

Coastal News

www.mapua.gen.nz

covering Mapua & Ruby Bay,
run by volunteers

Clean-up reaches milestone...

After years of debate, negotiations and arguments about who should pay for cleaning up the pollution on the old Fruitgrowers Chemical site at Mapua, visible progress at last has been made.

A major accomplishment is the completion of removing buried pesticides, herbicides and other chemicals from the east side of the site that fronts onto the channel between Mapua and Rabbit Island. The site has now been partly seeded with grass while other parts are being contoured to their final form awaiting a cap of topsoil. A wooden fence has been constructed along the southern boundary of the site to clearly mark the publicly owned land. Several storage piles of soil and boulders will remain for future use.

Work on the site stopped on 22 December and nearby residents had peace over the Christmas-New Year period. The contractors used the time to do routine maintenance on the machinery, and work resumed on 9 January.

Marine life returns

An abundance of new growth of plants and animals along the newly completed FCC east foreshore at the channel has greeted users of the new walkway in this area. At the mid-tidal area, seaweeds are forming new attachments to marine gravels that have replaced the old beach. Significant numbers of various shellfish and other marine life as well as sea birds have also returned to this area which was once devoid of life.

The beach was successfully replaced with new marine gravels and finished to the contour of its original shape. Previously the walkway above the beach was opened for public use, including a new easy access ramp from the top of the new rock wall along the shore back down to the beach. With the successful completion of the foreshore near the Smokehouse, the contractors will begin removing security fencing which had closed off this section of the foreshore to the public. A similar fence moving out from the shore at the other end of the beach fronting the site was also erected. The fencing was originally put into position to protect the public when heavy earth-moving equipment was operating on



The treated and levelled area looking towards the channel and Rabbit Island

the beach, and will remain in place for the duration of the project.

Beach-goers are asked not to walk on the beach because the gravels are still settling in and the beach is quite soft in places. The settling-in process of the marine gravel will take a number of months.

West-side work

The contractors are now concentrating on the ground on the west side of Tahī Street and bordering the residential area of Coutts Place and the public walkway

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Clean Up....*contd.*

near the Waimea Inlet. Residents have noticed mounds of soil rising up out of the existing landfill as the earthworks contractor excavates areas of solid waste. Workers in the landfill area will be wearing protective clothing and breathing protection as a precaution while working in the landfill, which was used by the FCC manufacturing facility for disposal of a combination of industrial solid waste as well as for disposing of some pesticides, herbicides and chemicals. Local community waste was also disposed of in the landfill.

Soil and waste excavated from the landfill is sent through a series of large rotating and shaking screens that separate plastics, paper, bottles, steel and other debris from the soil. There is also a degree of hand separation by workers on site. Containers of chemicals found in the landfill are hand separated out and placed into secure drums for disposal. Waste that has been screened, separated and cleaned is then sent to the Eves Valley Sanitary Landfill in trucks that are covered and inspected before leaving the site.

Once the landfill has been excavated it will be refilled with soil meeting the criteria for an open recreational area.

New residents

A mating pair of oyster catchers are the first to set up their primary residence at FCC West. The female has been nesting on two large speckled eggs with the male in constant attendance, foraging for food in the inlet. Site workers have constructed a barricade around the nest to protect it from earthmoving equipment and site operations. Site staff are monitoring the nest and insuring the safety of the new family. It is an incredible reminder that as work on the site progresses life returns to the old plant area.

If you have any queries, please contact Ms Alison Tocker, Media Advisor, at the Ministry for the Environment at (04) 917-7569, or 027 452 6242.

Coastal garden group

Happy New Year to all our members. Our regular monthly meetings will resume on Thursday 2nd February at 1.30pm in the Supper Room at the Mapua Hall and we look forward to seeing you all.

We are a friendly bunch and always welcome new members, guests and visitors so if you made a new year's resolution to join a club or social group then this is your chance to come along and find out all about us. If you have any queries please feel free to phone either Barry Highsted (540-3139) or Anne-Marie Giddens (540-2335).

Update on Trust

The Mapua/Ruby Bay and District Community Trust has been in existence since April last year and now has a capital balance of \$10,000. This is on term deposit with the National Bank, Richmond, at 7.25 percent interest. Nine-tenths of the \$10,000 has come from the *Coastal News* and the other tenth from public donations.

The ambition is to create a capital sum of useful size (\$50,000, maybe \$100,000), so that the interest can support voluntary happenings in our district, year after year.

The big ask is to suggest to residents and businesses that you add capital amounts to the Trust. There are two ways of doing this: one is by paying directly into the Trust account at the National Bank, Richmond, payable to the Mapua/Ruby Bay and District Community Trust, Account No. 060958-007926300, or a cheque can be left at the Mapua Store, c/- the *Coastal News*. Donations are tax-deductible.

As promised in earlier editions of the *Coastal News*, the article is to inform readers of the progress of the Trust. So far so good.

Bill Williams

Garden Notes

Happy New Year to all garden lovers. January and February are the months for planting your winter supply of cabbage, cauliflower and broccoli, in showery weather. You should also plant out leeks and celery.

The flower garden's spring bulbs that have ripened off can be lifted. If they are to be left in the ground then be sure to remove all dried foliage, as this is a favourite place of entrance for narcissus fly. Keep disbudding chrysanthemums if good blooms are required. Large flowered clematis can be layered now and cuttings of hydrangeas can also be taken.

Water restrictions are still in place and we are having a dry spell at the moment which makes the garden lover's life that bit more difficult. The flowers in bloom right now are the huge, heavily scented oriental lilies, which are a joy to grow.

Pink Perfume, Star-Gazer, Shocking, Kiss-Proof, to name a few, are all well worth adding to your collection and the scent is quite something. I must confess I purchased mine from the Warehouse and they have been well worth the price.

Barry Highsted

Web Company now based in Mapua

A Wellington-based web development company, 3months.com, which is actually six years old, has opened up a branch office in Mapua. At present there are 11 staff working in the Wellington office, some of whom would work part-time from Mapua until more staff were found.

The founder/director, Mark Pascall, bought a house in Toru St, Mapua, last year, initially thinking it could be a holiday retreat for his family and staff, but he soon decided a better way to take advantage of the stunning scenery and climate was to offer staff the chance to work in the Nelson region, and is turning part of the house into an office.

3months.com develops website applications that typically go beyond "brochureware", and was responsible for developing the programme for New Zealand Post's personalised stamp service, as well as

the Department of Labour's New Zealand Now website launched recently to lure ex-pats back to New Zealand. Mr Pascall said a work-life balance had been central to his vision for 3months.com.

"I used to work in the corporate world and hated the ethos there, and really set up 3months because I wanted somewhere I'd enjoy working and a life outside work."

"In the industry we're in, the leading-edge web development, it's very hard to find staff and we do look in New Zealand and overseas whenever we're hiring. The more time I spend down here the more I realise there is a huge pool of talented people who have moved to this part of the country for lifestyle reasons."

Depending on how popular its services were, a team of four or five staff could end up working from Mapua, Mr Pascall said. 3months recently won the contract to redevelop the Port Nelson website and have a number of other interesting local projects in the pipeline. Mark is hoping to present to the Mapua & Districts Business Association next month on the new generation web technologies that easily allow small businesses to create and update their own interactive websites.

Coastal Connections

In keeping with our members' adventurous spirits, we once again found a new venue for our lunch on the 8th of December. "Vespers" at Brightwater is a converted church with indoor and outdoor seating, part of the latter being under the shade of a huge tree. The menu was extensive and our choices varied widely.

Later, we visited the Reco Wrought Iron Shop at Brightwater, and the Grape Escape Complex and Eyebright near Richmond.

In 2006, we hope to explore more places for luncheons, with a local winery high on the list! Coffee and craft sessions are planned and we will continue to share our magazines.

Our interests range from walking, gardening, machine-knitting, digital cameras, genealogy, travel and learning the latest technology on computers. After unsuccessfully searching various recipe books for curried walnuts, the writer found over 8000 versions on the Internet!! This should be seriously considered as a primary source of information these days. Some of us have created beautiful Christmas cards on our computers and have "mastered" the art of transferring photos to cards, especially for our overseas relatives to view us and our wonderful scenery.

The next meeting (and hopefully a visit to another new eatery) will be on the 9th of February 2006. Please phone Dot on 540-2323 so that a firm booking can be made at this busy time of year. New members are most welcome.

Reported by Barbara Halse.

Family Trust Reminder

I know that some of you delayed forming a family trust to enable you to use the 2005 Government valuation figures for property transfer. Please be aware that these are dated 1 September 2005 and therefore are available only to be used until the end of February. If you are still holding a questionnaire from last year's free trust consultations and wish to proceed – please get that questionnaire to us as soon as possible with a copy of your valuation. Alternatively phone our office on 546-8750 and ask for one to be sent out. Best wishes for 2006.

Jenny Leith

Postal Delivery

We can post you the *Coastal News*. If you wish to take advantage of this, please send in your name and address plus \$10 (annually) to *Coastal News*, Postal Centre, Mapua. Mark the envelope "sub".

Community Association Report

We are well and truly into the New Year now and I hope you have all enjoyed a holiday break despite the somewhat inclement weather. 2006 promises to be a very exciting time for us with hopefully the completion of the Mapua clean-up, unless of course they find any more unpleasant nasties hidden down there.

We need three new members to serve on our Waterfront Park Sub-Committee, so if you are interested in joining please contact me or come to our next General Meeting on Monday 13th February. This is a very important Sub-Committee as together with TDC and the Friends of the Waterfront we need to be vigilant in guarding against any unwarranted development on this prime site. Also at this meeting we aim to complete the redrafting of our Constitution.

Youth issues:

It was gratifying to see about 120 people attend the excellent talk given by Celia Lashlie on problems experienced by young people in today's world. We are hopeful that Celia will return (probably in March) and speak again on more specific issues relating to this area. In the meantime advice and guidance for under 20-year-olds regarding jobs and life issues etc. is available from Cath Kerridge at Nelson Tasman Connections (03 546-9175 ext 605 or ckerridge@nmit.ac.nz). Our thanks once again go to Pat Perry for arranging this initiative.

Property revaluations:

A number of us have received hefty increases in our property values following the triennial review for rating purposes by Quotable Value Ltd. In simple terms if your increase is more than the mean of 72% you will have a rate increase. If less you might get a reduction. If you were unhappy with your revaluation I trust you registered your complaint with Quotable Value before the deadline of 30th January. Their FreePhone is 0800 787 284, or check their website www.qv.co.nz.

Ruby Bay stormwater:

Opus International have produced a report on this issue which has been received by the Tasman District Council and once priced will be included in the LTCCP for consideration and public submissions. Contact Jeff Cuthbertson at TDC (543-8438) for more information.

Water restrictions:

Finally, just a reminder that water restrictions are with us once again. For the Mapua/Ruby Bay area hand-held hosing is allowed on even dates if you live in an even-numbered house, or on odd dates if you live in an odd-numbered house. If water levels remain low then more severe restrictions will be imposed so please do your best to conserve water. For full information log on to the TDC's excellent web-site, www.tasman.govt.nz

A very happy New Year to you all,

Jim Bryse, chair

PROBUS CLUB OF MAPUA & DISTRICT

The first Probus meeting in 2006 will be held in the Mapua Hall at 1.30pm on February 3rd. with Peter Butchart as the main speaker. He will tell us something of his experiences while touring in Scandinavia. Our mini-speaker will be Nan Crawley talking about The Appreciation of Art. Both Peter and Nan are very familiar with their topics so try to be there to hear them.

Probus is open to all retirees, so if you've been thinking about joining please ring the president, Bea Langford, on 540-2871, or the secretary, David Higgs, on 540-3966.

The mid-month social outing will be a picnic on Rabbit Island on February 15th for all Probus members. Please meet at Rabbit Island Domain (same spot as last year) at 11am and keep an eye out for the rest of

the group. If you need a ride please contact Peter Butchart on 540-2686 and arrangements will be made for you. Bring your own picnic lunch and chairs if you need them, and don't forget the sunscreen and hats.

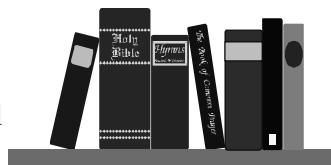
We shall be playing games of cricket, petanque, and lawn darts, with swimming for those who want to enjoy the water. Of course, there'll also be lots of time to just sit around and chat and catch up on everyone's news. If wet, the outing will be cancelled. If you're unsure give Peter a ring on 540-2686.

Gloria Wyatt

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RSA MEMORIAL LIBRARY

Ph 540-2545



The year 2006 is well under way and I hope you are all getting the chance to slip off with a good book under a shady tree.

We have had lots of holiday borrowers signing on during their stay, with some heartening feedback on our library from them, including a couple from Canada who left us a donation and a very appreciative letter. Nice to know we make a difference!

Our Committee is well rested and full of exciting fund-raising ideas, so watch this space for more information on that soon. We haven't forgotten our Art Show success and plan to build on that in 2007, in the meantime other great happenings are in the pipeline.

Just before the Christmas break we received the welcome news that we were to be given \$1000 from the John Ilot Charitable Trust. This money was tagged to be spent on Non-fiction Children's books, which have now been purchased and are available for borrowing, so we have some fantastic new titles for you to discover.

Come and see us in the library soon. It takes no time at all to join, just give us your contact details and you are an instant member! You'll find us in the hub of Mapua at the corner of Toru St and Aranui Rd, beside the Health Centre.

Sarah McLeod

Library Hours:

Tuesday, Saturday & Friday	2pm – 4.30pm
Wednesday	5pm – 7.00pm
Thursday	10am – 12.30pm

VOLUNTEER FIRE BRIGADE

Fire Brigade call-outs

Nov 05 – Jan 06



Nov 5: Controlled burn Seaton Valley Rd. No action taken

Nov 21: Shed fire Seaton Valley Rd. Incinerator left unattended

Dec 3: Bonfire on beach Ruby Bay. No action taken
Dec 4: Car rolled near Trafalgar Rd SH60. Possible speed & inattention

Dec 6: Car rolled near Nile Rd SH60. Possible speed & inattention

Dec 13: Diesel spill SH60, nothing found.

Dec 15: Sawmill fire Moutere Highway, switchboard short

Dec 16: Tanker to smoke showing in Stoke. Turned back

Dec 27: Car v van SH60 near Harley Rd. Police investigating

Dec 31: Tanker to bush fire Bishopdale. Turned back

Jan 7: Plantation fire Moutere Hill, tanker only

Jan 14: Assisted with permitted burn SH60 near Maisey Rd

Jan 14: Caravan & bus fire Tasman. Cigarette left unattended

Jan 17: Car fire in bush Old Coach Rd Lower Moutere. Police investigating

Safety Tip – all ways put yours cigarettes out when leavening the room – have you got smoke alarm installed

As of now our siren will not go between 9pm and 7am, except if the pager system is down. Both siren and pagers will activate at other times.

We have apple firewood for sale, phone 540-2832 or 543-2195 for details.

If you can hear the Mapua fire siren day & night & have spare time & would like to be a fire fighter, we would like to hear from you. Work at home, shift work or a business around Mapua and can help, contact the Chief, Avan Perry, at home on 540-2421 or 025 364 721, or call in at the fire station Thursday nights about 7.30pm. E-mail Mapua@fire.org.nz or the web www.fire.org.nz. Any questions, phone Mark after work, 540-2022.

Edited by Andrew Earlam (advertising) 540-2845, Terry Smith (editorial) 540-3203, and compiled by Barbara Mercer, 540-3022. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1st of the month. Deadline for paper copy at the Mapua Store and e-mailed items (preferred) to coastalnews@mapua.gen.nz is the 20th of the month. Small ads are by gold coin donation in the collection boxes, club notices free. Printed by the Tasman District Council.

Acupuncture - How does it really work?

By Charlotte Stuart

The ancient Chinese recognized the vital energy behind all life's processes and forms. They called this energy "Qi" (pronounced "chee"). They discovered that the body contains meridians (pathways of circulating Qi) and that each meridian is connected to an organ and its function.

There are over 360 acupuncture points, situated along 12 main meridians and each one has a specific effect on the body's function.

For example Stomach 36 (Zusanli), a point just below the knee on the stomach channel, can increase or decrease stomach activity, alter acid levels up or down (depending on what you need), strengthen the immune system and decrease blood pressure.

Injury and illness impede the flow of Qi and can either cause a blockage or a deficiency in the organs and their related meridians.

Imagine a river that is obstructed by fallen trees and debris, the river will become turbulent and break away at its banks and try to find alternative paths to flow.

The same is true of the body. When we injure our knee for example, there is local swelling around the knee; this obstructs the flow of Qi, causing pain and loss of function. Acupuncture unblocks obstructed meridians and restores the flow of Qi and blood to the injured area.

So back to those little needles and how they really work. Recently there has been a lot of research done and it has shown that acupuncture actually releases pain killer-like substances into the blood circulation, which decrease pain.

Acupuncture releases anti-inflammatory substances into the bloodstream that reduce swelling around the injury site. When the swelling is down, more blood can flow through the area, bringing with it all the nutrients that are needed for healing.

New patients are often anxious about the needles and if acupuncture is painful, this is understandable given our experiences as children! The needles we use are extremely fine and are inserted painlessly. The acupuncture sensation, once the needle is in, feels like a warm spreading mild ache. The experience of having acupuncture is often deeply relaxing and in many cases quite blissful and shouldn't be confused with receiving an injection.

Acupuncture is a process of retraining the body/mind to relax, it strengthens our innate ability to heal

and rebalance without a lot of intervention. This is not an instant process; it takes time to build up new tissue memory and to allow the changes to take hold in the body and mind. Acupuncture requires regular visits: usually once a week to begin with, for at least six weeks, but this can vary with the severity of your pain and how long you have had it.

The benefits of acupuncture are often a surprise to most patients. Many come to see us with one goal in mind (eg, "treat my tennis elbow") They may find over the course of treatment that their sleep improves, they have more energy, they have made changes in their relationships and their life has slowed down (the tennis elbow pain is gone too!). This is because in acupuncture we tend not to isolate and treat one part of the body, instead we look at all the body's systems as a complete picture, and we then regulate the flow of Qi from this holistic perspective.

Charlotte will be available in Mapua at 69 Aranui Road on Mondays and Fridays and looks forward to serving the local community. To make an appointment call 545-7988).

Property News

The Mapua districts Real Estate market is unique because it hasn't followed national trends – it has established its own specific pathway. The origins of this pathway probably emerged back in December 2002, when a Mapua property with a GV of \$220,000 sold for \$493,000. This sale was possibly the forerunner to the national property boom which rapidly evolved and is now slowly receding.

Since April this year the Mapua market has slowed appreciably – sales volumes have dropped and house prices have firmed. An analysis of Mapua sales from 1 May to 31 Oct 05, shows 24 properties sold at an average of \$399,000 per sale. The national average is \$312,887

It is hoped that sales volumes will pick up over the next six months as the public become more comfortable with the new price levels and the new Quotable Values (previously known as GVs).

Compiled by Grahame Williams, Ray White Real Estate MREINZ

Mapua Health Centre

As our lovely part of paradise gets busier and more populated we are looking at ways of increasing the ability of the practice to cope with the extra demands of an ever-increasing workload. We are fortunate to have a great staff and we now have three receptionists, three practice nurses, four doctors and our practice manager. We have just adapted the back part for the reception area to accommodate a specialised working area for the practice manager, which frees up one of the back rooms for Dr Richard Thomas to work from. This, in turn, allows the front room beside the waiting area to be available for the additional practice nurse and emergency cases.

So far, it has been quite a healthy start to the year with no major outbreaks of illnesses, tummy bugs, etc. Apart from the usual hazards of once-a-year extreme physical exertion, attacks by out-of-control chainsaws and a variety of gravity related events, there is the ongoing risk of being overcooked by the sun even though summer has been hard to recognise. The main things to keep in mind are to avoid sun exposure between 11am and 4pm, wear a hat + long sleeve shirt + sunglasses, slop on sunscreen 15 minutes before going outside and use a broad spectrum product with a sun protection factor of 30+.

As part of the updating of our database we are now including email addresses. It would be helpful if you could please forward your email addresses to wendy@mapuahealth.com. We are also developing a practice website that will give details of all our services, staff, costs, health updates, etc. Any suggestions on what you would like to have included in it would be appreciated. We hope to use it in the event of Avian Flu or other major health events and to have links on it to other health-related web sites such as the Ministry of Health.

We also welcome feedback from readers of the *Coastal News*, good or bad, about our monthly input as we would like to gauge how effective it is. Is it a useful way to communicate about the health issues in our district?

In terms of being more prepared for a major infectious disease such as avian flu, we need as a community to start getting to know our neighbours—who lives next door, phone numbers, next of kin etc—what will you do if avian flu hits and you're stuck at home—who will know and what can you do for each other? Are there some people who would like to co-ordinate a community group, similar to a 'neighbourhood watch' group, in order to plan ahead for this sort of situation? This could also be an

opportunity for the health centre committee and the ratepayers to work together for an overall plan.

This year's routine flu vaccine will soon be available and we are planning on having couple of days set aside for vaccinations. We will be contacting those who have been on the programme in previous years. If you have not been to the health centre in the past for a flu shot and wish to be included, please phone the practice nurse (540-2211). Also on the subject of jabs, the Health Dept has stated that those infants who received their first dose of meningococcal vaccine before they were six months old will need to have a fourth dose. If this affects your child please phone to discuss the vaccination with one of our practice nurses.

Tim Ewer

Pharmacy for Mapua

A pharmacy is due to open within the village mall in Mapua in the premises vacated by Vaughan Antiques. Work is in progress to enlarge and fit out the premises to meet the opening date of 30th January.

The pharmacist responsible for the venture is Alan McTurk an Irishman who has made New Zealand his home for the past two years. Alan first registered as a pharmacist in Northern Ireland in 1991 where he worked for a large chain of pharmacies for three years before moving to Liverpool in England where he spent a year doing relief locum work.

Then in 1995 Alan opened a pharmacy in a rural village in County Armagh, Northern Ireland. He says rural community pharmacy has always been his passion, living and working within a community where you get to know the people.

Alan believes Mapua and the surrounding district has reached that critical size that will make a pharmacy viable. The local population enjoys the excellent medical services provided by the health centre and a range of businesses which make the region a very attractive place to work and live.



contd:

Alan and his partner Louise (who is a Disability Needs Assessor for the Nelson-Marlborough Hospital Board) are hoping to sell their house in Nelson and move to the area.

The pharmacy will dispense prescriptions and sell a range of products which people associate with a pharmacy. He hopes the shop will flourish and in time become an established part of the village.

MAPUA BOWLING CLUB

The Mapua Bowling Club hosted the annual sponsored Fruit Federation Triples on the 24th of November. There was a full complement of teams using all eight rinks. The teams were mixed, with bowling club members from the Mapua club, Fruit Federation members and members of other bowling clubs. It was a late start to the day's bowling, as excess surface water had to be brushed off the green. The first match had to be reduced to eight ends. By the time most teams completed three ends of the second match the rain returned, forcing an early lunch. After a long lunch break club members were able to spend another half-hour sweeping off the excess water. The process was speeded up by the greenkeeper, Les McAlwee, making good use of the motorised roller, forcing the water off the green.

The remaining two matches of ten ends each were completed on an almost dry green, much to the relief of many of the players. On the completion of afternoon tea, Fruit Federation representatives Mark Richards and Grace Westbury presented the winning team a set of loppers each and the runner-up team, a pruning saw each. The results were:- 1st A.Kramer, R. Perry and L.Scurr with 4 wins and 18 ends. 2nd E. Ganzevles, G.Court, and I. Evens with 4 wins and 16 ends. The lucky team draw went to E. O'Brien, R. Long and N. Carston.

On 1 December the club held the Paul Trewavas Summit Triples. The weather was a great improvement on the previous Thursday. Again there was a maximum turnout of bowlers, playing on all eight rinks. The results of the competition were:- 1st J. Coeland, H. Jardine, and L Mc Alwee with 4 wins and 25 ends. 2nd J.Hands, K.Mc Bride, and G Gates with 3 wins and 25ends. 3rd R. Towns, Monica & Neil Kennedy with 3 wins and 20 ends.

On the weekend of the 26 and 27th of November the Stoke Bowling Club hosted the Nelson area junior pairs champion being played for the Barbir Cup.

Mapua was represented with two teams of Judy Marsh and Allison Brett. The second team was Tony McQuade and Don Sixtus. Tony and Don were able to reach the semi-finals and were beaten by a Stoke team who went on to win the cup.

The open Smokehouse/ Mapua Tavern triples was held on New Year's day. There was a good turnout of 48 bowlers using all eight rinks. There were six first-year club members in the competition as well as members from other clubs, and friends of club members. The afternoon's bowling consisted of three matches playing 8 ends. The results were:- 1st John & Nancy Coeland, and Bob Darragia from Mapua with 3wins and 17 ends. 2nd Nora Harvey, Amy Brenton, and Misty Arnold from Stoke with 3 wins and 16 ends.

It was a close finish with Nelson Junior pairs champions of Amy and Misty playing good accurate bowling. The afternoon finished with an evening's BBQ

On the afternoon of Saturday 14 January, Mapua hosted the annual Roesbowl triples between the Ngatimoti Bowling Club and Mapua. The competition consisted of four teams playing 18 ends. It was ideal bowling conditions with fast greens. Mapua was able to retain the Roesbowl Cup, winning all four matches. Nancy McAlwee, the club president, thanked the Ngatimoti team for an enjoyable afternoon, and looked forward to playing for the cup again next year

The development of the new bowling site is nearing completion. Recent installation of the shade cloth on the western edge of the green, and the planting of shrubs along the edge of the eastern side of the clubhouse, was thanks to the working bees of Les McAlwee and Tony McQuade.

David Higgs



Enjoy yourself at the Pukeko

For the Pukeko team it has been an exciting 14 months from when they first opened the restaurant. Pukeko's owner, Michael Markert, is very happy about how well the concept of a Steak and Tapas Restaurant has been received by local people as well as visitors of the Nelson region.

Steaks, Tapas, Seafood, Kids' menu and Lunch Specials: Export-quality beef is a main focus of the menu but delicious seafood does not come short. The second focus of the menu is the Tapas section with delicacies from all over the world served in small dishes. Whether you are just looking for a light meal in the casual and colorful premises of the Pukeko Bar, or having the Tapas as an entrée before the mains, you will be excited about the fresh taste and quality of the food. Try the vegetarian platter or the dips platter. Everything is home-made; both platters showcase a variation of the Tapas menu! The Antipasti Gourmet Platters features fresh local produce like sheep cheese from Neudorf, salami from Hope, freshly manuka smoked seafood and home-grown vegetables.

Kids won't miss out with the kids menu including a giant Kids' Platter and lunch specials with bacon and smoked fish sandwiches, a Lunch Platter and price specials add to the all-day menu.

Delish'aways and Kapiti Ice Cream: Due to the demand of customers to takeaway products of the Tapas menu there's now a so-called "delish'aways" menu available. Come in and have a look at fresh salads, manuka smoked fish and mussels, frittatas, gourmet sandwiches and homemade pastry like brownies, muffins, cakes and much more.

The big outdoor dining area enjoys all-day sun and people can relax in the late sun and sunset behind Mt. Arthur.

Wine and Dine: The extensive wine list features New Zealand wines only, with a strong focus on Nelson produce, and most wines are available by the glass. In March or April the winter series "meet the wine maker" will continue, featuring local wineries and some of other regions of NZ. We will cook a special three-course menu, matching it with wines from a specific guest winery. Listen and talk first-hand to wine makers, compare different grape varieties with each dish and have a great time. There will also be the occasional wine quiz nights called "guess what?" Book your table as a single person or as a team for a three-course menu including matching wines and be in the win for a free meal voucher. You only have to name the name of the dishes, the ingredients

and recipe, as well the grape varieties of the wines. Some tricky or not so tricky questions around wines complete the questionnaire.

Send an email to michamarkert@msn.com to be on the mailing list that informs you about upcoming events so you won't miss out.

For those folk who prefer to visit wineries in summer we created a special designed Vineyard Picnic Bag to take away. Wineries like Neudorf, Woollaston and Rimu Grove invite people to bring their own picnic, so why bother to shop in different places?

Music at the Wharf: Every last Sunday of the month from 3pm till 9pm, the "Music on the Wharf" event is proving to be a big crowd-pleaser. Up to 10 different musicians perform Soul, Country, Dixie or whatever is on. The Open Mic brings even more color to the scene and some young award-winning musicians call the Pukeko Bar "their" home stage. Come along and enjoy!

The Pukeko is open daily for lunch from 12noon and 6pm for dinner except Tuesdays. For bookings call on 03-540-2955.

Digital Photography

The Mapua Digital Photography Group is all set for an exciting new year in 2006. The first meeting for the year will take place on the first Tuesday in February (the 7th), and we'll be concentrating on setting ourselves up for the year, establishing a routine and meeting times to suit everyone.

Long term plans for the group in 2006 include regular field trips. These will be as varied as possible to cater for all members' photographic interests. We will also look at alternating our meeting venue from month to month.

2006 looks to be an exciting year for us all. New members are always welcome. We're all keen amateurs, with varied levels of ability and experience, so don't feel you have to be a pro to join. It's all about having fun and learning new things about your camera – with plenty of photo and friendship opportunities.

If you're keen on photography and are getting to grips with the technology of your digital camera, phone the secretary, **Kushla Haenen, on 021 036 9046**. She will give you details on meetings and membership fees.

Gifts of Trees help Wetland

Donated trees have helped boost the total planting at Mapua Wetland to more than 2000 trees, shrubs, and grasses in the first year of our restoration project.

We have been lucky to receive a gift of about 100 mature plants and specimen trees, including black beech, rimu, coprosma and a lovely collection of native ferns, all donated by Pam Wratten of Tasman. These and other donated trees have helped lift our total planting for the year to about 30 per cent more trees and shrubs than originally planned. Like other trees and shrubs planted in the wetland, they are native species of the Moutere ecological district.

Most of Pam's trees were planted in a triangle at the western end of the wetland, where we found good soil and what appears to be a flow of artesian water. Blackberry which was previously rampant in the triangle, had to be cleared, and this arduous job was done by Judy Mitchell, Claire Garrett and workers from the Abel Tasman Educational Trust.

Other generous donations of trees have included about 50 totara and manuka given by Pat Perry of Mapua and a number of young kahikatea, donated by Sue Allen of Blenheim.

More than 1600 trees and grasses were added to the wetland in our spring planting programme in 2005. The bulk of the work was done during our Planting Day on October 1, but with favourable planting conditions, we continued planting through till early December.

We also utilised an unexpected bonus of several hundred harakeke plants propagated from local seed and grown in our shadehouse. These were planted along the southern boundary of the wetland.



Caring for more than 2000 trees and plants in the Mapua Wetland means a lot of maintenance work. Matt Greening of Nelson was part of a team in the wetland recently cutting weeds before applying spray

“Constant gardeners”

Once the trees are planted, they need ongoing attention from “constant gardeners”. We are lucky that Karole Turner of Motueka has regularly put in a full days work once a week, and Jo Heatherbell of Mapua has been helping for an afternoon a week. Their contribution has made an enormous difference to all our plants. By this month, most trees and plants had been weeded and checked and all the planted areas had been sprayed to counter encroaching grass and buttercup.

Another invaluable worker on the wetland project has been property owner Ness Beere, who at 86 years of age has patiently sat on our deck, pricking out hundreds of seedlings into root trainer baskets. She has also sown a range of different seeds into trays of potting mix and helped weed the seedlings.

The next major project at the wetland will be enlargement and deepening of a natural ponding area. This job is being done by local contractor Alan Riggs and work will start in early February. The enlarged pond, which is being funded by the Beere-Mitchell families, is planned to be a scenic feature of the wetland and it is designed to encourage fish and water birds and to act as a buffer ponding area in heavy rainfall.

The excavation involves digging out an area in the lowest part of the wetland to a depth of up to two metres. The pond, the subject of a council resource consent, will have gentle pond-edge slopes suitable for water birds and fringe planting that would be attractive for nesting birds. Fill will be used for planting areas for some of our most important wetland tree species, particularly kahikatea, rimu and matai.

Meanwhile, gum branches cut down from trees on the property earlier this year have been recycled to help new growth in the wetland. With help from expert Mapua arborist Nicholas Thorns, the wood has been turned into chip material and the resulting mulch is waiting to help with this year's plantings

Historic swamp

The 1ha site for the developing Mapua Wetland reserve is part of the former Seaton Valley Swamps and is being developed to a standard suitable for a protective covenant from the Queen Elizabeth II Trust. The wetland will be complementary to Aranui Park, which it adjoins. Anyone interested in finding out more or interested in helping with planting and maintenance should contact the Friends of Mapua Wetland at 540-2873 or e-mail us at wetlands@mapua.gen.nz.

David Mitchell



MAPUA & DISTRICTS BUSINESS ASSOCIATION

Chairperson: Marion Satherley ph 540 2180 Secretary: Diane Maisey ph 544 8275

Welcome to 2006! We are looking forward to another year of firstly helping the businesses in our district succeed, and secondly encouraging the local people to find and support their local businesses.

We still have spare copies of the Community Telephone Directory, please contact us (phone numbers above) to organise an extra copy. Again, we would encourage residents to look up their own listing as some addresses are clearly incorrect, for example, "Higgs Road, Ngatimoti." We ask that those affected ring Telecom directly to have their addresses amended in Telecom's database.

NEXT MEETING: Tuesday 28 February, 7.30pm, Mapua Bowling Club.

We welcome you to an enjoyable social evening and encourage you to try your hand at a game of bowls, tuition will be available for beginners—should be entertaining! Drinks and nibbles will be served.

MEMBER PROFILE

CheeseShop

CheeseShop has been operated by Robynne Harvey with help from partner Royce Heine for nearly 4 years offering a range of gourmet cheeses and other deli treats sourced from all over NZ as well as a few imported cheeses.

As cheesemongers, our task is to mature our cheeses to perfect ripeness and maturity, by looking after them in optimum conditions for up to 3 years. The older cheese becomes, the stronger the flavour, making our 3 year old vintage gouda something to savour!

We also stock specialty sheep and goat cheeses, many of which are award winners, to cater for customers with lactose intolerance.

To accompany our cheeses, we offer a range of Robynne's own gourmet preserves, such as "Robbie's Chunky Pear and Fig Chutney with Red Wine, Vanilla Pod & Star Anise" – and these are highly addictive!

You will find us at Nelson Market every Saturday, Motueka Market on Sunday and our complete range can be viewed and ordered from our website, www.cheeseshop.co.nz Check it out ...



Our Gourmet Gift Hampers are popular gifts which can be selected from our website and couriered overnight anywhere in NZ.

Use

www.mapua.biz

to find and support local businesses.

MEMBER PROFILE

Geoff Stevens – Interior Decorator

Following 25 years in Auckland, Geoff has recently returned to the Mainland, and now provides clients in Mapua and districts with a comprehensive renovating and decorating service covering everything from the initial concept design through to the careful application of paint and wallpaper finishes.

Geoff really enjoys creating fresh and vibrant new interiors for his clients, and specialises in careful work using quality materials. He does not employ staff, and he believes it is very important to take the time to find out what clients really want.

As well as painting and paperhanging, Geoff has the tools and skills to be able to repair damaged plasterboard, and carry out small maintenance jobs. If you would like a complete new kitchen or bathroom, Geoff is experienced in managing the whole project – including assistance with design, obtaining quotes for supply and fitting, and, most importantly, ensuring the end result is exactly what was expected – with no nasty surprises.

If you're thinking of re-decorating, give Geoff Stevens a call on MPX 540 2510 or 0274 484 886 – you'll be glad you did.



A business listing on our website will help to get you found online. The MDBA is here to help YOUR local business succeed. Become a member of the MDBA and you too can benefit.

Be Local—Buy Local

NOTICEBOARD

Live @ the Pukeko - Mapua Wharf, Next Music Day - Sunday 26th February, 3 - 9pm. Check out the best of local live music. For more information phone Graeme 540 20 50

Need Help? Can't connect your DVD/Video player? Lost your computer work? Having problems connecting your printer? Can't download your Digital photos? Call **Whiz-kid Sam!** 5266-066. Average job price only \$10!

Harakeke (Flax) Weaving: Are you interested in joining The Tasman Bay Harakeke (flax) Weavers Group that will meet monthly on Saturdays. This is an informal opportunity to weave and share ideas. If so, call Carol on 540 2287 to register your interest. We're hoping to have our first meeting in February.

Cottage to Rent: Edge of Mapua village. 2 bedrooms, large garden, open Fire, secluded, convenient. Available for 6 months commencing early April. Phone 5402 303

Reluctant Sale: Miss Daisy Flower Cart. Homebuilt trailer with 4x push-out windows. Rego and warrant. Great for displaying any craft or hobby at fairs and shows. \$3250 ono. Please phone Nicola, 543 3722 or 021 113 8691.

Lisa Barlow, holistic counsellor, Dip.A.C. wishes past and present clients an abundant new year. Lifebalance clinic will reopen 1 Feb, new clients welcome. Ph. 5402112

Sun Umbrellas: The Nelson Cancer Society Shade Loan scheme provides free loan of sun umbrellas as well as information packs with tips on how to plan a Sun Smart event. If you are a community group, sports club or school committee holding an event over summer, you can make a booking with Sue Main, Mapua Area Volunteer, 540 290.

Mapua Magic launched its Mapua destination brochure at the Fruit Flowers and Food Festival. The brochure is invaluable for locals when organising a wedding or family function. It is an excellent tool for finding accommodation, what to do and what to see in Mapua. Copies of the brochure available at Flavour Restaurant, 540 2526

Photocopying at Mapua Auto Centre, 7 Warren Place, during office hours.

Mapua Women's Walking Group: Operating two social, friendly groups - both leaving from outside The Naked Bun on Thursday mornings. The early group leaves at 9.15 and walks for at least 1½ hours before meeting the later group for coffee. Ring Rose 5403600. Later group leaves at 10am - Ring Val 5403931. New members very welcome.

Coastal Garden Group meet monthly every first Thursday at 1.30 pm in the Supper Room at the Mapua Village Hall. Members, guests and visitors welcome, all enquiries to Barry Highsted (540 3139) or Anne-Marie Giddens (540 2335).

Digital Photography Group: Anyone with an interest in anything to do with digital photography/digital imaging is welcome to join our expanding group. Meetings first and third Tuesday of the month at 1.15pm. Phone Dot Siddle for more info, 540 2323

Mapua Combined Probus Club meets 1st Friday of the month at 1.30 in the supper room of Mapua Hall. All retirees most welcome. If interested please ring President Bea Langford 5402871 or secretary David Higgs, 5403966

Kidz n' Koffee Playgroup every Wednesday (in school term) 10am to 12 noon. The age group is newborn to five years. All parents and caregivers are welcome to attend, there is no cost. Morning tea is provided for you and your children, a donation is appreciated. The playgroup meets at Hills Community Church, Mapua. Come and relax and meet some new neighbours. Enquiries to Sara Pumphrey 540-3889, and Sharon De Jong 543-2486.

Moutere Hills Rose Society (est. 1949). Meetings usually first Monday each month (except January, June and July) at Mapua Hall at 7.45pm. Interesting speakers, cultural notes, garden visits and friendship. Further information from Margaret Sinclair 03 528 8477 or Letty Thawley 540 2876.

Mapua Genealogy Computer Discussion Group: Our Next **bimonthly** meeting will be 1.30pm on Saturday 4th February, at 36 Korepo Road, Ruby Bay. For information about this group phone Val 540 3931 or Peter 540 2686

Mapua Friendship Club welcomes old and new friends, we meet on the 3rd Thursday of the month and enjoy a game of indoor bowls followed by a lovely afternoon tea and drawing for a mystery prize. We also have cards available for Euchre, Crib etc if preferred to bowls. For further information ring Val Roche on 540-3685.

FULLPOWER Personal Safety for women and teen girls. A great way to build positive and effective personal safety skills that stay in your body memory thanks to 'state-conditioning'. For more information call the Fullpower Trust ph. 543 2669.