty of water; and dogs never left in a car even for a short time.

With high temperatures often come a lot of annoying biting insects so keeping paddocks and properties as clean of manure as possible will help.



Most horses need some eye protection, either with a fly veil or bonnet and a light cover to protect them. However, cows and sheep need protecting also as fly strike is something that is horrific for an animal and can be fatal. Again it helps if the animals are kept clean through crutching, etc.

Temperature and biting insects will significantly affect an animal's behaviour so must be taken into consideration. Sadly I have seen many paddocks of sheep with no shade and with several inches of wool on. Although wool can act as an insulator it is kinder to provide the necessary shade.

Animals with young babies are protective, even the quietest ones, so respect and distance should be given to them.

However, spring has to be one of the best seasons and let us hope the predictions for high temperatures are wrong.

Sue Mott
Animal Behaviourist

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The Lungs of Mapua

The combined re-forestation areas of Māpua Wetland and Aranui Park have been described as “the lungs of Mapua”. As this area is the bottom of the Seaton Valley swamp and as we know wetlands are a filtering ecosystem, it seems a fitting image. Only the very lowest part of the swamp remains a boggy paddock and it would be great if one day this again could complete the ‘lungs’.

The history of this area will be summarised in planned information panels that match those at Māpua Wharf and Pinehill Reserve, hopefully completed early next year. We know that Seaton Valley was originally a forest of kahikatea, rimu, mātai, tōtara and harakeke as older locals recall the years of burning stumps, and of a yellow Caterpillar tractor towing discs that sank into the swamp overnight in the late 1930s, leaving only a small yellow strip of metal visible above ground.

For decades, the lower reaches were drained by ditches and used to graze cows and horses, but the land remained swampy.

The family of local orchardist Bernard Wells donated the land that is now Aranui Park to the community with the original purpose that it be restored to the kahikatea-dominated forest of old, so that local people could see the ‘natural heritage’ of pre-European times. It was to be a place for quiet reflection and enjoyment of nature in the middle of the semi-urban development he predicted in the future.

Now, over the past 14 years, intensive planting has taken place by members of Friends of Māpua Wetland, Māpua School pupils, the Coastal Garden Group, Scouts and other locals on public planting days. There is ongoing financial support from the Māpua Community Trust and the Tasman District Council Community Grants schemes for Tāne’s Ark in Aranui Park and from memberships and donations for Māpua Wetland. Memberships for the Friends of Māpua Wetland Inc are \$15 a family, \$10 an individual and \$5 a student. If you want to become a mem-

ber, please contact anyone on the list of names below. This is a way of showing your support for these projects and allows you to walk through Māpua Wetland, which is on private land.

There will not be a lot more new planting now, as the existing forest areas get established, but there are challenges to meet in voracious weeds and pests including a hebe virus. Some infrastructure has been added in Aranui Park: new paths, two bridges, a picnic table in memory of Netta Perry and the old hayshed has been made safe. A pā harakeke is planned for the wet area by the existing flax area.

In Māpua Wetland, the main activity has been the felling of tall manuka and akeake to make light wells for the under-storey of more specialised trees underneath. John Cretney and Lindsay Vaughan volunteered their time and chainsaw expertise with this. Two tall pukatea were planted ceremoniously by Berengere Doran and Graeme Page, who buried two ancient taonga, one under each tree. One was a greenstone tiki that had had its legs blown off by a bullet, thus saving the life of Graeme’s uncle in World War II.

QEII National Trust representative Tom Stein visited the covenanted Māpua Wetland as part of his periodic reviews and said it “was amazing and a real credit to you”. As a result, the wetland will be visited by about 50 delegates from the QEII National Trust conference in Nelson in September (one hopes it might be a bit less wet by then).

Māpua Wetland also has a beehive which the Schneider family caretake and a trapping programme that has been catching rats and mice so far.

The following were elected at the Friends of Māpua Wetland AGM on 29 July:

Chair, David Young; secretaries, David and Judy Mitchell; treasurer, John Cretney; committee: Helen Beere, Simon Clearwater, Mac Karalus, Chris Lovell, Alice Reade, Janet Taylor, Max and Luis Schneider

Judy Mitchell



The picnic table (left) installed in memory of the late Netta Perry, near the old Wells farm shed, installed by the Coastal Garden Group. (Right) A new bridge which connects from near the car park to the old Wells farm

Blackball Readers & Writers

The inaugural Blackball Readers and Writers Festival, to be held at Labour Weekend, will bring established writers to the Coast to read from their work and to have conversations. The festival will be modelled on the underground coal mine and will therefore seek work 'from the underground' which can be interpreted in many different ways, e.g. that which has been forgotten, or that which has become for a time, marginal, or that which has deep roots in the earth or the past.

There is also the theme of 'discussion in the bath-house'; miners while washing up discussed politics and other matters. There will, for each festival, be book sales of the authors present and other works of relevance. There will be a writing exercise for all participants and the organisers are introducing the topic of important letters in people's lives, encouraging all participants to bring along one such letter for sharing.

For the inaugural Festival, the writer, Jean Devanny (1894-1962) will be 'recovered' and her life celebrated by historian and author Carol Dawber and author and film-maker Katherine Gallagher. Jean Devanny, born in Golden Bay, was a prolific (17



published novels) feminist and socialist writer and political orator. Jean, controversial and revolutionary was one of the first woman to write significant West Coast fiction.

The celebrated Blackball-bred poet, Jeffrey Paparoa Holman, will launch his memoir, *Now When it Rains*. Acclaimed poet Tusiata Avia, born in Christchurch to the first wave of Samoan immigrants, will discuss and read from her work. Dunedin novelist Paddy Richardson will talk about her writing and her detour from the crime fiction genre with her recent novel set in Blackball, *Making the Underground Literal*. *Caves: Exploring New Zealand's Subterranean Wilderness*, will be discussed by Neil Silverwood, the book's photographer. To conclude the festival sessions, environmental writer Kennedy Warne will introduce the work of Denniston poet, Leicester Kyle and discuss the relationship between the poetic voice and guardianship of the environment. Kennedy, author of two children's books and *NZ Geographic* co-founder and writer, will have spent Friday talking to local school children.

The festival is organised by the Bathhouse Co-operative, a subsidiary of Te Puawai Co-operative Society, a co-op set up to incubate projects on the Coast (www.tepuawai.co.nz)

Find out more via <http://facebook.com/blackball2018>



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A Spring Treat

Many of us know the lines from William Wordsworth's poem... *When all at once I saw a crowd, A host of golden daffodils; Beside the lake, beneath the trees, Fluttering and dancing in the breeze...*

Well, here is your chance to see a host of golden daffodils and other spring flowery treats, scented or otherwise. They will be on display in the Brightwater Hall on Saturday and Sunday, 22 and 23 September. Open Saturday 10.30am to 4pm. Sunday 9.30am to 3.30pm.



The Brightwater Horticultural Society members bring you their best spring-flowering specialities, and you can enjoy a best-value afternoon tea, product and plant stalls, floral art—there are lots to see.

We welcome anyone who wants to enter for the first time, for more information call 545-1102. Entry for adults is \$4 and children are free.

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PANZ

Can't wait ... spring is almost here! The sun is shining today and the flowers in my garden are starting to peek through the ground. I am inspired and energised by spring. Everything is fresh and new. Our group of artists on Tuesday are feeling a bit more challenged and went out for a plein air session just last week. Well, we didn't have much choice, the Mapua area power was going to be out for a while and there would be no light to work by in the Hall. So why not venture out to the Mapua Wharf and sketch and paint. The Jellyfish Restaurant generously allowed us to use their veranda. Even the weather cooperated.

We had a mid-winter challenge called "The Big Picture" which is always enjoyed by all. The idea is to take a painting by a famous artist and cut it into pieces (almost like a jigsaw puzzle). We are then given only a piece of the picture to paint. We have not seen the original picture at this point so we have no idea what we are painting. The pieces we painted are then reconstructed on a board alongside the artist's painting. It is amazing how it comes together. The photo should give you some idea what this is all about. The picture on the right is the original and the one on the left is the reconstructed one. Thanks to Marian and Sue for organising the activity. This is actually a fun activity for any painting group to try.

This October Liz Haywood-Sullivan will conduct a two-day workshop for our pastel group. She is an award-winning pastel artist and author of several art publications. Liz is from the US and will be travelling around New Zealand and we are one of the lucky art groups to be having her workshop. It is a real opportunity for our members to up-skill and develop new techniques from professional artists such as Liz. Those attending are looking forward to it! You can never stop learning.



Mark your Calendar: The Impressions National Art Awards 2018 – 29 September through 13 October, at Mapua Community Hall. The exhibition opens on Saturday at 1pm with Awards presentation being held at 3pm. The exhibition will then be open daily from 9:30am to 4:30pm. Entry is FREE and all artwork is for sale. Hope you have an opportunity to view this art exhibition as it will have a wide range of outstanding artwork from all over New Zealand.

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

Gloria Anderson

Mapua Health Centre

We warmly welcome Kathryn Parr as our new clinical nurse leader. Kathryn has been a practice nurse at health centres in Tahunanui and Richmond and she is keen to bring her skills and enthusiasm to the role of developing and optimising our practice nurse service.

Also, two trainee interns, Samuel McLeod and Elizabeth Granville, will be joining us for three weeks in September. This is a great opportunity for final-year medical students to get some insights about general practice and health care in the community setting.

One of the challenges facing general practice is how to manage the increasing number and complexities of health issues that patients and their carers are having to cope with, especially as our population ages and with the growing expectation of primary care taking on more of the workload that had previously been provided by hospitals.



Trying to sort out these issues can mean that the normal 15 minute appointment runs over time which then has a flow-on effect so that other patients are

kept waiting. It is therefore very helpful if you think you may have a number of issues to sort out that you either book for an extended appointment or be prepared to come back for a further appointment to complete the process.

We've been dealing with quite a few coughs and colds as well as a number of flu's. It's really helpful if you or your child are becoming unwell and would like an appointment that you let us know early in the day if possible as it can be quite hard fitting in extra patients towards the end of the day.

Thankfully, we will soon be emerging from the challenges of winter into the gentler climes of spring. This can be a good time to check options for health and lifestyle. A famous health advocate, Dean Ornish (<http://ornishspectrum.com>), has shown that the main

factors that can improve our risk for heart disease (the number one cause of death in our society) are:

Stress management

Exercise

Nutrition

Social / Spiritual interaction

Education (including non-smoking, etc)

[Ornish, D. *et al.* (1998) JAMA, 280(23): 2001-7]

So what is happening in or around Mapua to help develop our common SENSE? You might be surprised to know that the following are some of the activities and classes available:

Pilates, Tennis, Walking groups, Tai chi, Meditation, Aqua aerobics – Richmond, Stop Smoking, Healthy lifestyles + Green prescription, Girotonics.

Our practice nurses can help you find out more about any of these. Please let us know if you are aware of other healthy lifestyle activities or groups happening in the area.

Every year around 600 men die in New Zealand of prostate cancer. Blue September is about getting the word out about prostate cancer. If you buy a blue ribbon, paint your face blue, donate money to the Prostate Cancer Foundation or even tell people, you will be helping to lower the death rate and reduce the suffering from this disease.

Here are some of the local and world health initiatives for Sept:

1-30	Cervical Screening Awareness Month	www.nsu.govt.nz/
1-30	Breathe Better September (asthma)	www.breathebetterseptember.co.nz
1-30	Blue September, prostate cancer awareness	https://blueseptember.org.nz
1-30	Students Against Dangerous Driving	https://sadd.org.nz/
3-9	Gamble Harm Awareness Week	www.gamblinghb.co.nz
8	World Literacy Day	http://internationalliteracyday.org
9	Fetal Alcohol Awareness Day	www.fan.org.nz
10	Suicide Prevention Day	http://wspdl.org.au
10-16	Keep NZ Beautiful Week	www.knzbcleanupweek.co.nz
16	World Lymphoma Day	www.leukaemia.org.nz
19	Suffrage Day 125	www.womens-health.org.nz
21	International Day of Peace	unesco.org.nz/homepage.htm
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28	Term 3 finishes.	



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Come and join our fun Ukulele Group

We are The Coastal Stringers, a group who enjoy playing music and singing along. We would love to welcome new members from total beginners to some experience. We are mainly ukulele players but all instruments are welcome!

We are having a "Give it a Go" open day on Friday 5th October at the Sprig'n'Fern, Mapua, 2 pm – 3.30 pm.

Come along, we will have ukuleles for you to try and even learn a chord or two!
If you enjoy a sing-a-long, music, fun and a social cuppa this could be for you!

**Phone Colleen 540 3010 or
Joyce 540 2311 for more info.**

In collaboration with the winter workshop program,
the Motueka Arts Council presents



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\$45 for the concert plus his daytime workshop

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
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Whenua Iti Outdoors — Inspiring Change

Mid-winter is always a busy time at WIO as we wrap up Trades Academy programmes from the first two terms of the school year and prepare and start the programmes for terms 3 and 4. Trades Academy offers local secondary level students an opportunity to learn through experience with a focus on learning a trade. It's an excellent option for any student in years 11, 12 and 13 to gain NCEA credits via hands-on learning and spend a heap of time in the outdoors.

Focus on Adventure Skills Development

ASD is open to 15-18-year-olds who want to take their outdoor skills to the next level. With 9 days and 8 nights of adventure it's an awesome opportunity for teens youth who want to develop independence and widen their skill base. Activities include caving, sea kayaking, navigation, tramping – everything you need to take that next step on your outdoor journey.

ASD will run in the October and January school holidays – www.wio.org.nz/asd for more info.

What's coming up

In September at WIO we are delighted to be hosting William Pike, an inspirational Kiwi who now runs an award programme where students take part in various activities including service and an outdoor journey. We'll explore how we can help our more of our local schools take part as it's a great opportunity.

We have had Mapua School year 5 and 6 classes arriving at WIO for a caving trip – we are so lucky to live somewhere that even in winter we can go and explore the outdoors! We are taking lots of bookings for school camps and also for Christmas parties with a difference – it may still be a wee bit chilly but preparation for spring and summer is well under way!

Outdoor Wanderings

This month's outdoor wandering is a recommendation for a trip to Spear Grass Hut – an awesome next step for enthusiastic outdoor kids!

A trip to Speargrass Hut is one of those adventures you can take in so many directions. The best way to start is with a pie and a coffee in St Arnaud, followed by a drive to Mount Robert car park. It's a relatively easy three or so hour walk, dropping down to a river

(swim anyone?) then climbing up the valley side to the hut. The bush is open and increasingly full of birdsong, the track well maintained and there is a lot of variety to keep everyone interested. The hut is warm and welcoming with amazing views as it sits just out of the trees – you can leave your bags and keep going to a couple of different viewpoints before tea or relax with a book on the veranda. The hut leads on to Robert Ridge, to Angelus and all sorts of other places – or you can retrace your steps and enjoy the walk home the next day.

See you out there.

Need more information? www.wio.org.nz
info@wio.org.nz



Top: Manaaki Tāpoi Level 3 students greet some international students (in the waka).

Below: A wet and windy trip to Canaan Downs – Adventure Tourism Leadership Level 3, 2018



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Dale Vercoe Trust Progress

Thank you for your interest and previous participation in the vision that Dale has to create a care facility for our local community.

The Trust has now been formally created and settled, and, as the three initial trustees, we are only just up and running. We have been reviewing all the good work and ideas over the last two years that has got us to this point.

We are: Paul Zealand (convenor), Katherine Kingdon and Ron Oliver, pictured below with Dale Vercoe second from left. We have created a Trust email account (DVCCCTrust@gmail.com). We are the governing body for the Trust. We are putting together a plan and thinking about the structure and support we need to guide and develop the project and to engage with the wider community.

We will certainly need a lot of help. We do not intend to repeat the work that has been done, but as we go forward its critical this project has your support and that of the broader community.

We look forward to engaging with you over the months ahead and for your support to create a facility of real benefit to our community.



Fund for Feline Memorial

At the celebration of the life of Tiger-Lily at the Sprig & Fern on 24 June, a plan was hatched, at the initiation of Marie-Christine Gabrielle, to make a real community memorial via the creation of a village fund. Here are the details:

Funds can be donated in boxes marked "Tiger-lily Memorial Feline Fund" with a picture of Tiger-Lily, with boxes at Perry's Auto and The Vet Centre, Mapua. The Vet Centre will administer the funds.

Wendy PerrA new bridge which connects from near the car park to the old Wells farm shed.y of Mapua will manage and make decisions, along with Matt the Vet, on the distribution of funds, on a case by case basis.

The intention is that the funds will be used in cases where cat owners are not able to afford treatment that would easily heal or save the cat after injury, illness or accident.

Funds are not meant to be a 100% cost contribution and it is expected the owner will make a contribution of at least 25%.

If funds have not been used in a year they will be used to subsidise a clinic for cats to receive location chips, de-sexing, worming and other regular health maintenance with the owner contributing at least 25%.

Details will also be posted at Perry's Auto and The Vet Centre, Mapua.

The fund will be kick-started by the left-over donations collected on 24 June, and I am contributing \$100 on behalf of myself and my Pilates participants who enjoyed Tiger-Lily's company in the Mapua Hall for many years.

Lynda Mabin.

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***Stephanie Jewell* Sept 7th**

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***Stephanie Jewell* Sept 8th & 9th**

Maori Sacred Stance with

***Matiu te Huki* Sept 22nd**

Intro to Stencil Making with

***Jen Hyde* - Mon, Sept 24th**

Theatre of Liberation with

***Andy Dolling* Oct 22nd**

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Mapua Estuary

I sit outside, midnight, on a dramatic deck
The night is inky dark cool and clear
The estuary tide is full and small waves break
On concrete steps that lead down
Estuary birds fly overhead calling
In the far far distance I hear surf waves crashing on
a beach
I await the tide to turn with its ever ebb and flow
Then it begins the estuary water is ready to return
out
It starts a low rumble which rises with the pull of a
strong tide
Rushing ever stronger fast and deep
The water leaks away from the steps
Slowly joining the rush in the middle
The moored boats hanging onto buoys turn with the
water
They can't stay still the tidal force is so strong
Boats stretched towards the ocean but held tightly
In the many hours it takes, the stony shore emerges
Smooth in places with deep ruts in others
By morning people walk the shore round near the
wharf
Children frolic on the estuary land searching for
crabs
10 o'clock the ferry motors burst into life
And it beaches itself ready for the next intake of
people
Off to Rabbit Island to explore and cycle
Toot toot all aboard, the motors at fullness
As to cut into the middle depths
Soon the tide will return with its full-on rush
And the estuary basin will fill again.
I walk the stairs down and pick up some estuary
stones
And leave them on the deck for the next dwellers
The sights, smell and sounds of Mapua estuary will
forever stay in my memories

Deborah C McIvor



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5

years on . . .

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Originally opened in 1945 and completely re-built and refreshed in 2013. The new hall opened on 25th August 2013 to the public after a huge renovation and here we are 5 years on with a thriving community hall in Mapua.

The Mapua Hall is unique in the way that it is Community built, owned and operated, with a volunteer committee of 9 who are all local people and a part time Hall Coordinator.

The committee will be holding a celebration towards the end of the year to mark this special occasion and hope to share this with everyone in the Mapua/Tasman area.

The re-build of the beautiful new deck is now complete and next we'll be sealing the entire carpark on the north west side of the hall for not only users of the hall but wider community accessing the TDC amenities.

Office hours: Mon, Weds, Thurs 9:30am-12:30pm

What's On at the Hall In SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
3 9.30am Low Impact Dance 6pm Mapua Dance Fitness	4 9am PANZ 9am Sioux Line Dance 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Aerobics 7pm Pilates	5 9am Aerobics 9.30am DRU Yoga 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 6.30pm Barre Class	6 9am Mapua Art Group Mapua Creative Fibre Open Day 6pm Mapua Dance Fitness	7 9am Aerobics 9.30am DRU Yoga 10am Pilates 1pm Mapua Fellowship Group 4pm Mapua Drama Club 6pm Mapua Youth Group	8 9am Aerobics 10am Pilates	9 6.30pm The Packhouse Cinema 'Bottleshock'
10 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua Community Assc. Meeting	11 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Aerobics 7pm Galeo Estate AGM	12 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 6.30pm Barre Class	13 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	14 9am Aerobics 9.30am DRU Yoga 10am Pilates 4pm Mapua Drama Club 6pm Mapua Youth Group	15	16 10am Tai Chi
17 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Committee meeting	18 9am PANZ 9am Sioux Line Dance 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 6pm Aerobics 7pm Pilates	19 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 6.30pm Barre Class	20 9am Mapua Art Group 9.30am Flow Dance Fitness 2pm Friendship Group 6pm Mapua Dance Fitness	21 9am Aerobics 9.30am DRU Yoga 10am Pilates 6pm Mapua Youth Group	22 9am Aerobics 10am Pilates	23 Mapua Makers Market
24 9.30am Low Impact Dance 6pm Mapua Dance Fitness	25 9am PANZ 9am Sioux Line Dance 1:30pm Tai Chi Beginners 2.30pm Sit & Be Fit 6pm Aerobics 7pm Pilates	26 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 6.30pm Barre Class	27 9am Mapua Art Group 9.30am Flow Dance Fitness 6pm Mapua Dance Fitness	28 9am Aerobics 9.30am DRU Yoga 10am Pilates 2pm Friendship Group Impressions Art Awards Launch	29 & 30 Impressions National Art Awards Exhibition 29th Sept - 14th Oct	





A Reasonable Faith?

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

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

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

Perhaps it has something to do with my personality—I am a sceptic when it comes to truth claims. This is especially so if the offer being made seems too good to be true. I am not one to be easily swayed by emotion or rushed into making a decision. Any attempt to persuade me to do something significant must offer compelling support in the form of wisdom or logic.

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

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

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

Geoff. Paynter

Help! Is there anybody out there?

The Ruby Bay Replanting Group is very keen to find three or four people with kind hearts and a willingness to make a useful difference in our village.

Already many kind people have donated plants and their time to appreciative families in our area.

Now some businesses have pledged more help, labour and products to restore spring hope in damaged gardens.

However, unexpected family health issues are making it difficult for our replanting group to keep moving this project forward. So...if you have any time to spare, please consider climbing on board this useful project.

Why should you give your time to help? Why not? You'd probably feel good about making a difference.



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Fire Brigade

July to August call-outs

Jul 11: Alarm activation Redwood Cellars.. Nothing found.
Jul 27: House Motueka. Oil fire on stove.
Aug 8: Smoke in house Horton Road.
Aug 10: Beach fire Pine Hill Reserve, put fire out. Three persons in attendance. No permit.
Aug 11: Beach fire Kina beach camp, Cliff Road. Put fire out, no person in attendance. No permit
Calls this year, 50

Safety Tip – Don't Drink and Fry

Take care when cooking, especially when using fat or oil and always keep the pot lid handy. never use water to put out a fat fire
Never leave cooking unattended
Avoid cooking after drinking alcohol; dial for a meal instead.

At the moment we have 13 fire-fighters. We have room for four more persons who live or work within the Mapua area and can come to trainings on Thursday night and call-outs at any time. Ideally within four minutes of the station.
If interested call Chief Fire Officer Ian Reade on 027 445 7049 or come and see us on Thursday around 7:30pm.

Mark Theobald, SO/Secretary



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(Top) Man with chainsaw: He was helping with thinning work in the Mapua Wetland during late winter (See page 5). Above is one of two new bridges in the wetland.

Ella (above) is cutting a cake, one of many made by the recently formed Mapua Kai Collective. (see page 15) At right is a group of collective volunteers in the Mapua Community Hall preparing meals to be distributed to people needing help.



Mapua Community Library

(Moutere Hills RSA Memorial Library)

Membership: Mapua is growing very fast so if you have new neighbours let them know that the library welcomes new members, membership is free and there are absolutely no fees or charges. Plus there is a lovely garden to relax in and enjoy watching the tui.

Displays: Until 4 September Carol Greenall – flax weaving ; Shelia Wilson – water colour bird paintings and paintings from year 3/4 from Mapua School. From 4 September until mid-October Diane Tucker will display her paintings. The foyer book display features books on places you may wish to visit.

Magazines: The feature stories from some of the library's subscription magazine collection include:

Good: Being a modern goddess

New Zealand Handyman: Creating comfort: simple steps to transform your living areas

Lifestyle Block: Teeny tiny goats : Growing a gourmet crop : Growing a pet business idea

Food: The healthy classics: the secrets of slow cooking

New Zealand Gardener: Grow natives to feed our native birds

Quiz Night: A Quiz Night fund-raiser for the library will be held on Wednesday 5 September at the Sprig and Fern Tavern.

Entry is \$3 a player. There will be raffles during the evening. Make up a team or come along and join a team on the night; it is sure to be a fun evening.

Cartridge Recycling: Drop-off bin for used cartridges available at the library during opening hours,

Library Hours (closed Statutory Holidays)

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

mapualibrary@xtra.co.nz; Facebook: Mapua Community Library; mapuacommunitylibrary.co.nz

Major Sponsors: Rata Foundation; Lion Foundation; Tasman District Council; Lottery Grants Board.

Book Review

The Shepherd's Hut by Tim Winton. Reviewed by Penny Brown. This book is available in the Mapua Community Library.

Jaxie Clackton wishes his father dead. And then he is...and fear creeps in. The finger points at him, the abused surly teenager, and he makes a bolt for freedom.

This is a book about loneliness and survival, about despair and hope, about treachery and loyalty, but mostly it is a book about how circumstances shape our lives, where things beyond our control can make us into the sort of people we didn't think we were.

Jaxie does not have a clean slate; he has been undeservedly ill-treated by his alcoholic father but has also been guilty of aggressive reaction to peer taunting. He has a short fuse and the reaction to provocation is "do what you know".

Despite having had thoughts of wanting to kill his father, he is shocked when he finds him dead under a car that he had been repairing. He has nothing to do with it but knows that he will be the obvious suspect. In order to seek refuge with the one person who understands him, his cousin and possible lover, he takes flight, under-prepared and ill-equipped.

His journey takes him north through the desolate wheatbelt and to the salt lakes of Western Australia - bleak and unforgiving, "the kind of country that'd boil your insides dry". He happens upon a small cabin where he survives a short while, but when his water runs out he heads to the salt lakes to replenish his supply. Here he stumbles on a shepherd's hut where lives Fintan MacGillis, a priest who has been banished to

this place of isolation, doing penance or punishment—we are never quite sure.

Jaxie is exhausted, dehydrated and still without a clear appreciation of his plight. What he is clear about is his determination to find freedom and peace and he reluctantly takes up residence with the priest despite the fact that he suspects he is a paedophile. They do not reveal to each other the real reasons behind their banishment—they remain ambiguous, the truth never quite revealed.

During their time together they develop an unlikely relationship and begrudging loyalty to each other. The bulk of the book recounts daily survival and not a lot happens, but this does not make it any less compelling. The reader knows that something has to happen and when it does it is due to a simple mistake and it is shocking, but touching.

Tim Winton's knowledge of the WA bush allows the reader to almost smell the hot dry landscape and the acrid atmosphere of the salt country. While he has a mastery of language, he writes sparingly and without sentiment. Currently, the author is greatly concerned about the increasing number of violent adolescent males in the world. He advocates for trust, hope and love for those lost in the difficult years between childhood and adulthood. Given recent school shootings and the worldwide radicalisation of young men, we should all be concerned.

I recommend this book and Tim Winton's other books, in particular *Cloudstreet* and *Dirt Music*. They can all be found in the Mapua Community Library.

Mapua Kai Collective

Our thanks to the community-minded people at Delicious, the Mapua Community Hall and Mapua School who have graciously agreed to host a freezer.

By the time you read this, our three freezers will be stocked with macaroni cheese and fruit crumble, produced by enthusiastic volunteers at our first two cook-ups.

There is no shortage of volunteer cooks, but if you are desperate to get involved, keep your ear to the ground! The project is reliant on distribution to people in need of that little extra TLC, and this is where you come in.



If you know a household who is under stress, perhaps due to illness, or bereavement, or who are getting used to a new baby, or perhaps they're moving house, please collect a meal and pop in for a visit.

The project is also dependent on donations! We've been given a beautiful new freezer which is in the hall and which acts as our mother ship – but of course each cook-up comes at a cost. Our thanks to Club Mapua for a \$500 donation to our running costs.

If you would like to support this venture financially, you might consider a one-off donation or a small monthly automatic payment.

Our NBS bank account is: Mapua Kai Collective, 03 1354 0464683 30. Please include the word 'donation' with your transaction.

You can contact us through our Facebook page.

Bridget Castle



Spring Shopping at Delicious

It's wonderful to feel the temperature rising and the days growing longer.

Delicious Homewares is pleased to offer some great specials instore and a Spring sale on selected top brand items to celebrate the new season. Do call in for a browse when you are next strolling around the Wharf.

For the Kitchen...

We have trusted European brands on sale - 50% off normal price - brands including Zeal, Kuhn and Lekue and USA pizza pans.

White Magic cleaning brushes and the best window washer ever! 50% off. Other good specials on a variety of stock - too many to mention.

We also have some of the WMF range still on sale - wonderful quality at a great price. Come and check us out - besides the chance to grab a bargain, we still stock all the tried and true quality basics - satisfaction guaranteed.

For the Little ones - we offer 25% off all the gorgeous and popular Arthur Avenue children's wear range for the month of September. Be in quick to get the sizes you want, from 00 to 3.

Also, this month we are introducing Boody Baby - a beautiful bamboo clothing range for the tiny ones - great basic items, sizes 00 to 18 months. - For our first 20 customers with a purchase over \$20.00 there is a gift of a pair of sox. This is a particularly nice natural range perfect for presents and everyday wear.

We look forward to seeing you in store and are happy to help anytime, - The Delicious girls -

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03 5402463

DID NOAH FISH?

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing When he was on the Ark?"

"No," replied Johnny. "How could he, with just two worms."

DENNIS FARINA CHRIS PINE BILL PULLMAN ALAN RICKMAN
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MAPUA HALL CINEMA

Sunday 9th September



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- Ben Ward, New York Observer

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Movie starts
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A pastor asked a little boy if he said his prayers every night. "Yes, sir," the boy replied. "And, do you always say them in the morning, too?" the pastor asked. "No sir," the boy replied. "I ain't scared in the daytime"

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Stay local X Support local X Shop local



Bottle Shock

Reviewed by Mapua Movie Mogul'

Bottle Shock is a delightful 2008 movie based on a true story of California taking on the French—if you like wine, this movie will put a real smile on your face

In 1976, in the Napa Valley, the perfectionist vigneron Jim Barrett is the owner of the Château Montelena. The vineyard is full of debts and is near bankruptcy. Jim is unsuccessfully racking his wine trying to reach perfection. He has a problematic relationship with his hippie son Bo. His Mexican foreman and connoisseur Gustavo Brambila is secretly producing wine with his father, Mr Garcia. Jim hires the free-spirit intern Sam Fulton to help him in the production of wine.

Meanwhile, a wine expert Steven Spurrier (Alan Rickman of Harry Potter fame) owns a specialised wine store in Paris. His friend Maurice advises him to promote his store using a blind tasting competition between the French and the American wines. He travels to Napa Valley to find the best American wines to bring to the competition.

He has a troubled meeting with Jim who refuses to participate in the competition. However, Bo foresees the chance of survival of his father's business and gives two bottles to Spurrier. But soon he finds that the colour of all the 500 bottles of chardonnay have turned into brown. Is Jim Barrett's business doomed?

This is a story of a wine—making disaster that has an interesting and uplifting turnaround. The scenery that has been captured may even encourage you to visit the Napa Valley someday.

In summary: This is a thoroughly enjoyable arts film, that encompasses humour, deceit, love, wine and tragedy.



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The Playhouse Cafe

What's On Guide

SEPTEMBER 2018

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M T W T F S S

coming up in Oct school holidays

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31

GARIN
COLLEGE
DRAMA
NIGHT

1

CLOSED
FOR
WEDDING

2

Closed

7

8

One
Wedding
and a
Murder

\$20 Show
+ \$40 buffet

Celebrity Wedding Theme

Closed

5

NCG
music night

6

Closed for
Private
Function

Closed for
Private
Function

CHRISTMAS PARTY TIME!

Nov 16th

The Best 80s Night!!

NOV 23rd + 14th, DEC 7th + 8th

One Wedding and a Murder Mystery

NOV 28th

Seven Deadly Stunts

NOV 30th + DEC 1st

Gary McCormick and Tim Shadbot

DEC 16th

Paul Madsen's Superstar Show

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14

1970s
Soultrain
Disco

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Music 730pm
Keeping it funky!

15

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16

21

One
Wedding
and a
Murder

\$20 Show
+ \$40 buffet

Dinner 6pm, Show 8pm
Celebrity Wedding
Theme Murder Mystery
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the wedding of the
year!!

22

Helen
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Show 8pm

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23

Closed

28

One
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and a
Murder

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+ \$40 buffet

29

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30

Closed

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Mapua Boat Club

Notice of ANNUAL GENERAL MEETING

7.00 pm Wednesday 19th September

At the Mapua Boat Club rooms, Mapua Wharf

All welcome.

Financial members only holding voting rights.
Following the close of the meeting supper and
refreshments will be provided

Enquiries to: Clare Kininmonth, Secretary

Email: mapuabcsecretary@gmail.com

or phone 0221771186

Police report

Hi All. Still frosty and wet on the roads. We have had a few accidents so take extra care when driving and try not to become the next accident victim.

Luckily the last month has been very crime-free but don't go getting complacent. There have been two recent rural burglaries near Motueka where equipment and chainsaws have been stolen. It only takes these types to come Mapua way looking for an easy shed to get into and they could strike in this area.

Grant Heney, Crime Prevention, Motueka

Occurrences:

Aug 16: Family harm incident

Aug 4: Family-related minor assault

Jul 3: Assist a mentally unwell man.

Jul 2: Bike stolen from Ruby Bay. Light blue Giant Enchant model

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Motoring with Fred

Shopping trolleys



Some alternative thoughts: Before motorcars became affordable and in the 60s wives used to shop every day. I can remember my mother walking down to the shop with her cane basket. Walking there made it a social gathering with neighbours and friends. This daily shopping was required as most people didn't have freezer storage and driving the car to the shop might have seen to be a bit above single-income families in James Street, Whakatane.

There was only the 4 Square grocer's shop, a veggie shop and Des Fowler the butcher whom my mum used to fancy, I think. Our family diet was what you could buy from those three shops, except on Friday it was fish & chips as we were Catholics.

With the ever-increasing affordability of cars people got more mobile. By the 70s Whakatane's first supermarket opened with its own car park and shopping trolleys. Now Mum went to the supermarket in the MK3 Ford Zephyr and shopped for the week. We kids squabbled over who was going to the supermarket to push the trolley and our diet now varied with the increase of a variety of food and a fridge/freezer at home for storage. Shopping became an experience.

Trolleys went through stages of evolution. From memory the originals were small netting cages with small, hard black plastic wheels which made the whole thing rattle. Then came rear-steering models which were an improvement but made you drift on the corners. The all-wheel-steer model that followed made you drift on the corners also but had the advantage you could drive them frontwards, backwards and sideways if you so desired. When household freezers became affordable the trolleys got bigger to carry all the specials home to the freezer. Thank goodness the days are gone of left-side wheels sticking, making a dangerous understeer into the Weet-Bix at Motueka New World, then crabbing up the straight past the coffee and making a hard-over steer into the tinned fruit on the right turn. Front-wheel steering is here on the latest model trolley. It is a great improvement with big, rubber ball-bearing wheels and swivel. With hooks for your reusable bags to save the environment, and baby seats. Quite easy to push, a trolley for all

occasions. Pictured is one of the latest small trolleys with the deck up higher for the oldies.

Now for my own information gathered from years of standing behind a shopping trolley, day-dreaming while shopping with my wife. Trolley-pushers seem to come in categories. Mum, dad and the kids with the big shopping trolleys full with basic food and treats for the noisy kids, usually on a Saturday after pay day. On a hot summer day people may spend longer at the beer cabinet while smart young ladies will spend time perusing the wine, making slow choices to match their expensive brand of sun glasses. Oldies come in two categories: recently retired and elderly. The recently retired still walking mostly with a spring in their step but now have a shopping list they adhere to but maybe stopping for one bottle of wine or a six-pack of local beer. Young couples in shorts and tee shirts, the 'barbecue buyers' must make the supermarket owners rich with their quick pace as they fill their trolley with a variety of booze,



round the corners with wheels squeaking to the chippies and sauces, looking quickly at their list, accelerating on to the meat cabinet buying large trays of meat, slowing briefly to throw some bread on board. Oh those were the days! The country people are always recognizable with their gumboots and big trolleys with once-a-month shopping. A supermarket is like a box of chocolates—customers are all different.

We wheel our shopping trolleys out to our car in the large, free car park. The words 'free car park' and also free of parking wardens will be a bonus in the coming years, especially if you live in Nelson City. The convenience of this wheeled device called a supermarket trolley should not to be overlooked in the food chain of modern life.

I think that the shopping trolley has grown to motor car status. Nowadays small cars used for the purpose of carrying food are often termed a "shopping trolley."

Fred Cassin

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Hills Community Church



Five and a bit years ago our family made the move to Mapua from Dunedin, and with that move came the arrival of our youngest child, Emily. In fact it was exactly five years ago that we were waiting for her arrival into this world. It has been an amazing journey since then, Emily is a joy and wonder. It is hard to believe that in few short weeks Emily will turn five and set off on the adventure of school. Life is an amazing journey that never really stays still for long.

In family life, it is way to easy to be swept up in the busyness of the journey and never really pause and reflect on what an amazing gift life is. I don't know how you create a space in your life to pause, and simply to be aware of yourself, and I would add, of God's presence in your journey.

My trouble is that if I don't find time to press pause, I tend to get consumed by the many worries that occupy my mind. And I tend to forget that God is intimately involved and present in all of this.

There is a wonderful passage in Matthew's Gospel that speaks of God's care for our journey.

'Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.' (Matt 10:29)

A few months ago I was sitting on one of the park benches in the Mapua Domain. The autumn leaves had fallen and covered the ground with a blanket of

brown. It took a few minutes to begin to still my mind, but as I did, I became aware that hidden in the leaves, almost invisible, were five or six sparrows, happily hopping about, doing what sparrows do. They were so easily missed and ignored by me, and yet God knows and cares for each one.

It struck me that this is such a great symbol of God's presence in our lives. We can so easily miss and ignore him, consumed by our own busyness, and the many changes of season we go through. But hidden beneath the surface, beneath the fallen leaves of our life, God is there. Nothing is too small for him to be present in, and nothing is too small for him to endlessly give his love to.

We need only to quiet our hurried and cluttered mind and rest in these words 'Be still and know that I am God'.

In Christ, Rev John Sherlock

Sunday Worship

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

Youth Groups

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

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

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Motion is Like Lotion for Your Joints

Seven reasons to stay active:

Keep the simple things in mind.

Over the past 20 years, exercise has become an important aspect of health care. It's no surprise that it's important to stay active. From the perspective of your spine, muscle, and nervous system experts, here are a few important reasons for you to stay active:

1) It helps relieve low back pain

Exercise has been shown to have a positive long-term effect on low back pain. Core strengthening exercises, especially, have been shown to be very effective in improving the function of your back.

2) It improves bone health

Current evidence has shown that exercise can increase bone density and decrease the risk of falls and fractures in the elderly. Studies have also shown that exercise is comparable to medication in improving the day to day functioning of people with osteoarthritis.

3) It helps prevent obesity

Obesity is often connected to the development of many life-threatening illnesses (e.g., diabetes or high blood pressure). There is strong evidence showing that exercise is important for preventing weight gain as well as keeping your body weight stable after you've shed some pounds.

4) It helps improve your mental health

Physical exercise has been shown to have a positive effect in the long-term management of psycho-

logical symptoms, including depression, anxiety, schizophrenia, and chronic stress.

5) It helps manage diabetes

There are over 240,000 people in New Zealand who have been diagnosed with diabetes (mostly type 2). It is thought there are another 100,000 people who have it but don't know. Researchers around the globe have all found that exercise is one of the pillars of managing diabetes along with diet.

6) It prevents risk of cancer and cardiovascular disease

Cancer and heart disease are the leading causes of death in New Zealand. There is more and more evidence showing that exercise can help protect you from developing cancer in the colon, breast, uterus, and prostate. Studies have also shown that exercise lessens your risk of developing heart disease because it helps reduce the amount of fats and cholesterol in the body (both play a role in damaging your arteries).

7) It can help improve brain health

Studies have shown that individuals who exercise regularly have a decreased risk of developing dementia. Exercise has also been shown to improve balance and function in individuals with Parkinson's disease.

Improve your overall health by making exercise a part of your daily routine. If you want to learn more about managing your health with exercise, contact us here at Coast & Country Chiropractic Centre.


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Playcentre

As promised this month's article explains some of the education opportunities Mapua Playcentre offers for parents. The following was written by our education officer, Fiona Walker:

At Mapua Playcentre we are really excited to be offering the new Playcentre qualification, Playcentre Introductory Award, starting this month right here in Mapua. It is a short eight-session course which focuses on play in the early years of learning and how parents can support their children's play.

Researchers are learning more and more about how important play is to children all the time. The Playcentre Introductory Award gives parents the chance to work together with experienced and inspiring educators to understand more about how learning occurs through play, how to set up rich environments to inspire learning

through play, and how to observe what learning is occurring. Parents who enjoy this course will soon be able to move on to another new short course, the Playcentre Education Award, and if they choose, to NZQA-approved certificate or diploma in Early Childhood Education and Care.

It is amazing to see the new skills parents gain on these courses in action: the ability to steer children from conflict to problem-solving, for example, and the exciting range of inviting play set-ups that parents create for children on session at Playcentre and at home too. One of my favourites was a rainbow waterfall made using milk bottles, food colouring and a set of steps that had my four-year-old returning to it week after week, intrigued as to how the colours blended as the water trickled.

All Playcentre members are eligible for these free courses. At Mapua Playcentre, to acknowledge the skills and enthusiasm parents bring to sessions once they have completed the course, parents who have completed the Playcentre Introductory Award do not have to pay fees for the rest of their time at Mapua Playcentre (children under two can attend free before you complete the course).

Come and check Mapua Playcentre out. We offer a term of free sessions for first-time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 2534264, email: mapuaplaycentre@gmail.com or find us on Facebook.



Playcentre

Session Times
Monday & Friday
9:30am - 12noon
during school term

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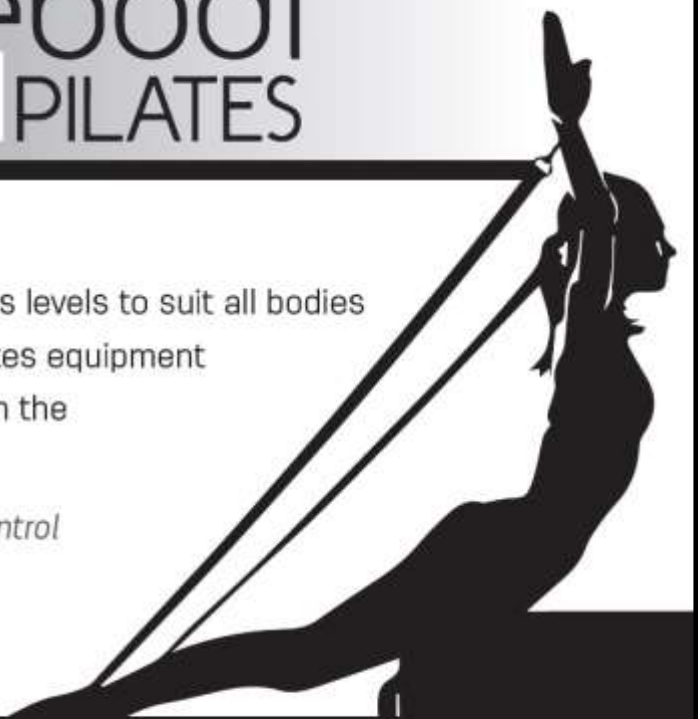
Whānau tupu ngāfahi - families growing together

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Noticeboard

To give away for restoration planting: Green soft plastic plant protectors, some new, most used in good condition. Heavy weight green shade cloth sewn into large tree shelters (unpickable). Judy or David Mitchell, 5402 873 or 027 5402 873

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

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

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

Fibre Craft Sunday. Birch Hall, Richmond A&P Showgrounds. 1.30-3.30pm. Learn to spin, knit, felt or weave. \$5 includes tea or coffee. All ages welcome. Monthly, last Sundays, next: 30 Sep. Richmond Creative Fibre Group: Diane 547-6517 or Karyn 544-9709

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

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

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

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

Tasman Golf Club welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Info: Derek 540-3364 ev, or Claire 03 526-6819.

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

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

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

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

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

Ruby Coast Run Club meets 7.30am at Java Hut most days of the week. Info: Debbi 027 327 4055.

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

Toy Library: extensive selection of toys, puzzles & videos for children 0-5yrs. Mapua Hall every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Phone Anja, 544 -8733, about membership or casual hire.

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

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

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

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

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

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

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

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

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

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

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

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