

July 2011

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Coastal News

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covering Mapua & Ruby Bay
run by volunteers

Estuary walkway plans a concern

Issues related to a possible Waimea Estuary walkway have been raised by conservation and recreational groups and landowners concerned about the Tasman District Council's proposed route. The concerns will be described at a special meeting of the Mapua and District Cycle and Walkway Group on Tuesday 12 July at 7.30pm in the Mapua Hall supper room.

Chris Franklin of Nelson College will be the speaker. The head of the college's phys-ed department, Chris spent a full year on a Royal Society Fellowship identifying a possible walkway-cycle route around the western side of Waimea Estuary, surveying and mapping plant communities and identifying the ecological and wildlife issues involved. The results of his research have been given to the Tasman District Council for consideration.

Chris says there is no final map of any proposed route resulting from his study. However, his research has identified possibilities, and recorded many of the main issues and problems, which will be covered in his illustrated talk.

The talk comes after the Tasman District Council has zoned a 20-metre estuarine strip around the estuary as reserve with objectives to use it both for conservation issues and for coastal access.

In recent weeks, the TDC built 250 metres of pathway near Apple Valley Road. The size, road-like appearance and location of this pathway so close to the estuary brought a strong adverse reaction from a meeting of about 15 landowners and people interested in the estuary at a mid-June meeting in Richmond.

The meeting, of the Plant Right Now conservation group, unanimously voted to express 'extreme concern' at the development, and has since organised a delegation of community representatives to meet with Waimea ward councillors on the issue. The group says

that the council needs to commit to the conservation principles it supported when it recently signed the Waimea Charter document.

At an earlier meeting of the Waimea Forum group, which was also considering public pathways around the estuary, strong reservations about an estuary-side pathway were voiced by members of the Ornithological Society.

Its members were adamant about the need to keep dogs and cats and, preferably, people out of the estuary margins where there are rare and threatened birds, such as banded rails and marsh crakes.

There were concerns from residents and Waimea Forum members that Tasman District Council appeared to be planning a walkway that would be too close to the inter-tidal margin favoured by birds. They also expressed reservations about possible intrusions on their own privacy and questioned the value of a pathway that simply followed the shoreline.

The critics have argued that a route, if it is to go ahead, should be properly designed to take into account a variety of issues, such as feeding and breeding areas for birds, the location of houses, and the way the pathway would fit into the environment.

The Mapua and District Cycle-Walkway Group organised the 12 July meeting in Mapua before the issue over the pathway near Apple Valley Road arose. The group has in the past advocated a walking or cycling link to the south of Mapua because of the growing number of housing approvals there. However, it has said that a walkway around the estuary was a low priority.

The cycle-walkway group's main objective has been the creation of a better network of pathways that would allow Mapua-Ruby Bay residents to walk or cycle to the main shopping area and community facilities.

David Mitchell

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.



The new council-built walkway near Apple Valley Road. Critics say that it looks more like a road than a path and that it is too close to the estuary edge.

Cycle-Walkway Group considers its future

A meeting of the Mapua and District Cycle-Walkway Group to hear about the proposed Waimea Estuary walkway on 12 July will also serve as an opportunity to consider the group's future. This group has been functioning with an interim committee for about 18 months now. Committee members feel it is time to review its future structure and to gauge interest in the group's continuation.

While the committee feels the group has been successful in recent years, new committee members are needed as well as fresh impetus.

The Cycle-Walkway Group has recently sought to give more publicity for its vision of a Mapua-Ruby Bay community network of cycle and walking paths with circulation of a recent TDC map showing present and planned pathways and the Cycle-Walkway Group's present priorities for Mapua-Ruby Bay.

Copies of the map and priority lists have been given to the Mapua Library, Mapua Auto Centre and Perry's Garage. They have also been circulated to members of the Mapua Community Association. Any

feedback on the map or priority list is welcome. The group is also looking for new members for its committee and welcomes inquiries from anyone interested.

The group's top priority at present is to encourage routes for safe pathways for children to go to and from school.

This comes after a report for the NZ Transport Agency late last year found that cycling to school had declined steeply in New Zealand in the period from 1970-2009 from about 20 per cent of students to only 4 per cent. The report by transport consultant Dr Hamish Mackie urged development of school cycle networks as a key to the future for New Zealand, and said good community cycling networks could play an important part in fighting obesity, reducing carbon emissions and reducing traffic congestion.

Views of members about the future of the Cycle-Walkway Group are very important. Please attend and let us know your thoughts. If you are unable to attend, we would still value hearing from you.

Cycle-Walkway Group committee

Garden Notes



July has arrived; the shortest day has passed and June was kind to us, with such mild weather. July is usually the coldest month of the year, and seen as the dead heart of winter, but in two to three weeks we will see the days begin to lengthen which brings work for the keen gardener. This brings me to the tasks for July:

Prepare the flower/vege beds with compost and a general fertilizer, include lime on your vege patch.. use liquid fertilizer to boost growth of young seedlings.

Prune hydrangeas, fuchsias, and roses. Regularly trim conifer hedges from this month on. Spray fruit trees with copper spray if they are prone to leaf curl. Plant rhubarb crowns now. Use lime sulphur as a general clean-up spray on deciduous trees and build up the vege patch with compost. Continue with planting of fruit trees as they come to hand..

The feature flower this month is the daphne (*Odora/Leucanthe*). It produces an abundance of flowers to perfume the rooms indoors. I have found over the years that daphne is not a very long-living plant. It lives for six to eight years, then suddenly

dies for no apparent reason. Mine is dying right now after six years, but has rewarded me over that time.

Another short-living plant is boronia. It has broken the hearts of many lovers of this one and now we all walk on by. It is hard to resist that perfume that only boronia can give.

A corm that has given a lot of pleasure is cyclamen (premium). One sees these in all garden centers right now, with bright colours and easy to grow. I bought my three white plants last year and planted them under a rhododendron; now they have seeded with a mass of baby plants which I will leave there to form a nice mat. I intend to plant others to form mats as well. They are so easy to look after.

Another easy one is the cyclamen orchid. A very forgiving plant if left in a pot. Water from time to time and spray to combat the nasties when flowers appear and hey presto you have those flowers you see in florist shops.

The preparation put in now does help big time when spring arrives, and beyond, so happy gardening.

Barry Highsted

Coastal Garden Group
&
The Mapua Hall Committee

Spring Show 2011

Saturday 10th September

9.00 am - The Hall will be open to the public

Hall Closes at 4pm



This year the Garden Group and Hall Committee are joining to bring to Mapua a big and brighter show

This is the first fundraising the Hall committee are undertaking on behalf of our Hall.

For the past six years the Garden Group along with other local Groups have set up stalls outside the hall which has become very successful, and gives great opportunity for any groups needing funds to join with us to assist your needs whether charity or commercial.

We are now open for enquiries from you for booking a space, phone Barry on 5403139...

Next month a full list of activities will be published in the Coastal News.

Coastal Garden Group 

Enquires - Joyce Bullock Ph: 540 2311 e-mail: richbull@clear.net.nz

Mapua Hall Society faces busy year

The Mapua Hall Society 2010-11 Committee has seen a few changes and developments as the team settled down and turned its attention to the hall redevelopment. The new committee led by Chair Tord Kjellstrom emerged with an approach to explore and develop the idea of incorporating the existing buildings into the new design.

This year's Annual General Meeting, held last month, elected back the same team that had been in place most of the year, with the addition of two new members for the committee—Jo McFarlane and Lisa Dunn. The Hall Committee members have had a challenging year with two meetings a month while developing the plan and running the hall. For some like Jim Bryse, running the hall as a committee member and voluntary caretaker, the load is large. Hanne Bjorklund keeps the accounts in good order, Mary Garner is our able secretary and her sound experience of hall matters is invaluable. Kim Bowie and Andreas Niemann share their skills as well from planning issues to fixing issues. Tord Kjellstrom and Graeme Stradling continue with the chair and deputy chair roles.

A decision was made at the AGM to offer the 'Friends of the Hall' a chance to help us in building

the case for further development funding by becoming members of The Hall Society. This would improve our paper 'membership' as well as to better reflect the level of community endorsement behind the society. It'll solve the administrative headache of twin address lists and records of what amounts to the same thing. If you are a Hall Society Member you are a Friend of the Hall. Welcome Friends!

We've become a pretty cohesive team, the committee, and it's good to see us all back on board for the exciting year ahead. Many thanks to Tord Kjellstrom from the committee members and the community for steering us to where we are now.

Welcome aboard too for the new committee members and new volunteers for our development 'Teams'. We now have three teams, on Design, Project Management, and Fundraising/Promotion. These can have members from outside of the Hall Society Committee. Please contact Mary Garner m.garner@xtra.co.nz for more information. We are also putting a skills list together, volunteers with specific gifts or specialities. So far this expansion phase has met with a great response so it is an exciting time as we make the project start to happen.

Graeme Stradling, deputy chair, Mapua Hall Society

Police Report

Hi everyone. The cooler and wetter days of winter are upon us. Time to remind everyone to be wary on the wet and frosty roads. We are lucky that we don't have the snow to contend with like others further south.

Still good to be able to report that there are no major crime trends happening in the Mapua area. Long may that last. There was a copper planter stolen from a Langford Drive address overnight—just goes to show that people are snooping around when you least expect it. I have been setting up two new neighbourhood support groups in the area.

Take care out there and keep warm.

*Grant Heney, Rural Community Constable,
Motueka, Ph direct 528 1226*

Mapua Occurrences:

May 29: Shoplifter at 4 Square. Good photo obtained. Enquiries continuing

May 18: Motueka male has car impounded for doing a sustained loss of traction at Grossie Point, and driving while forbidden

May 25: Local female trespassed from the Tap Bar

May 23: Youths throw water bombs at house in Aranui Road

May 20: Domestic argument Pomona Road

June 9: Minor accident George Harvey Road

June 6: Male trespassed from the Naked Bun.

Animal Health File

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

New Additions to Family and Staff

By now some of you will have met our new veterinarian, Matt Evans. We were very lucky to have Matt join our team in April and both staff and clients alike are enjoying his valuable contributions to the clinic. Matt and I went through Vet School at Massey together well over a decade ago, although it seems like it was only yesterday. Since we were fresh-faced new graduates our paths have diverged somewhat with Matt heading to a mixed animal practice in the North Island and then overseas for eight years working in a mixed practice on the island of Guernsey.

With his range of skills extending from cows to cats, in a few short months Matt has become a valued part of our team, adding some complimentary skills as well as a bit of much-needed testosterone! He is a skilled orthopaedic surgeon and has a particular interest in cardiology as well. He also brought back from Guernsey his lovely wife, Sam, and three children, who are now well settled in Mapua and enjoying the lifestyle here in Tasman.

As happens to all in the veterinary game sooner or later, Matt had not been back in the country long when

he acquired a new dog, Bella, who needed a second chance with a new family. Bella should by now be the best-behaved dog in Mapua as Matt is also a dog behaviourist! For the last three years Matt has been giving direct behavioural advice to help dogs and their owners work through various behavioural issues.

Matt has dealt with many problems, from the very common socialisation and separation concerns to the more unusual, such as a wee Westie that would not allow its owner to use the dishwasher! Luckily, in most cases, you can teach an old dog new tricks! Matt runs his behaviour consultancy outside of his rostered clinic hours. For more information on Matt's behavioural consulting service visit his website at www.k9correction.com.

Another new face will be joining us in late October, with the first non-furred addition to my family due to arrive at Labour Weekend – ironically! I have cut back my hours a bit already and will be taking maternity leave from the beginning of September. The clinic will be in Matt, Charlotte and Helen's capable hands for about eight months while I adjust to motherhood, which I expect will slow me down a bit! Thanks to everyone who has wished us well.

Bounce busy with Visitors

In the last two months we have had visits from the little digger, the bigger digger and the fire appliance. The children had the opportunity to explore the vehicles in a safe environment and now know about hydraulics, pumps, engines and many other aspects of these big tools. Our thanks to N S Rogers Garage Riwaka, Carl Walls of Motueka Excavation, Bruce Hovenden, the Mapua Fire Brigade along with Ella and Grant Bessant.

We would like to take this opportunity to celebrate our visit from the Education Review Office with you, so below is an excerpt from the letter which was included with the accountability review.

To the parents and community of Bounce:

The centre is situated in a residential building that has been successfully converted for early childhood education. Careful consideration has been given to the layout and resources provide. The result is a high quality environment with stimulating and attractive learning and play spaces. Good provision is made for the parents and whānau members who stay to be with our visit their children.

Children are confident, settled and articulate. They are developing friendships, good social skills and demonstrate a strong sense of belonging. The child-centred programme is responsive to their interests. There are multiple opportunities for children to experience and explore with print and other literacy media, mathematical concepts and scientific investigation. Children are engaged for sustained

periods in authentic and meaningful experiences and they are viewed as competent learners.

Teachers are warm, responsive and respectful. They use questioning skilfully to promote children's problem-solving, critical thinking and independence. Effective strategies are used to facilitate and empower children to negotiate and resolve conflicts. Teachers are working to increase the levels of te reo me ngā tikanga Māori in the programme.

The local Mapua community and the children's place in it is an important context for learning. The immediate environment is well used to support and extend on children's interests. In addition, the centre has set up an initiative enabling local new entrant teachers and early childhood teachers to meet to discuss expectations and practices around transition to school. The centre is also available for use by other community groups.

While spontaneous reviews are effective in instigating positive change, planned in-depth self-review is not yet a well established practice. Other agreed areas for development and review include group times and partnership with parents in children's learning journey books.

If you would like to see the full report you can find it on <http://www.ero.govt.nz>

Thanks to all our visitors to Bounce. A large part of our Bounce philosophy includes being an integrated part of the local community and utilising the unique opportunities in the Mapua Village. We look forward to more occasions where we can enjoy reciprocal meeting and greeting in the community.

MAPUA LIBRARY

By the time you read this we will have passed the shortest day. Halfway through the winter, do you think? One of my pleasures on a long winter's night is curling up in the LazyBoy, with the log burner blazing and a good book. I don't know if a heat pump would give me the same pleasure.

Anyway it seems that many of you agree because the statistics tell us that the number of books taken out on loan this month is well up. Perhaps this could also be because, with the extended hours, we are now open each afternoon, Monday to Saturday, as well as Wednesday evening and Thursday morning. This has put quite a strain on the volunteers, but Val and Analee have now trained another five or six new volunteers and they can now teach some of us oldies a thing or two about the computer use in the library.

With more loans, unfortunately, seems to come an increase in the number of overdue books. This increases the workload of the Monday morning team. If you cannot read the book in three weeks please renew it before the due date. You are entitled to one three-week renewal. Books can be returned anytime in the after-hours slot. We do not charge for an overdue fee, but a donation in the pig is happily accepted. Please remember that someone might be waiting to read that book.

We record here a tribute to Patsy White. She was a stalwart of the library with a great knowledge and love of books and people. We thank Linda for the gift of Patsy's extensive library and will be sorting through the boxes of books.

We have had our first committee meeting and hosted a mid-winter lunch for the volunteers at the Boat Club. It was a cool, but sunny, calm day and the tide was in. What a great setting on the wharf! Before lunch Hugh paid tribute to the work of Karen Williams and Betty Higgins who are long-serving volunteers and are retiring from desk duties. Dot and Eileen presented them with flowers. They then reminisced about the early days, getting the money and building the library. It was a pleasant gathering. Thanks team.

Eileen Dobbie

Library Hours:

Open every afternoon

Monday: 2- 4.30pm

Tuesday: 2- 4.30pm

Wednesday: 2- 6.30pm

Thursday: 10-12.30pm, 2- 4.30pm

Friday: 2- 4.30pm

Saturday 2- 4.30pm



Changes to Landscape

In May 2000 a group of concerned residents of Mapua and Ruby Bay gathered on the former site of the Fruit Growers' Chemical Company Works to talk about the future use of what was now public land. Finessed and manoeuvred by soulless corporate management, the TDC was forced to buy the site. It now belonged to, and still does belong to the ratepayers of the Tasman District. Those present on that warm Sunday afternoon, myself included, voted unanimously that the now council-owned land fronting the Mapua channel should become a public park.

Fast forward to 20 May, 2011. Our Mapua Waterfront public park is now very much a reality, slowly but surely taking shape under a staged development plan. Major changes for all to see as Stage 2 of the development is well under way. The completion date for the work is set for September. Dare I say, weather permitting?

According to landscape architect Robin Simpson, there are several good things in store in Stage 2. These include a boardwalk along the channel's edge; shaping of the amphitheatre and installing the concrete seating; a timber ramp connecting the amphitheatre with the car-park; a mesh path with a viewing platform; a concrete path to the site for the future park shelter and public toilets and a planting of estuary plants.

Eleven years on—a battle and a bumpy road to get to this point. Perhaps a few more bumps and a battle or two in the future? Wait and watch. Stage 3 is on hold due to financial constraints but it will come as sure as. As what? You might well ask. The answer: stick around until 11 July and come to the Community Association meeting in the supper room of the Mapua Hall. The meeting starts at 7pm. First item on the agenda? The Mapua Waterfront Park. A good chance to find out what's in store in Stage 3, what is planned for the park shelter area, the toilets, children's play area and what's to follow. I hope to see you there.

Sewage Pumping Station. Whoops! You can't mention the park without mentioning the upcoming upgrade of the Mapua sewage pumping station project. This is a major public works undertaking; one that is overdue for upgrading. Our sewage waste system is operating at full capacity and storage capacity for any breakdown of the present system is extremely limited.

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.

Hopefully the TDC consent delays are over and the work will begin this month. Where is this happening? In front of the Apple Shed Restaurant by the entry to the Mapua Wharf area. Impact on the park and port should be minimal, but the TDC contractors are going to dig a big hole.

TDC Plan Change 22. Submissions to this plan change are included in the TDC "Tasman Newline" 1 July newsletter. If you are a property owner, "heads up" on this. Please note you have only until 8 July to make a response to any of the submissions. This proposed plan change is a critical issue for all of the property owners in the Mapua/Ruby Bay area..

Mapua Community Hall. I attended the Hall Society AGM. A small turnout but enough for a quorum to hold the meeting. We viewed the latest revised concept plans for the hall rebuild. They get my tick. Tord Kjellstrom will again chair the Society and lead their very pro-active committee. A special thanks to them. In particular to John McDougal and Dave DeGray for design and plans.

The Waterfront Precinct Advisory Group met at the end of June to continue further discussions on viable solutions to immediate problems in relation to traffic movement and control and to parking. Longer-term matters, such as the boat ramp, the wharf pontoon and the wharf extension to be discussed.

Ruby Bay by-pass. In a nutshell, the by-pass entry/exit intersection with Mapua Drive is both extremely dangerous and confusing. NZ Transport Agency's engineer Andrew Adams has assured me they are aware that their remedial measures so far have been unsatisfactory and that they will continue to address them. I am keeping this matter on the front burner and will report again in the August *Coastal News*.

The Mapua & Districts Cycle & Walkways Group wants us to tell them what we think of Mapua's cycle and walking tracks. Well worth your while to view the large map display in the entry of the Mapua Community Library. Please pass on your comments to David Mitchell at 540-2873 or Helen Bibby at 540-3830.

The Local Government Commission's decision that there is merit in combining our Tasman District with Nelson City probably means a referendum vote in the near future. Do we really want a "Super District" with 16 councillors and six or seven community boards? "Super District!" Think what that might mean!

Hugh Gordon



Mission Without Borders

Because the writer of this letter in the June *Coastal News* did not have enough details some things were not quite correct. Please let me give more information here:

Mission without Borders is an international Christian organisation dedicated to serving the physical, emotional and spiritual needs of those suffering the effects of poverty or persecution, mainly in the poorest Eastern European countries. It is very active in helping families, children and the elderly; they also run children's camps and have training courses for teenagers to learn a trade. It has branches worldwide, and has many sponsors also here in New Zealand.

There is also Operation Christmas Love, making up parcels with food etc for poor families as a gift at Christmas. A number of churches are involved with this. Mission Without Borders delivers these to the needy in East European countries.

Operation Cover Up is a national ministry committed to knitting blankets and garments etc mostly for children in orphanages and children's homes in Romania, the Ukraine and Moldova. There are about 80 groups in New Zealand.

Mission Without Borders arranges the shipping from New Zealand and the distribution to the children's homes, where they are regular visitors; they know where the biggest needs are.

There are a number of people knitting or crocheting for this project in our area, and some for Motueka and some for Nelson. It all gets sent away at the end of August.

There is some wool available for those interested in knitting peggy squares or strips for blankets. Ring either Barbara (540-3901) or Elisabeth (540-2949).

The closing dates for this year's shipment are: Motueka, last week of July; Nelson, second week of August.

*Elisabeth VandenBerg, Ruby Bay, Co-ordinator
Operation Cover Up, Nelson.*

Support person wanted

Hi, my name is Finbar Ruebsam. I am a 19-year-old young man with Down Syndrome. I am looking for a person to support me with shopping, cooking dinner and other jobs as needed.

I have just moved into my own flat downstairs of my parents' house. I plan to move to Richmond and have my own car sometime in the future. For now I am practicing independent living.

I will leave Waimea College at the end of the year. I am also looking for a job as a kitchen hand because one day I want to be a chef.

To express your interest and talk about the position in more detail, please call Finbar, Johannes or Gundula. Ph. 543-2119.

Finbar Ruebsam



Plankers, Plonkers...you choose!

Your comments and submissions are called for on the proposed Amalgamation (eventual provincial re-unification) of Nelson City and Tasman local body councils.

Both councils openly acknowledge joint responsibility on the Province's/regions' infrastructural assets and the maintenance thereof. Some obvious cost savings would accrue upon unification but it is unclear whether this would translate into lower rate increases.

It appears the biggest hurdle is compromising the divergence of opinion between urban and rural ratepayers. Indeed, it is ironic that Tasman Council (Richmond urban-based) rejects amalgamation because 'the rural sector would lose out', yet is itself prepared to place costly urban provisions upon rural residents, for example, road lighting, water and drainage (whether connected or not).

Hopefully, the Government Local Body Commission, in its review, will define through differential rating mechanisms a workable solution that provides some equity between urban, rural, and commercial user groups.

Current council rating schedules still need refinement and consistency in application, and regimented (plankers) defence response of 'perceived value for services', and glib (plonkers) response of 'for the greater good of the community' is worn out rhetoric and too subjective.

Whatever the outcome of the Review, let's hope it's a positive step forward and some identified efficiencies can be implemented. If it takes a new council to make it happen, so be it!

"Don't hold your breath," Aunty Ethel said, "Public servants are meant to serve the public, and the closest I got was a summons ordering me to pay the going rates".

Ian U Endo, AKA W K Darling, Ruby Bay

"Ora" opening this month

We announce the opening of "Ora" this month, which is a Maori word meaning 'be healthy, be well'. Our purpose is to work as a team of health professionals bringing to the local community a broad range of health and wellbeing options under one roof.

Martin King is our local physiotherapist. He's a keen sportsman and member of the Nelson cricket team. Trained at Otago University, he's also a McKenzie therapist, a system which uses patient involvement and education. It's an evidenced-based system recommended for back, neck and extremity problems.

Lisa Polak is a UK-trained therapeutic massage therapist who specialises in post-injury rehabilitation and sports conditioning.

Sandy Reid is moving her thriving "Alluring Beauty" business into the village at Ora. All aspects of head-to-toe beauty treatments are offered, including "bubbles" on her room opening day, Thursday 30 July, 4.30pm to 6pm.

Dr Mitchell Bloom is a specialist medical doctor in chronic musculoskeletal pain and uses a combination

of traditional and alternative medicine
www.chronicpainrelief.co.nz

Julie Ewer trained at Canterbury University in motivational interviewing to change behaviour for people seeking to quit smoking, lose weight and change behaviour patterns. She has also trained in Spiritual Healing with Dr Brenda Davies (www.brendadavies.com) for those seeking an understanding of psycho-spiritual health and wellbeing

Renee Alleyne is a registered counsellor and psychotherapist specialising in sexual or physical abuse therapy and relationship counselling

Within the group meeting room meditation and yoga sessions are currently taking place. The meeting room can also be hired out for talks and small workshops. Phone 540-2705 for details. We look forward to giving you support in you meeting your health and wellbeing needs.

Mapua Health Centre

In case you are still wanting to make use of the flu vaccine, it is still available for free to those over 65 years or if you have a chronic medical condition such as asthma requiring regular medication, heart disease, diabetes, etc. Also, for those with ongoing mobility problems, wheelchairs are available for loan from the RSA.

July includes “forget-me-not” week which highlights the problem and needs of those with dementia. In New Zealand the number of people with dementia is doubling every 20 years. Currently, more than 43,000 New Zealanders have dementia and it’s estimated that by 2026, the number is estimated at 75,000 and by 2050, it will have increased to over 145,000. For every one person with dementia, it takes seven pairs of hands to help care for them. That means that around 300,000 people nationwide are affected by dementia.

Although there aren’t any cures there are some potential ways to decrease the onset and improve outcome and a look through the journals suggests that having a Mediterranean diet decreases the risk and slows ongoing memory loss (*Arch Neurol* 2006) along with increased fish oil (*J Neurochem*. 2010), fruit and veges (*Am J Geriatr Psychiatry*, 2009), vitamin D (*Neurology*, 2009), avoiding trans fatty acids from heated oils and some junk food (*Arch Neurol*. 2003), not getting overweight (*Arch Intern Med*. 2003) and avoiding excess iron and aluminium (*Brain Res Bull*. 2001).

People who exercise, participate in intellectually stimulating activities, and remain active in social networks appear to be at lower risk for Alzheimer’s (*Lancet Neurol*. 2004). There is also some evidence for taking supplements such as chromium (*Nutr Neurosci*, 2010), Ginkgo biloba (*Pharmacopsychiatry* 2010), vincopine (*Eur J Pharmacol*. 2009), B vitamins – especially B12, B3 and folate (*Neurol*. 2010, *Proc*

Natl Acad Sci USA, 2008), and thankfully it looks as if chocolate, tea and wine in moderation may be helpful (*J Nutr*, 2009) along with a study that showed that 3-5 cups of coffee per day in midlife decreased dementia later in life (*Alzheimer’s and Dementia*, 2008).

There is also some evidence that hyperbaric oxygen therapy (HBOT) may be able to help some neurological conditions including memory impairment associated with cerebrovascular disease (*UHM* 2005). HBOT it is about using 100% oxygen at higher than normal pressures in order to speed up the recovery from certain injuries and to improve the body’s ability to heal from a variety of conditions.

The helpfulness of HBOT lies in its ability to produce much greater amounts of oxygen in the tissues of the body. The increase in pressure of oxygen with HBOT is a lot higher than breathing pure oxygen at normal pressure and up to 15 times higher than breathing air. It is this increased saturation of oxygen in our body tissues that can accelerate the natural healing process. Contact Bridget if you want to find out more about our facility at the health centre – bridget@mapuahealth.com.

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

- July 1-7 Amnesty International Week
www.amnesty.org
- July 4-10 Māori Language Week
www.tetaurawhiri.govt.nz
- July 15 Term 2 ends - Primary, Intermediate & Secondary schools
- July 18-24 Women’s Refuge Awareness
www.womensrefuge.org.nz
- July 12-18 Alzheimer’s “Forget-Me-Not”
www.alzheimers.org.nz

Harakeke

The place 4 3 2 5 year olds
EXPLORE, CREATE, ENJOY

Kia Ora koutou. On Friday night the 17th of June a huge crowd, present and past Harakeke children and their families as well as their educators and families and friends of the centre gathered again to celebrate Matariki, the Māori New Year festival, with a lantern walk and a beautiful feast.

The children had prepared delicious pumpkin soup the day before, a symbol of our bountiful harvest after our first year of gardening. We are looking forward to another great year in the vege patch and developing orchard and have just started to use the Zing Bokashi way to recycle our food scraps and kitchen waste and to transform it into rich compost to feed the soil. By the time you read this, the garlic should be already planted provided the rain will have stopped and the soil had time to dry up a little.

But, back to reporting on Matariki: Every family brought some food to share; we even had traditional Māori bread cooked on the open fire, a popular place on this cold winter night.

The children had again made their own lanterns during the previous week and the long procession along the dark path, across the paddock and around the massive old macrocarpa tree (the children's

favourite climbing tree) was a most beautiful sight. Drums were played and after everybody sang "Twinkle twinkle little star" at the foot of the tree we slowly walked back to end the evening with yummy desert and the drawing of Harakeke's raffle winners.

They are :

1st One night B&B @ The Mudcastle): Amethyst Bleakley. 2nd (One night B&B @ The Mudcastle): Doria Grixti. 3rd (Food hamper): Debbie Whalon. 4th (John McIntyre t-shirt & cap): Aidan Robinson. 5th (50% discount voucher Tuatara Tours 3-day Akaroa Walk): Debbie Whalon. 6th (Indian head massage voucher from Arcadia): Victoria Stockdale. 7th (Indian head massage voucher from Arcadia): Rheanna Wood. 8th (Indian head massage voucher from Arcadia): Jean Woolfe.

Thanks again to all those wonderful parents who organised and worked so hard for this raffle, to all those who donated goods and of course to all those who bought tickets

Mahana School

Mahana School is like one big family where everyone knows and supports each other. Lately this has been on show again with the support shown from families, friends, and the community towards our Maggi Cook-Off team, the 'Dicer Chicks', consisting of Safari Muir, Josie Huxford, Izzy Taikato, and Harriet Webster.

With the generous support of the Upper Moutere Tavern, the girls provided a delicious dinner consisting of a seared salmon and spinach roulade accompanied by a brie and basil noodle basket for 26 friends, teachers, and family members. The funds raised for this will go towards transport and accommodation costs for their trip to the finals in July. You can vote for the Mahana girls at www.maggi.co.nz or www.tvnz.co.nz/erinsimpson

Natalie Woolfe (7) reports:

In Kereri class we have been learning about space and we've been making models of the solar system out of papier mache. Learning about space is fun, and I now know that Mercury and Venus are really close to the sun. We have also been learning how to write all sorts of poems, and here is a haiku I have written:

Sweet little sister
Swaying swiftly in the
lovely sunshine's shine.

Yasmina Harrhy (6) reports:

I'm Piwakawaka and we've been learning about space too. I know that Pluto is the coldest place because it's the furthest away from the sun. I like playing fun games like tag and playing with my friends Millie and Natalie. I've written a story about space. I can see planets, and the sun looks like a orange and yellow ball. The sun is the really big!

Lilly-Mae (12) reports:

This term we have been doing a maths/science study called "Battle of the Genders". In this we are recording data from tests such as the sit test (sitting with legs at 90 degrees against a wall), the hang test (hang gripping a bar with your chin over the bar) and a typing test (typing "the quick brown fox jumps over the lazy dog" as fast as possible) After we have done the tests we want to find the averages, the median, the mode, and the range for boys against girls to see who is the greatest! We are looking forward to finding the results. It is fun and it's a good way to learn.

Leah (9) reports:

Recently we have been doing a lot of sport, including a Rippa Rugby tournament. It was really muddy, but that is how it goes. I really enjoyed it because it involved running, and I like running. We also have new rugby goal posts in the bottom field. Now we can have games of rugby and spend time kicking the rugby ball over the posts. Thanks to Noel Puklowski for making these happen.



Mapua School



Discovering Gems Outside the Classroom

Learning can take place anytime and anywhere and sometimes the expert may surprise you.

Ella loves trucks. She is an expert on wheel types and axles and their best performance in the sandpit. She has a favourite set of vehicles and selects each according to weather, traction needs and cargo. Ella shares her expertise freely with other enthusiasts during most playtimes. You would be hard-pressed to find a more knowledgeable transportation specialist than Ella.

If you ever wanted to design the next generation of fishing boats, then Jayden is your guy. His fishing expertise is well documented in national fishing magazines and his detailed models and drawings of “the perfect boat” are fantastic.

Of course if air travel is more your style, then Hamish would be the one to go to for ideas, design and mechanical innovation.

Elena knows all about bugs. She surprised her classmates and teacher during camp with her extensive knowledge of the life span, eating habits and body parts

of the insects discovered. She showed no fear – which impressed the boys – when examining the many bugs during their week away, particularly the weta. Elena really added to her classes’ experience at Totaranui.

Don’t challenge James in the Country Game – you’ll get whumped! Besides knowing the exact location of....well, name a country, he can tell you what currency they use, language they speak and most importantly the flight routes from New Zealand.

Sometimes it takes a school production, assembly or disco to bring out the talents of individuals, in Zarek’s case, he strutted his stuff and got the crowd going at the disco and Lara beguiles crowds at the Tap during Tuesday’s amateur night.

All talents, skills and expertise born from personal interests and passions, shared with classmates unexpectedly and providing inspiration to us all. The three Rs are the core, but there’s so much more!

Believing in others to be All They Can,

Lisa Dunn, Trustee

Big cheque boosts funds

The Mapua School and Playcentre Easter Fair has received a significant investment and cash injection from family-owned and operated real estate firm, Ray White Mapua.

Owner Mike Harvey, along with New Zealand CEO of Ray White Carey Smith, presented the school with a cheque for \$6,909.45 which represents the local office’s investment in this year’s fair.

Over the past three years Ray White Mapua has been one of the three principle sponsors of the Easter Fair. Their sponsorship really makes a difference to the total monies available to the School and Playcentre, says Lisa Dunn, Fair Trustee. We were fortunate that Mike’s team wanted to increase its involvement and investment in the fair. The innovative “Sign Drive” campaign added much-needed funds to the fair proceeds which were down due to the poor weather on Easter Sunday.

The company funded the production of the signs, and the school offered the signs for sale with all the proceeds from the sales going to the fair. The Ray White team then erected the signs on the properties throughout the Village.

Ray White Principle Mike Harvey said the campaign was exceptionally well received and it was particularly satisfying to see so many residents happy to have their local company’s signs on their gate. He



The CEO of Ray White NZ, Carey Smith, is pictured at left, with the fair trustee Lisa Dunn next to him. Mike Harvey of Ray White Mapua is holding the cheque

felt it was indicative of the support that the company receives from the community. Co-owner Kim Harvey said that when they established the business three years ago they decided the culture they wanted to develop was a philosophy of “If you look after the community, the community will look after you”. Kim felt that the support was an endorsement and recognition of the many significant investments they continuously make in the community.

They are excited about the potential for next year’s sign drive, particularly given that so many of the locals that did not have signs have called into the office, or talked to the sales team around the Village stating that they would be keen to take part next year.

Sam's Spam

I get a lot of questions from customers who are still using analog TV (ie, a TV antenna or any form of TV that doesn't use a satellite dish) who want to know about switching over to digital. Recently there have been advertisements on TV informing people that analog TV will be cancelled in New Zealand within the next couple of years, following the example of countries like the UK and the United States. When this happens people will have no choice but to switch to satellite TV services.

The good news is that analog TV will be available in Nelson and other South Island areas until April of 2013, but if you are thinking about making the move to digital here are the available options:

Freeview

Freeview was launched in 2007 in New Zealand and is now used in 26% of New Zealand homes. The main advantage of Freeview over Sky Television is that even though you do have to pay for your Set Top Box and satellite dish installation, there are no monthly subscription fees or account costs, making it essentially free. Freeview boxes are available from most electronic stores and the Warehouse and there are a number of companies in the Nelson area who provide Freeview installation services.

For more information visit www.freeviewnz.tv

Sky

Sky Television is the most popular satellite service in the country, used by nearly 50% of New

Zealanders. Sky offers more channels than Freeview does but also charges a monthly subscription fee, starting from \$47.66 a month.

For more information visit www.skytv.co.nz

MySkyHDi

MySkyHDi is basically the same as Sky but broadcasts channels in High Definition, which is just a clearer picture quality than standard Sky Television. It also comes with a number of different features like the ability to pause live TV, and the ability to record multiple channels at once.

MySky costs \$15 extra per month than standard Sky, but if you want access to the High Definition channels you need to purchase the Sky HD Ticket which costs another \$10 extra. Without the ticket you will get Standard Definition channels just like normal Sky.

Free Stuff of the Month: iSky

iSky is Sky Television's new online video service. If you are a Sky digital or MySkyHDi subscriber it is free to sign up. All you have to do is go to www.isky.co.nz and after you register you can watch hundreds of movies and TV shows from your computer. Things that have already been shown on TV are free to watch but you do have to pay for films and TV shows that haven't aired yet. You can even watch CNN, Sky News and all 3 Sky Sports channels live from your computer.

Under The Bonnet with Fred

Modified 4x4s—the last in a trilogy

Well, one of my favourite sayings with modifying 4x4s was to leave them the way God made them. Vehicle manufactures are smarter than us and the engine size, ratios in gearbox, transfer box, diff and component sizing are all worked out so they work in harmony. The type of engine and its horsepower are all set to over-power the drive train. Again my other favourite saying is “I told you so” as applied to over-size tyres which upset everything. Some explanations and examples.

Oversize tyres: Most vehicles have a final drive ratio of about 3:1. The engine will turn three times to the back wheels' once. Turning the back wheels requires putting leverage on the tyre area in contact with the ground. The distance from the centre of the wheel is the length of leverage. If you increase the size/diameter of your tyre you increase the length of leverage which requires more energy to rotate. Imagine a Mini with tractor tyres struggling to cope with a final drive ratio of half a turn on the engine to one rotation on the tyre. How does this affect my 4x4 and what are the symptoms? Loss of power, more fuel consumption, excessive load on the drive train, diff problems, broken axles, transfer box problems, gearbox problems, overloading on the engine, oversteer and speedo out. Sometimes these problems don't show for a while but always seem to show when you need them the least. Like while crossing a shingle slide on Cloudy Range—bang goes an axle and you're in trouble, down to two-wheel-drive.

Some incidences:

Oversize tyres are often dangerous on-road with standard wheel diameters. Steering problems occur with soft-wall tyres tracking by delayed response with steering but in recent years WOF requirements have got hard on standard tyre sizing.

A team of three brand new Jeep Wranglers with new, very oversized 40x13x15 tyres came on 4x4 Coast-to-Coast one year. I understand they drove from Christchurch to Greymouth but could not go faster than 70kmh as the big, soft-wall tyres were tracking so much with the steering having a delayed response. Two of these Jeeps broke axles also.

On a 4x4 Coast-to-Coast 'Tough-Tough' in 2000 we had a very determined-to-win character with the perfect 4x4 who spent a lot of money modifying his Toyota VX Land Cruiser. He shortened the chassis enough to be able to fit an Isuzu MU body but kept the VX drive train, ie, gearbox and diffs.



To give it a bit of extra horsepower he fitted a late model Holden V8 engine. It had a snorkel, vented diffs, new paint job, chrome wheels, on-board GPS navigation and to a 4x4er it was beautiful. It was good in the water but to all our amazement the Holden V8 engine computer was the death of it—not in the water but on the long, steep Pereko track leaving Lake Rotoroa. The motor had a forward-mounted oil sump and as the vehicle ascended the track the oil in the sump collected in the back of the sump away from the oil pump, the computer got a warning from the oil pressure sensor that there was no oil in the sump and shut the engine down. We towed it to the top of the pass and it started again but the sensor which told the computer there was no oil also trigger an alert and closed the vehicle down to a maximum speed of 30kmh. Sadly for the owner you need the right computer and programme to remove the engine alert.

Again a very determined competitor in 4x4 Coast-to-Coast 'Tough Tough' had a Jeep Grand Road, lifted, slightly over-size tyres but had fitted a bullet-proof Nissan Patrol rear diff. It was slightly out of ratio with the original but he said he had been driving it around Christchurch for a month (in two-wheel-drive) and it was OK. Six hours into the event there were loud clicking noises coming from the transfer box and we were about to drive in remote high country in the Awatere Valley where the weather dictates all. I advised him to pull the pin and we gave him a hand to remove the rear driveshaft so he could drive home in front-wheel-drive.

The moral of this story is that modified 4x4s are never right. So buy the real McCoy that's already got all the stuff or leave your 4x4 the way God made it.

Fred Cassin

Hills Community Church

Lost in the Clouds

I've been witnessing an interesting phenomenon from my kitchen window this wet and wild winter—Richmond and Nelson keep disappearing—sometimes for days on end! It's quite disconcerting actually. I've got a lovely view of the Richmond ranges from our little perch on Langford Drive. It's not a big view but it inspires me nonetheless. There's a sense of peace and comfort and steadiness I get when I look at them. They uplift me with awe and amazement. But lately, with the barrage of rain, those ranges keep disappearing in the mist. I can look out my window and it's like they were never there.

Life can be like that sometimes. Clouds of doubt and uncertainty can invade our thoughts; problems can flood in and drown our hopes and plans. People we have known and trusted can wound or betray us or simply disappear altogether. We can find ourselves looking out at what appears to be nothing. And, we need help.

The psalmist writes: "I lift my eyes to the hills—where does my help come from?" (Psalm 121:1). It's a rhetorical question. It's also a question I often ask people who are going through difficult circumstances: where are you getting help?

The responses are varied. Some people rely solely on themselves—they just hunker down and weather the storm. Some rise up OK, but many grow bitter, disillusioned and distrustful. Others turn to artificial means of support—they seek comfort and solace inside a bottle or on the internet or in their work. While giving off the appearance of coping they often crash and burn in pretty spectacular and messy ways. Some turn to others—for advice or guidance or for the simple blessing of a quiet, listening ear. They fare much better although they will often admit there's 'only just so much a friend can do.'

Quite a number—in my circle anyway—turn to God. Psalm 121 continues: "My help comes from the Lord, the Maker of heaven and earth." (Psalm 121:2). Now the God of scripture is not some 'fairy

godmother' who waves a magic wand and makes the bad stuff blow away. But God, like the Richmond ranges, does provide a source of peace and comfort and steadfastness. God can offer comfort and lift us up above the cloudiness of our circumstances and instill hope in us—for a brighter and more certain future.

As I write today, the sun is shining and I've got a fantastic view of the ranges—for the moment. I know it won't last, not the way this winter is going, but that's OK. Whether I see them or not, I know they are there—just like God.

*Keeping my eyes focused upwards, Marilyn Loken,
Minister, Hills Community Church*

Hills Community Church is a community-based and multi-denominational with historical roots in the Anglican, Presbyterian, Methodist and Pentecostal traditions. We offer traditional and contemporary worship in an informal and relaxed style. Visitors and newcomers are most welcome.

Sunday Worship: Traditional service 9:00am, 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

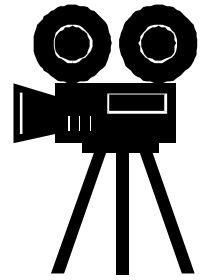
Wednesdays: 10am-noon—Kidz n Koffee Open to parents-caregivers-pre-K kids—a great way to make new friends!

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 offer numerous activities throughout the week. Contact 540-3848 for more information on our ministries.

Film Society to Feature Classic Films



Film lovers have a chance to indulge in two milestones in film history this month with the inaugural gathering of the Ruby Coast Moutere Hills Film Society at The Playhouse Cafe on Thursday 14 June.

Society organiser Nic Roland says it will be a great opportunity for like-minded people to gather to enjoy and discuss some of the world's best films. He also wants the society to be free of membership fee and will be focusing on screening films which are free of copyright restrictions. These may be old classics or newer films which have waived their screening restrictions in order to gain a larger audience. Nic says that there are hundreds of classic films that have passed the age of copyright and fallen into the public domain. A lot of international documentaries also allow you to screen the films in public as long as no money changes hands, which is why membership for the society will remain free as long as possible.

The two films on show this month come from completely opposite ideological perspectives. They are Sergei Eisenstein's *Battleship Potemkin* and John Ford's *The Battle of Midway*.

Eisenstein's masterpiece *Battleship Potemkin* is a Soviet cinema classic and has been celebrated by critics worldwide since its release in 1925. Today it remains in the top 10 of almost all film magazines critic polls and was voted best film of all time at the Brussels world fair in 1958.

Eisenstein, only 27 at the time, based the film on a one-page script depicting the failed 1905 revolution in Russia. The director's use of montage and juxtaposition makes this film the quintessential Soviet film of its era and perhaps the best, certainly the most revered of all of Eisenstein's film. The Odessa steps sequence in particular has been held up to much acclaim over the years, homage has been paid in both dramatic and comedic form. *Potemkin* is a timeless piece of cinema and great historical reference.

The Battle of Midway is also a great piece of history. When America joined World War 2 John Ford

was a classical Hollywood director known for his westerns like *The Searchers*, he was also in his 60s.

Considering himself a true patriot, he decided to reenlist himself in the US Navy, not as a soldier but as a propaganda film-maker. He was commissioned to direct many films for the armed forces including an educational film about safe sex. His masterstroke was gathering together the best of Hollywood's camera men and placing them on navy ships in the Pacific.

The Battle of Midway was considered the turning point of the war for the Americans' campaign in the Pacific, and Ford's film crew was there to capture every moment. Using their camera's as if they were guns following the enemy fighter planes as they crashed from the sky into floating ships or rained down terror on allied forces. This is a real-life action flick and contains some of the best war footage imaginable. Ford himself was actually hit by enemy fire during the filming process.

The Ruby Coast Moutere Hills Film Society will have its inaugural gathering at the Playhouse Cafe on Thursday 14 July from 7pm. Screenings will be held in the main restaurant on the a large projector screen with the Playhouse PA system for excellent sound and vision. A short history of the films will prelude the screening and a promise of extra large, freshly baked cookies will be available for \$3 in between the films.

The Battle of Midway (1942) 18mins, 7:15pm screening time.

The Battleship Potemkin (1925) 75mins, 8pm screening time.

Both at the Playhouse Cafe 171 Westdale Road..

Original Art Sale a big success!

Over Queen's Birthday weekend, the Mapua Art Group (MAG) transformed the supper room at the Mapua Hall into a colourful art gallery with more than 70 paintings created by local members.

Opening night on Friday was a great opportunity for locals, artists and family members to get together and celebrate the exhibition in style. The creativity of members was on show not only in the work, but also in the delicious food on offer. Nelson Wineart kindly donated the excellent wine for the evening. MAG organizer, Lisa Chandler, gave a very interesting illustrated talk on her painting practice, including her design career, progress on her Master of Fine Arts course and a step-by-step display of a painting currently on her easel which brought ohhs and ahhs by the audience as they saw how the painting changed. MAG exhibitions manager who has known Lisa for a long time, commented that "Even I learnt something new about Lisa this evening."

The People's Choice award was a very popular part of the event, with 318 people taking the time to vote over the three-day exhibition. The winner, Anne Haswell with her beautiful oil painting *Daisies*, won a \$100 gift voucher from Impressions Picture Framers and Art Supplies in Richmond. Thanks to Glenys and Lewis Dellabosca from Impressions for donating this prize. Second place went to Lisa Chandler, and third place went equally to Sally Reynolds and Lisa Edwards.

Nine paintings were sold, by eight members, with member Tracey Murray not only exhibiting for the first time but also selling her first painting – well done Tracey!

The Mapua Art Group would like to take this opportunity to say a big thank you to the local community for really getting behind this event and



The painting of daisies, by Anne Haswell, won 1st place in the People's Choice Award. MAG



Exhibitions Manager Linda Morris is shown with her painting Moo-tere.

being so supportive of their local artists. Your generosity by buying raffle tickets and giving donations means that MAG can have 10 large easels made for members to use each week.

Our next art sale will be as part of the Magical Mapua event in November. If you are interested in being a part of the group, or would just like to see what we are up to, feel free to pop into the supper room any Thursday from 9am to 12.30pm.

PANZ

We have had a very busy couple of months at our Tuesday morning group with various challenges and demonstrations. As we have some more new members also, we have been going back to basics in order to help these people along and not feel quite so lost.



With some interesting talks and demos on the agenda for the next couple of months, we aim to keep up the happy enthusiasm and keep members looking forward to their challenges as they are thrown at them. After many groans at these, there are always comments of "that was fun" and "can we do it again?" Being thrown out of your comfort zone is sometimes nerve-wracking, but there is always something new to be learned from it and members now look forward to these days with interest.

Our doors are always open to interested people and we are only too happy to let you walk around and see what we are doing. The hours are Tuesday mornings 9am to noon at the Mapua Hall (Supper Room). Enquiries to Glenys Forbes 540-3388

MAPUA COMBINED PROBUS

Helen McDonald was the guest speaker at the June meeting, her subject being physiotherapy. Helen is a business partner at the Richmond Physiotherapy Center in Queen Street. She joined the practice in 1977 and became a business partner in 2007. Helen practices what she preaches, being involved in tramping, cycling, and mountain-biking around the Nelson district. She very much enjoys her work, getting great satisfaction in getting people to overcome their physical problems, and to get back to an active lifestyle.

Helen asked the meeting, “who wants to be younger next year?”. There was a positive “yes” response. She emphasised the saying, “If you don’t use it, you lose it”. Helen demonstrated some basic exercises to improve the thigh, lower back, and upper arm muscles. It is important that people think positively to overcome the lack of motivation, both physically and mentally.

She pointed out that the world’s gravity has an important role to create physical exercise. It is accepted that astronauts rapidly lose physical condition living in a non-gravitational environment. Strengthening exercises programs are important to maintain and improve muscles and ligaments. Exercise must give some pain or discomfort to improve the body strength. Helen recommended the use of some basic exercise equipment such as stretchy bands, hand weights, or as a substitute, she suggested the use of two full one-litre milk containers of water to improve arm muscles.

Helen finished her talk about the need to keep the mind active by taking on new interests, and hobbies. The Richmond Physiotherapy Center is expecting to move into the new medical center, now under construction in lower Queen Street. It is expected to be open in July.

The afternoon’s mini speaker was David Higgs who talked about the Nelson taxi industry. It was in 1986 that he met a Nelson City taxi driver who was approaching the retirement age of 60. He wanted to sell, and it was a good opportunity for David to have

a change of lifestyle from office work. It took three months or so to obtain a taxi license. This involved gaining knowledge of roads around the Nelson district and to take a course on defensive driving.

In the beginning Nelson Taxis was the only taxi service. Karen the office taxi controller operated from an office at 28 Bridge Street, opposite the Suburban Bus Co. Some years later the office was moved to Park Lane, behind the Victoria Rose, in Trafalgar Street.

David talked about the various taxis he owned in his 14 years of driving. The Nissan Laurel diesel he bought from another taxi operator was the most practical. Before retiring he sold the Nissan to a friend. It was driven for about three years touring most of the country towing a caravan.

Several high points were having long-standing personal clients. One such client was Patricia. She and two other ladies well in their 70s would periodically request David to have an afternoon’s drive to various parts of the Nelson district. Another memorable trip was to deliver some packages from Nelson airport to Hokitika. Some of the down sides of the business were having to pick up people from the nightclubs when they were high on drugs or alcohol. Runners were sometimes a problem—clients who refused or didn’t have the money to pay the fare.

After about five years two former taxi drivers from the Wellington area set up the Bluebird Taxi Company from an office in Bridge Street and ran for about six years. Several taxi drivers moved on to a new business named Sun City Taxis. They also worked from Bridge Street opposite the nightclubs. Since David’s retirement The Nelson taxi Industry has continued to expand with several more taxi businesses and shuttle operators working from the airport. This probably is an indication of the expansion of the Nelson’s tourist industry.

The next Probus meeting will be held on the 5th of August.

David Higgs

Mapua, Ruby Bay & District Community Trust

Statement of Financial Performance For the period 1 Apr 2010 to 31 Mar 2011

INCOME	notes	2011	2010
Coastal News donation	1	\$11,100	\$10,200
Personal donation	2	\$0	\$0
Business/Club don	3	\$0	\$90
Interest		\$1,855	\$1,166
Total		\$12,955	\$11,456
LESS EXPENSES			
Administration		\$0	\$0
Grants	4	(\$2,530)	(\$400)
NET SURPLUS		\$10,425	\$11,057

Statement of Financial Position For the period 1 Apr 2010 to 31 Mar 2011

TRUSTEES EQUITY	notes	2011	2010
Capital Reserve Fund		\$53,075	\$41,975
Disbursement Fund		\$981	\$1,656
Total		\$54,056	\$43,631
REPRESENTED BY			
Current Assets			
Kiwibank Now Acct	5	\$1	\$1
On Line Call Acct	5	\$54,055	\$43,630
Total		\$54,056	\$43,631
LESS			
Current Liabilities		\$0	\$0
NET ASSETS		\$54,056	\$43,631

Grants made by the Trust in 2010

12 May 2010

Hall Society	\$350
Tamaha Scouts	\$1000
Mapua Football Club	\$400

12 November 2010

Mapua Art Group	\$330
Community Library	\$250
Spring Fling	\$200

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD COMMENCING 16 APRIL 2004 AND ENDING 31 MARCH 2011

The Trust was established as an entity on April 16 2004 and a Deed of Trust formally signed on April 28 2005. The Trust was incorporated under the Charitable Trusts Act on May 5 2005.

1. The Trust was duly incorporated in May 2005. Its principal supporter is the Coastal News which makes donations to the Trust's funds throughout the year.
2. Personal donations amounting to \$835 have been received by the Trust prior to 2010.
3. Two donations (\$150 in total) were made by businesses in the village in March 2006.
4. Applications for grants are considered by the Trust biannually – in May and November
5. The Trust operated somewhat informally until November 2006 because no applications for grants had been received. In October 2006, at the request of Mr Hamlen-Williams, the Trust's financial assets were transferred from the National Bank to Kiwibank, primarily to use a New Zealand owned bank. This also allowed higher interest to be received on the asset by use of Kiwibank's "Now" and "Online Call" accounts. In 2010 the Online Call account was converted to a Notice Saver account requiring 32 days notice of any withdrawal since this provided a higher interest rate combined with ready availability of the money. Account operations can only be conducted through the "Now" account following internet transfer of money between the two accounts. Any movement of Trust funds is subject to prior approval and recorded at a Trustees' meeting.

FINANCIAL RESPONSIBILITY STATEMENT

The Trustees are responsible for preparing the financial statements and ensuring that they comply with generally accepted accounting practice and give a true and fair view of the financial position of the Trust as at 31 March 2007.

The Trustees consider and are of the belief that they have discharged their duties in accordance with the provisions of the Deed of Trust (# 1631861).

For and on behalf of the Trustees, dated 31-5-2011: Chairman: T. R. Hamlen-Williams
Treasurer: J. R. Sharman
Audited by: K Brown CA

Noticeboard

To Let: Nelson, fully furnished, sunny 2 bedroom Unit on Neale Park. Avail as short stay holiday home or longer term. \$ Neg. Ph 027 23 222 13 or (03) 539 0266.

Coastal Connections Social Group: The next lunch-time gathering is at "Wharfside", Mapua Wharf, on 14 July. Look forward to seeing you all. Julie Haliday, 540 3533

Therapy room to rent in village centre. Tel Julie 5402705 to view.

Canterbury walnuts, whole and well dried. 1 kg lots \$18. Ph 540 3674.

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

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.

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.

YOGA with Robin - Classes weekly. All levels welcome. Call 540 2113 for class times & information. www.rubybayyoga.com

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