

August 2010

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www.mapua.gen.nz

Coastal News

email: coastalnews@mapua.gen.nz

covering Mapua & Ruby Bay,
run by volunteers

Fantastic feats of our migratory birds

Talk by world authority in Mapua

New information on the achievements of some of Waimea Estuary's most precious birds and the threats they face will be the subject of an illustrated mid-August talk in Mapua by an internationally respected authority on shorebirds.

David Melville is a former director of the World Wide Fund for Nature Hong Kong where he developed expertise on creating habitats for shorebirds and management of shorebirds to minimise safety issues for airports. He is a council member of the New Zealand Ornithological Society and is based in Nelson where he specialises in shorebird ecology. However, like the migratory birds that have become his specialty, he now frequently travels to different parts of the globe, particularly in Asia and the Pacific. His studies have involved visits including to China, Korea, Thailand, Australia and Papua New Guinea.

He has just returned from a trip to Alaska and as part of his talk will give an update on what is known – and what is still not known – about the migratory wading bird that has become famous in the past few years – the bar-tailed godwit.

Regarded by Maori as something of a mystery because of its long absences from New Zealand, the bar-tailed godwit, or kuaka, has become a focus for study because of its remarkable achievements.

Use of new radio transmitters and satellite-based monitoring equipment has meant the flights of godwits and other long-distance migratory birds can be recorded as they happen.

In 2007, bar-tailed godwits in New Zealand were tagged and tracked by satellite to the Yellow Sea, an area of the Northern Pacific Ocean between China and Korea. The distance between the two places was

9575km, but the actual track flown by the bird was 11,026km. This was the longest known non-stop flight of any bird.

One female of the flock, nicknamed "E7", then flew on from China to Alaska and stayed there for the breeding season. In August 2007, E7 then flew non-stop for eight days from western Alaska to the Piako River near Thames in New Zealand, and set a new known flight record of 11,680km. She also set a record for the longest journey without stopping to feed made by any animal on the planet.

David has been involved in a recent NZ Ornithological Society programme to put identification bands on bar-tailed godwits and another migratory bird, the red knot. These have showed that while the knots made frequent use of different sites around New Zealand, the godwits were more likely to remain at one and not venture far away during the non-breeding season. Waimea Estuary normally has a season population of several hundred bar-tailed godwits.

The various studies have shown how important it is for the migratory birds to build up body fat during the summer they spend in New Zealand so that they can sustain the long flights they make to breed.

Among the implications for residents living near the estuary, is that we need to be aware of the effects on the birds of feral animals and uncontrolled dogs and also for greater protection around the birds' feeding areas.



contd

A major threat to these migratory birds of the Waimea Estuary is infilling and industrial development of estuaries in Asia, particularly in Korea and China.

A prime example of the effects of these developments has been what is described as the largest land reclamation in any country of the world at a place called Saemangeum on South Korea's west coast. Here, 40,000ha of shallow sea and tidal flats have been reclaimed with devastating effects on the estimated half million migratory birds which use the area to feed on migratory flights to north-eastern



Siberia. Among those were large flocks of great knot birds, mostly coming from northern Australia. Within a year of completion of the sea wall there, New Zealand observers saw numbers of the great knots at Saemangeum plummet from tens of thousands to only a few hundred.

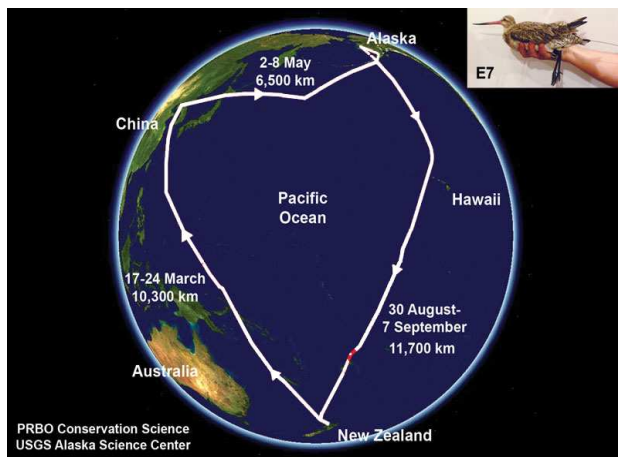
There is also concern among Koreans about what is happening. Last year two marine biologists from the nearby Kunsan National University visited Mapua and Nelson as part of an effort to learn how they might be able to mitigate the damage for fish and bird species from the massive reclamation.

David's talk has been arranged through the Mapua Community Association as part of a move to raise public awareness of the natural values of the Waimea

Welcome to godwits

As part of the celebration to welcome godwits to Motueka after their epic journey from Alaska, the Motueka Arts Council will have a display in the Memorial Hall on the weekend of 11/12 September and the public is invited to enter a competition in connection with this.

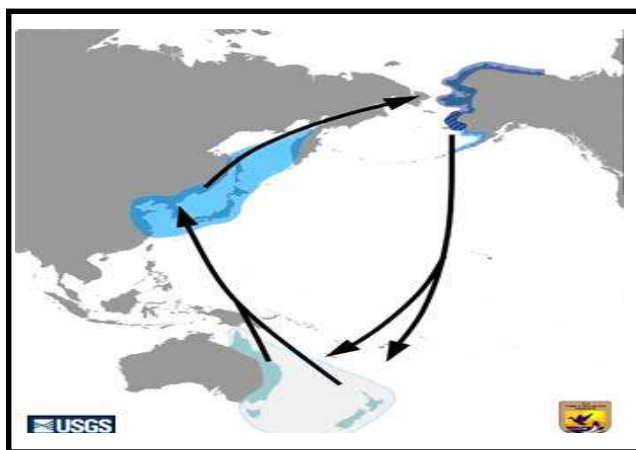
For adults, the categories are short story, poetry and photography; and for students it is art. The



Estuary and to put the focus on Mapua as a community which, because of its situation, has a special responsibility to care for the estuary. It follows moves by the Tasman District Council and Nelson City Council to draw up a strategy for future management of the Waimea Estuary. This has involved a series of public meetings and discussions about the values, issues and problems of Waimea Estuary. The draft strategy document is nearing completion and is due to be released soon.

David's illustrated talk should appeal to all who care for the estuary and is intended to be suitable for families. It is scheduled to be held at the Mapua Boat Club's rooms on the Mapua Wharf on the afternoon of Sunday 22 August at 2pm. There will be an entry charge of a gold coin donation to cover costs. The meeting will be advertised further locally.

David Mitchell



subject for all entries is "The Motueka Sandspit and Estuary, the summer home of the godwits." Entries have to be in by 3 September. See the accompanying advertisement for details.

All entries will be displayed in the Motueka Memorial Hall on 11/12 September, with prize-giving on the 11th. For further information phone Eileen on 528-4473, or Pauline on 528-7257, or email psamways@clear.net.nz

Garden Notes



August has arrived and thankfully July is behind, Aus hopefully taking those nasty sharp frosts with it, although we can still get a few yet.

Spud Monday has arrived again and the stores are full of those old favourites plus some new varieties to tempt you try. I was always taught to select a potato of medium size, [definitely not a large one], and a good amount of eyes. Dig a trench and put in organic manure, cover and plant 25cm apart, cover, scatter with potato fertiliser and mould slightly. Then wait for shoots to appear before molding again.

August is one of the most important months, and advantage must be taken on fine warm days, to plant parsnips carrots, as they require a long growing season, and carrots planted early I find beat the carrot fly.

There is bud movement on the fruit trees now so unfortunately we need to spray against leaf curl and brown rot, I find several sprays are required right on until the flowers are in full bloom to combat brown rot especially, and this secures disease-free fruit later on.

Strawberries benefit with a side dressing of blood and bone, or fowl manure or liquid manure, applied two or three times at intervals.

July was the month to prune the roses but not too late as the new buds will be more visible now. Be sure to clean away all material lying at their base, spray with a recommended spray and feed with rose fertiliser and sheep pellets which they like, Fresh new leaves on a rose bush free of disease and black spot is a joy to see.

August is a month when I begin to feed in earnest pretty well everything, perennials, fibrous begonias, pansies, polyanthus, and especially rhododendrons. Give them one tablespoon of Ninrophoska Blue, no more, as more harm can be done than good. A rodo grower told me this is a good pick-me-up. The rest I feed with blood and bone or general garden fertiliser.

I have mentioned much about feeding, but hey we humans love to eat, so do plants! And they can be starved too.

At this time I turn over my compost, add horse manure which is a hot manure and helps assist quick action in the heap, any compost ready to spread can then be dug in to the vegie garden and we are away for another season.

To finish: If you want big rich coloured daffodil flowers this year, buy a bag of bulb fertiliser and sprinkle round them as they are coming through and you will be rewarded. This also secures next year's flowers. Happy gardening.

Barry Highsted

Godwits Celebration Competitions

SHORT STORY, POETRY and PHOTOGRAPHY (for adults)

ART (for students)

The subject for all competitions is:

**Motueka Sandspit and Estuary,
Summer home of the Godwits**

- 1) Short Story Competition: 500-800 words, double-spaced on A4 paper.
- 2) Poetry Competition: any number of words, double-spaced on A4 paper.
- 3) Photography Competition: prints 6 x 8 inches, mounted white A4 card.

Write your name, address, phone number and email on a separate sheet and attach to your entry. Send or deliver your entry to Potter's Patch, 188 High Street, Motueka by 4pm Friday 3rd September.

4) Student's Art Competition: 3 sections, Years 1-4; Years 5-8; Years 9-13. Any media, 2 or 3 D. Art works to be dropped off at 4 Michael Meyers St (off Poole Street.) Include name of school and school year with your name, address and phone number.

All entries will be displayed in the Motueka Memorial Hall on 11/12 September.

Prizes will be awarded on Saturday 11th September. All entries will need to be collected from the Memorial Hall between 4pm-6pm, Sunday 12 September.

For further information see www.motuekaonline.org.nz under Coming Events, or phone Eileen 528 4473, or Pauline 528 7257, or email psamways@clear.net.nz



Coastal Garden Group

The AGM was held at the July meeting; this marked the end of the 6th year of the Coastal Garden Group. The club is going from strength to strength with a current membership of 103.

We preceded the meeting with a delicious finger food buffet provided by the members. After introductory remarks by the chairman, the treasurer presented his report which showed the club to be in good financial shape. Barry presented the chairman's report and reflected on the highlights of the past year including the wonderful garden visits and the excellent and entertaining speakers. He thanked the committee for their efforts and other people who have helped in making the club a success.

We then proceeded onto election of new officers, two of the previous committee stepped down: a big thank you to Julie Booth and Alan Field, and one brave new soul stepped up, welcome to Adrian Barrett. Margaret and Barry gave a preview of the many upcoming events for the next year: a bus trip to visit Rai Valley and Pelorus gardens and many other local garden visits in the spring.

For entertainment, Allen Mulligan then hosted a quiz, and had us all scratching our heads over local

knowledge questions, which seemed to be the most challenging category. After tea, Olwyn spoke about her passion for painting and showed us some of her works. We concluded with the usual plant auction.

The next meeting is on 5 August, meet at 1pm in the supper room at the Mapua Hall for a 1:15pm start. If you'd like to join us, please call Barry Highsted, 540-3139.

Richard Bamfield, secretary

Moutere Hills RSA

The July meeting of the Moutere Hills Sub-branch of the RSA was held on July 12 with nine members attending.

The ongoing issue of the possible reconstitution of the sub-branch as a full branch of the New Zealand RSA continues to be a matter of discussion. By the time this copy of the *Coastal News* is printed, a delegation from Moutere will have met with officers of the Nelson RSA. Hopefully, this meeting will have resulted in a significant clarification of the issues that have caused concern recently. There is a positive feel about this.

The RSA has a display cabinet in the Mapua library which is intended as a display case for war medals and other memorabilia. To date, no items have become available for display and we remain keen to discuss the loan of items with anyone who might be holding their own or a relative's medals or other such memorabilia. If anyone is interested in making such a loan they could contact Norm Thawley (540-2876).

The RSA is interested in the recruitment of new members. We welcome returned servicemen and servicewomen along with others who have served in the armed forces, or anyone interested in furthering the aims of the RSA whether they have served or not. Again, information may be obtained from the president, Norm Thawley.

John Sharman (acting secretary)

Rangers Rugby

Many thanks to our 2010 sponsors—Moutere Inn, Richmond Superliquor, Speights, Richmond Hire, Upper Moutere General Store, George Perry, Pro Rugby and Acclaim Finance. Sponsors are the financial backbone of the club and keep us running.

The JAB grades are still competing into August while the senior team has finished their season, which was one of rebuilding with a young developing team.

Rangers are having their prize-giving on Saturday 4 September. A social game of touch and past vs present players is planned in the afternoon with the JAB prize-giving. The senior team will have their prize-giving at the Moutere Inn followed by a night of Karaoke.

The Senior team is looking for coaching and management for 2011. If you'd like to be involved please contact Mark on 0274 229 949.

Rain delays by-pass work

June ended up being one of the wettest months on the Ruby Bay by-pass project to date and we were all but ready to shut up shop for the winter when July arrived and brought with it the sun!

The last two weeks of fine weather has meant that production has soared and we have continued chip-sealing through the job with only about 1.1km of the main alignment left to seal.

This has been a big month because we opened the first part of the job—transferring SH60 traffic onto the new bypass from the Richmond end tie-in to just before the Higgs Reserve crossing.

Major milestones in July were

- Emulsion chip sealing completed at southern tie-in, Gardner Valley area including Stage Coach Road and Higgs Reserve tie-in;
- Completing base course and preparing side roads including Gardner Valley and Chaytor Road for sealing;
- Installed mini-mountable kerb and channel at Gardner Valley footpath/cycleway;
- Installed two the six traffic islands at side-road intersections, Dominion and Stagecoach Roads;

- Completed one of the last sections of earthworks at Apple Valley East including final drainage installations;
- Continued with planting and bark mulching of the landscape areas throughout the job.
Jo Orr, Environmental Manager, Downer EDI Works

The following work will be done in August and September, weather permitting:

- Completion of Apple Valley East side road tie-in and completion of pavement sealing in this area (this area will remain under active traffic control until this work is completed)



Batter trimming Apple Valley East intersection



Construction traffic island Dominion Road

- Removal of the temporary traffic by-pass at Trafalgar Road and completion of the new highway batter on the estuary side including completion of this pavement
- Landscaping (bark mulching) to continue
- Earthworks and pavement work will resume on the northern end of the project (north of Harley Road) in preparation for conducting the final major tie-in of the new by-pass to existing SH60 at this location. Depending on progress on this work, crews may begin tie-in operations at the Mapua connection.

*Marc Papke, Project Manager,
Downer NZ*

Animal Health File

Dr. Paula Short, Tasman Bay Vets, 69 Aranui Road, Mapua, ph 540-2329

August is Dental Month!

August is traditionally dental month in veterinary practices throughout New Zealand. This is an initiative launched by the Hills pet food company many years ago to help vets raise awareness of dental disease in pets.

Dental disease is very common in our pets, in fact research has shown that dental disease is present in as many as 85% of cats and dogs over the age of four years. The first sign of dental disease in our pets is gingivitis (inflammation of the gums) and mild plaque and tartar formation. As an owner you will see slight reddening of the gum margins above the teeth and mild brown staining of the teeth. Left untreated this will progress over time to severe inflammation and ulceration of the gums and extensive tartar build-up.

Serious dental disease can lead to problems such as anorexia, weight loss, drooling, chronic pain and loss of teeth. It is also known that the bacteria that accumulate in the plaque and tartar can spread into the blood stream and lead to kidney, heart and liver disease. Tartar can also erode the tooth roots and set up infections known as tooth root abscesses.

Professional dental cleaning is the ideal treatment for dental disease in our pets. As they are unlikely to sit still and open wide a general anaesthetic is



necessary, during which the teeth are cleaned with an ultrasonic scaler, any loose or damaged teeth are removed and the teeth are polished. In some cases antibiotics are given pre and post surgery.

As with all diseases prevention is better than cure and there are a range of options for prevention of dental disease. More and more people are opting to brush their pet's teeth with specially designed pet tooth brushes and tooth pastes; this is best started when the pet is young. There are also many good dental diets available such as Hills Oral Care and Hills T/D (teeth diet) and Royal Canin Dental Diets. These are designed to help reduce tartar formation on the pet's teeth by mechanical abrasion of the tooth surface by a network of fibres in the biscuit.

There are also a variety of dental chews available which are effective plaque reducing agents and can be given to your pet as a treat and a mouth rinse for pets is also which is also proven to reduce tartar buildup and is added to the drinking water.

For the month of August we are offering free dental checks for all cats and dogs. So if you are worried about your pet's teeth and particularly if you are noticing any bad breath, drooling or tartar build-up then book in for a free check-up.

Welcome to PANZ - Nelson

The aim of the group is to provide an environment for learning and developing skills in using pastels as a painting medium.

We meet every Tuesday from 9am to 12noon in the Supper room at the Mapua Hall. Although there is no regular formal instruction there is always someone at hand to help and offer advice. There are structured workshops and tutorials at times during the year as well as opportunities to exhibit completed works. The group comes under the umbrella of the national pastel society PANZ (Pastel Artists of New Zealand) and therefore requires membership of that group which is \$45 annually (individual) and \$35 (senior).

If you are interested in taking pastels more seriously we have a "try-before-you-buy" policy that gives you four Tuesdays with paper and pastels supplied. Talk to our members and they will guide you as to equipment you need, but the minimum requirements are pastels (a few good quality sticks is preferable to a box of cheap ones) paper, putty eraser, drawing board, and plenty of enthusiasm! It can be a messy business so an overall and table covering are a good idea.

Further enquiries can be made to the Area representative, Glenys Forbes, on 540-388



A Couple of Flash-Backs

Flash back to October 2008 when the first sod was turned on the Ruby Bay by-pass project. The projected completion date April/May 2011. Status of the project today? Very nearly finished. The official NZ Transit Agency projected completion date December this year. The finish is close enough now that the official opening day is starting to worry the NZTA.

Earthworks, paving, signage etc will then be making way for political correctness. A time for the politicians to do their thing. At which end to have the ribbon-cutting ceremony? Who gets to cut it? Who makes a speech? Good fun! My comment: The traffic control at the south end has been well handled. The delays have been minimal.

Flash back to June 2000. Sunday afternoon public assembly at the FCC site at the port. Wilma Tansley stirring us all to get the clean-up under way. We did, and the status of the FCC site today? A public park area has become a reality. Robin Simpson's well presented update on the Park Project at the July Community Association meeting was interesting and informative. And, look out! After the inordinate bureaucratic delays by the TDC over opening up the park public parking area and the signage for it might, that's might, just be a reality this month as well. Hooray! Seeing will be believing though, so watch this space.

Dominion Flats Gateway Reserve Plan: Congratulations to the TDC councillors for adopting without dissent the Community Association Gateway Reserve Plan. And their agreement to acquire the eight hectares of Crown land that is involved. It won't be "free" as I reported last month but nevertheless it is very worthwhile expenditure of ratepayers' money. Thanks again to the efforts of the Community Association's Waimea Estuary Sub-Committee for their effort and dedication in putting the proposal together this past year and presenting it to the council.

Mapua Structure Plan: A good number of submissions were received by the council prior to the deadline for comments. In my view overall a

good plan for the future. Thanks to Cr Brian Ensor for his comments about the *Nelson Mail's* headline that the Mapua community was "angered" by the Structure Plan. That's not only inaccurate, but mischief-making and misleading reporting by the *Nelson Mail*. Not at all to their credit.

Chemical Site: We still await the Ministry of Labour report on health effects on former workers at the site. Also waiting for action from the Ministry of the Environment on cleaning of affected houses in the immediate chemical site area. Too, there is still more to come from the Ministry of Health. Ah well, delay after delay seems to be the way with the chemical site clean-up. We and others will keep poking and prodding.

Mapua Community Hall: In the July *Coastal News*, Richard Bullock informs us of a "Clear Mandate on the Mapua Hall", while Graham Stradling queries the "Hall Survey Method". Richard puts a good case forward but seems to overlook the obvious deficiencies of the Hall Company so-called survey which Graham so well labels as "by no means a robust mechanism for making such an important decision as demolishing one of Mapua's pieces of history". Richard gets somewhat back on track when he writes, "Now we have narrowed our target". But, only when that applies to concept plans and reasonably estimated costings of both a new hall or a major upgrade of what is there. On three occasions I have listened to Richard make his case. He did it well. We owe him our thanks for his efforts and for being so thorough. Facts and figures all on the day. However, there is a certain psychology in having a piece of paper to take away from a meeting with facts and figures etc for later study that I feel he has overlooked. Others have made the same comment to me. Meanwhile, whichever way the hall situation develops, there is going to be a need for funding from within the community. A good start is on the cards with the "Glitz & Glitter" dance at the Mapua Hall on Saturday, 25th September by the "Friends of the Hall" group. Not at all a bad occasion for spring.

Hugh Gordon.

Fire Brigade

June-July call-outs

June 6: Alarm activation at Kina due to steam from shower.

June 26: Car hit trees SH60 near Higgs Rd. Assist with injured person and blocking road.

July 7: Malfunctioning boiler, Oceanview Lane, Motueka fire dealt with it.

July 9: Van hit light truck Sh60 near Tasman, help with clean-up & road control.

44 calls year to date

Safety Tip – clean ice off car windows before moving. Watch for ice on roads

We have apple firewood for sale. Phone Eileen on 540-2871 for details.

During the day we sometimes have only three or four firefighters to respond to calls. As Upper Motueka, Motueka and Richmond are some time away two, three or more firefighters are needed to respond on both trucks, operate the equipment and do other jobs that need to be done. So if you think you help and are 18 years and older see below:

If you can hear the Mapua fire siren day and night, have spare time and would like to be a firefighter, we would like to hear from you.

If you work at home, do shift work or have a business around Mapua and can help, contact the Chief, Ian Reade, at home on 540-2238 or 0274 457 049, or call in at the fire station Thursday nights around 7:30pm. E-mail Mapua@fire.org.nz or the web www.fire.org.nz

Do you agree?

Last month the *Nelson Mail* floated the idea of a Lcycle/foot bridge connecting Mapua and Rabbit Island. It said the plan “has support from local residents.”

Later in the article the TDC development engineer Dugald Ley said the people of Mapua were behind the idea, “they would like to see it tomorrow.”

Well, what do you think? The *Coastal News* wonders just how many people of Mapua think it’s a good idea or whether an idea was put to one or two people and an assumption taken from that.

We would be interested to hear what you think on this or any other subject of local interest. Surely Hugh Gordon isn’t the only person with an opinion!

The Editors

Hills Community Church

Happening @ Hills—*we are a community-based, multi-denominational church with historical roots in the Anglican, Presbyterian, Methodist and Pentecostal traditions. We offer both traditional and contemporary worship in an informal and relaxed style. Visitors and newcomers are most welcome.*

Messy Church! Twice per term we offer an all-ages, all-family event to celebrate and explore the goodness of God in a relaxed and friendly atmosphere. Join us from 5-7pm on Fridays for a simple meal followed by games, crafts and a creative sharing of God’s word. No cost. Next *Messy Church*: Friday 20 August.

Sunday Worship: Traditional service 9am, Contemporary service & Children’s programme including crèche 10:30am; Holy Communion celebrated at both services on the 2nd and 4th Sundays with morning tea in-between. 1st Sunday of each month: one family-style service @ 10:30am followed by a shared lunch.

Weekly Calendar:

1st & 3rd Tuesdays: 12:15pm—NZ Prayer Book Communion service followed by intercessory prayer

Wednesdays: 10am-noon—Kidz n Koffee Open to parents-caregivers-pre-K kids—a great way to make new friends!

Fridays: 10am-noon—Craft n Coffee—learn a craft & share a laugh! Open to all, crèche provided

Drop-off For Area Food Bank – Bring your non-perishable food items to the church (122 Aranui Road) on Friday mornings between 9am & noon.

We also offer numerous home groups and youth activities. Contact 540-3848 for more information on our ministries.

Sam's Spam

August 2010

It's certainly cold at the moment and I am sure many of you are making more use of the computer while staying in to keep warm! Writing a blog is something often associated with travelling but that is not necessarily the case as it can be used to share thoughts and stories on your own personal webpage, or 'blog', which is like an online diary. Each blog 'post' can include text, photographs, videos, and even slideshows. Having a personal blog is a great way for friends and family to keep up with the goings-on in your life.

Who can see my blog?

If you are writing a blog aimed at specific people only, for example, just family, you can easily change the privacy settings of your blog so that only your intended audience can view it.

Free Google Blog Designer

I have mentioned how to set up blogs before but now Google have just launched a new free blog designer. When you go to www.google.co.nz the link to the free template designer should appear underneath the 'Search' button. It says: "New! Express yourself

in style with Blogger's template designer". Sometimes it takes a while for this link to appear so to shortcut the process, go to www.blogger.com. From the template designer you can view many different ways that your blog can look.

Options:

Click on the "Try it now" button and the next page will give four options:

Template (choose the style you like - ignore the fact that the text is not in English!)

Background (allows you to change the background colour or add an image as the background).

Layout (this has options: Body layout, Footer layout, Adjust width). A 'gadget' is a page element, e.g. a search box, blog archive list, etc.

Advanced (this allows you to change the fonts, text colour, blog title, page colours, etc.)

That's all for this month! Please note I will be away from 12 August to 14 September for those needing help for computers, etc. You can contact me on (03) 540-2804.

Waterfront Park Update

The first stage of the Mapua Waterfront Park construction is likely to begin this year with possible completion of the car park precinct, followed by the waterfront precinct at the estuary end of the park. My office is preparing documents to go to tender for Stage 1, Irving Smith Jack are preparing concepts for park structures and structural engineers, quantity surveyors and a project manager have all been engaged.

The documentation phase involves looking at the fine detail, selecting materials and rationalising costs against the budget. Basically anything superfluous has been reduced, omitted or delayed to ensure the bones of the park are there. Of the items omitted are several shelters, and a cut through the ridge between the car park and the field. All of the remaining design is essentially over the top of the site, minimising any excavation. A lighting strategy for the park and wharf area is being developed with local lighting consultant Stephanie Millar. The environmental play gardens which are intended to be delivered through sponsorship will not be detailed until a later date.

Some of the issues which have emerged that may be of interest to some are:

- The TDC aims to balance the impact of construction on local activities and businesses and avoid cost penalties by avoiding construction between December and Waitangi Day.
- The Site Management Plan was developed to manage construction on the site, this needs specialist expertise to assess compliance and provide information. This expertise has yet to be identified.
- The waterfront seating area has been designed to accommodate waiting and ferry facilities should these be required for the regional cycleway.

Although my focus has been on the park, many aspects of the wharf area are attracting attention from different directions. As all components interact, this would be a good time to review the vision for the whole precinct, possibly even revisiting the Kobus Mentz schemes which discussed the whole precinct.

As always I am happy to provide information to anyone interested if I can.

Robin Simpson, project Landscape Architect

MAPUA COMBINED PROBUS

The guest speakers at the club's July meeting were Duncan Henry and Jim Hunter. Their subject was "Camps for Lads and Dads," arising from their work with Tracks which have been operating for over 12 years around parts of New Zealand. Duncan became involved with Tracks five years ago, taking his two sons on a five-day tramp around Golden Bay. Since then he has been a keen promoter of Tracks.

The principals of Tracks are to develop positive thinking for groups of boys and their fathers. This is known as a "rite of passage—a creative event that makes the transition from one life stage to another. It is the initial stepping stone of boys becoming young men and aims to promote them towards development and leadership. The boys' fathers, guardians or caregivers have an important role in supporting Tracks. They are there to help the boys develop their self-esteem and confidence.

The financial support for Tracks is a fee of between \$9.95 and \$14.95 on a sliding scale, depending on the involvement the boys and fathers have had with Tracks. There are also the options of public donations for the group. Before any involvement the boys and "dads" are invited to visit the Track's base at Wainui in Golden Bay. On acceptance of the five-day tramp they walk with group members to a campsite in the Able Tasman Park. There they spend their time on a wide variety of activities, to develop a good inter-reaction between the adults and the boys.

The second speaker was Jim Hunter, who is chairman of Tracks, living in Wainui. He described the start of Tracks in several countries such as the USA, Australia and South Africa some 14 years ago. There is a similar support group for 13 to 16-year-old girls

and their mothers known as "Tides". Jim's partner Sue is the chairperson for Tides.

Club member Brian Russ was the mini speaker. His subject was early memories of life in Appleby. The original name for the Appleby area was Waimea East but in 1848 it was renamed Appleby. The first school in the area was at the Blackbyre Road corner. James Batty from Yorkshire was one of the founding members of the original school. The existing Appleby school was established in 1859, holding its 150th anniversary in 2009.

In 1852 there were about 80 residents in the Appleby area. Brian's great-great grandfather was one of the residents living at Cotterell Landing near Cottrell Road. The area's first public transport was by ferry from Nelson.

J A Redwood was an early resident of Stafford Place, the homestead in Redwood Road, and a founding member of the Nelson horse racing industry. Some of the horses he bred were exported to Australia. He also grew produce for the Nelson market included butter, meat, barley and potatoes. Mr. Redwood was able to use farm labour from the local unemployment camp.

Brian recalled the early popular social event every Easter Monday on Rabbit Island. The locals would turn up using their horse-drawn drays. Fishing was a popular pastime around Rabbit Island with a plentiful supply of herrings and snapper.

David Higgs

Mapua Health Centre

We congratulate Dr Cindy de Villiers on becoming a fellow of the Royal NZ College of General Practitioners. Cindy is also part-way through a master's degree in complementary medicine. The health centre has to prepare itself for recertification for the Cornerstone accreditation which is a national standard of excellence that we achieved two years ago. This will mean re-examining how all of us perform our various roles, as well as attending various courses and conduct a patient satisfaction survey.

There have been a number of viral bugs doing the circuit ranging from colds to the flu which, in addition to congestion and feeling generally unwell, tends to cause headache and aching in the back and neck. As always, we are happy to check anyone out and it is important to remain vigilant about the symptoms of meningitis – the main ones being a flu-like illness, headache, rash, stiff neck (which may be a late symptom), and photophobia (dislike of light), often with a fever, vomiting (especially in children) and feeling very unwell. The rash is usually a measles-like red or bluish rash that can sometimes look like small bruises and does not blanch when the skin is compressed by the base of an empty glass. If in doubt please seek medical attention.

Looking at some of the literature on treating the common cold and flu like symptoms, one of the major players is vitamin C: the latest Cochrane review (2010) concludes that although “routine

prophylaxis is not justified (for the general population), vitamin C could be useful for people exposed to brief periods of severe physical exercise and prophylaxis trials have consistently shown that vitamin C reduces the duration and alleviates the symptoms of colds”. A large range of trials have shown that increasing doses of vitamin C appear to have more ability to reduce cold symptoms, eg, **70 – 200 mg/day decreased symptoms and severity by an average of 31%,**

1,000 mg/ day by 40% and 9,000 mg on the first day of cold symptoms (in divided doses) followed by 3,000 mg/day decreased symptoms by 85%. A randomised control trial (RCT) of Vitamin D 1200 u daily over winter in school children showed a 42 percent decrease in the relative risk of developing influenza A infection (*Am J Clin Nutr.* 2010).

In another RCT probiotics (“good bugs”) reduced the incidence of fever, runny nose, cough, and use of antibiotics in young children aged 3-5 (*Pediatrics*, 2009). And as far as expensive cough syrups go an RCT has shown that honey reduced cough frequency and cough severity, and improved the child's and parent's sleep significantly more than the most powerful chemical version (dextromethorphan) or no treatment (*Arch Pediatr Adolesc Med* 2007) – so old fashioned honey in hot water still rules!

There are a number of important national and global health promotion events for the month, including:

| | | |
|--------|----------------------------------|--|
| 1-7 | World Breastfeeding Week | www.unicef.org |
| 1-8 | Cystic Fibrosis Week | www.cfnz.org.nz |
| 3-13 | Amnesty International | www.amnesty.org |
| 12 | International Youth Day | www.un.org/Depts/dhl/youth/index.html |
| 23-27 | Cancer Society Week | www.cancernz.org.nz |
| 27 | Daffodil Day – Cancer society NZ | www.cancersociety.org.nz |
| 27 | World Heart Day | www.un.org |
| 30-5/8 | Multiple Sclerosis Awareness | www.msnz.org.nz |
| 30-5/8 | ADD/ADHA Awareness Week | www.adhd.org.nz |

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.

MAPUA PLAYCENTRE

Playcentre has been a busy hive lately, with pirates, firemen, loads of tea parties and lots of fun.

A visit from the local fire-fighting team was very exciting and we enjoyed getting to look around the engine and of course squirting the powerful hose. One young man has since been collecting everything to do with fire trucks and we are told they are a great substitute for teddies in bed. Although I don't rate the comfort factor of snuggling a hard metal object or book myself.

Mapua had a farewell ceremony on the last day of term as we said goodbye to school starters and families moving out of the area. We also welcomed two new members to our playcentre, with two babies being born! Congratulations Sylvia and Mahala. You girls amaze us and we look forward to meeting our new babies to fuss over.

We have a solid group of under-twos developing and it is great fun to watch our babies sit up and start noticing each other playing alongside their older siblings.

This term the Playcentre is open Monday and Friday morning, from 9:30-12. We are a strong team of parents committed to developing awesome experiences and fun for our kids with play being the primary focus, for children and parents alike. We are all about supporting each other and helping build a sense of community for our offspring to grow up in.

Things we are looking forward to in August are a coffee and cupcakes day sponsored by Nescafe coffee (yum), a trip to the beach with a treasure hunt, buried treasure and a good old-fashioned marshmallow roast and our favourite pastimes—getting mucky and cooking.

We have coffee brewing (thank you Pomeroy's) and over 16 stations of play including our revamped family room with a funky wee kitchen complete with a dishwasher and dryer.

Remember your first three visits are free and in fact under-twos are free.

From the Team at Mapua Playcentre.

KINA CLIFFS home of the
NBS TASMAN GOLF CLUB (Inc)

128 Cliff Road, RD1 Upper Moutere
Ph 03 526 6819

teeup@tasmangolfclub.co.nz www.tasmangolfclub.co.nz

We welcome you to come and play our 9 hole challenging course with spectacular views over Tasman Bay and the Mount Arthur ranges.

Greenfees: \$20 for 18 holes \$18 affiliated

- \$15 for 9 holes – Students half price.

Concession Books: \$100 for 10 rounds of 9 hole golf and \$150 for 10 rounds of 18 hole golf

Club Days: Men: Saturday & Wednesday afternoons,
Women: 9 holes Monday morning
and 18 holes Tuesday morning

Social Golf: 9 holes every Friday morning. This group gives everyone from beginner to experienced golfer the chance to play our course and enjoy the friendly atmosphere generated by this group. It is a good introduction to golf as well as exercise and meeting new people. Come along and join in on the day.

Twilight Golf: Every Thursday during daylight saving.
Membership options range from \$50 to \$370.

For more information contact Kathy – see above for details.

Under The Bonnet with Fred

Warren's 1968 Falcon station wagon

Warren has owned his 1968 Falcon XR for 15 years and about three years ago he decided to hot it up after happenings at work—Jack's forklift at Warren's work broke down and needed a new engine. Warren gave Jack the engine out of the Falcon and Jack brought a Mustang engine as it was cheaper than a new forklift engine. Peter Dunn, Warren's mate, put the Mustang engine in the Falcon and the Falcon motor in the forklift. Wayne Coster of Southern Mustang in Ruby Bay supplied the motor. So this is the story of how Warren's Falcon got hotted up. I hope that doesn't sound confusing!

The car was sold new in Carterton in Wairarapa to Fred Waldner but found its way to Nelson with its second owner and stayed.

The car, originally a Falcon XR 600, meaning in 1968 you got carpets instead of rubber mats and a bit of extra chrome fitted with a 3.3-litre six-cylinder motor. It was designed in America with all American engine equipment and sold in USA as a Ford Compact and in Australia and New Zealand as a Falcon

The body is all original except for a very nice custom paint job in cobalt blue which seems to change to a purple in bright sunlight. Quite good, Warren. Two colours for the price of one! Nice wide chrome bumpers and honeycomb grill up to a wide flat bonnet that tells you are driving a big car. There has been a change to the bonnet mascot with an American Eagle with "Pars & Strips" written as Warren is a golfer. Sides of the car are bulky with a thin chrome strip midway all the way out to those round jet-engine tail lights. The jet age and flying was new to the world in the 60s. Car designers had to grab something from this trend to make their cars interesting. GM had the fin on their cars like Cadillac and even the 1960 Holden had a fin. Ford matched it with the jet-engine tail light on the Ford Galaxie and Falcons. If you look at the Falcon tail light with its round, recessed lenses and a red centre reflector you can easily imagine the back of a jet engine. The great tailgate provides an instant seat.

Black vinyl bench seats greet you as you enter the vehicle, as does the signature Falcon white steering wheel designed to keep it cool in the hot Aussies outback temperatures. Door panels are black with mating black vinyl padded dash. I liked the dash with two simple round dials with speedo in one and fuel and temperature in the other. All other controls are evenly spaced and on the same line, making it easy enough for a man blind in his left eye to sense his way along the line of switches to find the right one.

Under the bonnet is very nice, a 289in Ford Mustang motor, modern C6

transmission, dual exhaust system, ported & polished heads, Edelbrock intake manifold, 4-barrel Weber carburetor, all-round disc brakes and it even has remote central locking fitted. Everything is chromed including the hose clips. The tyres are 235/75/15 on Hustler rims. Everything is nice and done properly. Length 4.940mm, width 1.820mm, 225hp, 0 - 60mph in 9sec so it gets up and goes for an old girl.

In my surfie days a mate of mine had a 68 Falcon S/W and it was great for making into a tent while waiting for that early morning wave. Put your gear in the front seat and roll the back seat up. Pull a small tarpaulin half way across the roof and tied to the back door handles tightly. The other two corners propped up with sticks of driftwood and tied to your mate's car next door or if you got stuck take the spare wheel out and tie to that. Used as a surfie wagon for many years as they were so accommodating.

Warren took me for a drive down to McKee Domain for the photo shoot and on our return up the Bluff Hill road the noise from the exhaust was lovely. Warren says he turns the radio off just to listen to the exhaust with that true V8 crackle. My old Cadillac doesn't sound this good. Warren, the car was lovely—colours, under the bonnet and especially the noise from the back pipes.

Fred Cassin



BOOK REVIEW

The Lacuna by Barbara Kingsolver, reviewed by Jeanette Cook. Available from the Mapua Library.

The author of the hugely successful novel *The Poisonwood Bible*, which was shortlisted for the Orange Prize for Fiction in 1999, has done it again. *The Lacuna*, Barbara Kingsolver's first novel in nine years, tells of Harrison Shepherd, a man caught between two worlds. As Shepherd's life is woven through the historical events of the 1930s, '40s, and '50s he essentially becomes a conduit for this tumultuous period in American history.

Born in Virginia in 1916 to a Mexican mother and an American father, Harrison Shepherd is brought up by his mother and her new husband in Mexico. During his teenage and young adult years he fills diaries with his observations of the people and places that surround him, and after a chance encounter he becomes a member of the household of painters Frida Kahlo and Diego Rivera, and secretary to the exiled Leon Trotsky, whom they are sheltering in their home. Later Shepherd moves to the States and finds fame as a writer, producing popular novels based on Aztec history that have strong parallels with modern day America. When these are seen as subversive he becomes caught up in the orbit of the House Un-American Activities Committee (HUAC) and is shunned by everyone except his loyal spinster secretary.

The distance between the two halves of Shepherd's life creates a lacuna, a gap between two worlds. This lacuna is the recurring theme of the

novel, extending to reflect the gap between art and politics, war and peace, reality and the media's distortion of reality, and the cultures of Mexico and the USA. The symbolism is further illustrated in an evocative description of an actual geological lacuna, one that plays an important part in Shepherd's own life.

Some critics have said there is a lacuna in the structure of the novel itself, and that it should have been two novels, not one. I disagree. The two halves of the book are linked in a satisfying structural whole by a competent literary architect, and the result is one of the best reads I have had in ages. Being a fan of Frida Kahlo's painting and sympathetic towards her politics, I found the first part of the novel particularly fascinating. The fictional conversations between the flamboyant and passionate painter and her teenage friend are highly convincing, and one cannot help but admire Kingsolver's artistry as she 'paints' Frida and Diego's bohemian and socialist world and adds 'miniatures' of the ordinary people of their beloved Mexico, her word pictures glowing with the same vibrant colour and vitality seen in the Mexican artists' own paintings.

While I was writing this review it was announced that Barbara Kingsolver has at last taken home the coveted Orange Prize for this, her sixth novel. In my opinion it was a well-deserved win.

Noticeboard

Annual General Meeting of the Mapua & Districts Community Association will be held immediately prior to a General Meeting on Monday 9th August commencing at 7:30pm sharp in the Mapua Hall (Supper Room). You only need to be there to be part of our community.

Hall Committee: calling for any surplus goodies from you, for our "white elephant" stall. On Saturday Sept 11th, we are joining the Garden Club and Spring Show as part of our fundraising effort. Contact: Jim Bryse 540 3139

A live in home sitter will provide professional care for your pets and home while you are away. Also walks dogs. Excellent references and Police Clearance available. Ph: 021 027 425 02 or securehomesitters@gmail.com.

Digital photography: Want to master that new camera, improve your photo skills, take great photos, know how the camera works? Join likeminded folks to discuss the possibility of setting up a Digital Camera group in Mapua. Contact Jim, 540 3139, or jimbarry@clear.net.nz and register your interest. We will then set up an informal get-together to discuss what you would like from the club, be it tutoring, social, camera trips, or a bit of everything.

Skye Harvest Extra Virgin Olive Oil 2010 harvest available. 750ml bottle \$20. Ph 540 2698. email slmcleod@xtra.co.nz. Orders delivered, or call in 113 Seaton Valley Rd Mapua.

Mapua Hills Rose Society (est 1949) meets 1st Mondays (except J months) 7.45pm, Supper Room, Mapua Hall. Rose lovers, growers, visitors and guests very welcome. Enquiries: Letty Thawley, 540 2876, Margaret Sinclair 03 528 8477.

Gardener & handyman available for garden rejuvenation, property spruce up, lawn manicure and general all round handyman work. Phone Graham 5432421 or wriggleville@ts.co.nz

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

PANZ (pastel artists of NZ) meet each Tuesday, Mapua Hall, 9am-noon. If you are interested in trying pastels as a painting medium, please join us. Glenys Forbes 540-3388.

Mapua Art Group: Painting/Drawing mornings Thursdays 9-12.30, Supper Room, Mapua Hall. A group of like-minded artists get together to paint and help each other in a fun and social environment. All levels & media most welcome. \$4 session includes morning tea. Tables and chairs provided. Lisa Chandler, 540 3933.

Mapua Village Quilters meet each Wednesday evening. We are a small group, anyone interested to join us, please contact Linda, 540 2840

Spinners, Knitters, Weavers – Wool Gatherers meet at Mapua Hall, second Tuesdays, 10am. All welcome.

Kidz'n'Koffee Playgroup, Wednesdays (in school term), 10am-noon at Hills Community Church. Ages 0-5yrs. All parents & caregivers are welcome to attend, no cost, donation for morning tea. Come & relax & meet some neighbours. Lisa Gant 543 2530, Tressa Waynan 540 2632.

Friendship Club meets third Thursdays 2pm, Supper room at the Hall. We have a game of indoor bowls followed by afternoon tea (please bring a plate). \$2 door charge and 20¢ raffle. We are a group of friendly people who enjoy a good laugh (some of us are not good bowlers). We welcome new members. Val Roche 540-3685

Tennis Coaching: If you would like to learn how to play tennis or simply brush up on your skills, please email Vanessa.claybrookestate@xtra.co.nz. Group sessions run on Fridays at the Mapua Tennis Courts. A great way to get fit and meet new people in a fun, social environment.

Cardio Tennis: heart pumping fitness which burns fat, increases stamina while having a whole lot of fun. The ultimate workout with no ability required. Classes on Mon & Tues 9.30-10.30am at Mapua Tennis Courts. Contact Vanessa 5432 332 or claybrookestate@xtra.co.nz

Fair Exchange: We meet the second & fourth Wednesdays of the month. 9am at the Smokehouse to exchange homemade or homegrown items. Info: Debbi, 540-2942 or DLBamfield@gmail.com.

Probus Club meets first Fridays, Mapua Hall 1.30pm. All retirees most welcome. Enquiries to Pres. Ray Kitto, 03 520 2622, Secr. Margaret Butchart 5402686

Coastal Garden Group meet first Thursdays, 1.15pm, Supper Room, Mapua Hall. Members, guests & visitors welcome. Barry Highsted 540 3139.

RSA Meetings are held in the RSA room at the Mapua Library at 2.00pm, second Monday of each month and refreshments are served at the close.

Genealogy Computer Discussion Group: This year our bimonthly meetings will be 1.30pm on Saturdays on these dates: Aug 14th; Oct 9th; Dec 11th. Info: Val 540 3931 or Peter 540 2686.

Toy Library: check out our extensive selection of toys, puzzles & videos for children 0-5yrs. Located behind Mapua Hall every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Phone Emma 03 929 5123 or Gill 543 2195 about membership or casual hire.

Need technical help? Can't connect your DVD player? Don't know how to download photos from your digital camera? Computer running slowly? Local help is at hand! Average job price only \$20! Basic web design also available - pages start from just \$35. Call Sam, 540 2804. – sambennett@live.jp

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