

Coastal News

email: coastalnews@mapua.gen.nz

covering Mapua & Ruby Bay,
run by volunteers

Nelson Medical team up to the Task

A Nelson team of eye specialists found themselves in the middle of a medical emergency when they visited the Tokelau atolls last year, the Combined Probus Club of Mapua and District heard at its April meeting.

Graeme Sands, of Mahana, a theatre nurse at Nelson Hospital specialising in eye surgery, was part of a team headed by Dr John Davison, a Nelson ophthalmologist, with Tim Harrington and Jenny McKeogh, optometrists, as well as a consultant pharmacist, Chris Budgen.

When they got to the atoll of Nukunonu their team escort and interpreter, Dr Tekie Iosefu, was called to examine a woman in labour and he decided they would have to perform a caesarean section. The last successful one had been done seven years before. With no diathermy or anaesthetic machine and very limited drugs, they prepared as best they could.

After organising blood supplies from family members the operation was begun soon after midnight (the woman had been in labour for 38 hours) and the baby was delivered limp and motionless. It was passed on to nurses for resuscitation and Graeme and the doctors concentrated on trying to save the mother. Then they heard the baby make a weak cry. "What a great sound to hear," said Graeme.

But it was 4am before they managed to control the mother's bleeding and bring her round from the anaesthetic. It had been a long night.

Graeme said: "I left the theatre, my clothes saturated with perspiration and blood-stained. I walked into the sea to cool down, soak my clothes and wash my sandals. It was so refreshing and I was so relieved it was all over. Before we left the family came and thanked me and said their prayers had been answered. The baby was a beautiful little boy and the mother was doing well."

The team travelled under the title of "Volunteer Ophthalmic Services Overseas" to treat the eyes of some of the 1700 population living on the three atolls, which are some 500km north of Samoa, almost on the equator. The team flew to Samoa, and from there it was a 30-hour trip on an old container barge, enduring very basic



Graeme Sands

conditions and rough seas to Fakaofu, the closest atoll. Facilities on the atolls are very basic. There is no harbour on Fakaofu. On reaching the atoll, the team was transferred with all their equipment to a fleet of small boats to land on the atoll.

Graeme described the atoll as an area the size of the Mapua Domain in width and about 6km long. The highest point on the island was about 5m. The atoll is a dead volcano with the edges of the land dropping into the sea to a depth of 1200m. The people live close to the shoreline. The atoll has no soil as the land consists of seashells, volcanic rock and coral. The islands' only source of water is rainwater stored in tanks, so no crops are grown. All food is shipped to the atolls each month along with their diesel to drive the atoll's generator and the power supply. The generator was run only three to four hours a day to conserve fuel. Transportation on the island is non-existent, as there are no roads. The people have to walk to reach their destination. The majority of the population is made up of the elderly and young children. Most of the youth and middle age

...continued on p.2

Nelson Medical team up to the task ...contd

move off the atoll to New Zealand for education or work.

After being greeted by the village chief and the elders the team got down to work. One of the first jobs was to sort out and often repair local equipment. They also had to train two local nurses to assist with the team's operations. The main work was to operate on patients for cataracts and the growth of pterygium in the eye. Graeme found on their initial tour in 2002 that most of the operations were given to the elderly ladies, as most men were reluctant to undergo the operation. With the success of their original operations a greater percentage of men were willing to have the operation on the 2005 visit. During their tour in 2002 the team completed 23

operations. On the 2005 tour they were able to increase their operations to 147 over the three atolls. Graeme said their eye problems were caused by the intense sunlight reflected off the white coral and seashells. There is a real need to supply sunglasses for their eye protection.

The team all volunteered their time and expertise and paid their way to Western Samoa. The Tokelau government provided their travel, accommodation and meals while in the islands.

David Higgs

Coastal garden group

Each month we open our doors to gardeners from around the area and April saw our usual good attendance of members joined by several guests and visitors. It was as always a lively meeting. We first reviewed the previous month which had included a social outing for the club to the Riwaka Resurgence, a delightful spot for a picnic. Barry then outlined jobs for the coming month and we shared hints and tips for successful gardening in the months ahead.

Max introduced us to Joanne Westbrook. Joanne had an intriguing box with her which was full of men's clothes, beer cans, children's windmills, pantyhose and make-up. She explained that she is a peony grower, and getting tired of birds pecking at the emerging buds, she built herself a scarecrow. She used some of her own old clothes for her first scarecrow and although friends passing by thought she was a very hard worker, out in the fields all hours, they also thought she was a little rude in not returning their waves and comments.

Her second scarecrow was a man, to avoid any confusion. A few poles, a bag of hay and her box of tricks soon became a typical Kiwi bloke complete with empty beer cans trailing behind him. Not only did Joanne entertain us with her skill at constructing a scarecrow; she showed she has a talent for spinning a good yarn and we thoroughly enjoyed her visit with us. Many thanks Joanne, we look forward to seeing you again in spring.

The Bloom, Cluster and Shrub competition was a colourful affair with tuberous begonias putting on a good show alongside many roses still in full bloom.

Many thanks to our hostesses for a super afternoon tea, after which everyone was refreshed and ready to spend money at our plant auction.

Our next meeting will be on Thursday 4th May at 1.30 pm in the Supper Room at the Mapua Hall. We look forward to seeing you there or if you have any queries please feel free to contact either Barry Highsted (540-3139) or Anne-Marie Giddens (540-2335).

Reserves Sub-committee

It is nearly a year since the Coastal Garden Group first had talks with the Tasman District Council about looking after the reserves in the Mapua area. The sub-committee was formed to help put ideas forward to the council through their Reserves Manager, Beryl Wilkes.

The year has seen planting plans put in place for the Domain and for Aranui Park and some additional planting in the reserve in Bronte Road. Plans for Grossi Point have been put on hold pending a report required by the Historic Places Trust, but we are keen to see some improvements there as soon as possible.

The sub-committee has been discussing ideas for a lake in Aranui Park which would help solve some of the drainage issues there. Further meetings with the council later this month should see a plan being put forward for submission.

We wish to offer our thanks to all those members of the garden group who have worked on the sub-committee and helped out at working bees, planting and weeding. However, a special thank you is in order to Joy and John Sharman for their efforts at keeping the new planting in Aranui Park watered and cared for over a very trying summer period.

Garden Notes

We have come to the last month of autumn. This is the last opportunity to take cuttings, as the sap will be at its lowest level during winter.

For classic winter colour I have planted out stock, pansies, primula “Malacoides,” polyanthus, and forget-me-nots. The deep gentian blue, very lovely, and once established seed can be scattered throughout the garden. Every garden should have this one.

Winter-feed your annuals with a fertiliser high in potash. Give your perennials the chop at this time. New lily bulbs will be in stores soon, so take your pick.

Rhododendrons, camellias, conifers and box hedging all have shallow roots, and can be transplanted this month. but still water well.

In the vege garden. I am trenching and filling with compost made during summer. This will lie fallow until spring. Carrots, cabbage, and silver beet are ready. Many gardeners don't bother to grow carrots as they are cheap to buy, but taste the difference! It is well worth the exercise.

During the past two weeks I have been attending to my lawn — filling hollows with soil, scattering seed along edges in need of attention, and fertilising with Ravensdown lawn manure. What a difference!

The rains have come and the grass seed is through. The growth is thick and lush and green, after such a hot summer. This has been worth the effort. Happy gardening as always.

Barry Highsted

Handy Tips

Spray your plastic storage cartons with non-stick cooking spray before pouring in tomato based sauces and there won't be any stains.

Coastal Connections

On 13 April we met at The Gothic in Motueka for lunch. It was a beautiful autumn day and we were able to sit outside. Once again, the menu catered for all tastes.

Serious thought was given to preparing for a pandemic, earthquake and tsunami. Valerie spoke of a “Getaway Kit” which should be prepared now. This should include information about passports, bank accounts, insurances, birth and marriage certificates, location of wills, next of kin, and any other information that is relevant to the individual. Other essential items should include a portable radio with batteries, a torch (sensible that it should use the same size batteries as the radio), cell phone, medication, house keys, telephone numbers of local police, medical centre, relatives and neighbours. There should be a store of good water (renew every six months), food, dried and canned, a can opener, toiletries, a bucket with lid (for catching rainwater) and plastic bags, a first aid book, plastic gloves, breathing masks, baby wipes, paper or card and an indelible pen, masking tape and a penknife. The usual “camping” utensils should also be included. All this should be carefully stored in cartons/boxes in an easily accessible place on one's property, and all members of the household should be aware of its contents and whereabouts.

It is sensible to talk to neighbours to see who has a boat, a barbeque and spare accommodation. A pre-packed suitcase would be a good idea, especially if there are young children in the family, who would appreciate a few toys and games.

The above information is not complete but is the result of our members' discussions and suggestions. We would welcome further information from readers of the *Coastal News*, which could be incorporated in a future article on this very serious subject.

Our next meeting will be on 11 May at The Waterfront Café & Bar at 341 Wakefield Quay, Nelson, where a \$12 lunch menu is offered. We will meet there at 12 noon, but please phone Dot on 540-2323 so that a firm booking can be arranged. Any ladies who are interested in eating out with good company, are most welcome to join our group.

Reported by Barbara Halse.

Digital Photography Group

Due to a rather poor weather forecast, our proposed outing to Kaiteriteri was postponed and we gathered at Dot's home for a "pot-luck" lunch and general discussion session instead.

Ten members enjoyed the spread, and conversation soon focused on our proposed photographic show to be held in early November. This is a "follow-on" from the highly successful exhibition that the club held last year. Details will be announced in later editions of the *Coastal News*, but we can promise that this year's event will be even more spectacular and hopefully will include contributions from other sections of our community.

One of our members told us of a rather expensive and bitter experience he had when obtaining professional prints from digital images. It appeared that the processing retailer was unable to reproduce the full sizes of the images, half the subject being cut off in one instance, but nevertheless, he was charged a horrendous price. Our member suggests that one should "stand over" the machine operator to ensure a satisfactory result, before parting with money! (Rather than calling back later to pick up the results).

We discussed the possibility of sharing members' books on digital photography – between us we seem to have quite a library on this subject. A list of publications that members are willing to lend to others will be drawn up. The club can then maintain a "loan book" to keep track of our books.

Discussion took place on the use of the Photoshop Elements program, which provides means to manipulate digital images in many fascinating ways. Dot demonstrated some of the more common features, such as removing "red-eye" from flash-enhanced photos. We learnt that it is always a good idea to back up an original picture before modifying it in any way. This preserves the original in case anything goes wrong when "dabbling" with it.

Our next meeting will be on the 2 May, when we will again attempt to gather at Kaiteriteri for a photography afternoon. We will meet at the café on the front at midday, when members can either enjoy a quick lunch there or their prepacked picnic before setting off to find interesting subjects for the cameras. We will also be judging members' examples of photos of Hamish, our resident Mapua white heron, who has now taken up his usual winter residence in the estuary.



Members of the Digital Camera Group watch a demonstration of Photoshop Elements, a photo-editing program.

For more information on the Digital Camera Group phone the secretary, Kushula Haenen, on 021 036 9046.

Mike Halse.

Mapua Public Hall

The Mapua Public Hall AGM was attended by more than the usual number on 19 April. Thanks to those who attended. The existing committee put themselves forward again and were elected unopposed, and June Dunn and Grant Winter (for a second round) also volunteered their time to the committee.

The full committee is: Mike Shirer, chairman; Barry Evans, deputy chairman, Martin Strong, treasurer; Mary Garner, secretary; Bill Marris, maintenance officer; Murray Garner, Peter Hancock, Graham Snook, Derek Green, Dave Murray, Jim Bryse, June Dunn, and Grant Winter.

Meetings are now the second Wednesday of the month at 7.30pm. All are welcome.

Recent efforts by the committee include the installation of a disability ramp. Many thanks to Graeme Mathieson for assisting with the building. Also the tank and pump house at the back of the hall are being removed and that area will be tidied up.

The meeting included some discussion of the direction of the hall for the next few years. There has been public comment that hall should be expanded or upgraded. While the Hall usage is growing along with the community, a greater consensus is required to create the impetus to achieve that end. We welcome discussions on the topic.

With a full committee, a new funding sub-committee will be set up to help find the financial resources

required to tackle some of the larger projects, including sealing the car park, men's toilets, refurbishing the interior/kitchen and replacing the seating.

After much debate the committee in March decided to increase the hall usage charges by 10% effective 1st May 2006. The last time the rates were adjusted was back in 1993, and since then running costs, especially power and insurance, have risen dramatically. The majority view of the committee is to maintain the rates at a level affordable to all, so things like cleaning up after use, turning lights and heating off and reporting any problems will greatly assist us. The hall maintains a modest working cash fund sufficient for running costs, but outside funding will be required for all upgrade projects.

The new charges are:

- Social Functions: Main Hall and Supper Room, Commercial \$165, Local \$132. Supper Room (inc. Kitchen) \$55.
- Casual Hire: Main Hall (morning, afternoon evening) \$27.50, Supper Room \$22.
- Regular Hire: Main Hall (morning, afternoon, evening) \$22, Supper Room \$11.
- Hall Tables: Outside Hall use only with permission from a committee member, \$2.50 a table a day or POA. Hall Chairs: Outside Hall use only with permission, 25cents a chair a day).

Further details can be found in the hall booking book at Perry's Garage, or on the notice board inside the hall. Please feel free to contact any of the committee over issues about the hall. It is our largest community owned asset and should be used and cared for by all of us.

Mike Shirer, chairman

Web Site updated

After being in limbo for some months, our website has been updated, thanks to Rick Coleman of Site Productions, so you should be able to get an on-line version of the *Coastal News* very soon after the printed version comes out.

So just go to www.mapua.gen.nz and have a look. When the Mapua home page comes up, click on the *Coastal News* logo for local news. Other links take you to schools and businesses. There is even a map.

While we are talking about communicating, you can e-mail us anything at coastalnews@mapua.gen.nz, or write to us at Box 19, Mapua Store.

Correspondence

Postal address for payments and correspondence: We ask all users to please use the following address for payments and correspondence. Please DO NOT leave payment or correspondence at the garage. The garage continues to be happy to hold the booking book and keys but do not have the facilities or the time to handle mail or cash payments.

The hall address is: Mapua Hall Committee
C/- Mapua Postal Agency
Mapua.

Payments or mail should be addressed as above and left at the shop

Pastel Artists Awards

The Pastel Artists of New Zealand annual Art Awards and Convention held at Mapua from March 30th to April 2nd was a great success and a big thank you Mapua for showing your support the way you did.

The exhibition hall was buzzing with people all weekend and the event was a success far beyond my dreams. There is nothing quite like a country area for producing a roaring success. The jewel in the crown was the success of local artist and PANZ member, Judy March, being honoured with an associate membership. A rewarding result for a lot of hard work by Judy.

Members from Dargaville to Invercargill exhibited their paintings and the prize list covered a large area of the country, with two artists being double winners, something quite rare. The following are the final results of the weekend:

1st prize overall: Julie Greig, Wanganui, "Sleeping Beauty."

Runner-up: Carol Banner, Masterton, "Untitled."

Merit Awards: Pat Lindbom, Greymouth, "Within the Bush, South Westland;" Joan Taylor, Auckland, "Untitled;" Angela Sharland, Richmond, "Lazy Afternoon on the Nuffield;" Carol Banner, Masterton, "Nightshades."

People's Choice: Angela Sharland, Richmond, "Morning Light, Kenepuru."

Thank you to all the people who helped us to make the weekend such a success and show the rest of New Zealand what a great place we live in. To our Nelson area members of PANZ, a huge big thanks for your efforts and the pride you showed in the running of "our" show.

Major sponsors for the awards were Impressions, framers and art suppliers of Richmond who sponsored \$2000 in cash prizes for the event. Other prize sponsors were:

Studio Art Supplies of Parnell.

The French Art Shop of Auckland.

Queen Street Fine Arts of Blenheim.

Sponsors who have supported the PANZ - Nelson Area and without whom, the weekend would not have been held. TDC Creative Communities NZ, Tasman District Council, Sir Patrick Goodman, Motueka, Moutere Hills RSA Memorial Library, Gen'I, with additional help and expertise from Graeme Stradling and Ted Perry

Glenys Forbes, Convener



Judy March of Mapua with her certificate and entries which gained her the award.

Mapua School Report

It is amazing how quickly the term goes and a reflection on how busy we all are. All teachers and students are exhausted after another frantic term in which all classes visited Bishop's School and the Museum: the Juniors have an old-fashioned picnic day that included horse rides; Room 6 and 7 camps to the historic goldfields of the Wakamarina Valley; Room 4's over night camp to the Leisure Park (horse riding, mountain biking and jet boat rides!); Seniors French day at Ngatimoti and to cap it all off an Easter Egg Hunt involving the whole school.

Term 2 will start with a roll of 208 with the arrival of six new students and new entrant enrolments as well. With expected admissions we will exceed or peak roll about the middle of term 2 (with still two terms to go).

Recent purchases have included two wonderful mobile padder tennis nets that have sparked a resurgence in padder tennis. Two new laptops take the total to eight laptops available for student use along with the 12 station computer suite (with existing eMac and iBook in each room). This results in us being very well equipped with hardware to meet our students' growing needs.

The website continues to be a powerful medium for celebrating and communicating our achievements. Students are updating this site weekly now with news and events.

For further information please contact: Hugh Gully, Principal, Mapua School. Phone/Fax 540-2806. Mobile 027 632 7078, www.mapua.school.nz

Community Association Report

The monthly meeting of the Mapua & Districts Community Association was well attended. Our guest speaker, Alistair Hill, deputised for Hugh Gully from the Mapua School.

Alistair said the car parking at the school was under review. There was a teacher on duty to help children negotiate their way to and from school. A roundabout in front of the school was not considered to have a slowing-down effect on traffic and would not make pedestrians any safer. Transit has been restricted to \$75,000 to upgrade this corner. We are waiting for further information on the issue.

Town Centre: Unfortunately the Tasman District Council has axed the planned upgrade of our town centre from the 2006-7 budget to the 2007-8 budget. Network Tasman reports that it will cost \$300,000 plus to bury the power cables from Higgs Road to the Coastal Highway. The TDC will provide the ditching. It is expected that both power and telephone cables will be buried at the same time.

Speed limit: It is planned to move the 50kph sign back some distance towards the intersection so that traffic entering Aranui Road from the main highway will be slowed earlier. It is expected to be positioned outside Aranui Park.

Reserves: Barry Highsted reported on the planting of rhododendrons at Aranui Park, 30 in all. The planning for the lake which the reserves committee has proposed

is being discussed right now and will serve not only as a recreational area, but as a retention pond to ease the flooding. The plan to plant cherry trees along the road frontage is now being negotiated with the council.

Rates seminar: I am pleased that this public meeting on rates on 25 July in the Mapua Hall at 7.30pm is gaining momentum and we now have four guest speakers. They are Mr Chris Auchinvole of the National Party, Mr Bob Dickinson, CEO of the Tasman District Council, the Tasman deputy Mayor, Mr Tim King, and Mr Gordon Currie, of Grey Power. I am sure this will be an interesting evening. Rates affect most of us, so please take note of the date, and keep this free.

Annual plan: Please get your submissions in to the council by 19 May. At our next meeting we will be discussing, council plans and the sea wall, the future of it and where we go from here.

I am very pleased to advise that we now have a new secretary, John Sharman, and a new committee member, Helen Bibby. We welcome them both on board. We now have 9 executive committee members, and 60 paid-up members. Our next meeting will be 8 May in the Mapua Hall supper room.

Jim Bryse, chair.

Playcentre

Two great community events, Taste Tasman and the Mapua Easter Fair, have been fantastic boosts for our fund-raising coffers. Support has been truly generous from the public with great turnouts both days. The Easter Fair in particular is a biggie for us as we share the proceeds with Mapua School. From our base at the toy tent and bouncy castles this year's fair looked incredibly successful. Our heartfelt thanks go out to all organisers, helpers, supporters, and public attending and spending. Without you our fund-raising efforts would require so much more resource.

We ended our first term with a birthday party of yet another 'turning 5 and off to school'. There are quite a few this year we'll be saying goodbye to, having already farewelled five this term, children who have been with us for most, or all, of their pre-school years. And while

the kids adjust to absent friends and form new friendships, we've also welcomed two newborns from our Playcentre families.

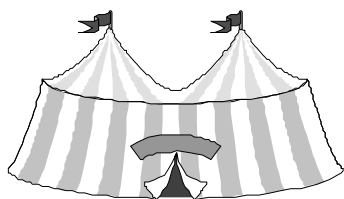
Another free-of-charge parenting/supervisory course took place this term. With a number of parents in attendance, we've seen assignments carried out during sessions, which has meant more imaginative and fun play for the children.

We have just farewelled one of our long-standing supervisors, Chrissie Small. And while we'll remember fondly and miss Chrissie's lively musical sessions, her absence has opened a space for other parents to take on the supervisory roles.

So new faces change places within Playcentre. We're looking forward to the autumn season, after a tidy up over the holidays. Feel free to visit and find out more.

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A busy month for the artistic team who have been studying the musical Oklahoma with an eye to bringing you songs and dance routines to keep you entertained as you browse the displays and exhibits.

It has also been a busy time for contacting potential participants. Many of those who took part last year are keen to be a part of it all again, but there has been plenty of interest from new groups, too. We are still keen to hear from anyone who would be interested in taking part in the event so it's not too late to contact us.

A site fee will be payable and participation in the event will be at the discretion of the Mapua Show Committee whose decision will be final. Initial enquires to John Sharman (03) 540-3642 (or 027 283 9686) please.

We are pleased to report that **Ray White Real Estate- Mapua** will sponsor this year's festival.

MAPUA FESTIVAL

RSA MEMORIAL LIBRARY

Ph 540-2545

Coming up in May is a night of quality drama with Helen Moulder's solo play, "Playing Miss Havisham". This will be held at Woollaston Estates



thanks to the generosity of the vineyard owners. So keep Wednesday 17 May free in your diary, it's a night not to be missed. Funds raised go towards the running costs of the library. Seats are limited, so get your tickets at the library, or phone Dot Moriarty (540-3276).

The play is based on the Miss Havisham character in the Charles Dickens novel *Great Expectations*. The audience is asked to attend the play as wedding guests, so it promises to be an unusual affair, and is something not often seen or experienced in this area.

Another event in May is our AGM, to be held at on 7.30pm 9th May at the library. We have a strong volunteer team who run the library behind the scenes, and those you see at the front desk, but we will need at least three new committee members to ensure the library continues to run smoothly. We have excellent systems in place and participation is certainly no burden, in fact we have a great deal of fun, and lots of laughs.

So, if you are proud of our local library, and want to help it flourish, give me a call on 540-2698, any time.

Library Hours:

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

Playing Miss Havisham
With Helen Moulder as Claudia
At Woollaston's Estates Ltd
 School Rd, Mahana
 on
17 May at 7.15pm
Tickets \$30, on sale at the Library
 Nibbles provided, wine can be bought
 Proceeds to Moutere Hills RSA Memorial
 Library

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

Mapua Health Centre

We are gearing ourselves up to undertake a voluntary practice accreditation process called 'Aiming for Excellence' that looks in great detail at how we run the practice. There are five sections that we will be working through to help identify ways of improving our service:

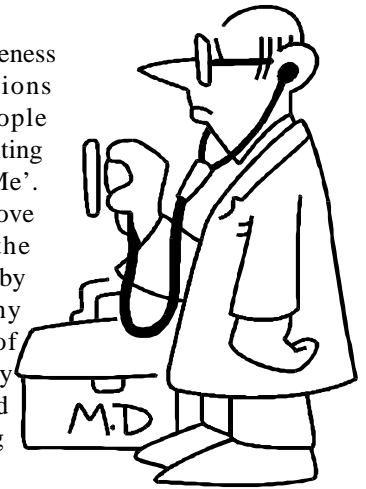
- Factors affecting patients
- Physical factors affecting the practice
- Practice systems
- Practice and patient information management
- Quality improvement and professional development.

So you may well find that we are asking people to fill in satisfaction forms and making sure we have all your information properly sorted out.

There have been a variety of bugs going around including various cold and cough viruses, as well as a diarrhoea and vomiting infection which again is usually self-limiting but requires care to avoid dehydration, especially in young children. There have also been a few cases of a more serious type of gastro-enteritis which tends to cause a more persistent diarrhoea which may be accompanied with colicky pains and the passage of blood. If in doubt please contact the medical centre (540-2211).

National and global health promotion events for the month include the following:

May 1-7 is Deaf Awareness Week and organisations working with deaf people across the country are inviting everyone to 'Look At Me'. The theme aims to improve understanding of the different types of deafness by highlighting the many different methods of communication used by deaf, deafened, deaf-blind and hard of hearing people, such as sign language and lipreading



May 2 World Asthma Day
499-4592 re NZ details

Tel: 04)

May 8-14 M.E. (myalgic encephalopathy) Awareness Week
www.anzmes.org.nz

May 14-20 Hospice Palliative Care Week
www.hospice.org.nz

May 15-21 National Smile Week (dental health)
www.countmeincalendar.info/

May 15-19 National Allergy Week
www.allergyuk.org

May 20-27 Heart Children Awareness Week
www.heartchildren.org.nz

May 31 World No-Tobacco Day / Smokefree Day
www.un.org

This year's flu vaccine is still available. It is free for those over 65 years and for those patients with certain chronic conditions such as asthma. Also, the government has given approval for a 4th meningococcal vaccine (MeNZB) for all infants who received their 1st dose before they were six months old.

Exercise - Let's focus on the positive

A recent survey found that about 40% of New Zealand adults are physically inactive, and 15% are sedentary—they do nothing at all. Physical inactivity causes 2,600 deaths a year, and is a major factor in nasties like cardio-vascular disease, Type 2 diabetes, osteoporosis, depression and falls.

We know about the negatives. More important are the everyday positives of physical activity such as better sleep, stress management, confidence and safety in normal function, increased energy and vitality. Never mind chucking out the blood pressure pills, what about wheeling your barrow, tying your laces and carrying the shopping without puffing, creaking and groaning? Most importantly, what about feeling good about yourself?

When we come out of the Mapua Hall after aerobics, there are always more people at the Naked Bun doing energy INPUT, than were in the hall doing energy OUTPUT.

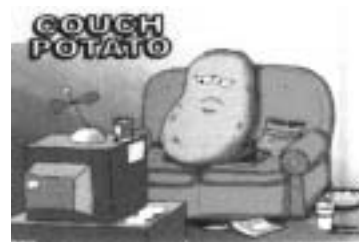
Both are important. Ideally, they should balance. Energy input should equal energy output. Back in our evolutionary past, it was easy – we had to chase dinner. If we couldn't run, we were likely to end up being dinner. Exercise wasn't for fun, it was for survival.

Today, we don't chase woolly mammoths – we drive to the Bun. We have a multitude of "labour-saving devices." E-mail means we don't even walk to the post box.

So energy output has declined, leading to the "negatives" above, but also a loss in "positives". Like the absence of pain, we don't notice those. You can't miss something you've never experienced.

The greatest benefit of exercise is that doing it gets rid of a huge "ought to". You stop feeling guilty. You

feel goooooood about yourself! Your strawberry tart at the Naked Bun becomes guilt-free pleasure because you've balanced the INPUT with some OUTPUT.



And in the process, co-ordination, balance and posture improve. Body-fat percentage, risk of illness, and stress levels decrease. Muscle tone, flexibility and bone density increase. Your low back won't hurt. Neural pathways will grow that may reduce the chance of Alzheimer's disease.

Today, we must "make ourselves" exercise. No-one wants to. We know we ought to. But it's hard to get motivated. We're not wired for it! To overcome this flaw in our evolutionary biology, exercise must be achievable, uncomplicated, regular, easy to get to, all-weather and friendly. It's also been proved that paying for it improves "stickability".

Why not do it?

A new term of exercise classes begins in the Mapua Hall on Monday May 1st. It's affordable, local, and believe it or not, it can be fun. And you can go to the Naked Bun afterwards without guilt!

Phone Lynda on 543-2268 for details about the programme best suited to you. Registrations are required

Lynda Mabin



Achieving a Healthy Lifestyle

The Taoist Tai Chi Society of NZ belongs to a international organisation which encourages and teaches people to achieve and maintain a healthier lifestyle, both physical and mental, through the regular practice of Taoist Tai Chi. There are over 700 branches in many countries world-wide, all teaching the modified Yang style and long form of 108 movements of Tai Chi developed by the late Master Moy Lin-Shin. This makes this style of Tai Chi truly an international one.

Taoist Tai Chi has been instrumental and well documented in assisting people overcome illnesses and disabilities such as MS, stroke sufferers, ME, Parkinson's, cancer, arthritis, asthma, diabetes and many others. The object is to develop correct alignment of the spine and skeletal system, enhanced muscle tone and strength, increased flexibility of ligaments, joints and tendons and the body as a whole, and development of a stronger bone structure and increased blood circulation, thereby promoting better health to all internal organs including the brain. Early benefits can be seen in correct posture and an increase in mobility, confidence, balance and co-ordination – things that can assist many older people in avoiding accidents. And, the practice of Taoist Tai Chi is a relaxed, stress-free and enjoyable form of exercise undertaken either in congenial surroundings with like-minded people, or solely, as you wish.

The society's aim is to make Taoist Tai Chi classes, taught on a volunteer basis by trained instructors, available to all. A small monthly cost of \$25 (waged) or \$15 (55+ or beneficiary) is used to cover administrative costs such as advertising, rent, running costs etc.

The Nelson branch began teaching classes in August 2000 with two experienced instructors. Since early 2002, the branch has occupied a permanent space at 4



Natalie Street, Nelson. At present a total of 9 classes a week are taught there by accredited instructors, with another three classes held weekly in the Mapua Community Hall. We offer classes to new beginner students as well as on-going continuing level classes or those more experienced, and there is a weekly class specifically aimed at more senior members (65-90yrs) who may be at risk of falls. The Nelson branch has about 130 students and continues to grow as more people take up the Taoist Tai Chi way of life.

Each year, the society holds an 'International Awareness Day' when all clubs and branches worldwide take the opportunity to promote their activities and programme to the public.

You are most welcome to come along to any of our classes at any time to check it out and see if Taoist Tai Chi is something you would like to do. Information and a class schedule can be obtained by phoning any of the numbers below.

Nelson:

Maggi Kerr Andrew, 4 Natalie St, Nelson
TTCASNZ ICC/CIT Instructor P O Box 7146, Nelson
Ph: 546-6448 (home) or 021 34562 Ph/Fax: 03 545-8375

Mapua: Christine Weir ph: 543-2204

New classes start in Mapua on Wednesday 26 April at 1pm, and Thursday 27 April at 6pm. All welcome.



MAPUA & DISTRICTS BUSINESS ASSOCIATION

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

Thank you to Mike and Judy Gill for hosting our recent AGM at the Mapua Tavern. Thanks also to Mark Pascall, 3months.com, our guest speaker for the evening. The Mapua Tavern is a very congenial venue for meetings and Mark gave us an increased understanding of dynamic websites and the possibilities that are now available as compared to the traditional static sites.

Marion Satherley was unanimously re-elected as Chairperson for another year. As well, Bob Lancaster and Diane Maisey were re-elected as Vice Chairperson and Secretary/Treasurer respectively.

New committee members are Bevan Keys, Gary Breakspeare and Paul Nankivell and they join existing committee members Barry Evans, Brigid Ryan and Fred Cassin.

Thank you all for volunteering your time, efforts and expertise.

MEMBER PROFILE

Mapua Dental Service opened in 2001, becoming Mapua's first dental practice.

Dr Derek Gray moved from Nelson City to Mapua in January 1998 and established a part-time dental practice operating as a branch of Tahunanui Dental Centre, established by Dr Gray in 1986.

Mapua Dental Service is a family oriented practice offering comprehensive dental health treatment in a convenient location for the residents of Mapua, Ruby Bay and surrounding areas and is open, by appointment, on Thursdays and Fridays at 101a Aranui Rd, Mapua.

Emphasis is placed on listening to our patients' expectations and carefully explaining all treatment options.

Dr Gray and dental assistant Lisa Bashford enjoy working in a low-pressure, relaxed environment with the practice building set in a lovely established garden.

Appointments can be made by phoning Tahunanui Dental Centre on 548-6564 and requesting an appointment in Mapua.

Mapua Dental Service
101a Aranui Rd, Mapua

MEMBER PROFILE

Bob and Mary Lancaster's 'High Places' mountain travel company organises trekking and tramping holidays to adventurous places worldwide like Nepal, Peru, and Iceland – 23 countries in total. They also run a popular 3 week hiking trip around New Zealand which they sell overseas.

Bob and Mary moved to New Zealand in 1999 attracted by the mountain landscapes, the tourism potential and the sunny Nelson weather. The 'High Places' main office however, remains in the UK, in Sheffield, Yorkshire and they are in almost daily contact by Email and phone.

Everybody knows the Inca Trail and Machu Picchu and the Annapurna Circuit – but how about the Patagonian Icecap, Romania's Transylvanian mountains, Greenland's Iceberg Trail, Bhutan or South Africa's mighty Drakensberg range?



Full details of all 'High Places' trips are on their website www.highplaces.co.nz or call round to see them, 97 Seaton Valley Road.

Use
www.mapua.biz
to find and support local
businesses.

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

Be Local—Buy Local

Why should I vaccinate my pet?

Over the last year or so we have had some wide-eyed kids in the clinic watching their pets get their check up and vaccination. Now that they have had their meningococcal vaccinations they can empathise with what their pet is going through. The comments we have been getting have ranged from “that’s a big needle” to “I think that’s going to hurt” to “I didn’t cry when I had my vaccination”. It has been good to be able to engage the younger generation in the vaccination process as many of them have never seen (and hopefully never will see) the diseases which we are vaccinating against.

Unfortunately we have been seeing some of these diseases again recently. This summer we have seen several litters of kittens with cat flu. While this disease generally has a low mortality rate some of the kittens had to be euthanised due to severe damage to their eyes. If not caught early even the animals that recover from the disease can continue to have ongoing eye and sinus problems and become carriers which can spread the disease to others. Vaccinating your cat not only prevents him from contracting “cat flu,” it also reduces the chances of him becoming a carrier that can spread it to other cats.

Several weeks ago we had a spate of suspected parvo virus cases in Motueka. This is a highly contagious disease of dogs which causes severe vomiting and

diarrhoea and often death. Unfortunately in these cases the mortality rate has been very high. The cost of attempting to treat a dog with parvo can easily run to \$1000, often with a disappointing

outcome. Vaccination can prevent this disease and there are new vaccines available now with a three-year duration of immunity once a puppy course of vaccinations has been given. Again, vaccination not only helps to prevent disease in your own dog but also helps to reduce the spread of the disease in the dog population as a whole.

Rabbits are becoming really popular little pets now. Rabbit calicivirus has been present in NZ for some years and from time to time will spread through wild rabbit populations, putting our pet rabbits at risk. A vaccination is available which is given once the rabbit reaches 12 weeks of age. It is not known exactly how long this vaccine lasts for so the manufacturer’s recommend annual revaccination but it possibly may provide protection for a lifetime.

Vaccinations should be considered a “must do” when owning a pet as prevention is always better (and generally cheaper!) than cure.

Dr Paula Short



Friends are invited to help

Tom Wiley

Celebrate his

101st Birthday

at

“Mapua Bowling Club”

Aranui Road

on

Wed 17th May

From 11.30am (food provided)

Please, strictly a no gifts birthday.

Your company would be great

MAPUA Bowling Club

The bowling club is now into its final month of the summer season, coming to the end of successful summer. Apart from a month of infrequent rain for April it has been a long hot, dry summer, with no cancellations of interclub matches. The green has kept in good order, with tributes from a number of visiting bowlers, thanks to our green keeper Les McAlwee. The club champs are almost completed. The winners from some of the men's and women's competitions entered in to the district Champion of Champions.

C of C competitions: Alison Brett played in the junior Singles C of C on 11 February at Motueka. She played a close game in the first round, losing to the eventual winner. On 25 March our triples ladies team played in the C of C competition at Tahuna. The team of Sylvia Peter, Judy March, and Alison Brett, lost narrowly in the first round. Sylvia was the skip in place of Nancy McAlwee, who was unavailable for the event. On 11 December Don Sixtus played in the Nelson junior rep. team against Blenheim at the Stoke club for the Masonic Trophy, that was won by Nelson.

The first of the C of C games was played on 18 February with Don Sixtus and Tony Mc Quade representing the club in the junior pairs, played in Nelson. They lost to Stoke in the final. They also entered the senior pairs held on 18 March at Motueka. There they lost on the first round.

On 25 March the team of Harry Jardine, Don Sixtus, and John Coeland played in the senior triples held at Nelson. They reached the second round.

The final C of C competition for senior fours was held on 1 April at Richmond. The team was Harry Jardine, Glen Gates, Don Sixtus and John Coeland. The team reached the second round.

The final bowling competition for the season was the ever-opular Ladies Friendship Day Fours, or better known as "giggle day". It is a fun day of bowls with a wide variety of prizes to be played for. 47 ladies and

one Scotsman who probably wore his kilt, to keep up with the fashion of the day, contested the competition. This gave six rinks playing fours. It was a late start of 10am due to the water-logged green. The day's bowling consisted of 12 ends played before lunch and two games of 10 ends after lunch. The result of the main competition was: 1st P. Newport, N. Besimann, A. Brett, and J. Gibbison with 3 wins and 21 ends. 2nd J. Cowman, M. & L. Benbrook, and B. Wadsworth, with 2 wins and 19 ends.

The other competitions were:

The best team costumes {bunnies}, N. Coleand, M. Kingsford, V. Sixtus, & G. Springer. The best hats team, J. Hands, S. Bennett, B. Hunt, & J. Daubney Touchers, P. Sinclair 2, M. Rogers 2, N. Henman. L. Handcock. J. Green. B. Wadsworth.

Wrong Bias, L. Hancock. 2, M. Kingsford, & M. Benbrook

Bottoms up, K. Tomlinson, J. Gibbison, P. Newport, & N. McAlwee.

Best Hat, N. McAlwee. Best singer. G. Springer. Yo Yo skip, S. Peter. Best dancer. M. Busby. Special prize, N. Bensemann. Best impersonation of a man. H. Jardine.

Thanks go to the club members who looked after the kitchen, and the bar. Also to the clubs sponsor for the day, the local business of Tessa Mae. The club would also like to thank the firms that have sponsored the seasons tournaments. They are:

A. Riggs Contractors, Dale Vercoe, Satherlys Mapua Auto Center, Gutherie Bowron. Motueka, Fruit Federation, Paul Trewavas (Summit), The Smokehouse. Mapua Tavern, Dorchester Investments, Pat Day, Wilma Van Beek, Swiss Bakery, Graham Williams (Ray White), Tessa Mae.

The club's Annual General Meeting will be held on Saturday 27 May at 10am.

Friday night socials will be held at the clubhouse on the 1st and 3rd Friday of each month starting at 3.30pm and the first social will be petanque on the 5th May. The social interests include a pool table, table tennis, cards, indoor bowls etc. For further detail contact Nancy McAlwee 540-2834 or Paddy Hood 540-3202

David Higgs

Easter Fair a Huge Success

On behalf of Mapua Playcentre I declare the Easter Fair for 2006 a huge success! At least 15,000 people passed through the gates to wander through just over 300 stall sites. We were extremely lucky with the weather. Rain arrived before and after the day – but the sun prevailed providing the perfect day for a fair. The final profit from the fair has not yet been confirmed, however, Mapua School and Mapua Playcentre can expect the proceeds to be up on last year.

A new layout for the stalls and entertainment was trailed this year. A grid of roads and specific entertainment areas designed by Analese Caswell, a landscape designer, proved very user-friendly for both stallholders and fair-goers. The main stage area was very attractive this year with hay bales to sit on, large trees for shade and food close at hand. This provided a great place to relax and refuel before exploring more of the fair.

It was great to see the creativity on display throughout the stalls and locally produced goods and produce were in abundance. The Playcentre was part of the children's entertainment area – for around \$5 children could get a bounce on a Bouncy Castles, buy a toy and have a helium balloon. This was very popular and the Toy Tent and Helium Balloons both sold out before the end of the fair.

Thank you to all the people who gave their time and energy to make the Easter Fair a success. We have already received bookings for sites for next year – because 2006 was “so good”. You can't really do better than that, now can you? Thanks again, especially to the Mapua community for “hosting” the Mapua Easter Fair.

Miranda Sikking, president Mapua Playcentre

A Celebration



Photo by Dot Siddle

On the 21st of March, friends of Hilda and Eric Johnson of Ruby Bay gathered at the Naked Bun cafe in Mapua for a surprise afternoon tea to celebrate their Golden Wedding Anniversary. Hilda and Eric thought that they were invited by two friends for just a cuppa, but on arrival at the cafe, they were delighted to find 21 others there to welcome them! They were presented with a beautiful bouquet from the Garden Club, vouchers from Coastal Connections and many congratulatory cards. Hilda and Eric are shown on the left with friends Barbara and M i k e Halse.

TASTE TASMAN

Taste Tasman was considered an outstanding success. "Do it again, please do it again," was the plea from one stall-holder, Fraya O'Neill.

More than 4000 people attended the inaugural event last month and about \$10,000 was raised for Tasman School and the Tasman Community Association. Organisers are continuing to receive positive feedback

"We have received cards, letters, phone calls and e-mails from stall-holders and event attendees, some with additional donations enclosed as they were so thrilled with how the day went for them," said Jo Graham.

There was certainly a unique and stylish flavour at Taste Tasman – with many highlights – from the

polished performances by the Tasman School students, a hearty auction, stylish Hop and Grapevine bar, scrummy food – from mussels to crème brulee, local olive oil and wine-tasting, mural painting alongside the creative art tent, and so much more.

"We have a firm base from which to evolve next year. Yes, Taste Tasman is scheduled for 2007. There are already stall-holders knocking on the door!" said Jo.

"An event like this was a major undertaking for the Tasman community and school. So many businesses and individuals helped make Taste Tasman possible. Thank you to you all."

Taste Tasman sponsors

The Taste Tasman Organising Group would like to thank the businesses and individuals for supporting this community venture with auction and raffle items

Affordable Computers
Bedelias, Nelson
Boulevard Café, Richmond Mall
Coastal News, Mapua
Comfort Hotel Wellington
Dave Birt, Kina Beach Wines
Easton Family, Tasman
Embroidery Specialists, Auckland
Finn Brothers
Flavour Inlet Café, Mapua
Fruitfed Supplies, Motueka
Grandad Neville, Ashburton
Hair in Mapua
Jester House Café, Tasman
Jane Smith Artist, Tasman
Rod Stockwell
The Coolstore Gallery
Libby Vanleeuwen
Lime
Marion Towns
Mapua Boatshed café & beach bar
Mapua Leisure Park
Michael Campbell
Paratiho Cooking School
Powerstore, Richmond Mall
Radguys, Seaton Valley
Sealords Shellfish Division Ltd
Sealords Group
Shine, Bridge St Nelson
State Cinema Motueka
Rome, Bridge St, Nelson
Richmond Aquatic Centre
Tessa Maes, Mapua

Touch the Sea, Mapua
Tracey Evans
Trent Family, Tasman
Tasman Golf Club
Wairepo House, Mariri
Leading Edge Communication, Nelson
Visage Hair and Beauty, Richmond
Richard Grimes, General Manager
Zoom
Seifrieds, Waimea Estates & Blackenbrook
McCashins Brewery
U Fly Helicopters

Significant voluntary assistance was appreciated from the following groups: The Maori Wardens, Dave & Marion Mouat, Cameron & Maria Rodgers, The Rush Family, Kathy & Phil Ward and the Motueka Touch Team.

Primary Sponsors

Classic Hits
Lion Foundation
Tasman District Council
Origin Pacific
Cancer Society

Other Sponsors, Donations of goods/ services

Able Glass
AMS Design Ltd
Beetees Fashion
Bowater Toyota

Bizurk Milk Distributor Ltd
Colour Plus Paints, Richmond/Nelson
Collin Orchard
Dave Anderson Painter
Fabric Barn Nelson
Fulton Hogan
Fruitfed Supplies Ltd
Guthrie Bowron, Motueka
Harringtons Breweries
Huthtamaki Packaging Supplies
ITM
Michelle Markert
Motueka New World
Motueka Super Liquor
Motueka Recreation Centre
Macs Breweries
Nelson Packaging Supplies
Nelson Pine Industries
Nicki Saunders-Loder
Our Town Motueka
Prenzels
Parker Panel & Paint
Polar Refrigeration
Ray White Real Estate, Motueka
Resene Paints
Spencer Hill Vineyards
Steve Madden
Trevor Lummis
Williams Family
Wilkins & Field Mitre 10 - Motueka
WOW Gallery and Classic Cars

BEWARE!

Automatic Transmission Vehicle Owners

Why BEWARE! Unfortunately, many owners of Automatic Transmission (gearbox) vehicles appear to be totally unaware of the need to have their vehicles automatic transmissions (auto trans) serviced at regular intervals.

Why is it important to service an automatic transmission regularly? According to the Automatic Transmission Rebuilders Association, nearly nine out of ten transmission failures are due to overheating and fluid contamination.

Like all mechanical components, the components within an auto trans need uncontaminated oil to lubricate all moving parts to avoid friction, heating and contamination degradation.

The protective properties of all oils have a limited live. The live of Automatic Transmission Fluid (ATF) and therefore the recommended frequencies between service intervals is also dependant and the style of driving and the use of the vehicle. I.e. If a vehicle is used for towing the recommended service interval becomes 40,000km, where as with normal use, intervals of 60,000km or 24months are recommended.

What can happen to an auto trans which has been neglected? In most cases there are warning signs, eg. harsh shifting, slipping etc. Sometimes at this stage, performing a ATF flush can restore the smoothness of the automatic, alternately there could already have been to much component damage and may require expensive repairs.

Thorough servicing involves having your vehicle being attached to an Auto Trans Flush Machine which is specifically designed to flush all old, contaminated ATF from the entire auto trans system while in the process of pumping new fluid in. Auto Trans Fluid machines have two clear viewers, one which shows the new fluid being pumped in, while the other shows the old fluid being expelled. When the viewer with the old fluid becomes clean, the technician then knows all the contaminated ATF has been replaced.

This is the preferred method to change ATF fluid. Draining ATF fluid only removes 25% of the ATF in an auto trans system. The remaining 75% is trapped within the torque convertor, valves and cooler lines.

Mixing clean fluid with contaminated fluid can be worse than not changing the fluid at all, as it can accelerate the formation of sludge and varnish deposits which can clog the fluid filters and restrict the flow of ATF through the system.

Not all automotive repair workshops have Auto Trans Flush Machines. Ensure you choose a workshop who will flush the ATF from your vehicle using a Auto Trans Flush Machine.

Your WOF Inspection Centre

Phone 5402 180 for an appointment



ATF Machine connected to vehicle ready for flushing.

**WE WISH YOU
HAPPY,
SAFE MOTORING**

WANTED

Pictures of Tasman

Deirdre MacKay, a Motueka author, is putting together a publication for the Tasman Area Community Association. Her focus in the first instance is on the present day in Tasman/Kina area, spanning the past 20 years and then adding the historical pieces (which are already well covered in other publications). Deirdre at this stage will be writing 12 chapters on specific topics, to be illustrated by up-to-date and historical photographs.

I am collecting published and unpublished material on the Tasman area (from the Bluffs to Robinson Road on the coast, inland to Old Coach Road) as opposed to the Tasman District, for use in a publication for the Tasman Area Community Association purely on the village and surrounding area.

At the moment early photographs (unused in other publications) from the 1890s up until 1920, of Tasman and its inhabitants would be very useful. Photographs of Harley Road and the Bluffs, in particular, before any planting of pines or fruit trees took place are required. Also photographs during these years of everyday life in and around homes — cooking, washday, coppers, milking cows, feeding pigs would be excellent.

I already have quite a number of early orcharding activities but if anyone has photos of workers co-opted from the army and air force during World War I these too would be very helpful. I'll be looking for relevant photographs as each chapter takes shape, but before you lose them, any really good pics from Taste Tasman in digital or any other form would be great.

Next month I'll be looking for photographs of the ~~changing workforce~~ (ie ~~changing nationalities~~ represented) on orchards, in particular pip fruit seasons from 1920s until the present day.

Please contact Jo Graham on 03) 526-6859, iainjo@callsouth.net.nz, or Patsy O'Shea pkoshea@xtra.co.nz if you can assist with the above. Many thanks.

Deirdre Mackay

Police Update

Hi Folks. Great that the autumn is still providing us with fairly mild weather. As I write this report we are into the first week of the school holidays so I hope that the weather stays pretty good for all the kids, and parents looking after them.

There was a recent spate of burglaries in the Mapua area. On 3 April a shop in Ruby Bay was broken into overnight and a laptop computer was stolen. The same night a shop in Arauni Road was broken into and the till was taken (later recovered in Marriages Road). These burglaries came hard on the heels of several burglaries in Motueka and as a result I came back to work one morning at 2am with my supervisor and snuck around central Mapua on foot.

At 4.26am, after watching a person acting suspiciously around Video Ezy for several minutes I arrested a 28-year-old man from Motueka after he had broken into the building. What a great feeling I can tell you! Because of similarities in the burglaries we believe that he is responsible for the whole lot, and the run of burglaries have stopped suddenly since his arrest, so read into that what you will.

It sounds like the Mapua Fair was one of the most successful yet and is a credit to all those who are involved with the organising and the voluntary work that is done behind the scenes.

A recent theft from an unlocked car in Aranui Road is a reminder to us all that although most people in the village are honest it only takes one dishonest person to steal, and although we should be able to leave our valuables in unlocked cars the simple fact is that nobody should do that now anywhere.

Local youth in the village have been fairly well behaved by all accounts. One young man over 18 years old has been prosecuted for supplying alcohol to under-18s and I have warned another that there are suspicions that he may be doing the same. This is something that has been happening for generations so it is nothing new but needs to be stopped all the same.

Take care out there and drive safely on the wet roads.

Mapua Occurrences:

Mar 27: Graffiti scratched in new concrete at the Mapua Hall entrance overnight.

Apr 3: Burglary at Ruby Bay shop and Tasman Bay Vets in Aranui Road overnight.

Apr 7: Burglary at Video Ezy and Ray White Real Estate at 4.20am. Offender caught.

Apr 17: Theft from car parked on Aranui Road 7-7.30pm. Cash and a silver Nokia cellphone stolen

Grant Heney, Rural Community Constable,
Ph: 03) 528-1220. Fax 03) 528-1221

PROBUS CLUB OF MAPUA & DISTRICT

Club member Bill Williams was the Combined Mapua and District meeting's mini speaker in April, outlining the development and operation of the *Coastal News*. He said Bernard Wells set up the original local news as a newsletter in the early 1980s. Bill and Judy Mitchell, a school secretary, continued with the monthly publication until 1991. From then Andrew Earlam continued on his own until the newsletter was superseded by the *Village Times*. This was a weekly paper covering news in the rural areas around Richmond and Wakefield, including Mapua and Ruby Bay. The *Village Times* ceased publication around 2000.

Andrew and Bill could see a need to develop a local newspaper so they disused their ideas with the Tasman District Council which agreed to print the monthly editions if the paper was provided. A team of 12 local volunteers agreed to work together to produce and distribute the *Coastal News*.

The first edition of the *Coastal News* came out in September 2001. Distribution is done through honesty boxes set up in nine businesses from Ruby Bay through to Port Mapua. Allen Knowles distributes copies around the district, and Mike Halse posts out copies. Income from the donation boxes averages around \$200 a month, while the rest of the income comes from advertising.

The monthly editions are produced on the first of each month. To achieve this all articles and advertising material should reach Andrew, Terry Smith and Barbara Mercer by the 20th of each month. Bill also spoke about Kees Van Egmond who does a great job of keeping the financial records for the *Coastal News*.

Three years ago the IRD advised Bill that any income over \$500 was subject to tax. At that time it was decided to set up a public trust with the capital. The local solicitors, Smythes Lawyers, set up the trust. The trust is to be distributed to various projects that will benefit the community. The trust has an investment of \$10,000. Bill advised the meeting that the Community Trust account is held by the National Bank for anyone wanting to donate to it. Bill concluded his talk by praising the wonderful volunteering spirit of the district.

David Higgs

Handy Tips

To clean artificial flowers, pour some salt into a paper bag and add the flowers. Shake vigorously as the salt will absorb all the dust and dirt and leave your artificial flowers looking like new! Works like a charm!

Property News

The property market continues to hold up, with Tasman house prices rising 9.3 percent in the year to March, up from 8 percent growth in the year to February. The average sale price in the district was \$331,294. There are of course the exceptions to the above, with the odd property being offered for sale below government valuation, this usually being due to special personal circumstances. At present the housing market is firm and sales time slightly extended.



Some current sales are:

18 Jan	Aranui Rd, 1 B/R House 725m2,	\$236,000
17 Feb	Tahi St, 2 B/R House 2276m2	\$950,000
9 Feb	TeAroha Pl, 4 B/R House 760m2	\$469,500
14 Feb	Stafford Dr, 3 B/R House 850m2	\$328,000
22 Feb	Viewlands, 3 B/R House 873m2	\$395,000
24 Mar	Iwa St, 3 B/R House 739m2	\$420,000
8 Mar	Iwa St, 3 B/R House 805m2	\$365,000
31 Mar	Lionel Pl, 3 B/R House 715m2	\$296,000
11 Jan	Westdale Rd, LSB 1 ha	\$749,000
3 Feb	Dawsons Rd, LSB 1 ha	\$737,000
8 Mar	Aranui Rd, Section 4715m2	\$322,000
9 Mar	Crusader Dr, Section 2455m2	\$173,000

Compiled by Grahame Williams, Ray White Real Estate MREINZ

VOLUNTEER FIRE BRIGADE

Apr 5: Smoke at Tasman, large controlled burn, no action taken.

Apr 6: Flames seen at Tasman, same fire as above, no action taken.

Apr 7: Flames seen at Tasman, same fire as above, no action taken.



Safety Tip – Have chimneys cleaned and checked for faults.

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

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

In February 2007 three to four members are going leave the brigade. If you think you could have the time to be a volunteer fire fighter contact the brigade as below.

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

Noticeboard

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

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

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

Mapua Combined Probuss Club meets 1st Friday of the month at 1.30 in the supper room of Mapua Hall. All retirees most welcome. If interested please ring Pres. Athol Churchman 540 3450, Secr. Margaret Fon 540 3292.

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

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

For Sale: Girl's Bike. Suitable for 8-12 yr old. 3 yrs old. \$100 Excellent condition. Ph 540 2090

Meditation: Beginner's group meeting on Tuesdays 2nd, 16th & 30th May at 7.30pm at 69 Aranui Rd, Mapua. All welcome. Gold coin. Tel Julie Ewer on 5402705.

Women's Move 'n Groove Dance Classes continue at the Mapua Public Hall, Mondays 11am-noon. Short low impact funky routines aimed at increasing mind/body co-ordination, balance, strength, flexibility, poise and grace. Gain confidence while having fun.

Call Catherine Callaghan at Dance Moves, 548 8046, 027 323 2098.

Mapua Friendship Club will have its annual mid-year dinner on Thursday May 18th at the Post Office Hotel in Motueka. We welcome new as well as old members, we have no membership fee, and the usual meeting is on the 3rd Thursday each month for fellowship, a game of indoor bowls, and enjoy a lovely afternoon tea. We also have cards available for Crib, Euchre etc and a mystery prize draw. If you would like to join us for the lunch or our regular meeting or have any questions please telephone Val Roche at 540-3685. (By May 12 for the lunch please)

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

Have you got 4 hours a week and like to do something great with it? Would you like to help build a safer world? Get to know other active people? Want to be part of a super volunteer team? Training, support and travel reimbursement provided. Help is needed for an exciting local and national project. Call Cornelia from the Kidpower Teenpower Fullpower Trust at 543 2669

Tailor made workshops for all ages giving people of all ages the opportunity to find their own, innate powers and feel capable and confident. Call us to discuss how we can serve you, your team and/or family. Ph. 543 2669 - www.kidpower.org.nz - newzealand@kidpower.org

Public courses coming up: Fullpower for women and teenage girls – Lower Moutere 22/29 July. Kidpower Parent/Child for 4-7 year olds – Nelson 1 July. Kidpower for 8-12 year olds – Nelson 13/14 July

Taoist Tai Chi - Improve your flexibility, mobility and balance, and learn to relax. Suitable for all ages. New classes are just starting, so come and join us at the Mapua Community Hall on Wednesdays 1.00-2.30 pm and Thursdays 6.00-7.30pm. For information contact Christine Weir 543 2204 (evenings).

Live music at the Pukeko Bar last Sunday of the month. A showcase of the region's best live music, 4-9pm. This month May 28th. Contact Graeme 540 20 50.