

August 2011

August 2011

# Coastal News

www.mapua.gen.nz

email: [coastalnews@mapua.gen.nz](mailto:coastalnews@mapua.gen.nz)

covering Mapua & Ruby Bay  
run by volunteers

## Amalgamation plan open for discussion

The Local Government Commission's plan for a possible Nelson-Tasman local authority structure is open for public submissions. Time is short. If amalgamation goes ahead in its present form next year, it will be the current proposal that will be adopted. A submission before 19 August will be your only opportunity to influence the structure you may have to vote upon later this year.

You can view the Draft Reorganisation Scheme at the Mapua Community Library, online on the Tasman District Council website and online at the NZ Local Government Commission website. Amalgamation may be voted on this spring. If more than half the votes in both districts agree, amalgamation with Nelson will go ahead in 2012 with a new transitional Council. In effect, no more Tasman District or Nelson City authority.

What happens to the local community associations? Will the new community boards replace them? Where will these boards meet? The current plan sets up a ward structure that moves the Tasman and Kina coastal lands into a revamped Motueka Ward and moves Mapua into a revamped Waimea/Moutere Ward which takes in Wakefield and Belgrove, plus a large area of the farm and forestry holdings beyond the present ward boundary.

Mapua, Ruby Bay, Moutere Hills, Tasman village, the Kina Coast and coastal settlements through Mahana comprise a community of interest. Recent developments show an increasing willingness of this group of coastal

communities to work together collectively. This has evolved into a broader Ruby Coast and Moutere Hills development vision. There's a strong case to make for the group of communities, including Tasman/Kina, to remain in one ward.

A Ruby Coast/Moutere Hills Ward or Moutere Ward has been suggested. Split the proposed Waimea/Moutere Ward in the plan at the Appleby Hills boundary. The remaining Waimea Ward could benefit and achieve greater autonomy for that area. A distinct Moutere Ward would better create a community board that reflected this local community of interest and identity. But making more community boards is hardly going to contain costs; on the other hand the new model doesn't have an obvious role for the more bottom-up and cheaper association approach either. Then there is the 'amalgamate or not' question to be aired. Let the debate begin!

There are heaps of questions. The local Mapua and Districts Community Association has made this the focus for discussion and information at the association's general meeting on 8 August. Mayor Richard Kempthorne and our local Tasman District councillors will be present as well.

Come along and share the debate and listen to the views on Monday, 8 August at the Mapua and District Community Association's general meeting at 7:30pm in the Mapua Hall Supper Room.

*Hugh Gordon, Graeme Stradling*

*The deadline for submissions on the Local Government Commission's Nelson Tasman structure is 19 August. The commission will then consider the submissions and make its decisions. It could then be locked in as the Nelson-Tasman district structure. See the commission website for details [www.lgc.govt.nz](http://www.lgc.govt.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](mailto: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.*

# Revised Boundaries Proposal

Comment on the Local Government Commission reorganisation proposal is being requested. The proposal is for one council made up of representatives from community boards across the Nelson/Tasman region.

The proposal as it stands divides our coastal area in two, splitting Tasman into the Motueka Ward and Mapua into the Waimea/Moutere Ward.

The Coastal Initiative Group, along with other groups in our local district, has been proactively working to identify our area as a unique cultural, environmental and economic entity. As a growing district, the Ruby Coast and Moutere Hills area occupies a natural geographic unit, with a definable character and cultural identity. It also offers opportunities as a tourist destination.

Whether the amalgamation goes ahead or not, this is an ideal opportunity to reinforce this as an identifiable district, represented as its own ward. The Ruby Coast Moutere Hills includes the Moutere hills from the eastern edge and Upper Moutere, the west

edge of the Waimea Estuary and the coast extending from Mapua through Ruby Bay to Kina and the eastern end of the Moutere inlet.

The Coastal Initiative Group will be making a submission to the Commission suggesting that the proposed ward boundaries are changed to identify one ward reflecting this Ruby Coast/Moutere Hills area.

(Proposals can be accessed at [www.lgc.govt.nz](http://www.lgc.govt.nz)).

*Coastal Initiative Group*

## Subdivision rejected

The risk of erosion has been given as one reason why a request to subdivide some land at the Kina Peninsula has been rejected by commissioners.

Carter Holt Harvey sought resource consent to subdivide 3.04ha of land at Kina into eight sections. The Tasman District Council received 112 submissions, with 108 being against the proposal.

A three-day hearing was held before two commissioners last December. The land is part of an area that has functioned and been maintained by the applicant company as a public reserve since 1982. It was set up under a covenant with L E H (Lewis) Baigent but the decision said the deed of covenant had not been registered and the companies that were party to the covenant no longer existed, so it had no legal effect.

In a 60-page decision the commissioners said they had no confidence that the proposed buildings would avoid the risk of erosion over the next 10 years. The effect of erosion on road access and the threat of residential activities to birdlife were also of concern.

Other matters of concern were a lack of certainty about archaeological factors and the effect on an area of great significance to Maori occupation in pre-European times.

### **Mapua & Districts Community Association**

#### **Annual General Meeting**

Monday 8th August - 7pm sharp  
in the Mapua Hall (supper room).

*The AGM will be swiftly followed by a General Meeting of the Association. You don't need to be a member of the Community Association to come along and join in.*

#### **Hot topic for discussion!**

#### **The proposed amalgamation of Nelson City Council with Tasman District Council**

*Make sure you come along to hear what the real deal will be for our communities.*

People wishing to join the Association can do so at the meeting – for the cost of a cup of coffee you can be part of a community group that cares about the future of our district.

So come along and join us at our August meeting.

# Garden Notes



After so much rain, and a few frosts, August brings hope for better days ahead. We can see signs of spring with wattles, early blossom, daffodils, tulips and freesias appearing. Days are beginning to lengthen too, but do remember August weather can be unpredictable—squally one day, mild the next, and perhaps more rain.

As we are all aware August is Spud Murphy planting time in this region. Carrots planted early seem to give a good strike, parsnips too, as they need a long growing season. (I do hope we all have better luck with parsnips this year as last year was hopeless).

Another failed crop was cauliflower—totally small heads all coming ready together, and another new introduction was brussels sprouts (Ruby Red). Lush growth and no sprouts while the ordinary green variety growing right alongside has done reasonably well.

With the horrendous prices charged at the supermarkets these days we all need to grow more of our own, so I am heading back to the old tried and trusted varieties of vegies we have grown for years. This applies to tomatoes as well, Beefsteak is one example.

The main task for August is to spray all fruit trees with a copper spray now if a lime spray wasn't used before bud burst. Lime sulphur applied before bud burst will be beneficial in ensuring a healthy year's

crop. This applies to peach and nectarine trees affected by curly leaf.

August is the final month to plant new deciduous fruit trees, later plantings will hinder them from getting established before the warmer weather arrives.

Lemon trees need feeding now as they are constant bearers of fruit, so one feed now, again in November and February. Prune to open the tree to allow air to circulate through to discourage any fungus disease..

Now to rose pruning which most rose growers will have completed, I for one leave it until I see visible signs of new buds well advanced to guide me where I wish to prune, and as this is the year I intend to prune heavily to encourage new growth from the base, then later the better. There are no hard and fast rules about timing your pruning.

As seedlings begin to appear and grow apply a liquid fertiliser to vegies and ornamentals to encourage strong, healthy growth. Do this in your glasshouse as well.

If you didn't manage to divide your perennials in the autumn then you can do this now to give them time to establish before summer.

Enjoy the longer days and any mild weather we might have which adds to happy gardening.

*Barry Highsted*

# Animal Health File

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

## August is Dental Month!

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 buildup.

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 bloodstream 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



buildup then book in for a free check up. Every pet who comes in for a free dental check up will receive a free sample of Dental Food and go in the draw for a free bag of Dental Food.

## Community lunch

Several past and present members of a Mapua Neighbourhood met for a mid-winter Christmas Lunch on 26 June.

The event was attended by over 30 people, some well known to each other, some more recent members of the lower Higgs Road community, and some who had moved elsewhere in Mapua and nearby. The lunch took place at the Moutere Inn and was in the form of a roast buffet with all the traditional Christmas fare, including two huge home-made Christmas puddings, flamed at the table and served with ice cream, cream, custard and fruit salad. There was even a decorated Christmas tree to complement the seasonal atmosphere.

Everyone enjoyed the gathering on a beautiful sunny day, catching up with old friends and meeting new. The Moutere Inn did us proud, with prompt service and delicious food. In the afternoon, a huge group of motorcyclists arrived and the pub and garden was enjoyably full, although very peaceful.

The photo shows part of our gathering in the main dining room.

*Barbara & Mike Halse*



# MAPUA COMBINED PROBUS

The guest speaker for July's monthly meeting was John Tailby. His subject was the work and completion of the Ruby Bay by-pass. It was a very informative talk. He showed a variety of aerial photos of the by-pass, including several intersections—Old Coach Road, Stage Coach Road, Chaytor Road and Harley Road.

John's photos also showed a variety of interesting statistics on the by-pass construction. Since the 1988 feasibility study for the project he was able to show 11 points of progress up to the opening of the by-pass on the 10th of October 2010. With the favorable weather during the by-pass construction, the project was completed earlier than the designated time and under budget.

The local iwi chose to name the by-pass Te Mamaku Drive, which is the Maori name for a tree fern. The iwi members presented an attractive carving with the name at each end of the by-pass.

John was impressed with the growth of the native trees and shrubs that have been established along parts of the drive. There are close to 63,000 shrubs planted. Most of these were supplied by nurseries from around the district. Children from three of the local schools were involved in the planting of the shrubs. They were also involved in catching and relocating fish from existing streams that had to be diverted to the sea. John considered it to be a good project to introduce them the benefits of conservation. The landscape contractor is required to manage the shrubs for up to three years.

John concluded his talk saying that the project won the Local Contractor's award. The project will be presented later this year for the National Awards. Although John and his family reside in the Mapua district, he is shortly due to move to Australia to take on a managerial contract for Opus. The job involves renovation work due to the recent flooding.

The club's mini speaker was club member Bill Williams. His subject related to the monthly *Coastal News*. It was in 1980 that Bill worked with Bernard Wells and Judy Mitchell. Judy was working at the Mapua School at that time, taking on the typing job of the local newsletters. A local paper, *Dry Crust*, was produced weekly giving local news around Mapua as well as Wakefield and Brightwater.

When the *Dry Crust* publications finished printing, the *Coastal News* took over eight years ago. Bill was able to come to an agreement with the Tasman District

Council to print the monthly editions of some 700 copies. There are 10 volunteers that are involved with various tasks. The three key staff are Andrew Earlam, Terry Smith and Barbara Mercer.

Some six years ago with the help of Smythes the solicitors a trust fund was established. The trust has supported various social groups around Mapua, such as the scouts and soccer. The purpose of the trust is to support local community groups. Recently \$700 was funded for a new hot water system for the Mapua hall. The local businesses through their advertising give good support to the *Coastal News*, being the main source of income.

Over the years the *Coastal News* has helped to develop a strong community spirit for a relatively small population of Mapua and Ruby Bay.

The next club meeting will be at 1.30pm on 2 September in the Mapua hall.

*David.Higgs*

## Moutere Hills RSA

The New Zealand Defence Force is issuing a New Zealand Defence Service Medal which is available to servicemen and women who fulfil the following criteria:

- a) Regular Force personnel (army/navy/air force) who have three years' accumulated service in the New Zealand military since 3 September 1945
- b) Territorial Forces personnel who have three years' accumulated "efficient" service in the military after 3 September 1945
- c) Compulsory military Service personnel from 1950-1959 who completed their obligations under the Military Training Act 1949 and its amendments
- d) National Service personnel (from 1962-1972) who have completed their obligations under the National Military Service Act 1961 and its amendments.

Special cases will be considered where the service person has been discharged or failed to complete service through no fault of their own.

Applications may be made by the service people involved or by their family on behalf of a deceased person.

An application form may be requested from the secretary, Moutere Hills RSA (540-3642).

*John Sharman*

# MAPUA LIBRARY



Mud is everywhere I know. Our problem area is our entrance to the workroom and the kitchen from the car park. Hopefully by the time this newsletter comes out we will have some gravel spread there. Thanks Mike!

Did you see the red roses on the desk of the library over the last couple of weeks?

They arrived in a black box with a big white bow. We wondered who among the volunteers had a secret admirer. However, when we read the card (good idea) we discovered that they were a gift from *Wild Tomato*. What a lovely surprise!!

The team has been busy doing spine labels on the books. This should make it easier to find the book you are wanting. They have already completed the Teen section; (this is the section that was previously called,

Young Adult) and they are doing the new books before they are shelved.

Paintings by Tasman artist Jane Smith feature in the new display at the library this month. They are for sale.

The library is warm these cold winter days. Come on in and browse, check out our new books or the draft plans from the Tasman District Council.

*Eileen Dobbie*

## New Library Hours:

Open every afternoon except Sunday

Monday: 2pm-4.30pm

Tuesday: 2pm-4.30pm

Wednesday: 2pm-6.30pm

Thursday: 10am-12.30pm, 2pm-4.30pm

Friday: 2pm-4.30pm

Saturday 2pm-4.30pm

## BOOK REVIEW

*The Stephanie Plum novels by Janet Evanovich. Available in the Mapua Library. Reviewed by Tony Small.*

My name is Stephanie Plum. I work as a bond enforcer for my cousin Vinnie's bail bonds office, and I live in an uninspired, low-rent, three-story, brick-faced chunk of an apartment building on the edge of Trenton, New Jersey."

So Stephanie introduces herself in *Sizzling Seventeen*, the latest novel in the series. There's nothing new here, and that's great. All these stories are variations on a theme. Steph has trouble finding and capturing her assigned bond-jumpers, several associated characters are killed, Steph's car gets blown up (probably), Steph gets it on with her boyfriend Joe Morelli (maybe), or into bed with her mentor Ranger (perhaps). Predictably she finally completes her assignment.

What makes these novels so enjoyable are the characters, who jump off the pages and grab you by the...well, it depends. Steph is the slightly dizzy rock at the centre. Her sidekick is Lula, a very large woman with an interesting past who "enjoys testing the limits of seam and fabric" and who dresses and talks for maximum impact. Steph is supported by her mother who cooks, her father, who barely manages to tolerate his family, and her grandmother who totes a gun in

her purse, and loves nothing more than a good viewing at a local funeral parlour.

Sometimes Steph sleeps at her boyfriend's, Joe Morelli, who is a policeman, unless they have had a falling-out. And Ranger (who should be played by Dwayne Johnson, if these books were ever to be made into movies) provides more unofficial support in times of need. Numerous relations and random members of the Trenton community are the villains and support characters. Ziggy Glitch (in *Sizzling Seventeen*, for example), is a 72-year-old FTA (failure to appear) who thinks he is a vampire, while Joe's grandmother Bella gives Steph 'the eye' (with unexpected results) because she hasn't married her grandson.

These characters, and the lighthearted style of the writing, make these books compelling. It doesn't matter where you start (all the books have numbered titles), Steph gives you all the background you need. A word of warning: don't read Evanovich's other books. The couple I read are insipid and saccharine, with characters that flop wetly on the page, quite unlike those in the Stephanie Plum novels.



### “Detraction”

To Detract: A verb meaning to reduce by taking away (from); to diminish. From the Latin *detrahere*. I could also have said “derange”, another verb meaning “to disturb the arrangement or functioning of something. “Detour” is not a bad choice, meaning in essence “choose another way to go”. Probably best is “dictate”. Meaning “to issue an order authoritatively”.

Why am I writing about words? Because these words describe the two major issues that concern the future of not only Mapua-Ruby Bay-Tasman and surrounds but the Tasman District as a whole. In their present form they diminish our community and the role we all play in our community as individuals.

First off and in our face is the proposal to amalgamate Nelson City and the Tasman District and into a Regional Authority. The “Draft Reorganisation Scheme for the Union of Nelson City and Tasman District” is available for public comment. A good idea to take a look at this document.

Please read the article in this issue of the *Coastal News* on this subject. Please consider making a submission. It’s the only opportunity you or I have to suggest changes and/or to make constructive criticisms of this proposal. We just get one bite at it. After that the Local Government Commission will digest the lot and then they can “dictate” with absolute authority what the outcome will be. “Dictate” you say? Yes! Read the Local Electoral Act 2001. If the scheme were to be adopted in its present form, life would never be the same again for Mapua, Ruby Bay, Tasman and the Moutere communities. So have your say.

Some of the conclusions reached by the Local Government Commission are based on maps and statistics. I guess that’s OK when you read the rules as laid down under the Local Electoral Act 2001. But when that results in dividing the Mapua-Ruby Bay-Tasman area in half (literally), that’s not OK. There is no consideration of the “social, cultural, environmental and economic wellbeing of the community” (Section 14-h of the Act) in that type of decision. A sense of community identity and promotion of community resilience should not be jeopardised by an arbitrary dividing line being put in place

### Postal Delivery

We can post you the *Coastal News*. To take advantage of this post \$15 with your name and address to *Coastal News*, PO Box 19, Mapua Store, 7048. Include your new postal code for rapid delivery.

without any apparent appreciation of what effect that might have on the community which is to be divided. That is “arbitrary” thinking as well.

I could write more... a great deal more. The bottom line here is that “IF” we are to have a unified Nelson-Tasman, then it has to be done fairly and with a strong measure of common sense. The present proposal contains some provisions that are not fair and do not reflect common sense. It is important to address these deficiencies while it is possible to do so. The only way to do that is through submissions which address these issues sensibly in an effort to persuade the Local Government Commission to consider making changes.

The “Plankers, Plonkers...you choose!” letter in the July *Coastal News* from Ian U Endo, aka W. K. Darling, has provided us with just the right amount of humour to temper this otherwise serious matter.

**Plan Change 22:** The second major issue that’s a worry is the Tasman District Council’s “Draft Plan Change 22”. That’s the zoning and land use proposal the TDC took to the Environment Court ahead of calling for submissions. Hello? Yes, a rather bizarre approach. Just what is on the agenda of the TDC planning department? It’s usually the other way around. Submissions on that proposition have now closed and will be considered in the near future. There is a copy in the Mapua Library. Worth a perusal—don’t take my word for it. Fortunately, when the dust settles there will be a further opportunity for public comment. More on this at a later date.

**Community Hall:** The Community Hall Fundraising Team is in full flight. Current business is concentrating on the “Spring Show” kick-off event in September to officially launch the re-building effort. I’ll say no more. Hopefully, this is just enough to whet your appetite for what’s in the offing for all of us.

**The Waterfront Park:** Phase two of the project is well under way and looks to meet the September completion date. The seating with the Mapua Library Poetry etching is a cultural bonus. The design plan for the toilet block and the other features that go with that structure is finished. Further construction is on hold until the sewage pumping station update work is in place.

**Sewage Pumping Station:** Like last month, you can’t talk about the Waterfront Park and not talk about the upgrade of the sewage pumping station. The TDC engineering department must be pulling their hair at the continuing delay with the consent process. Starting date? You guess.



**By-pass-Mapua Drive Intersection:** Left for last but by no means least. This intersection is dangerous; an accident waiting to happen. I have spoken to Andrew Adams of the NZ Transport Agency yet again. He is looking into the matter. An on-site inspection is scheduled and I will report on what is to happen. in the September *Coastal News*.

**Kina Reserve Subdivision:** Good news. The application by Carter Holt Harvey to subdivide the Baigent Reserve on the Kina Peninsula had been declined by the Independent Commissioners. An important and common-sense victory for the people. The public can now continue to use the reserve in the manner in which it was originally intended to be used. Hooray!

Important and critical seem to be the words for the end of this letter. I like words, in case you didn't notice.

*Hugh Gordon*

### ***Newsletter appreciated***

I have just received a copy of your June issue from my cousin who lives in Mapua and have enjoyed reading all your news. We have visited Mapua on three occasions, staying with Doris in Iwa Street. Mapua is a lovely area and we can identify with many of the place names when reading the news and reports.

We are particularly interested to read of your Cycle Trail developments and will be passing on the paper to our daughter Katie who works for Sustrans over here. They develop and encourage cycling and over the past 10 to 20 years a number of cycle routes have been formed to provide a network through out the country.

Your Village Hall news is in some ways a mirror image of the work needed and hoped for in our village here in Cressage. We are by the River Severn in the county of Shropshire, about eight miles from the county town of Shrewsbury.

I am one of the editors of our village magazine, *Village Life*, much smaller than your version, but a monthly magazine covering four villages and run by volunteers and financed by advertisements.

We hope to make a return trip to Mapua one day and maybe take a ride along the cycle track. Thanks for the interesting read. Kind regards.

*Mary and Joost Aartse-Tuyn*

The past month has been a very busy one for PANZ members. Our Tuesdays have been very full and some interesting work has been coming forward from all this activity. Apart from "in-house" challenges, which were a lot of fun, we have also had two visitors.

Catherine Russ of Richmond showed us how she combines acrylic gesso with pastels to produce her very colourful and lively paintings. She then provided each of us with our own materials and we all had a try. It was very exciting and some really good paintings evolved from some energetic "slip slop slap".

Our second guest speaker was Adrian Barrett, local professional photographer and artist. Adrian presented a visual feast of photographs and then proceeded to explain to us the dos and don'ts of how to photograph our own artworks for portfolios, websites and the ever-growing list of digital entries for art exhibitions. He also covered the minefield of copyright and then fielded many and varied questions from the floor.

Members are now working towards our participation at the Mapua Show in November and various exhibitions around the country. Remember that our doors are always open to visitors and you are welcome to come and see what we do on a Tuesday morning at the Mapua Hall supper room. Enquiries to Glenys Forbes, 540-3388.

# New cellphone tower opposed

By Katherine Hellyer

When a stick with orange tape on the end of it went into the ground at 124a Aranui Road I and our neighbours didn't think too much of it. It was only through the ever-efficient local grapevine that we discovered that the stick represented the site of a 25m tall cellphone tower at 125a Aranui Road, Mapua. This is roughly the same height as an eight storey building.

An email to the Tasman District Council quickly confirmed that 2Degrees had indeed applied for, and been granted, consent to erect a cellphone tower in amongst our properties.

The Tasman Region Management Plan (TRMP) allows for a cellphone tower to be built almost anywhere in the region, to a height of 10m, provided it is 3m from the boundary. However, on land zoned Rural 1, the height limit is 25m and this can be built to without any consultation taking place with neighbours or consideration of future developments in the area.

This raises some serious issues in relation to council zoning regulations and the communities they affect. The land the proposed tower is to be sited on is zoned Rural 1 Coastal, as are a number of the properties it adjoins. However, in no way could any of these properties be classified as rural productive land. They are all in essence residential sections. A cellphone tower is not in keeping with the existing residential nature of the area. Had these properties been more accurately zoned, ie, to reflect the true nature of these properties rather than as an attempt to control future subdivision of the land, then we would only be faced with a structure of 10m. This may have been a more palatable option for some neighbours. At least it would have made it physically possible to screen views of the tower with landscape plantings.

In addition, the chosen site will be surrounded by residential sections on all sides in the near future. East of the site, at 5m to the boundary, is a deferred residential subdivision for up to 90 sections. West is a subdivision of existing homes, which is 25m from the proposed facility. North of the site is a property which has a temporary dwelling on it, and for which a building consent already exists for a home to be built.

Another cellphone tower is already located at 149 Aranui Road. I believe it is unreasonable to expect any community to tolerate having two towers so close together. Many of us have built or bought our homes in the full knowledge that one cellphone tower was already there. Fair enough, but should we also have

to accept another phone tower in such close proximity? How much is too much? What are the health implications of cellphone towers and having two so close together? What of the effect on the amenity value of the area caused by this visual pollution? Should the Mapua community not get a say in what is happening?

In order to get some answers to these and other questions I contacted 2Degrees and a meeting was set up with Mana Forbes who handles community liaison for 2Degrees. This meeting took place on Friday 22 July, at my home. Fourteen affected neighbours and residents attended, together with Tim King the Deputy Mayor, and the above issues were put to Mana Forbes and Ben Blackmore and Brian Forbes from 2Degrees planning department. Everyone present was given the opportunity to have their particular concerns heard and to listen to the comments of others.

2degrees' own policy states that, "Where possible, we choose industrial and commercial areas where there are existing structures". In relation to why they could not co-locate at the existing site Mana Forbes advised that they had indeed looked at other options including co-locating with Telecom at the existing tower site. It appeared from their initial investigations that this may not work for them due to height issues and concerns regarding the structural integrity of the existing tower.

Tim King, and all those in attendance, urged them to look again at this site with Telecom to see if it could be made to work as this would have a lesser impact, being an existing site. Cr King advised that the council was happy to work with 2Degrees to see if other sites might be suitable also and that, in his opinion, the chosen site was less than ideal for the community.

2Degrees' press releases on its web site state that "2degrees will now work with local communities as network planning and construction takes place." However, in this instance no consultation took place with the community. Mr Forbes said that this was due to the site being zoned as Rural 1. It was put to him that this may be in line with the letter of the law, but was not in keeping with the spirit of it, as it was obvious that there were neighbours directly affected by the chosen site. In addition, Cr King advised that while 2Degrees had not been legally required to consult the community there was nothing to stop them doing so.

Mr Forbes said that he did not believe the cellphone tower posed a health and said that 2Degrees operated well within the national standards for such facilities. However, such a statement, coming from a representative of a cellphone company, was not entirely reassuring many of those in attendance. This was the focus of his discussions with the group, which was valued but it did not address the many other concerns raised namely, loss of amenity values for the area, the visual pollution caused by towers and the inevitable devaluation of neighbouring properties.

It was also confirmed during the meeting that a total of five sites in the Nelson/Tasman region are being looked at by 2Degrees. So this issue is not one that is going away soon. I believe the main points that need to be considered are:

- If the community believes improved cellphone coverage for Mapua is required where should future infrastructure go? Is it best to have it sited in one location (such as the existing Telecom site) or do we want to see three (Telecom Vodafone, 2Degrees and any other companies that may enter the market), possible more, towers in the area?

- Should the council change the zoning of areas now zoned Rural 1 to better reflect their actual usage?

- While 2Degrees proposal is lawful is it moral and in Mapua's best interests?

At the conclusion of the meeting, Mr Forbes undertook for 2Degrees' staff to go away and look again at their options for Mapua. Cr King undertook to talk to the Mayor, Richard Kempthorne, and have a letter from the council, signed by the Mayor, sent to 2Degrees requesting that they give weight to the community's concerns and continue to investigate other possible sites for their infrastructure.

If you, too, feel strongly on the issues this proposed cellphone tower raises please come along to a public meeting to be held at the supper room at the Mapua Hall on Monday, 22 August from 7pm to 9pm. At this stage Damien O'Connor is attending and we hope to have 2Degrees along with the councillors for the Moutere/Waimea ward there also to explain their views on this matter.

## **MAPUA Bowling Club**

### **The Write Bias**

**A**lthough the Mapua Bowling Club has no bowling during the winter months, club members are still busy maintaining the green, grounds and clubhouse and meeting socially for games of carpet bowls, cribbage and pool ... or just chatting and planning the victories of next season! The committee elected at the AGM in May is: Dave England, president; Nancy Coeland, vice-president and catering convenor; Michael Busby, Club Captain; Jean Daubney, secretary; Margaret Busby, treasurer; Don Sixtus, green keeper and bar manager; Maurie Daubney, property manager; Sue England, ladies' co-ordinator; Arnie Ahnfeldt, immediate past president.

Any one of these people would be very pleased to talk to you about bowling and specific enquiries can be directed to Dave England on 540-2934 or Jean Daubney, 543-2765.

The new season will start in September and we would be delighted to have some new members. We can offer bowling at all levels for all age groups. Some play for fun, others want to be more serious and competitive. The club has three coaches to get you started and help you improve and there are plenty of bowls to borrow for trial runs.

The Mapua Bowling Club is a great facility (just behind the tennis courts) and very friendly. We will be having some open sessions once we are under way again so watch this space for more information and details.

*Sue England*

# Mahana School

How exciting! Our Maggi Intermediate Schools Cook-Off team, the “Dicer Chicks,” is the South Island Champion! Izzie, Safari, Harriet, and Josie will now head back to Christchurch to compete against the best in the country in the National finals. We are all so proud of the team. What a great result for our school and for our community. You can view the final on the Erin Simpson Show on TV2, 22nd August.



Recently Mahana School celebrated Matariki with kapa Haka, hangi and a bonfire. We had a wonderful time and it was great to come together as a community to celebrate such an ancient but relevant tradition. The hangi was superb!

Coming up in Term 3 is a unit on Science Investigations leading up to the Science Fair, our Mahana School Production, and a Community Rippa Rugby day for pre-schoolers, school-aged children and adults. The World Cup is just around the corner. Look out for the posters and join in.

Learning is at the heart of every school. Each month we like to include some comments from the students about what they have been learning at Mahana School.

- We've been learning about space and making models of the solar system. I know the order of the planets—Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, then Pluto. – Natalie

- We have been doing papier-mache with our space projects, and some of our class have been using chicken wire for their planets. I know the different sizes of the planets, Pluto is the smallest, and then Mercury. Jupiter is the biggest. – Christopher

- The Year 7 boys are making go-carts out of stuff from the recycling centre. We are using an old bicycle, two sack barrows, an office chair and wood. We need to put the chair on to the back, and weld the front wheel to the frame. – Nathaniel

- We play capture-the-flag at lunch times. I love the running and getting to save people by grabbing them and bringing them back to our side. – Luke

- In reading I've been learning about Venus. My questions were... "Has an explosion been there?", "Has any person been there?" "How big is it?" and "How hot is it?" – Cody

- I learned that the sun is a star. – Amber

- In maths I've got better. I've learned my 11 times tables, and in my reading I've become very good. I do letter games with Zjan." – Amelia

- I've been doing problem-solving with the seniors, it's for the best Year 7/8s in the country, and I'm amazed that I have been given it and I reckon I'm doing pretty good for my age" – Theo

- "I learned about the Ken Burns effect and how to get rid of it on iMovie" – William

- "I learned how to make animations using iMovie, especially making a koosh disappear into a lake and then come out again." – Jack (You can see that by visiting [www.seniors.blogspot.com](http://www.seniors.blogspot.com), it is very creative)

# Mapua School



***Magical Mystery Tour: Set the stage, dim the lights...it's show time!***

The second term of the year finished with an outstanding school production – *The Magical Mystery Tour*. Audiences were treated to wonderful storytelling, beautiful costumes and fabulous sets and of course great singing and dancing centred around the music of the Beatles.

The entire school participated – it didn't matter if you were five or 13, could act or sing a note—you were an invaluable member of the production. Guided by their teachers, each class was responsible for writing scripts, designing costumes and selecting music. Student groups had to determine which materials were required for costumes, budget for purchases and understand how each costume, prop or story would translate on stage. Teachers and parents brought in sewing machines and guided first-timers, some worked with lead characters on line delivery and still others built, painted and coordinated the fantastic sets. An hour and a half before each performance teams of face-painters, using templates specifically designed, transformed children into Aztec gods, kina, stingray, paua, snapper, giants, ducks, geese, judges, bakers, and of course the Fab Four.

Playing to packed audiences in a matinee on Tuesday and evening performances on Wednesday and Thursday, the production went off without a hitch due to the professional, technical and lighting support, organisation and entertainment by staff of 250 children in the Old Church as they waited for their time on stage and the deft scene changes of the back stage crew. Judging by the roaring laughter and loud applause, you would have to say there was a great deal of enjoyment not only on the stage but also in the audience.

“Couldn't believe how well the children behaved”, “I loved the costumes and my amazing microphone”, “I need to scratch my nose, is there paint on my face here yet?”, “Loved the transitions between scenes with The Beatles and their yellow submarine”, “It was tricky to be quiet and still practice my line before going on stage”, “As you can imagine, this is a lot of work, but the children are fabulous which made it all worth while.”

In all aspects, this learning activity would have to be deemed hugely successful and yet another demonstration of the children of Mapua School striving to be All They Can.

*Still laughing, singing and clapping, Lisa Dunn,  
Trustee*

## Sam's Spam

**H**i Readers. Many of you will be already using Skype to make free worldwide phone and video calls but now the service is about to be linked to Facebook (the social networking site) from this month. See <http://www.facebook.com/Skype>

If you are a Skype member, you can import your Facebook News Feed to keep up with the latest from your friends. This enables you to Comment, Like and call them direct from Skype. You can also update your Facebook status from Skype, too.

If you are a Facebook member, when you are logged into your Facebook account you can now make video calls powered by Skype.

Facebook have done this in response to Google setting up their own social networking service, known as Google+. The Google official blog gives more details:

<http://googleblog.blogspot.com/2011/06/introducing-google-project-real-life.html>

Many of Google+'s social networking features are similar to those already available on Facebook. However, one new Google+ feature is proving popular – the videoconferencing function which allows up to 10 people on the service to participate in a video call.

### **Free stuff**

This month's free stuff is Google Picasa. Picasa is free photo-editing software from Google. Picasa Web Albums provides 1 gigabyte of free storage—enough space for 4000 wallpaper-size photos. The software uses 'basic fixes' such as cropping, eliminating red-eye and retouching. You can also choose from 12 interesting effects, eg, convert to sepia or black and white, apply tint, saturate the colours, etc.

<http://picasa.google.com/>

# Under The Bonnet with Fred

“I just have to have that”—importing a car from the USA

“That” being that car which was out of your reach when you were younger. Like me. I used to look at my father’s American *Life* magazines which had adverts for Cadillacs and I wanted one of those. Well, the older Cadillacs are affordable but they are in the USA .

Through the internet you can source your car and get pre-purchase inspections and freight to New Zealand. You do need computer skills and it was a learning curve for me to find the right car in the right place. You will need a bit of commitment, patience and courage. You will be buying a 20-year-old car and even if it’s been in the garage for 20 years it still won’t be new, so don’t get your expectations too high. If you are buying new it will have to be converted to right-hand drive, so brace yourself for \$100,000plus.

There will be delays and further costs with shipping, customs, GST, compliance and USA terminology to be learnt. I would be cautious about treating your imported American car as an investment as New Zealand is now flooded with classic American cars. Check on Trade Me as it may be cheaper to buy in New Zealand.

**1) Finding a car:** There are many websites to search but many will not allow overseas email contact. Some will ask for a zip code so I give them Los Angeles zip code 90039. Ebay won’t let me in but [www.craigslist.com](http://www.craigslist.com) is good. I search the vehicle make, year and model in Google and unknown sites come available.

The terminology is different: obo means or best offer; trim is upholstery; cars will often have three different engine sizes; base means base model or basic upholstery; no picture displayed, don’t bother; good runner means the engine starts but ?; leather usually indicates top of the range; low mileage means under 100k; no mileage shown means over 150k; clear title, no money owing on the car; title in hand, ownership papers in hand. Cars in the snow belt will have been driving on salted roads and likely to be rusty. A low-mileage vehicle which has been

garaged and serviced with good bodywork is worth paying another \$1500 for.

**2) Check that you can import your vehicle:** Contact VTNZ to see whether your desired vehicle is allowed into the country with left-hand drive. There are some major changes to emission standards and compliance requirements for new and used imported vehicles. I understand the vehicles older than 1989 are OK but check with VTNZ or other agents first.

**3) Importer Code from the Customs Service:** See [www.customs.govt.nz](http://www.customs.govt.nz). An importer code number is required. The website will explain all.

**4) Shipping Agent:** There are many agents who ship vehicles to New Zealand . Out of Los Angeles I use [www.kiwishipping.co.nz](http://www.kiwishipping.co.nz), inquires [annie@kiwishipping.co.nz](mailto:annie@kiwishipping.co.nz). Kiwi Shipping is part of Mainfreight NZ.

**5) Purchase Agents:** Steve Curle, [steve@kiwishipping.co.nz](mailto:steve@kiwishipping.co.nz) for purchase, pre-purchase inspections, shipping, and all the paperwork. I recommend a purchase agent as it is a headfull and a handfull.

I bought my last car from a dealer in the USA . They did all the paperwork with ownership and are bound by similar laws to New Zealand car dealers. Don’t leave without the Pink Slip (ownership papers) which may be blue or red in some states, and a receipt of sale. USA Customs will not release your car unless you can prove you own it and have paid for it.

My golden rules are: no rusty panels, no smoky engines, do your home work before you go and finish the paperwork before you leave. Follow this and you should have no problems with New Zealand vehicle compliance.

When I’m blazing down the Ruby Bay by-pass following my bonnet mascot as well as the white line, maybe it was all worth it.



*Fred Cassin*

# Mapua's Great 2011 Spring Show

*For the first time, a combined fund-raising extravaganza,  
organised by the Coastal Garden Club and the Mapua Hall Committee.*

Doors open at 9am, and inside the hall you will find the Coastal Garden Group's awe-inspiring display of flowers judged by highly qualified experts. Surrounding the hall, you will find stalls galore, from all over the district.

Throughout the day there will be entertainment and competitions, to be enjoyed along with a good cup of coffee and a few munchies, not to mention an old-fashioned sausage sizzle. Then there will be a silent auction and a free raffle for the awesome prize of a wheelbarrow full of great stuff that is sure to be useful for your spring garden projects.

At 9.30am the parade to the hall will leave the Mapua School, led by Sir Greg, accompanied by the Motueka Brass Band and our very own Mapua Fire Brigade. And if you missed the Creative Hat competition at The Tap (3 September 3) the parade will give you a second chance for a good look at the many creations.

The chairman of the Hall Committee will open the event at 10.30am, and fund-raising for the hall project will officially kick into full swing.

And to get everyone into a festive mood for the Spring Show, there will be a warm-up event at the Tap on Saturday 3 September. Everyone—children and

adults (and yes, that means you blokes as well) are encouraged to create a hat for the Most Creative Hat Competition. The children's section starts at 6pm and the adult entries will be judged at 9pm. And wait! There is more! A mystery bottle auction will be held, and who knows what else might happen and what prizes will be given?

**September 3, at the Tap:** Creative Hat Competition, 6pm for the little kids, 9pm for the big ones, also known as adults. Mystery Bottle Auction.

**September 10, at the Mapua Hall:**

9am, Stalls, Flower Show opens and Silent Auction starts.

9:30, Parade leaves School.

10:30am, Official opening by Chairman of Hall Committee.

11 am, Pet judging begins.

11.30am Pet prizegiving.

3pm, Results of Silent Auction, Garden Club Raffle, Barrow of Goodies.

4pm, Doors Close.

**Contact Barry Highsted on 540-3139**

Gold coin entry with all proceeds going to the Hall fund-raising.

# Hills Community Church

## A Mixture of Good and Bad

Every week I get a worship resource sheet from the Methodist Church of New Zealand called “Ten Minutes on Tuesday.” In a recent edition there was the following illustration suitable for a children’s message (and equally suitable for adults). It serves as a good reminder not to judge others. I’ve amended it slightly:

“Many of you are familiar with the family of plants called the nightshade family. Some its members are quite well known: the potato, the tomato, capsicum as well as nightshade itself. We presume, with the exception of nightshade itself, that these are all good to eat.

“Of course they are, but not always. When potatoes are green they are toxic. This usually occurs if the potato has been exposed to light, but potatoes can also be green if they have been too hot or too cold. And the leaves and stem of the potato plant are always toxic.

“While you might think a tomato is always safe (even though it was once considered poisonous), the peel of green tomatoes can also be toxic and even ripe tomatoes are poisonous to your family cat.

“The nightshade weed, especially when it has berries on it, looks poisonous. It is also known as belladonna and it is true that the berries are known to be very poisonous. However, belladonna is Italian for “beautiful lady” and it gets its name because women once used drops of the juice as a beauty product to make their eyes large and beautiful. And the beneficial drug atropine is derived from nightshade.

“Yes, when it comes to the nightshade family, sometimes it is very difficult to tell the good from the bad. Most of the plants in the family are both good and bad.

“In the biblical parable of the weeds and the wheat (Matthew 13:24-30, 36-43) Jesus says it is a bit the same with people. People tend to be a mixture – a bit good and a bit bad. For that reason we shouldn’t try to sort people into the good ones and the bad ones. Jesus said “Do not judge others, and you will not be judged” (Matthew 7.1). Judging is

God’s job and he will do it in his own time at the end of the age.”

It’s hard to reserve judgment and we’ve all had moments when we’ve ‘rushed to judgment’ only to find out later—when we had all the facts—that we were wrong about someone. We’ve all misread people or circumstances and formed opinions sometimes rightly and sometimes wrongly. But whether we get it right or get it wrong, at the end of the day, there is really only one judge whose opinions counts—the Lord’s.

*Trust in the LORD with all your heart and lean not on your own understanding. Proverbs 3:5*

*Reserving the right to pass judgment, Marilyn Loken,  
Minister, 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.

**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 Rd) on Friday mornings between 9am & noon.

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

## Mapua Tennis Club

The Club is very grateful for the grant of \$300 from the Mapua District Community Trust to purchase a new net for Court 1. We hope this is the first step in an ongoing process to upgrade the courts over the next year. We are currently awaiting a decision from TDC about resurfacing two of the courts with Astroturf. The steadily increasing use of the courts by local schoolchildren, tourists and the locals in general is great to see so this support from Community Trust is greatly appreciated.

The Club operates with a small core of members. Sunday morning at 10.15am is general club play – open to anyone who is interested to come along. In winter we have teams that play in friendly interclub in Richmond, and in summer too in Motueka and Mapua.

We request that non-club users pay a contribution to upkeep by placing money in the collection box on the courts. It does hold money and is cleared regularly!

## A Royal Occasion



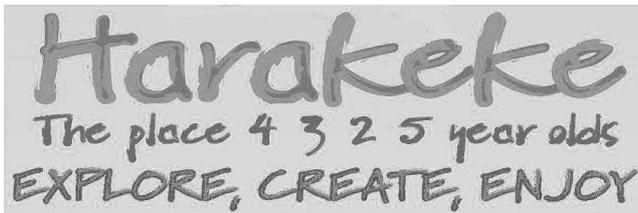
A “Right Royal Affair” was the theme of the annual mid-winter dinner at Hills Community Church in July.

It was complete with an appearance by the royal couple, “Kate and William,” otherwise Philip Gibson & Georgia Chappel, and 70+ guests from the Mapua and Ruby Bay community.

Finery and hats were the feature of the day and Mapua’s Sir Gregg provided costuming and bunting. It was the seventh year of this annual event

Folk were asked if they would be interested in some other get-togethers at the church every other month (or so) and a proposed a “soup and sing-along”. There was a positive response so—on Saturday 27 August at 5.30pm – 7.30pm there will be a “Soup and Sing-along (for the Senior Set) at the church.

Soup and buns will be served followed by an old-time sing-along. A gold coin donation will be requested.



# Police Report

Hi Folks. Winter is upon us all and the roads are pretty treacherous in the mornings and evenings so watch for ice. I have just returned from a two-week break in warmer parts and there has been a spate of metal and fuel thefts in the area while I've been away. We are working on catch the culprit and have a positive line of enquiry, so watch this space next month.

School holidays have started off pretty busy for us in Motueka. It is a shame kids can't entertain themselves without getting into trouble.

*Grant Heney, Rural Community Constable, Motueka.  
Phone direct 03)528-1226*

Kia ora koutou. I always find it a bit hard to write "up-to-date" news knowing that it will not be read until a couple of weeks later ... by now we would all have had time to treasure a wee holiday break, got rid of all the nasty little bugs and are back in full swing.

This term we are pleased to welcome Jodi Ellis new to our teaching team.

Early July the Harakeke children enjoyed thoroughly and intensely the seasonal wonders of nature:

- Plenty of rain provided plenty of opportunities to wallow in the mud and go puddle-jumping; even walking along the path towards the entrance gate turned out to be an obstacle course for unprepared foot-clad humans

- At times it seemed that our tamariki purposefully got themselves into a state that definitely required a nice warm shower, happily shared with their peers and resulting in a rather flooded bathroom

- Then came the frost!

- With joy the children found frost on the ground, frozen cow poo and...ice—in the puddles, in the water trough, in the ponds

- How much weight can the ice hold? Our experiments included throwing rocks, enticing ducks onto the "water" by feeding out bread pieces and encouraging Tui, the puppy, to test the ice. What an exciting morning and fun adventure.

Working on and developing further our physical fundamental skills was another highlight of the past month. Again we were able to access a lot of resources from the Tasman Sport Activity Trailer; this time the main focus was on ball skills and balancing. The importance of STABILITY was also the main emphasis of our latest Gym Fun session at Saxton Field with Linda. A wonderful opportunity for our tamariki and supporting parents/caregivers to enjoy a professionally planned and led physical activity programme.

Until next time, Ka kite

*The Harakeke team*

## Mapua Occurrences:

June 25: 64-year-old Mapua man drink-driving on Higgs Road

June 24: Four wheels and tyres stolen from Dominion Road

June 23: Fuel stolen from Gardner Valley Road

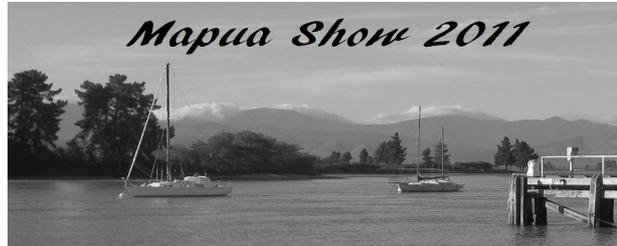
June 20: Domestic at Higgs Road address

July 15: Accident on Aporo Road. Four occupants in truck that crashes. Two go to hospital. Alcohol-use suspected.

Theft of nail gun from car parked at old chemical site Aranui Road. Mother and son argument Stafford Drive

July 3: Copper garden ornament stolen from Langford Drive. Domestic at McKee Domain

July 2: Attend suicidal 19-year-old male in Mapua



## November's Mapua Show to Feature Art Trail

The response from local artists to having a Mapua Art Trail—in addition to exhibits in the Hall—has been overwhelming. As well as displaying their work, many artists will be offering workshops and demonstrations for the public. As in past years, there will be a wide variety of arts and crafts on display, including: Fused Glass, Garden Sculptures, Hand-made Cards, Tile Mosaics, Quilting, Wood Turning, Knitting & Weaving, Ceramics, Stone Carving, Cloth Dolls, Sculpture, and Pastel, Watercolour and Oil Paintings.

So be sure to mark your calendar for Saturday and Sunday, the 12th and 13th of November, for the biggest art event to be held in Mapua!

# Mapua Health Centre

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.

**A quick look at some of the medical news on treating the cold and flu shows that “zinc administered within 24 hours of onset of symptoms reduces the duration and severity of the common cold in healthy people. When supplemented for at least five months, it reduces cold incidence, school absenteeism and prescription of antibiotics in children.”** (*Cochrane Database of Systematic Reviews 2011 Issue 2*). Interestingly, a large European study showed that using antibiotics for coughs and colds made no difference to outcomes or symptoms (*J Antimicrob Chemother. 2010 Nov*). Whereas, the use of good gut bugs – probiotics – for three months over winter decreased the risk of common infections in children and limited the loss of days from school (*The Adv Respir Dis. 2010 Aug*). We also know that vitamin C can reduce the duration and alleviate the symptoms of colds (*Cochrane review 2010*). 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*).

There are a number of important events for the month, including:

- 1 Term 2 begins for primary, intermediate and secondary schools
  - 1-7 World Breastfeeding Week  
[www.unicef.org](http://www.unicef.org)
  - 9 International Day of Indigenous People  
[www.un.org](http://www.un.org)
  - 12 International Youth Day  
[www.un.org/Depts/dhl/youth/index.html](http://www.un.org/Depts/dhl/youth/index.html)
  - 15-21 Cystic Fibrosis Week [www.cfnz.org.nz](http://www.cfnz.org.nz)
  - 26 Daffodil Day – Cancer Society NZ  
[www.cancersociety.org.nz](http://www.cancersociety.org.nz)
  - 27 World Heart Day [www.un.org](http://www.un.org)
  - 29-4/8 Multiple Sclerosis Awareness  
[www.msnz.org.nz](http://www.msnz.org.nz)
  - 29-4/8 ADD/ADHA Awareness Week  
[www.adhd.org.nz](http://www.adhd.org.nz)
- 

## Cycle Trail

Following our open community Cycle Trail meetings, Nelson Tasman Cycle Trails Trust invite those interested in contributing to the development and promotion of all trail infrastructure components to our “Project Specific Working Sessions”.

*All meetings are 6.30 - 8.30pm  
at Moutere Inn, Upper Moutere.*

**Thursday 18 Aug:** Funding campaign: business support, sponsorship, and community trail adoption.

**Tuesday 23 Aug:** Accommodation. Food & beverage - standards, needs, packages.

**Monday 29 Aug:** Communications: Marketing and Promotions, Social media networking & IT linking.

**Wed 31 Aug:** Art, History, Guiding, Trail guide book / publications.

Please note: at Moutere Inn on Mon, Tues & Wednesdays hot “bar snacks” are available. Full meals Thurs / Fri & Sat / Sun.

Please RSVP [fiona.newey@clear.net.nz](mailto:fiona.newey@clear.net.nz) which group(s) are of interest to you. Be prepared for a task!

# Noticeboard

**Our place...**now on Facebook! "Ruby Coast Moutere Hills" Facebook page is a collaboration of local businesses and events in Mapua, Mahana, Upper Moutere, Tasman & Ruby Bay. Share your stories and images of this beautiful destination we call home. Tell us of your next event or a special promotion you would like to share. Let us know what you have been up to. Find us on Facebook now and share with your friends.

**Coastal Connections Social Group:** The next lunch-time gathering is at the "Playhouse" 171 Westdale Road, Mapua on 11 August. Look forward to seeing you all. Julie Haliday, 540 3533

**Housesitter:** Experienced, respectful professional female. Quality care, includes pets. Glowing references. Available 21 October - 20 December. Ph 021 145 3027

**Zoom Salon** Winter Hours: Tues, Wed, Fri: 9am-5pm; Thur: 9am- late; Sat 9am-4pm. 540 2333

**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.

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

**Genealogy Computer Discussion Group:** This year our bimonthly meeting will be 1.30pm on Saturdays, on the following dates: 13 Aug, 8 Oct and 10 Dec. Info: Val 540 3931 or Peter 540 2686.

**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 Thursdays 9-12.30, Supper Room, Mapua Hall. Like-minded artists get together to paint and help each other in a fun, social environment. All levels & media welcome. \$4 session includes morning tea. Tables, chairs provided. Lisa Chandler, 540 3933

**RSA Meetings:** RSA room, Mapua Library, 2.00pm, second Mondays, and refreshments are served at the close.

**Kidz 'n' Koffee playgroup:** 10am – noon, Wednesdays during school term at Old Church Hall, Aranui Rd. All parents and caregivers welcome, we

cater for 0 - 6 yrs. Gold coin donation for a delicious morning tea. Come and make some new friends. Info: Anja, 544 8733

**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. Anne Evans; 540 3070, Secr. Margaret Butchart 5402686

**Massage for Health** (Ruby Bay): 03 970 0960 (local call) or 02102 55 65 25, amanda.stevens824@gmail.com NZQA Qualified

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

**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.

**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

**Friendship Club** meets third Thursdays 2pm, Supper room at the Hall. 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

**Toy Library:** extensive selection of toys, puzzles & videos for children 0-5yrs. 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.

**YOGA with Robin** - Classes weekly. All levels welcome. Call 540 2113 for class times & information. [www.rubybayyoga.com](http://www.rubybayyoga.com)

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.  
This page will not be added after purchasing Win2PDF.