

Coastal News

email: coastalnews@mapua.gen.nz

covering Mapua & Ruby Bay,
run by volunteers

Church and hall to become one?

If Mapua's St James' Church did not receive an acceptable tender, it could be moved to alongside the Mapua Hall, it was suggested at a meeting of the hall committee.

The suggestion was made by a committee member, Jim Bryse, that if tenders were unsuccessful the church could be moved to between Perry's garage and the hall. Quotes for the shift were from \$10,000 to \$25,000, with plumbing, wiring and joining the buildings adding quite a lot more.

The hall committee chairman, Mike Shirer, said the hall did not have funds for such a project and no formal negotiation had been entered into. There was no support for the idea from other committee members at the meeting and they questioned whether the extra room was needed, the appropriateness of the building and site, and whether funds would be better spent on upgrading existing facilities.

However, the committee agreed to canvass the community feeling on the idea, so while there is no detailed proposal to progress this, the chairman would like people's views by e-mail to mshirer@xtra.co.nz.

The property convener of the Hills Community Church, Alistair Rose, said there had been some interest shown in tendering for St James' church but tenders would not be close until the 9th of March.

Tenders for a new building to TDC code compliance requirements, expected to cost about \$700,000, would be called very soon, although resource consent requirements were still being worked on.

"We haven't got there yet, but we're close," said Mr Rose. Mr Shirer announced his intention, after 18 years, to stand down from the committee at the AGM in April. He said there may also be other vacancies on the committee. Ideally the committee should be made up of representatives from the user groups, however, this had not been the case in recent times.

"The committee needs a wide range of community members to effectively represent all the community, rather than a committee from one interest group with a narrower focus. While the community has recently grown

and there are many more specific interest groups, filling our public service-type committees with a representative group has always proved hard.

"The present hall committee would welcome your interest at the AGM to be held at the hall at 7.30pm on the 11th of April 2007," said Mr Shirer.

In his report Mr Shirer said the New Year had started as busy as ever for the hall. All user groups were encouraged to check their bookings regularly, as there were often many events a day. The recent monthly committee meeting threw up a few issues, which were of interest to the wider community.

1. Continued vandalism with stones thrown through windows costs the hall money and people's time. Copper and metal piping had also been ripped off the outer walls, destroying the water supply to the men's toilet. Please, if you see anything like that happening, do call the police.

2. Due to a number of requests from user groups we have installed some new power points down either side of the main hall. We are getting a few more 'display' type events and these power points will help in that regard.

3. We will be reinstalling new heater meters for which half the cost has been paid for by Network Tasman, so many thanks to them. The new meters will accept \$1 coins and each \$1 will last for 20 minutes, so effectively it will cost \$3 an hour.



This month in the Coastal News

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St James Anglican Church, Mapua



Possible site for relocation?

Garden Notes

March introduces another season – autumn .
I have noticed a slight change in the colouring of the liquid ambers in our area. This is the season for a general autumn clean. Cutting back untidy growth, trimming trees, and getting rid of unsightly weeds before the onslaught of winter.

March is the beginning of the bulb and tuber planting time for those lovely scented flowers in the

spring – narcissi, ixias, iris, muscari and hyacinths.

Old plants of polyanthuses should be lifted, divided, and replanted in a rich soil. The richer the better.

Sow grass seed now for new lawns this month and into the next. Overhaul your rock gardens at this time as well. Cut back those straggly plants. Cuttings of rock plants root readily at this season if inserted into sandy soil. Try your hand at growing roses by cuttings taken now. They should take at this time. Citrus trees can now have an application of fertiliser to enable them to develop their crop.

In the vege patch, lift any potatoes still in the ground. Perpetual or spinach beet is a useful crop. Silver beet, cauliflower. And towards the end of the month broad beans can be made.

Well, there is much to be done as the days begin to shorten. Happy gardening.

Barry Highsted



Chris Auchinvole



National Member of Parliament

National Party members, supporters and interested members of the public are invited to a

Summer Meeting

at **Mapua Flavour Café and Bar**

3pm Friday March 16th

Contact Chris's office for further information 0800 768 4528

Website: <http://auchinvole.com> – Email:

natsmp@xtra.co.nz

● Holistic Health Training Ltd

Exercise Classes in Mapua

Sessions for Term 1 '07 have started.

If you would like to join us in Term 2
get in touch now.

Programme for Term 2 starting April 23rd

Circuit Monday 6.00 - 7.15pm

Low Impact Tuesday 9.30 - 10.30am

Step/Pump/Pilates Wednesday 6.00 - 7.15pm

Cross Training Friday 9.15 - 10.15am

Plus -

Aerobics/Pilates in the Wakefield Auditorium

Thursdays 9.15am - 10.45

And!!

Pilates in the Moutere Recreation Complex

Wednesdays 9.15am

Registrations required, ph Lynda
for details/registration **5432268**.

Trust seeks worthy causes

The Mapua/Ruby Bay and District Community Trust has money to give away and is looking for worthy causes. These should be social or sports organisations run by volunteers within our district.

The amount available for distribution is not huge – just over \$800 – and it has to be divided amongst whoever is considered a worthy cause. Just how much, if any, a group gets will be decided by the trust members on receipt of an application in writing sent to PO Box 19, Mapua.

The trust is a legally constituted body set up initially to distribute funds generated by the *Coastal News*, but contributions to the fund are invited from any person, business or organisation interested in helping the many groups that do so much within our community. The trust has decided that capital should be allowed to accrue and grants should be made only from interest earned, thus ensuring long-term assistance. Obviously the more money that is put into the fund the more will be given back to the community, hence the call for willing contributors.

Contributions of more than \$5 qualify for tax exemption. Send an e-mail to coastalnews@mapua.gen.nz for an account number if you want to make a donation. If you have any questions about the trust please call the chairman, Bill Williams, on 540-2528.

Mapua Rudolf Steiner Playgroup

What a wondrous time it was to meet for the first time this year at the back of the Mapua Hall. Our Monday morning sessions move to a rhythm of seasonal songs, gentle play, bread making and stories involving natural, simple toys. The aim being, to nourish the creative, imaginative and intuitive processes of each child.

Happy and uplifted to see each other again after the holidays, we played and shared, until one of the children found broken glass in the sandpit. Nothing too disturbing for us at first, as both broken glass and other debris has been an ongoing issue within our playgroup area..

Though this time it was harder to accept and clean up with ease – as the person or persons responsible for the broken beer bottle did smash it in the sandpit area and buried the broken glass throughout the sand! Under the tarpaulin.

Needless to say, not the safest for babies and toddlers!

Our at present mother-run playgroup relies on already busy mums to help out at each session with setting up, running the group, and then putting everything away again. You can imagine the feeling of heaviness after this find, knowing very well that someone has to sift all that sand to make it a safe play area again.

This incidence motivates us as a group to seek a place that is free of broken glass, a place where we can stay set up without the need to pack away each time.

The St. James' Church would be the perfect venue for us as a playgroup. We know it is for removal. Where could it be moved to within the Mapua area? Anyone have any good ideas? Can someone help?

Thank you. Please contact Claudi Garnett (03) 543-2421, or Jenny Moran (03) 540-3337.

Aranui Park plan decided by TDC

On Thursday February 22, the Tasman District Council approved the development of Aranui Park to include parking for four cars within the park boundary and the provision of a sealed path around to the vicinity of the old cow barn.

This development will include:

- The enlargement of the existing pond and its consequent clean-up,
- The establishment of an island within the pond planted with a number of flowering shrubs,
 - A formed vehicle track for the 30-40 metre distance from the existing gateway to a car park
 - Beautification of the border of the pond by the planting of grasses and shrubs together with some lawn area which will allow access to the pond to enable birdlife to be fed or model boats to be sailed
 - Additional picnic facilities
 - An information board under a suitable structure
 - Walkways and cycleways to allow visitors access to all parts of the park

At a later stage, additional plantings of trees and shrubs will further provide attractive settings for relaxation and enjoyment in this area.

Over the last few months, much has been written by individuals promoting various opinions as to what should be done within Aranui Park and claiming the right to determine the mechanism by which this should happen. Up until now, the Reserves Sub-committee of the Coastal Garden Group has stood back from that discussion, choosing not to hold a debate through the news media.

In 1977 Bernard Wells gave 10 acres (2.4 hectares) of land to the Crown. Some time later the land was transferred from the Department of Conservation to the

now Tasman District Council. In other words, the Tasman District Council owns the land and the Wells family have not owned it for 30 years. We believe that as long as the conditions stated by Bernard Wells are adhered to, the Tasman District Council as owner of the land can develop it.

For the record, the following is the full text of the letter dated 28/3/1977 Mr Wells wrote to the Commissioner of Lands when he gifted the land to the Crown:

Dear Mr Russell

In confirmation of our earlier discussion.

I am the owner of 10 acres of flat, freehold land at Mapua which my family and myself would like to become a future reserve.

With the likelihood of Mapua becoming a residential area, we believe that another reserve could be a valuable asset, and also consider the land suitable for the purpose.

We wish it to be secure from the possibility of subdivision for other purposes, and to this end offer the section as a gift to your Department, asking only that you accept any transfer costs.

Yours sincerely

Bernard L Wells.

John Sharman and Barry Highsted

Postural Problems – Who, Me?

By Dr Ron Howard, Coast and Country Chiropractic Centre,
105a Aranui Road, Mapua, ph 540-2068; 2 Wilkinson Street, Motueka, ph 528-8880

We left last month's issue touching on FUNCTION. Everything is great when it's functioning properly. This includes our back or spine. In fact we don't give it a second thought and more than likely take it for granted. Often we don't worry about our cars until we go out to rush off to work and find that our car will not start. Well, we often take our bodies and in particular our backs for granted – that is until our backs hurt or worse yet when our back pain slows us up or keeps us from doing the things that we do every day.

How many of us when there's a power cut have thought, "Oh well, I'll just go and do this – nuh, can't do that, then I'll just have to settle for – okay, I'm definitely losing it! I think I will just take my candle and go to bed." So until the problem is handled, you cannot flick the switch and see any action.

People with different occupations and trades tend to look at the world around them through certain types of glasses. For instance, if you are a dentist you tend to look at people's teeth and the condition they are in. If you are a hairdresser, hair is of interest, a builder notices the construction quality of a building and so on. A chiropractor looks at the condition of the spine.

One aspect of the spine that chiropractors look, among others, is posture. You don't have to be a chiropractor, however, to spot someone with bad posture. It's amazing how posture can make you look years younger or older. It can also make you feel years younger or older as well. It can make you look confident when you walk into the board room or just plain tired and lacking confidence.

So many things in today's society test our posture, be it good or bad, and we don't often give it a second thought. In fact, sitting up straight for a lot of people feels abnormal and uncomfortable. A lot of postural problems seen in our office are not only due to people's work and play; they are due to poor habits as well.

Poor posture, however, alters the balance of our spine including the muscles, ligaments, and tendons that support the spine, and this often causes people to be uncomfortable, suffer pain, and even cause disability for some as the problem advances.

Let's take a look at some test you can do to check how good your posture is.

Self-Test for Posture Problems

The following tests will help you determine your posture status:

1. The Wall Test - Stand with the back of your head touching the wall and your heels six inches from the baseboard. With your buttocks touching the wall, check the distance with your hand between your lower back and the wall, and your neck and the wall. If you can get within an inch or two at the low back and two inches at the neck, you are close to having excellent posture. If not, your posture may need professional attention to restore the normal curves of your spine.

2. The Mirror Test - (Front view) Stand facing a full-length mirror and check to see if:

- a. Your shoulders are level
- b. Your head is straight
- c. The spaces between your arms and sides seem equal
- d. Your hips are level, your kneecaps face straight ahead
- e. Your ankles are straight.

(Side View) This is much easier to do with the help of another or by taking a photo. Check for the following:

- a. Head is erect, not slumping forward or backwards
- b. Chin is parallel to the floor, not tilting up or down
- c. Shoulders are in line with ears, not drooping forward or pulled back
- d. Sto
- e. Knees are straight
- f. Lower back has a slightly forward curve (not too flat or not curved too much forward, creating a hollow back).

When I was a child my mother used to say to me, "Sit up straight and pull your shoulders back". Mothers and Fathers, this is good advice for you as you watch your children grow up. Keep an eye on their posture and work with them and teach them good posture. Habits, be they good or bad, often start early in life. Favourite activities for this generation seem to be TV and the computer or play stations. Activities that get us so consumed in what we are doing that we forget about our posture while we do them. Their posture matters now. Your posture matters now. If you have any concerns about yourself or children a check-up is just a phone call away.

Community Association Report

Our last meeting covered many issues that included the egress from the bowling club onto Aranui Road, where there is poor visibility and it is impossible for vehicles to pass in the lane. The trees along the tennis court boundary were planted as part of the Coronation celebrations and as such are protected. They are also to keep the cars parked off the footpath. A one-way loop system using a route through the domain was suggested.

Sea wall.

It was reported this project was a little behind schedule due to ongoing discussions with the landowners concerned. The Deputy Mayor, Tim King, reported that under the new draft plan for 207/208 the targeted rate for the 930 ratepayers will increase to \$20.60 for the next 20 years.

The work to repair the 150m of erosion on the southern section of the reserve requires a resource consent application. Plans include the building of a ramp leading onto the seashore. Preparation of long-term strategy planning/consent for the construction of the remaining 550m of erosion protection is continuing. The Council Draft plan is for a general rate of 20%, targeted rate 47%, and affected landowners 33%

Waterfront park

The clean-up is proceeding. The 40% open space including parks and parking remains. Cr Michael Higgins stated that this was not negotiable and would happen. Tim King indicated that the nature of the soil when the clean-up was complete would determine the position of the various sections. The area with the highest soil quality would be designated residential. All areas will be covered by a layer of clean soil.

Cricket nets

There is no cricket club or team in Mapua or at the school, which makes the council reluctant to invest money, but if the Community Association can raise funds, the council will help. It was agreed that the lack of facilities was an issue and it was not only about teams; there was a need to consider casual use and provide facilities for the young.

Meetings

The Community Association's next monthly meeting will be on Monday 12 March at 7.30pm in the Mapua Hall. The guest speaker will be John Roosen, manager of the FCC site clean-up project. He will give us an update on progress. Peter Thompson, the engineering service manager for the TDC, will keep us up to date on the sea wall progress. The Tasman District Council's Annual Plan meeting will be held in the Mapua Hall on Monday 26th March at 7.30pm.

Jim Bryse, chairman

Digital Photography Group

Our monthly meeting at Dot's home on the 6th of February was very lively, with new member Hilda being welcomed and a serious session taking place on the use of the enormous handbooks that come with digital cameras. Some of us were finding it difficult to "navigate" them, but after some coaching by Dot and one or two more experienced members, we felt more confident in playing with settings, zooming into the subject and other useful tricks that can be performed with our cameras.

Another subject for the afternoon was a display of members' pictures of roses. Quite a number of really good photos were displayed on a table and viewed critically by us all. Different techniques for photographing these beautiful flowers were discussed – the distracting effects of poorly chosen backgrounds, lighting of the subject and movement of the flower in the wind were some of the problems that are encountered.

A brief demonstration and discussion on the subject of "photographing your valuables" took place – this is something that everyone with a camera should do, the resulting pictures being kept in a safe place with one's insurance policy. Items should be arranged alongside a millimetre rule to show their size, and where rings, bracelets etc are photographed, it is a good idea to have these on the owner's hand/wrist so that in the unfortunate event of an insurance claim being made, at least the insurer can be confident that the lost article actually belonged to the claimant!

Our next meeting will be on Tuesday the 6th of March. If the weather is fine, we will visit the Motueka marina to photograph boats, yachts and marine views. Members should either meet at the marina about 1.45pm or at the Mapua Hall at 1.30pm for car-pooling. If it turns out to be wet on the day, we will meet at Dot's home where another "Photoshop" demonstration dealing with finer points of this great program will be given. Please phone Dot on 540-2323 in the morning if the weather is uncertain – we don't want members rushing off to Motueka to find no one else is there!

Reported by Mike Halse.

Coastal Garden Group

The first meeting of the New Year was well attended and it was good to see everyone back from their summer break. There were a few business matters to take care of before the club was updated on recent discussions on the development plans for Aranui Park. Following submissions to the Tasman District Council, which were largely in favour of the original plan, a choice was put before the club. a) allow vehicles to park on the east side of the pond with a tar-seal walkway to the rear of the park or, b) keep the original plan to take cars to the rear of the park via a shorter route than previously suggested. The club voted in favour of the latter.

The rest of the afternoon was spent in the company of George Pratt from Tasman Bay Roses who spoke about the processes involved in introducing a new rose into the New Zealand market place. He was able to

offer some advice on sprays and answered several questions. We were given a preview of some of the new roses due to be launched this winter and these will be keenly sought after.

Afternoon tea was followed by the results of the Bloom, Cluster and Shrub competition in which a huge hibiscus took out the top spot in the bloom category. The plant auction was a lively affair which saw a few treasures change hands and some bargains, too.

Our next meeting will be held on Thursday 1st March at 1.30pm in the Supper Room at Mapua Hall. Guests and visitors are always welcome to come along and if you have any queries please feel free to contact either Barry Highsted (540-139) or Anne-Marie Giddens (540-2335).

Coastal Connections

We chose the Boatshed at Mapua Leisure Park for our lunch on the 8th of February, welcoming Judith, Vivien and a couple of Netta's friends who once owned the Mapua Store.

Our chosen meals were served together so we all started eating at the same time. This gave us plenty an opportunity to move around and chat to each other after enjoying the excellent food. The estuary setting is so fantastic that we lingered whilst the tide came in. Another bonus at the Boatshed was that the background music really is "background" and unobtrusive (most eateries

seem obsessed with playing loud music of their choice at the guests!).

After exchanging magazines, we decided that the venue for the 8th of March would be Jesters at Tasman, meeting there at 11.45am. Please phone Dot (540-2323) so that an appropriate booking can be made for being seated together.

The photo shows our meeting at the Boatshed.

Reported by Barbara Halse.



MAPUA Bowling Club

The annual Dorchester triples event was held on 18 January. The Dorchester Financial Services Group kindly sponsored the competition. There was a good support for the day's competition, with a full muster of 48 players using the eight rinks. The day was fine and four games were played.

The results were as follows: 1st Harry Jardine, Joan & Frank Gibbison with 4 wins and 25 ends from Mapua. 2nd M & A Kennedy and H. White with 3 wins and 21 ends from Richmond. 3rd Bev Hunt, B. Newport and K. Brewer with 3 wins and 18 ends from Riwaka.

Sunday the 21st of January the club put on a social afternoon, called "Barefoot Sunday". It was a general invitation for the local public to have an afternoon on the bowling green in bare feet to get an introduction into the sport of bowls. There was a good turnout of 20 adults and children. Ten club members were also available to play and assist the with the bowls. The afternoon concluded with a BBQ. There was an interest shown from six visitors to learn the game and join the club.

The club was able to hold the Dale Vercoe bowling tournament on Thursday the 7th of February. The original tournament on the 29th of October was cancelled due to a wet day. Instead of the triples competition, the club held a pairs competition. There was a good turnout of 32 bowlers using all 8 rinks. The day's bowling consisted of 4 games of 10 ends. The results were: 1st Dave and Diane Merrit from Stoke with 4 wins and 24 ends. 2nd Bob forster and Don Shore from Motueka with wins and 20 ends. 3rd Arnie Ahnfeldt and Graham Young from Mapua with 2 wins, 2 draws and 24 ends. 4th Don Sixtus and Harry Jardine from Mapua with 2 wins 2 draws and 22ends

The lucky winning team draw went to Marie Batt and Nancy Bensemman from the Ngatimoti Club.

On Saturday the 10th of February the club had the honour of hosting the champion of champion's junior men's singles. This tournament was for the winners of their respective club's competitions. There were representatives from most of the clubs around the Nelson

Playcentre

84 Aranui Road (down the drive between the tennis courts and bowling club)

What a flourishing start to 2007 Playcentre has enjoyed. We've welcomed a large influx of new families, many of whom have under two. It has been lovely meeting and seeing new children, with their parents, exploring the play areas. It's great to see such a wonderful community resource being fully utilised.

All of us who attend thoroughly appreciate what a beautiful environment the centre offers Mapua's young ones, and with a visit planned for the centre's families during session to Rabbit Island this week, now is the time of year to appreciate what an incredible place we live in.

The children can anticipate a wonderful term under the shade cloths and trees in our extensively resourced facility.

It's not too late to come and visit. There may be waiting lists shortly, but don't let that stop you.

district. Don Sixtus represented Mapua, wining his first game against the Nelson Club representative 21 to 18pts. Don's next game was against Jeff Fleming, representing the Maitai Club. Jeff was the eventual tournament winner. It was a close game with Don losing by 2 points.

The following day the club hosted the Wilma Van Beek, Brabant Triples. The competition was an invitation to the local bowling clubs. There was a good response using all 8 rinks. The competition consisted of 4 games of 10 ends.

The results were: 1st Riwaka Club skipped by V. Bloomfield with 4 wins, 26 ends and 59 pts. 2nd Stoke Club skipped by J.Radcliff with 4 wins, 26 ends and 52 pts. 3rd Mapua Club skipped by D. Sixtus with 4wins, 19 ends and 40pts.

The lucky draw prizes went to the Mapua team of J.March and the Motueka team of M. Thwates. The prizes were presented by Wilma Van Beek.

David Higgs

Police Update

Hi to you all. Now that school is back and the holidays are over I hope you have all got back into the swing of things. We had a very busy couple of weeks in Motueka dealing with a teenage group of six, who did five house burglaries in two days. We got all the property back and had a good result.

Generally speaking the holiday period went very well in the Mapua area. Most visitors to the area came and went without causing or experiencing any trouble.

Some of you may have noticed less of a gathering of certain youths in the village – some have moved on so I hope many frustrations that people have contacted me about will be lessened as a result. However, as with anything there is always a new group waiting on the sideline and I encourage you to keep reporting issues such as under-age drinking, bad driving or drug-use etc. There is only one way that I can help with these matters, and that is by being told in the first place.

A Christchurch youth joined some Mapua youths and together they all took or got into four stolen vehicles between Ruby Bay and Springs Junction. They went to Christchurch and the four local youths (two from Mapua and two from Richmond) have been dealt with by the Youth Aid Section.

Let's enjoy the summer at last !

Mapua Occurrences:

Dec 23: Domestic at Korepo Road

Dec 26: Youths drinking at Mapua Domain. One arrested for breaching Youth Court bail

Dec 29: Domestic at Broadsea Avenue

Dec 31: Assist Mental Health

Jan 14: Accident at Ruby Bay Bluffs. Driver fell asleep.

Jan 17-18: Four youths dealt with for receiving stolen alcohol from Perry Way

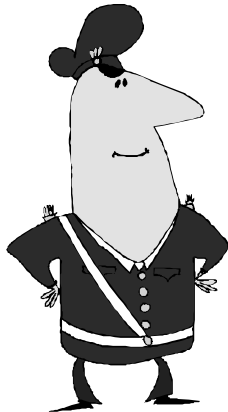
Jan 25: Accident in Gardner Valley

Jan 26: Domestic assault in Aranui Road. Male arrested.

Jan 30: Domestic in Iwa Street

Feb 2: Truck stolen in Ruby Bay (recovered in Brightwater)

Grant Heney, Rural Community Constable, Motueka, ph 03) 528-1220



Lawyer expands service

I am pleased to tell you that Smythes Lawyers has, after 13 years of practice in Mapua, decided it is time to increase our local presence. We have taken an office space, and intend that we will staff this at least two days a week. We hope this will offer our clients more flexibility and also enable urgent matters to be dealt with within a few days, instead of our clients having to wait out a week for our next visit.

To find us, go to the left of the pharmacy (in the row of shops at the back of the mall) and you will see us facing out to the park, sharing an office area with "DrawCo".

We look forward to meeting with you there – drop by for a chat, or phone for an appointment at the Nelson office, 546-8750

I am also pleased to advise that the Mapua office of Smythes will sometimes be staffed by Erika Floyd, an experienced lawyer who has just joined our firm. We will probably do a day a week each.

Best wishes to everyone for 2007 and please, let us know if there is any way in which we can help you with conveyancing, subdivisions, trusts, estates, wills, relationship property, mediation, arbitration etc.

Jenny Leith

Letters to the Editor...



We can only assume this letter is genuine although the writer is stepping out of his/her usual space. The signature was a little indistinct but we think we have got it right.

The Editors

In January I strolled into the Mapua Hall and behold, these silly people rolled out a mat, placed some black and brown things at one end and brought out a nice small white ball. That was more in my line - these old fogies shrieked when I kept chasing it around. I don't know if they thought it was funny but I sure did. After that burst of energy I curled up in a chair and slept peacefully.

Later, there being no tasty meaty titbits at what they called afternoon tea, I sneaked out over to the garage. I tell you, with all these visitors around it is tiresome crossing the road, dodging cars, but most are very considerate, kindly waiting as I amble across.

Would you believe it? I had a letter – an invitation to a wedding. Still purring over that idea but many thanks to these wonderful Mapua folk – you never know!

Tiger Lily

What's going on?

I have just read the February edition of the *Coastal News* and there are a couple of items that took my eye.

In the Community Health report we are advised to eat four walnuts a day. Why are enhanced levels of ALA and EPA beneficial and for what conditions?

And in the Volunteer Fire Brigade report it said they were called out on December 7 to "Signpost and teddy bear on fire." What's behind this? A strange cult torturing teddy bears, teddy gangs having patch wars, aliens....?

John Beswick, Ruby Bay

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.

Hills Community Church

Food for Thought....

While driving through the Tasman District the past few weeks it has been obvious the apple harvest is well under way. Trees have been laden with fruit and “Pickers Wanted” signs have dotted the landscape. And, every year within the orchard industry decisions are made whether or not to continue production for the next year. The challenges of competing in the overseas market, labour issues and land values have caused many to ask, “Is it worth reaping what I have sown?”

And so, as I driven past the orchards of late I’m reminded of the old saying, “You reap what you sow.” My mother was quite fond of that saying – she was fond of lots of old clichés and used them regularly on her children despite our groans and moans. She was right, of course. One does reap what one sows.

So, we, too, might do well to ask ourselves that same question as the orchardists: “Is it worth reaping what I have sown?”

If we’ve sown bitterness and rancour, our harvest will be a pretty sour existence. If we’ve sown hatred and revenge, we can anticipate a life of never-ending conflict. On the other hand, if we’ve sown the fruit of the Holy Spirit – love, joy, peace, patience, goodness, kindness, gentleness, faithfulness and self-control (Galatians 5:24-25) – we are well on our way to a pleasing and abundant harvest of the same.

Maybe it’s time to evaluate our own “orchards” and ask if we are sowing more time at the office – or the tavern – and less time with our children. Are we sowing seeds of suspicion or jealousy or prejudice against our neighbour or are we sowing seeds of trust, contentment and tolerance?

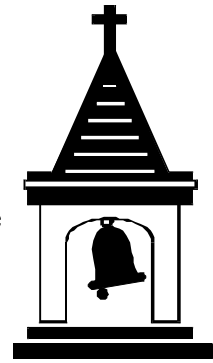
The seeds which are life-giving and love producing and the seeds which are not, both rest in our hands. It is up to us to choose which ones we will sow in the orchards of our lives and the lives around us. But remember, you will reap what you sow. May your harvest be happy and blessed!

Rev. Marilyn Loken

Regular Happenings at Hills:

Hills Community Church is an eclectic, community-based church offering ministries in the Anglican, Presbyterian-Methodist and Evangelical traditions. Our worship settings are both traditional and contemporary, each with an informal and relaxed style. Visitors and newcomers are most welcome. For more information call 540-3848.

Sunday Worship: Traditional service 9.5am, Contemporary service & SPACE for Kids 10.5am;



Holy Communion celebrated on the 2nd and 4th Sundays; morning tea between services. First Sunday of each month: one service at 10.5am.

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

Up & Coming at Hills:

We eagerly anticipate the start on our new building. We want it to be a true asset to the community. We’re building to make room for you!

Mountere Hills Rose Society

Nine members of our society travelled to Greymouth over the weekend of 16-18 February to represent our branch at the Ranfurly Rose Competition – a competition which includes the whole of the South Island. We didn’t bring home the Ranfurly Rose Shield, which went to Marlborough, but we came home with all the other major trophies. They were:

1. The 25th Anniversary Special Award for a vase of English Roses
2. Kath Henry Challenge Trophy for a bucket of H.T. Roses
3. Canterbury 2000 Trophy for small bucket of miniature surplus roses
4. Montieths Magic – Composition

A great weekend had by all, with true West Coast hospitality – lots of laughs, whitebait and very hot weather.

Reported by Letty Thawley

Happy 25th Birthday - Mapua Easter Fair

The saying goes, it takes a village to raise a child. After quickly researching the history of the Mapua Easter Fair I can unequivocally say that it has taken a village to raise a fair! The Mapua Easter Fair is 25 years old this year and is all grown up. On average 15,000 people attend, 300 plus stalls are present, and managed car-parking, two entertainment stages and Eftpos are available at the site. A gold coin donation gets you in the gate and all proceeds go to Mapua Playcentre and Mapua School. The little fair of 25 years ago is now one of the biggest one-day fundraising events in the district!

The first Easter Fair was held in the Mapua Hall on Saturday 10 April 1982 and very nearly didn't happen at all. The fair was proposed by the Moutere Hills Progress League (which today is the now Mapua/Ruby Bay Community Association) with enthusiastic assistance from Patrick Hogan – a Mapua identity of the time. Patrick was renowned in Mapua for his horse and cart, and for camping on the roof of the old Mapua Post Office in a bid to save the service in 1984.

Opposition to an "Easter" Fair was on two counts – one that it was the apple season and there was little time for anything else in those days, and two that Easter was inappropriate for many church goers. However being the "Progress League" this group of community members formed the Easter Fair Committee, met around the kitchen table and sent the word out.

The first fair sounded like a cross between a small market and a community picnic, Bill Williams remembers being in a procession from the Mapua Leisure Park, horse and cart rides, running races and the Fire Brigade turning out for a demonstration. There were about 30 stalls, entry was free, parking wasn't a problem and the stallholders' fees were around \$15.

Over the past 25 years a large group of people from the Mapua community have become involved in the Mapua Easter Fair. The first group to take over running the fair from the Progress League was the Mapua Playcentre. Very soon the fair became a big event and

the Playcentre invited Mapua School to share in the running and proceeds of the fair.

In 2005 several members of the Mapua Easter Fair Committee resigned. It was difficult to replace these people and it was decided to form the Mapua Easter Fair Charitable Trust. The trust then tendered for an event management company to run the fair. Inner Wink Event Management took on the contract for two years.

This year the Trust has contracted Sue Fox to run the fair. Sue has been a long-standing member of the Easter Fair Committee and has co-ordinated the fair several times. In a very generous spirit, Sue has negotiated a management fee of \$5,000, which she is donating to the "Proposed Mapua Recreation Centre".

So this year the Mapua Easter Fair is win-win all around for the children and young people of the Mapua Community.

Thank you to Bill Williams, Jan Egarr and Sue Fox for talking to me about the Mapua Easter Fair and it's history. I would also like to thank all the people I haven't named who have been part of the Mapua Easter Fair tradition. It is a great event, which through hard work and dedication we are very lucky to retain today. Ring Sue on 540-2828 if you want to lend a hand.

Miranda Sikking, Playcentre representative on the Mapua Easter Fair Charitable Trust

MAPUA EASTER FAIR
Saturday April 10
Mapua Hall - 1pm
Full range of stalls -crafts, pottery, raffles, auction, - things for children, displays
See the Mapua Woolgatherers - spinning and weaving and the Boomerang Maker demonstrtion.
Fire fighting - Mapua Fire Brigade.
Plus anything which might just happen!
Promoted by THE MOUTERE HALLS PROGRESS LEAGUE and MAPUA HALL COMMITTEE with the approval of local organisations.

Original ad reproduced from the 1982 Nelson Mail

The benefits of solar water heating

Solar water heating has traditionally been expensive and did not have a quick return on investment. However, the continuing rising cost of electricity and the uncertainty and unreliability of supply is motivating more and more people to “go solar”.

WhatPowerCrisis? are committed to reducing the cost of solar hot water heating to enable many more households to enjoy its obvious benefits.

As a general rule a well-installed solar hot water heating system will save 50% to 75% of the water heating content of your energy bill. For a typical 3-4 bedroom home with four occupants our “Villa” system would cost about \$2700 including GST, plus installation.

WhatPowerCrisis? have provided numerous lifestyle and farming customers with solar water heating, wind turbines, inverters diesel generators and off-grid systems, thus giving them freedom from power bills.

Established in 2005, WhatPowerCrisis.Com is a supplier of power saving and power generation equipment with web-based sales offices in New Zealand and Australia.

Our aim is to get good quality power saving and generation products to the market cheaply and efficiently. We believe the No. 1 reason that this market has not exploded is cost. Simply, the gear is too dear – we intend to remedy this.

We maintain an office, staff and warehousing in China. We source our products direct from manufacturers in order to bring our customers the equipment they want at the best price, without going through the traditional manufacturer/exporter/importer/distributor/reseller/customer supply chain. Many hands make light work, but many hands also mean a lot of mouths to feed along the way.

Anybody can get on the Internet and order products from anywhere in the world; our approach is to take a standard product, improve it's performance, reliability and function, test it and ensure its suitability for its intended market. Many products on our website are unique to us and made to our exact specifications. Our generators, solar water heaters and electric Mopeds are all examples of this.

Directors are David Keppel who has a Diploma of Dairy Technology, and is studying towards a Graduate Diploma in Technology – Energy Management, and Harris Chow who has a NZCE Mechanical Engineering qualification, and is fluent in English, Mandarin and Cantonese.

The China Syndrome

Many suppliers go to great lengths to hide the fact that their products are made in China. Let's be realistic, nearly everything is made in China, and if it's not it probably soon will be. WhatPowerCrisis.Com sources most products from China. Our suppliers make products to our own specifications and take pride in their manufacture.

Not that long ago “Made in Japan” had a stigma attached to it, and phrases like “Jap Crap” were thrown around. Today “made in Japan” usually means a high quality, expensive product. China is the new Japan, only many times bigger.

WhatPowerCrisis.Com Fact: *For every three solar hot water heaters we install, the equivalent of an entire household's electrical usage is saved.*

Property News

Amongst the many imponderables for 2007, is the question of where house prices are heading.

The 2006 year turned out to be a good year for home owners nationally and for those residents in Mapua and Tasman in particular, with house prices either improving or at least holding up amid predictions that the property escalation had ended and prices were set to fall.

This atmosphere introduced a degree of nervousness into the market for the first half of 2006, but when people realised that prices weren't about to fall, they began to make more confident decisions, creating a stronger market for the later part of the year.

Even taking into account the constant threat of Reserve Bank intervention, it's believed that the property market will continue to remain buoyant.

Some recent sales are:-

31 Dec	Iwa St4 B/R House	2373m2	\$810,000
9 Jan	Te Aroha Pl 4 B/R House	760m2	\$456,500
10 Jan	Higgs Rd 2 B/R House	2567m2	\$395,000
15 Dec	Higgs Rd Section	910m2	\$295,000
19 Jan	Higgs Rd Section	822m2	\$195,000

Compiled by Grahame Williams, Ray White Real Estate MREINZ



Mapua Health Centre

We are 17 years old! And it's our birthday this month. The Mapua and Districts Health Centre came into being in the middle of March 1990 after an amazing effort by the local community in collaboration with the Nelson Area Health Board, who had just bought the site of the old post office. It has gone through various metamorphoses and changes over the intervening years. We are now looking at adding two further rooms at the back of the building in order to create space for a larger waiting room area and make rooms available for new equipment and extra staff. Many thanks to all the volunteer help that we have had over recent years and to the health committee who generously give their time and energy to looking after the building and equipment.

We are introducing a new prescription service to help streamline this service. If you have internet access you can re-order routine prescriptions by emailing prescription@mapuahealth.com and give your details re name and exact medication required. We will aim to have the script ready within 24 hours (and usually the same day).

This year's flu vaccines will soon be available and we will be contacting those who are on our computer recall system when they arrive. However, if you would like to receive a vaccination against the flu and have not had one previously from our centre please call the practice nurse, as we need to order sufficient supplies in advance.

We are continuing to work in with the Richmond and Wakefield on-call doctors for some of the weekends in order to give the centre's doctors a break from being continuously on call for emergencies. Please let us know if you have any difficulties with these arrangements. The out-of-hours phone number remains the same, 540-2211.

Sam's Spam

Issue 2

It seems a long time since I wrote the last column – I hope everyone had a good holiday and is enjoying the summer. For Christmas I got the Nintendo Wii I really wanted – it's awesome! It allows you to physically play tennis, golf, etc and move the objects onscreen so means your parents can't accuse you of blobbing out in front of the computer.

Latest Nintendo Game for Wii- WarioWare: Smooth Moves With hundreds of microgames, this game is just as wild as you'd expect from the name WarioWare, but the game play has been revolutionized. Under Wario's tutelage, and with the help of the Wii Remote, players will swing, spin and squat their way to victory.

How to be more efficient with emails

I read a good article about emails the other day, and I have summarized some of the key points as I found them useful myself. Emails are fun but they can become a bit overwhelming – the best advice is – don't let your emails build up!

Get rid of the easy stuff first - if the email asks you something you can easily deal with, do it straight away. Make sure you put a clear subject line when replying so this helps the recipient and hopefully, they will do the same for you. Clear subject headings help you decide whether something can be dealt with quickly or not.

KISS – keep it simple stupid (I'm not being rude – that is just the saying!) keep your own replies clear and concise and there will be less chance of people sending you further emails to clear something up, plus writing less is quicker.

If the email is just a circular or something else that does not need an answer, either file it or delete it immediately.

This last advice is particularly important for people who use emails a lot at work, or are studying – switch

off your auto check or change the receiving time so that you do not constantly receive emails, as this will break your concentration. If you just want to check them every hour or so, you can change the auto timer in Outlook Express by:

- 1: Go to Tools-Options
- 2: Under the "General" tab, in the "Send/Receive Messages" section (about the middle of the window) find the check box that says "Check for new messages every ___ minutes" (you choose).
3. If you would like to turn off the Auto-Timer, click on the green tick to the left. It should become an empty white box.

Freebies of the month A good website that I recommend is www.pcworld.com They have put a list of their

Top ten files of 2006, e.g. spyware blockers, antivirus apps, registry cleaner etc.

<http://www.pcworld.com/downloads/collection/collid,1438-c,downloads/files.html#>

My favourite 3 are:

- DVD Shrink
Make a back up of your DVD disks, saving the output to your hard drive.
- ZoneAlarm Free
Protect yourself from Web nasties with this free utility.
- RegClean
Clean your Windows Registry of corrupted or unused Registry keys.

WhizKid stuff: Last but not least, I have now moved back to Ruby Bay and have a new phone number 03 540 2804. I have not changed my prices though – average job price \$10 for helping with computer problems, etc – see my full advert on the Noticeboard (back page). Thanks. WhizKid Sam.

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Mahana School



Mapua School



At Mahana School we have started the year running! Students and teachers alike are revitalised and ready to face the challenges of the New Year. Senior room students are pleased with their newly renovated classroom, and thanks to Ged Stevens (computer miracle worker!), some new and newly upgraded PCs. Further renovations are planned with work soon to start on a smart new administrative area and sick bay.

Parents were invited to class information evenings run by the various teachers, highlighting learning activities for the term. It looks like being a busy term ahead. The focus for the term is on fitness and reading. You can expect to see the whole school out on the netball court, exercising *en masse*. Jibes aside (and there have been a few!), the teachers are expecting not only to see improvements in fitness but learning as well.

There has been much swimming pool activity since the term started with the interschool swimming sports coming up. During the holidays the Mahana School pool underwent some upgrading work, kindly organised by Tony and Jill Kennedy. Crystal clear water has been the result of their efforts, and much enjoyed by those with pool keys on the few hot days that have passed for summer this year.

With Mahana School being the smallest school in the area, I spent some time recently looking at what the research has to say about small schools. Size really does matter according to the studies. Some of the benefits of “smallness” included children feeling a greater sense of belonging, parents and teachers becoming allies in fostering student success, quality versus quantity in terms of the number of programmes offered, greater teacher job satisfaction, and an internal community of accountability. Small schools, they suggest, are communities where no-one is a stranger, and that’s the way we like it at Mahana School.

You may have seen the Mahana School flier come through the mailbox, or have come across our new brochures at various locations around the district. We’d love you to come and see how we do things “Mahana-

A new principal has taken over at Mapua School. He introduces himself:

The year has started well at Mapua School. The children have returned refreshed and ready for another fantastic year at Mapua, as have all the staff. For those who have not caught up with the changes here, the school lost its much respected principal, Hugh Gully, after he won a job at Nelson Intermediate. Hugh did wonderful things with the school during his time here and has left it in very good heart. However, this meant that a new principal was required which led to me being appointed as Principal from the beginning of 2007.

My name is Rob Wemyss. Previously, I was at Clifton Terrace School on the northern entrance to Nelson where I taught for about 10 years. Prior to that, I taught at Tahunanui. I am 38 years old and live in Nelson with my wife, Jo, and our three beautiful kids, Angus (8), Isabella (7) and Sophie (4).

My interests involve, cycling, both road and mountain, volleyball, soccer, running and various other sports that present themselves to me.

I am thoroughly enjoying my time at Mapua and have been overwhelmed with the support that the community has offered. This is very much appreciated.

The year ahead will offer me a wealth of new opportunities and challenges which I am looking forward to. I look forward to meeting with and sharing in the community.



Rob Wemyss

Mahana School

style”. It helps if you can let us know you are coming (Ph 543-2887), as Rodger our principal teaches part-time as well.

Jacqueline Brown, Mahana School Board of Trustees

PROBUS CLUB OF MAPUA & DISTRICT

The guest speaker for the first meeting of the year on 2 February was the Rev. Marilyn Loken, who is the minister for the Hills Community Church. Marilyn and her husband Rod emigrated from Minnesota in the USA. Their interest in New Zealand was sparked by an article in the National Geographic Magazine. They made four trips to New Zealand starting in 1999, with the first two being vacations.

Marilyn received permission from her Bishop to explore the possibility of doing ministry work in New Zealand. After an initial tour of the South Island some friends in Timaru recommended that they see the Nelson area. They contacted the Methodist Church to see if there were any openings in the ministry. During a holiday stay in Motueka, they made friends with a couple from the St Andrew's Uniting Church who later moved to Mapua and told Marilyn of a vacancy at Hills Community Church. In April 2006 they arrived in New Zealand and she interviewed for the pastorate at Hills. In May Marilyn was offered the position as pastor and started in July.

Marilyn also spoke of her earlier years. In 1978 she graduated from Michigan State University with a BA degree in English. This led to an interview with the accounting company of Ernst & Whinney. The company was looking for someone with an English degree, which enabled her to clinch her first post university job. A year later, Marilyn moved to Minneapolis, Minnesota, where she worked for five years in executive recruiting. She and Rod married in 1985 and lived in Hudson, Wisconsin, where Marilyn owned a Christian book and gift store. She became involved in youth ministry at her church that led to seminary and full-time parish ministry. In 1996 Rod and Marilyn moved back to Minnesota and set up a non-profit retreat ministry called Shepherd's Rest for clergy and their spouses on their 61-acre property. Marilyn also became minister of the local United Methodist Church, which was her position prior to coming to New Zealand.

Marilyn concluded her talk by saying that she discovered the more attentive and trusting she has become with God guiding her life, the more rich and blessed her experiences have become.

Our mini speaker was club member Sylvia Peter. Sylvia gave a very humorous talk on her early years in Otago, with more of a basic lifestyle to what we expect today. Sylvia ended her talk speaking about her hobby of making quilts. She showed several items that she had made, including a very decorative quilt suitable for a young boy's bed.

St Valentine's Day was the club's monthly outing. Convener Ray Kitto arranged for 22 members and

friends for a day out at the Nelson Lakes Gliding Club near St Arnaud, to experience the sport of gliding. The club operates from Lake Station, a privately owned sheep and cattle station. Two club gliders and pilots were in use for about four hours, giving most members around 20 minutes to experience the views around St Arnaud. It was a perfect day with clear skies, allowing members to enjoy a picnic lunch while waiting their turn for a flight. The writer had the experience of a flight over the Mt Robert Track, giving spectacular views of Lake Rotoiti. It was an experience that the members will remember for a long time.

David Higgs

RSA MEMORIAL LIBRARY

Ph 540-2545



At the time of writing, the Affordable Art Show is still a week away, so I can't yet tell you how it went. A full report will be included in the April *Coastal News*.

I would like to say at this point that I have been amazed over and over again at how people have embraced the idea of the Affordable Art Show, and have unstintingly shown support. Both the artists putting up their work, and the many people whose services we called on have helped in so many ways. Several gave their time, or products, or both, gratis or at a very reasonable cost, and for that we are very grateful. We will properly thank all of these people after the event.

If you did visit the hall during the exhibition weekend, I hope you enjoyed the experience, and many thanks to the hard-working Show committee of Dot Moriarty, Robin Goette, Jeanette Cook, and Karen Williams for putting it all together.

We've got some great new non-fiction in, including:

The Hollow Men (Nicky Hagar); Swamp Fever (Gerald Hindmarsh); Ghosts of Gondwana (George Gibbs); Legs on Everest (Mark Inglis); The Farming of New Zealand (Gordon McLauchlan); Lifestyle Farming in NZ ((Paul Martin); Blind Bay Hookers (Fred Westrupp); Thomas Brunner (Emily Host). All New Zealand-made, and excellent reading. Free to all residents.

Sarah McLeod

Library Hours:

Tuesday, Friday & Saturday 2pm – 4.30pm
Wednesday 5pm – 7pm
Thursday 10am – 12.30pm

VOLUNTEER FIRE BRIGADE

On the 20th January we presented our annual awards. This year our founding chief, Ted Perry, retired from the brigade after 35 years service. Ted's son Avan, who was our current chief, and his wife Michelle resigned to move to Australia.

The Perrys have put in a lot of time and energy into the Fire Brigade over the years and the rest of the brigade wish them the best in their new lives.

Ian Reade is our new chief. Ian's contacts are cell 027 445 7049 or at the station, 3 Iwa St. Ph 540-2501 on Thursday nights. E-mail mapua@fire.org.nz

January-February call-outs

Jan 1: Jug fire in house bus, Broken Hill Orchard. Richmond's job.

Jan 21: Controlled burns near Permins Rd, no action taken, but owner told not to burn at night.

Jan 29: MVC Ruby Bay, non-injury

Feb 9: Controlled burn Van Beek Pl. No action taken

Feb 10: MVC SH60 Ruby Bay. Two cars crushed. Two people cut free. One car cross the centre line.

Feb 16: Cover move to Nelson Station, ship fire

Safety Tip – drive to the conditions

Postal Delivery

We can post you the Coastal News. To take advantage of this post \$10 with your name and address to Coastal News, PO Box 19, Mapua Store, 7048. Include your new postal code for rapid delivery. Existing subscribers can also send their new code in by email coastalnews@mapua.gen.nz or by post.

Sourced: MTA campaign material

Motoring with **Mapua Auto Centre**

(next to Mapua School) Sept 2006

The Importance of Regularly Changing Engine Oil & Oil Filters

Read why it is important to have your vehicle regularly serviced and how this can save you \$\$\$ in the long term.

Engine oil becomes contaminated with water vapour; unburnt petrol and blow-by gases from the combustion process.

Fuel enters the oil on cold start up and only ceases when the engine oil is fully warmed up. This process can take approx. 20 kilometers to achieve.

Other variants which can affect the life of engine oil are – driving style – dusty roads – heavy loads and sustained high speeds.

Contaminated oil destroys the protective lubricating properties within engine oil. Consequently as the oil within your vehicles engine becomes contaminated, it thickens. This thickening dramatically reduces the oils ability to reach the moving parts of an engine quickly on cold start up. It is at cold start up, when most engine damage occurs.

The engines within many modern vehicles now have smaller sump capacities, therefore storing a smaller quantity of oil. This places more stress on the oil, particularly as the oil approaches the end of it's effective service life.

Added to this, as the oil becomes contaminated, the oil filter becomes clogged and less efficient, restricting oil distribution around the engine.

Oil qualities today are far superior to those of the past, with vehicle manufacturers designing modern day engines specifically to take SAE10W-30 (low viscosity) oils. Low viscosity oils reduce friction during the combustion process, they also help improve fuel consumption and assist to reduce exhaust emissions.

If a vehicles engine is well maintained and regularly serviced, the engine can achieve far in excess of 200,000km without requiring major overhauls.

My calculation using this fact alone, show a saving of over 50% on possible engine overhaul is achievable when a vehicle is serviced regularly. (this is based on the servicing costs of a standard saloon within a 200,000km)

Recommended Servicing (engine oil & filter change) Schedule.

- Every 5,000 – 7,000km or 6 months (whichever is the lesser) for vehicle vehicles which travel less than 20km for the majority of journeys &/ or some diesel vehicles.
- Every 10,000km or 12 months (whichever is the lesser) for all other vehicles, unless stipulated otherwise by a manufacturer or Mechanical Insurance policy.

We Wish you Happy, Safe Motoring



MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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

MEMBER PROFILE

Abel Tasman Coachlines

Abel Tasman Coachlines provides transport to the Abel Tasman National Park and Golden Bay region with regular scheduled services to Nelson, Mapua, Motueka, Kaiteriteri, Marahau, Takaka, Totaranui, Heaphy Track and anywhere in between.

Abel Tasman Coachlines picks up from outside the Mapua Hall on booking only as well as prearranged places on route.

There are a variety of travel packages available, to suit each individual clients needs. Packages can include activities such as sea kayaking, launch cruises, sailing, bush walking or simply relaxing on the beach. Passengers travel in comfortable, reliable coaches and receive an informative commentary of the region on route.

To find out more about our timetables, fares and packages, visit our award winning website - www.abeltasmantravel.co.nz



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

MEMBER PROFILE

Shanti Massage Therapy



Relaxation and Deep Tissue Massage

Kim Saunders Stevenson Certified Massage Therapist

Shanti is an ancient Sanskrit word meaning peace, calmness and tranquillity. It is not a style of massage but rather describes the feeling you experience when you receive a massage from me.

I have over 10 years massage experience and am Nationally Certified in Therapeutic Massage and Bodywork (USA).

Each session is tailored to meet your needs. Whether you are looking for a nurturing, relaxation treatment, specific deep tissue work for relief from pain or a combination of both; you will leave with an enhanced sense of well-being.

Client comfort is vital and through clear communication I ensure your massage is an enjoyable and beneficial treatment. People of all ages and states of health, including pregnancy, are always welcome at Shanti Massage Therapy.

My husband and I have lived in the area for over 3 years and I am happy to have provided a service to the community for nearly that long. I have recently moved my practice to Mapua Massage and Therapies Centre at the top of Higgs Road. There is additional treatment space available for rent on a casual basis in these lovely premises. Appointments available Tuesday through Saturday.

Shanti Massage Therapy
141 Higgs Road, Mapua, ph 540-3911

LIFE IS PURRR...FECT

Miaow! A big hello from me. Everything should be back to normal now that the kids are back at school.



Thank Heavens!! It was getting a bit much having all those kids trying to pull my fur, or even worse, my tail and if not that, poking at my eyes.

I had to give one or two of them a wee scratch now and then. Not too much, but just enough to let them know they were bugging me.

February has been a good month at Flavour. They have been flat out. I don't know where all the people came from. They don't all talk the same so I assume they came from far away.

Valentine's Day was a big success. I didn't know there were so many romantics in Mapua.

One man sang a song for his wife.

It brought a tear to my eye. He wasn't half bad, either.

Ange went to a lot of effort decorating the room in red and white with white tablecloths and yummy chocolates on the tables. It looked really beautiful with dimmed lighting and candles glowing. Perrin Madsen entertained with sappy love songs. The customers must have loved it as they all sang along.

I would rather catch a bird of the feathered kind any day.

I went to a wedding on the 17th of February. Arthur and Jenny Hawke tied the knot. What a great occasion that was. We had a real hooley at the Mapua Hall and I believe some of the guests went streaking down Aranui Rd at midnight. I must have missed that bit.

On the 3rd March we are having a 60s night with ELVIS! We have had so many people ring up to see when he is coming back, so we gave in and organised it. Better book early so you get a seat.

See you there. Lots of love to you all.

Tiger Lily, Village Cat

Mapua Hills Rose Society (est 1949) meet 1st Monday each month (except January, June and July) at the Supper Room, Mapua Hall 7.45pm. Rose lovers, and growers, visitors and guests very welcome. Enquiries to Sec: Letty Thawley, 540 2876, Pres: Margaret Sinclair 03 528 8477.

Cancer Society Sun Umbrella Loan Scheme: available for community groups or functions during the summer months. If you require extra shade for your activity, please phone Sue Main, 540 2090, to organise collection of the umbrellas. NZ has one of the highest incidence of skin cancer in the world. The best way to prevent melanoma and other skin cancers is to stop your skin being sun tanned and sun burned throughout your life. For more information visit www.sunsmart.org.nz

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

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.

Need Help? Can't connect your DVD / Video player/ Lost your computer work? Can't download your digital photos? Need help setting up an email account? Average job price only \$10! Basic web design, average price \$25/page, including advice on domain registration. Call **Whiz-kid Sam!** 540 2804. sambobuk@hotmail.com - <http://whizkid.awardspace.com/>

Noticeboard

The Gainsborough Club of Nelson is hosting its 21st Anniversary Celebration Dance 8pm 9th March at Richmond Town Hall. Tickets \$10. All past, present and future members welcome. BYO, and a supper plate to share. LIVE MUSIC. Phone Dale 543 2151 or Rose 547 2401

Mapua Genealogy Computer Discussion Group: This year our meetings will be 1.30pm 2nd Saturdays bimonthly, on the following dates: 14 Apr, 9 Jun, 11 Aug, 13 Oct and 8 Dec. For information about this group phone Val 540 3931 or Peter 540 2686.

Meditation for beginners meets Wednesdays fortnightly at 7.30pm at the Aranui Centre, 69, Aranui Road, Mapua. Next meetings 14 & 28 March. All welcome. Gold coin. Tel Julie Ewer 5402705 if interested

Office space and therapy rooms available in Mapua village centre. Tel Julie Ewer 5402705 for more information

Cleaner wanted: Mapua 1 hour a week call Kerri 540 3386. Tasman 2 hours a week call Kylie 03 5266125. Verbal references please.

Social Netball: Are you thinking of getting back to playing netball? Or are you strictly a social player with no time for practices looking for a local team of like-minded players? Mapua and Districts Netball Club is looking to enter a social-social team in the upcoming winter league. If you would like to know more, please contact the Club Secretary, Lynley, 540 2292, worsley@paradise.net.nz.

Garage sale and give-aways, all sorts of stuff incl drying frames, wood, netting, recyclables etc at 63 Higgs Rd, Mapua. Help us clear out! Ph 540 2733.

For sale: 4 beds, wooden head/foot, make an offer, ph 5402733

Judy Maich - where is she? Her pottery has been left here. Please ph Sandra Jacobs 540 2733

Mapua Bowling Club is looking at increasing membership. Social bowling days are Tues, Thurs, Sats at 1pm. We can provide loan bowls and coaching for anyone interested in learning the sport. For further information phone Pres, Nancy McAlwee, 540 2834 or Secr, Margaret Busby, 544 3625.

Mapua Combined Probus Club meets first 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. Maureen Fon 540 3292.

Women's Move n Groove Dance Classes – SALSACISE - all new, short, low impact, Latin routines. Fun, and easy to follow. Mondays 10.30-11.30am at Mapua Hall. Enrol with Catherine Callaghan at Dance Moves, 548 8046, 027 323 2098, learn@dancemoves.co.nz.

Seagull Sunday - Grossi Point Mapua Sunday 25 March starting at Noon. Bring your Seagull outboard motor, boat, family and picnic for a fun afternoon. Phone Mike, 540 3901 for further details.

Inland Revenue in Motueka: An officer from IR will be at Work & Income Motueka office on Tuesday 3 April, 1 May, 5 June. By appointment only and for queries relating to: Family Assistance (Working for Families), General Income Tax. To book please call into the Motueka Work & Income office or phone 03 907 0239.

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

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

Spinners, Knitters, Weavers - Mapua Wool Gatherers meet at the Mapua Hall on the second Tuesday of each month at 10 a.m. All welcome.

Coastal Garden Group meet monthly every first Thursday at 1.30pm 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).

Mapua Friendship Club welcomes old and new friends. We meet on the third Thursday of each month and enjoy a game of indoor bowls followed by a lovely afternoon tea and a raffle for a mystery prize. We also have cards if you prefer, Euchre, crib etc. No membership dues just a group of friendly people having a good laugh (some of us are not very good bowlers!) Come along and enjoy some good company. For further information ring Val Roche on 540-3685.

Yoga with Robin - Classes weekly - Wednesdays at 4:30 p.m. to 6:00 and Thursdays at 5:00 p.m. to 6:15 p.m. at the Mapua Supper Hall. Also Friday Morning classes at 9:45 a.m. - 11:00 at the Moutere Hills Community Centre. All levels welcome.