

Coastal News

email: coastalnews@mapua.gen.nz

covering Mapua & Ruby Bay,
run by volunteers

Where to for Mapua Health Centre?

The Mapua Health centre has been in existence in its present form for 16 years, with extensions to the building and staff in that time, but we now have to think of our next move. Do we keep modifying what we have, or do we start again?

The old Mapua Post Office was the basis for the health centre which opened in March 1990 with Dr Tim Ewer as the sole general practitioner, a district nurse and a receptionist. There are now four doctors, three nurses, four receptionists and a practice manager, and all available space is used. There are no spare rooms.

In the August issue of the *Coastal News* under Community Health News we mentioned the big growth in population for Mapua and its district, and the predicted growth, and the fact that the present building is being used to capacity. For patients the main indication of this may be the congestion in the waiting room. There is no way to expand this except into what is now a consulting room, which would have to go somewhere else. But where?

That's the heart of the problem. Where to go? The staff and management committee feel the present building has just about reached the end of its useful life and we should be planning for new purpose-built premises, something like what Wakefield has. Ideally we would build on the back of the present section, and the front space would be used for car-parking.

At present the land and buildings are owned by the Nelson Marlborough District Health Board, and the Mapua, Ruby Bay and Moutere District Health Centre, to give it its full name, pays the NMDHB a nominal annual rent. In turn the management committee leases the premises to Dr Ewer as a general practice.

All the modifications from the initial conversion of the old post office to the recent extension of the reception area have been paid for by funds raised by the community and residents have volunteered labour and time over the years. The present state of the health centre and its continued existence and possible expansion is very much in the hands of the community.

For this reason the management committee has decided to hold its AGM in the Mapua Hall on Monday 25 September in the hope that members of the community will attend. We need new people on the committee to replace retiring members and we would like to hear what people think we should be planning. So come along to the meeting, and please respond to the request in August's *Coastal News* by sending in your ideas and thoughts to wendy@mapuahealth.com or to Strategic Plan, Mapua Health Centre, 62 Aranui Road, Mapua.

I would emphasise the need for community involvement and not to leave this important facility in the care of just half a dozen people. Help us care for ourselves and each other.

Cynthia Fowler, Chair

Mapua Health Centre AGM

Monday 27 September 7.30pm
in the Supper Room, Mapua Hall
The public are invited to attend
this important meeting to discuss
the future of our Health Centre

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Garden Notes

Welcome to spring and the blessings of the blossom. Seed-sowing is at its height this month, frosts are almost gone and ground temperature is on the rise. If you are among those who like gladioli then from now on you can plant a succession of corms to keep the flowering period longer.

This is the best month to plant out pot-grown plants Iceland poppies should be in full flower and need their spent flowers removed to prolong flowering.

Roses are well into leaf now and soon the spraying cycle will begin (Shield or Super Shield) assists to keep them healthy.

Camellias will have almost finished flowering and this is the time to trim to shape or cut misshapen branches. In the fruit garden spraying stone fruits (for leaf curl and brown spot) undertaken as the flower bud is about to burst.

In the veggie garden carrots, onion, parsley, peas, beet, turnips etc, almost everything, can be planted out this month. With the advent of September comes the beginning of the real garden work. Potatoes planted on Spud Monday should be peeping through and need earthing up

The motto certainly should be: sow less seed but cultivate more and use more manure. The market gardener puts manure in with every crop.

Enjoy the spring, the season of new life.

Barry Highsted

Coastal garden group

We were pleased to see so many people had fought off the bugs and chills doing the rounds to be at our August meeting. As usual business matters were kept brief and to the point. It has been a quiet month for the Reserves sub-committee while we await a report from the Tasman District Council. It is hoped that this report will be with us during August and Barry hopes to be able to present a more detailed plan for Aranui Park to the group at our September meeting.

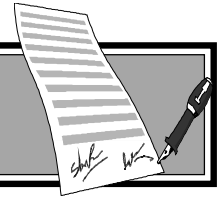
Our plans for the coming few months were discussed along with a programme of garden visits. A bus trip to the gardens of East Takaka is being planned for later in the year. More local gardens were suggested and will be added to our 'to do list'.

Our speaker this month was Brian Bird talking about the vegetable garden. He had lots of tips for us on how to prepare for an early start to planting both tomatoes and potatoes. He was also able to recommend some varieties of both for us to try. Brian had a few tips for ways to produce a heavier yield and also showed us some examples of what can go wrong. He offered some ideas to help prevent damage to the crop from wireworm, carrot fly, whitefly etc. Our thanks to Brian for sharing his experiences with us, and his recipe for harvard beet.

As well as the entries for the Bloom, Cluster and Shrub competition the room was full of colour provided by a wonderful display of camellia flowers. We discussed the various blooms after tea. Our plant auction was once again successful with a magnificent orchid up for sale.

Our next meeting will be held on Thursday 7th September 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).

Letters to the Editor...



Congratulations

Firstly, I must compliment the local Community Association. for its recent Rating Seminar, although I also express my disappointment in the number of residents who failed to attend. Does this reflect the “new money” that has imposed itself on our now over-burdened infrastructural assets, or, the apathy and resignation that we can’t influence the tax system?

Well, you should have been there! A great line-up of speakers, Gordon Currie of Greypower had assembled all the right questions, and Tim King of the Tasman District Council impressed with his personal action plans.

I too feel like a bit of a spectator, and wait for evidence of any positive action and tangible change. However, remember “the noisy wheel gets the oil” and if you feel so inclined, write your gripe to the Minister of Local Affairs.

W K Darling, Ruby Bay

PLANTS AND CAKES

Once again the Coastal Garden Group will join forces with the Moutere Hills Rose Society to hold a plant sale at Mapua Hall on Saturday 16th September. This year we will be joined by the Nelson Sugar Art Guild who will set up a cake stall. Plants and cakes will be available from 9.30 am so be in quick for the best choice.

Saturday 16th September from 9.30 am

Aranui Park access

I am pleased to see that the Garden Club reserve sub-committee’s plans for Aranui Park are attracting some discussion. It is surely at the concept stage that such discussion needs to happen, not when it is too late to have community input. Although one could be forgiven for thinking that a concept that has secured a recommendation of \$35,000 was fairly well advanced.

I see the underlying issue as this: The Tasman District Council has long had an existing management plan for Aranui Park, drawn up for the best long term management of the reserve, ‘a plan that would carry out the wishes of the Wells family’. One of those wishes incorporated into the plan was “a prohibition on vehicles, horses and camping” (quotes are from the management plan).

Another of the policies was ‘the establishment of a high standard walkway through the reserve to provide pedestrian access from Aranui Road to any new residential area on adjoining land’.

So the council and any interest group wishing to develop some aspect of the park should be adhering to this plan, otherwise development will be ad hoc, unpredictable and likely to be at odds with the wishes of the park donors. That’s why the skateboard ramp, for instance, was not allowed. If any one group gets the ear of council to develop any part of the park as they wish, we could end up with all sorts of proposals that take the park well away from its original vision as a restful green heart in a developed Mapua (and in the management plan, the green was to be local native forest).

Calling a road a ‘service way’ or ‘access driveway’ does not take away from the fact that cars would be coming into the park and fundamentally changing its character. Let’s keep this beautiful park an oasis for the people of Mapua, not for cars.

Judy Mitchell

PROBUS CLUB OF MAPUA & DISTRICT

The club's meeting on 4 August had two very interesting speakers. The main speaker was Bob Lankaster, who with his wife Mary has operated their Mapua business, Treks in High Places, for seven years. Bob set up their travel business some 17 years ago in Yorkshire, England. The company has three staff running their business in Yorkshire, and three staff in Mapua. Bob's first trip to New Zealand was in 1993 tramping through the Hooker Valley and the Mt Cook area. He was so impressed with the lifestyle and pristine scenery of New Zealand that he and Mary decided to leave Yorkshire to expand their business here.

After a 10-minute introductory talk, Bob showed over 60 slides showing the many trekking groups visiting a wide variety of countries throughout the world. The display showed groups skiing, a group horse-trekking in Nepal, and another group camel-trekking through Rajasthan in India. The trekking groups are made up of maximum of 12 people with ages ranging from 35 to 60 years, often made up of 50% women and men. The countries visited are wide and varied from the cold of Iceland and Greenland to the heat and dry conditions of Wadai Dron and Petra in Jordan. Other photos showed breath-taking shots of the Himalayas and Mount Everest, also the high peaks of the Andes of Peru in South America. There was a wide range of photos of many of the 15 countries that High Places have organised tours. These are often remote areas of the globe that the average tourist cannot visit.

The tours can range from three to 17 days at a cost of \$2000 to \$6000 involving over 50 tours, including three trekking tours around New Zealand. Bob finished his talk by showing photos of his first tramp around the Mt Cook area.

On completion of afternoon tea, Athol Churchman introduced the club's mini speaker, Noel Forbes. Noel's subject was his working experience, with his wife Glennis in the goldmines of Kalgoorlie in Western Australia. They went to the mines in 1989 working

for 14 years. Noel spoke about the starting of the mining in the area, some 600 miles from Perth. In 1883, a pioneer, Paddy Harman, was trekking across the Nullabor Plains, and came across a seam of gold ore. The news quickly spread and by 1903 the gold rush was on with a population of some 30,000 people, a similar population of that of the present day.

The area is made up of around 80 individual mines, producing an average of four gold bars a week. The area is recognised as the richest piece of land in the world, known as the Golden Mile. Noel spoke in detail on the extraction and processing of the gold ore. One of the gold ore trucks is able to move 225 tons of excavated rock for gold processing. Noel produced a golf ball to show the meeting the average amount of gold extracted from one truckload.

The lifestyle of work in any of the mines is often hard, working up to 13 hours a day. The mines operate 24 hours a day 7 days a week using two shifts of up to 200 staff. The age range of the staff is from 18 to 35 years. Noel found that most of the mining companies were keen to employ New Zealanders, as they were more flexible in working the long hours. Noel was the only New Zealander working in the mines in 1989; by the time he left there were over 1000.

Noel answered a good variety of questions and was able to show a large framed photo of the New Celebration Gold Mine that he was working in.

David Higgs

Coastal Connections

In August due to reduced numbers because of sickness, holidays and other commitments we decided on the day to change the event to the Café on Oxford in Richmond. We had a lovely hot lunch, then off to The Mall and Richmond shops to do some retail therapy.

Our next meeting will be on the 14th September at 11.45am at The Honest Lawyer, Monaco. Please contact me on 540-2323, so that cars can be organised.

Dot Siddle

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.

Award for Mapua man

A well-known Mapua identity, Bill Marris, was one of several people to be presented with an award by the Tasman District Mayor, John Hurley, in the council chambers last month.

Bill's award was for his outstanding service to the community over many years. Mr Hurley referred to Bill's 41 years on the Mapua Hall Committee and the huge amount of time and money he had saved the community through his work on the committee.

Bill had also contributed many hours to the Mapua Boat Club and to the photographic museum at the wharf, and he was often at hand to turn off the fire alarm after the team had left to attend a call-out.

Thank you Bill. Your award is well deserved and we know you will keep up the good work for as long as you can.

Jim Bryse, Chair Mapua Community Association.



Community Association Officers re-elected

Most of the officers of the Mapua and Districts Community Association were re-elected at the annual general meeting. They were: Jim Bryse, chairman; Devin Gallagher, deputy chairman; John Sharman, secretary; Dave Wilson, treasurer; committee, Liz Lock, Helen Bibby, Marion Satherly, and Keith Darling. Three sub-committees – sea wall, waterfront park and walkways – were expected to be busy this year. The Aranui Road sub-committee remains in recess.

The next meeting will be on 11 September at 7.30pm in the Mapua Hall. The guest speaker will be John Roosen, the site manager for the clean-up of the chemical plant at Mapua. He will report on progress to date. Everybody is most welcome to attend.

Jim Bryse, chair

Mahana School Report



Mapua School Report

The last week or so has seen our school go down with the flu bug. Our Senior Room class has been particularly hard hit with over half the class absent. However, the rest of us have been turning up at 9am as usual and Mahana School has been buzzing (if a little less noisily) with the sound of learning and good thinking.

In particular it has been a Maths buzz! Maths Week is always celebrated enthusiastically across our classes and right out into the wider school community. In fact the Mahana Family Maths Challenge has become a bit of a legend and this year our school families have been nutting out some interesting maths problems.

Whole-school activities are a real strength of small schools like ours and PE and fitness have been a major focus in this last month. We are “fit as” after a month of skip fitness and an amazing jump-off day to support the Heart Foundation work. Our koha raised \$80 and we had lots of fun. The sight of 10 kids all joined up holding each other’s rope and skipping in unison was fantastic!

There has been real growth in skills and fitness.

Folk Dance Fridays also make us huff and puff – the music pounds and our toes twinkle as we all dance away for half an hour. Great for the co-ordination and using both sides of the brain.

Congratulations to our 7-Aside teams who won the Junior Soccer and came a close second in the Junior Netball. Great skills, even better attitude and impeccable behaviour. Well done Mahana.

We believe it is important that Mahana children feel proud about themselves and their school. We hope they feel that this is their Turangawaewae. But they are also learning about being part of a community and a nation and so on Wednesday we raised our school flag to half mast to honour the passing of the Maori Queen, Te Arikinui Dame Te Atairangikaahu.

Rodger Smith, principal, phone 543-2887, email principal@mahana.school.nz or www.mahana.school.nz

Many of you will know that I will be leaving Mapua School at the end of this year to take up the principalship of Nelson Intermediate. This will end seven years of close association with the school and community.

I will take with me some powerful and lasting memories of what is a unique school and community. The community is unique in terms of the location and village atmosphere that is still evident. This community continues to value a close association with its members and a caring attitude evidenced by so many committees and groups that aim to add value to the area. Although the area continues to grow, my feeling is that it also holds fast to strong values associated with community responsibility. People care about the area and the well-being of the community members.

Mapua School is unique and I often reflect on the reasons why. Its uniqueness is highlighted by:

- The strong values that students arrive at school with. Students generally arrive at school wanting to learn.
- Students are motivated and want to achieve high levels in their reports.
- The older students care for and engage with much younger students.
- The staff are very professional, dedicated and a great deal of fun to work with!
- Teachers can focus on teaching and are not distracted by behaviour problems.
- The buildings are modern, bright and well resourced.

There is a school culture that is highlighted by a calmness in classroom learning and in the playground. It is very friendly and welcoming.

Suffice to say moving on will be a very difficult thing to do but the timing is right. It is time for a new principal to come in and embrace all that is running well, and look for new opportunities that need development. At a personal level I am very proud to be part of the team of people that have worked very hard to establish the culture that exists.

Hugh Gully, principal, Mapua School, Phone/Fax 03) 540-2806, mobile 027 632 7078, www.mapua.school.nz

Scouts Quiz Evening

Tamaha scout and cub parents are running the popular annual quiz night once again. It will be on Friday the 8th of September, starting at 7.30pm at the Mapua Hall. A bar will be available and supper with a cuppa will also be served. This year we will also be having an auction and a raffle that will run for the evening. Teams will be able to have a maximum of eight persons and the entry cost will be \$5 per team member. Anyone wishing to book a table or gather more information can ring Sue on 540-2828 or Christine 540-2849.

The Scouts wish to acknowledge the help and support of many local businesses in donating services and prizes. Funds raised will be used by the cubs and scouts for redecorating the to-be-relocated hall. So set a night aside for a good night out and help a good cause.

Also coming up is the annual fireworks evening at the Leisure Park on Friday 3rd of November.



A new teacher at Mahana School, Kath O'Reilly, working with one of the children in the Junior Room

Quiz Night

fundraiser for the Tamaha Scout Group
Friday 8th September, Mapua Hall

Starts 7.30, max of 8 people per team.

Bar and Supper. Great prizes donated by local businesses, also raffles and an auction on the night.

Make up a team and come along
cost \$5 per team member.

More information ring Sue 5402 828 day or night.



MAPUA SCHOOL PTA
**K I W I A N A
N I G H T**

Fundraising Auction
to raise funds to improve the
School grounds.

Auctioneer: Trevor Lummis

Saturday, September 16th, 7pm until late

Tickets \$25 including spit roast meal, dessert,
coffee and glass of wine. Cash Bar will be available

Some great items to bid for - Tasman Makos signed rugby balls, variety of art work including Jane Evans lithograph and chairs decorated by local artists including Grant Palliser and Darryl Frost, B+B stays, bach for a weekend Golden Bay, photographic family portrait, restaurant meal vouchers, Buller raft trip, a builder for a day and many more.....including some surprise items on the night!

**PLEASE COME ALONG WITH FAMILY AND
FRIENDS, SUPPORT A GREAT CAUSE AND
HAVE SOME FUN!**

Tickets available at: Perrys Garage, Aranui Road, Mapua
or contact Angela Fon 540 3135 or
Sally Thomas 540 3973

Celebrating a Life

by Ali du Fresne, Funeral Celebrant

As one who facilitates funeral ceremonies, I so often hear tales of disaster and dissatisfaction at funerals. A typical one would be, “They even got my grandmother’s name wrong, and when they spoke about this woman, it wasn’t about her. It was awful. I felt very angry”.

This is a sad indictment of our society when at the end of a loved one’s life we can’t celebrate their life with honour, dignity and with the love they deserve. As those left grieving after a death, we sometimes depend quite heavily on those who we believe will assist them to create a satisfactory closure, where we may say our farewells in whatever fashion that suits us and to have the opportunity to express our grief and celebrate their lives in our own special ways.

A funeral for a loved one can be frightening. It can be a very sad occasion, but it can also be a joyous occasion filled with expressions of love, of beauty and of celebration. It can be very positive and healing. There may be buckets of tears, but also peals of laughter as humorous aspects of a person’s life are revealed.

There is no need for one person to stand up and “take” the service. Having friends or family participate if they are willing and able brings an added richness to celebration. To have children and grandchildren light candles or write poems or stories helps to accommodate their sometimes different ways of grieving. A eulogy can be more of a relaying of good stories rather than facts and figures of a person’s life. So often I hear people say after a true celebratory ceremony that they have learned so many new things about the deceased they now can tuck away in their box of memories.

So often we feel obliged to do things “properly”. To have an expensive, shiny coffin is the norm, but one of the most beautiful coffins I have seen was a plain wooden one that the children and grandchildren had decorated with paintings, drawings and words of love, truly honouring their mother and grandmother. And what a healing exercise it was for them all to sit around together sharing stories and using their creativity to celebrate a beautiful woman.

We are prone to farewell our dead in a gloomy chapel or church. A funeral ceremony in a woman’s own garden where everyone was invited to pick one of her flowers to place in the open coffin was magic. She had been so proud of her garden. Or, as we once did,

to set up a beautifully decorated marquee in the Rose gardens and carry a rose lover through the scented summer blooms.

Recently I facilitated at a very beautiful funeral held at the Community Hospital where the woman had spent the last 4 ½ years of her life. All the staff were grateful for the opportunity to take part. They had grown very fond of her, and when I arrived, the whole place was awash with the glorious colour and perfume of flowers. There were candles and photos everywhere. Nearly everyone participated with stories, singing, readings and tributes.

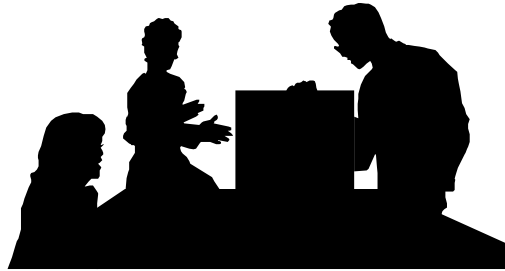
The coffin was open during the ceremony so that people could truly pay their final respects to a woman who had lived a full and rich life.

At the graveside we may have the opportunity to throw in a handful of sand, but to take some shovels and have people participating in the filling of the grave can bring a real sense of closure. It truly is earth to earth! The same with the closing of the coffin. Usually that is done by the funeral director and the coffin brought in already closed, but if people feel comfortable, an open coffin during the ceremony or to have close family members take part in the screwing down of the lid before the ceremony can be a great healer

To be able to put some of the deceased person’s prized treasures in with them can be very comforting. At a dear friend’s funeral the coffin was open until the end and every single one of over 200 people came and lovingly placed around her twigs of her glorious white manuka that had just come into flower, and everyone paid their final respects to her, not just the top of the coffin.

A “good” funeral, and there is such a thing, gives us an opportunity to liberate ourselves from having to do things “properly” or as we feel we are expected to do.

As a society I believe we still are caught up in a lot of fear around death, and find it difficult to talk openly on the subject. We often have the desire to clean up and get on with life. To acknowledge the Maori custom of having the body at home for several days may be difficult for many of us, but I do know that it is a wonderful way to come to accept death, to resolve any unfinished conflict, and to be able to weep and grieve



Celebrating a Life .. contd

openly within the comfort of their own surroundings. To light candles- play their special music -to say prayers, (they don't need to be religious). Just to be with the body. Often after this three-day period there is more of a readiness to let go.

As a funeral celebrant who is passionate about empowering people to say goodbye and to celebrate in their own way, I hope that when you do feel the sting of grief, you will take the courage to make sure it is right for yourself and your loved one.



ZOOM Beauty Seminar a success

Zoom BEAUTY re-opened with a Beauty Seminar and Business Warming party recently hosted by Megan, Lisa, Kate, Chantelle, and Merlene.

Zoom clients and friends enjoyed bubbles, nibbles and discovered first hand the advanced skin care treatments Dr Angelo Ioanides has to offer.

As Mapua's own skin rejuvenation specialist & local dentist, Dr Angelo shared his experiences gleaned from owning a successful skin care clinic in central Otago, where he introduced the first IPL south of Christchurch.

Guests were invited to test drive the Quantum IPL, a remarkable non-surgical skin rejuvenation system for problematic, hyperpigmented and environmentally damaged skin.

They learnt that right here in Mapua they can have a full colour skin analysis examination which not only identifies 6 conditions of their skin but also compares their skin to a hundred others of a similar age (*scary stuff*).

Merlene commented that she had had to go to Auckland to have a Visia analysis, and was amazed that Dr Angelo was looking for a beauty assistant and home for this technology, hence the re-launch of Zoom BEAUTY, with beauty specialist Megan.

Megan explained the benefits of Nimue, a new derma-cosmeceutical skin care range, only available through Beauty professionals, and new to Mapua &

Digital Photography Group

Our July meeting was well attended and we all gained considerable knowledge in the art of making greetings cards using our own digital photographs and the Microsoft Word computer program. Val had done a lot of preparation and led us very clearly through the process of producing inserts for greetings cards as well as demonstrating the many ways of mounting our pictures on the outsides of cards. She had obtained a variety of blank cards, some with cut-outs to emphasise the mounted picture, and we learnt how to print various borders around the photos, the whole card and the inserts.

Val provided everyone with a printed instruction sheet so that they could practice on their own computer at home. Barbara showed us how to make envelopes from standard A4 sheets of paper and everyone was given a template to use for this.

The meeting finished with tea, coffee and cakes whilst we discussed what we had been taught, some members selecting a few blank cards that the group had provided. No doubt there will be finished examples on display at our future meetings!

Next month, we will be exploring the local seashore with our cameras; this should be an excellent opportunity to experiment with zooming, macro and lighting effects, irrespective of whether the sun is shining or it is overcast on the day. However, if it is actually raining, we will meet at Dot's home to learn how to make calendars incorporating our photos. If fine, meet at the Mapua wharf at 1.30pm on Tuesday the 5th of September, otherwise at 1.30pm at Dot's.

Reported by Mike Halse.

Zoom - contd

top of the South. Nimue works below the surface, and addresses the source of skin problems.

This is verified by the Visia technology, *nothing like a before and after photograph to prove value for money*. In fact Dr Angelo is so confident of these treatments that he offers a 100% money back guarantee with all IPL treatments.

Merlene is Zoom's body therapist and introduced for the first time a foot reflexology & lower leg massage unit called iSqueeze. This brought sighs of relief to many tired aching feet. The iCare units made for some memorable pictures, and helped those with stressed tired eyes.

All in all it was an informative, hands on, feet in, fun way to spend a cold wet Monday evening, one that will be repeated due to its success.

If you would like to know more about these treatments, or you want to attend the next seminar, pop in or give the girls a call at ZOOM 540 2333.

Hills Community Church

Well, in the words of Elvis Presley: "I'm all shook up!" Felt my first earthquake the other day and was told it was a pretty good one for these parts. Someone later rang wondering if I knew what to do (probably a question I should have been asked in advance). Now I'm no stranger to natural disasters since I come from "tornado country" in the US, but I really didn't have a clue about earthquakes. I knew going to the basement wasn't right, besides we don't have one. I thought going outside made sense, our garden is pretty open, but apparently that was the wrong answer. I never thought to stand in a doorway or climb under a table (well, the table made some sense, but he had to explain about the doorway).



So, what did I do? Well, my husband and I simply put down our Sunday papers, calmly looked at each other and said: "This is an earthquake, isn't it?" And you thought the British had all the reserve and understatement!

Funny thing about natural disasters—sometimes we can see them coming on the horizon like a tornado or feel the wind blowing up a typhoon, but of course, earthquakes are quite different. No earlier warning system just boom!—and it's there.

Life can be like that. Sometimes we get early warning signals that it's all out of whack and bad things are about to happen. But just as often tragedy strikes without warning: a house fire, redundancy, a fatal car crash, a terminal illness. These events can shake us to the core. What do we do when personal disaster strikes?

We can be prepared—yes, even from the unexpected. If we let God be our daily refuge and strength, not even the most unexpected of disasters need destroy us. As the psalmist writes, "My soul finds rest in God alone; my salvation comes from him. God alone is my rock and my salvation; God is my fortress, I will never be shaken." (Psalm 62:1-2). God won't always spare us from the rumbling tragedies of life, but God's love and care will protect us from their devastating effect and keep them from crushing our hearts and spirits. Sometimes knowing how to survive is simply a matter of knowing where and to whom to turn.

Pastor Marilyn Loken

MAPUA Bowling Club

September, for the bowling club, sees the end of a long, cold winter with the opening day for the new season set for Saturday the 23rd of September, starting at 1pm. All members, visitors, and prospective new members will be most welcome. There will be a club general meeting at the clubhouse on Saturday the 9th of September starting at 10.30am.

Club members have been able to enjoy the club's indoor social evenings, held on the first and third Fridays of each month. A new table tennis table was added to the other sporting interests of indoor bowls, and pool. There was a good support for the social evenings with 20 or more members turning up. Also there has been good support for social bowls played on the new artificial green at the Motueka Bowling Club over the winter months.

Club members were kept busy through the winter assisting the green keepers, Les and John, re-soiling, spraying the green, and other maintenance work. Les McAlwee was also busy completing welding on the steel framing for the shade cloth around the edge of the green.

The green keepers have also been involved in attending two Bowling Green Keepers' Development Programmes run by the NZ Sports Turf Training Organisation seminars put on by the Nelson Turf Institute. The second session was held at the Mapua club in mid-August. Green keepers of the various bowling clubs around the Nelson district attended.

The popular league bowls will start at the club on a Monday night, after daylight saving has started.

The club is always looking for new members, and any information can be given by phoning the president, Nancy Mc Alwee, on 540-2834, or the secretary, Margaret Busby, on 544-6325.

David Higgs

Community HEALTH NEWS

Mapua Health Centre

Spring is in the AIR

As we start emerging from the frosts and flu's of winter into the new life of spring, it is good to become aware of the benefits of a healthy lifestyle. The main factors that can improve our risk for heart disease (the number ONE cause of death in our society) are:

- Stress Management
- Exercise
- Nutrition
- Social/Spiritual interaction
- Education (including non-smoking, etc)

(Ornish, d. et al. (1998) JAMA, 280(23): 2001-7

Mapua activities

What is happening in Mapua to help develop our common SENSE? You might be surprised to know that the following activities and classes are available.

- Exercise classes - step, circuit, pilates
- Tennis
- Walking groups
- Yoga
- Tai Chi
- Meditation
- Aqua aerobics (Richmond)
- Masters Swim Club (Richmond)
- Stop Smoking (mhc)
- Healthy lifestyles (mhc)
- Dance classes
- Arts and Crafts

The possibilities are endless!!!!!! Our practice nurses at the health centre can help you find out more about any of these.

Please send us your ideas and suggestions

email to: wendy@mapuahealth.com or

post to: Strategic Plan
Mapua Health Centre
62 Aranui Road
Mapua

September is Cervical Screening Awareness Month

Make this the month that you check to see that you (*or the women in your life*) are current on cervical screenings.

Go to www.healthywomen.org.nz and you can learn all about screenings for both cervical and breast health.

We all need LOVE

A study was conducted to back up the importance of a supportive social environment. The study of 10,000 men aged 40+ showed that those who *perceived* their partners to be loving and supportive had half the rate of angina of those who felt unloved and unsupported.

Am J Med. 1976;60:910-921

Dates of Interest

September 3-9 **Continence Awareness Week**

September 5-12

Epilepsy New Zealand Awareness Week

www.epilepsy.org.nz

September 12-18

Stroke Foundation Awareness and Approval Week, www.stroke.org.nz

September 18-24

Deaf Awareness Week

www.nfd.org.nz

September 22 - **School Term Ends**

Your Community Health Centre

The Mapua Health Centre is your community Health Centre should you need medical attention.

Location: 62 Aranui Road.

Hours: 8:00 - 5:30 Monday through Friday

Phone: 540-2211 (for 24 hour cover)

What happens to injured wildlife?

Here at Tasman Bay Vets we work in with the local Department of Conservation office in Motueka and Natureland over in Tahunanui. Any injured native birds brought to the clinic are checked out and treated. Those that need long-term care are transferred to Natureland as part of the rescue and release programme. Injured raptors needing care are transferred to one of two people permitted for caring for them in the Nelson region. To date we have had some successful releases, including a hawk.

For those that do not survive or need to be humanely euthanased can provide some valuable scientific samples thanks to the support of the Cawthron Institute. We then have an arrangement through DoC to return the birds to the local iwi.

You could help support this work by making a donation to the Wildlife Fund at either the Mapua or Motueka clinic. Or you could consider sponsoring

something on the large wish-list of equipment for these birds. Or simply help by donating any unwanted old pillowcases, tea towels or hand towels.

I have just completed some further training on avian medicine in Auckland and am looking forward to dealing with more birds. We are set up to cope with pet and aviary birds as well as our injured native birds.

Mana Stratton

RSA MEMORIAL LIBRARY

One of the goals of the library is to increase awareness in the community of what we have to offer at our library. To this end we asked Mahana and Mapua schoolchildren to come up with ideas for a library logo. From these ideas Graeme Stradling has kindly agreed to develop a working logo for the library. We will use it as a letterhead, on bookmarks, library information pamphlets, and on the soon-to-be-erected sign on the lawn in front of the library. It's all part of the plan to increase our profile within our ever-growing community. There will be a progress update on this in next month's *Coastal News*.

We are making plans now for the second Mapua Affordable Art Show which we hope will be as successful and as enjoyable for the public as our last show. This event will be held 23 – 25 February 2007, so plenty of time yet, but watch this space for more information as the time draws near.

Thirty-three new books were bought in July and are ready for borrowing now. Here are a few of the titles to whet your reading appetite:

Children's Fiction

Mischief & Mayhem, Barbara Else ed.

Children's Non-fiction

Hair in Funny Places, Babette Cole

Young Person

Boyznbikes, Vince Ford

Adult Fiction

Gypsy Madonna, Santa Montefiore

Shadow of the Wind, Carlos Ruiz Zafon

Adult Non-fiction

From Slates to Computers, Jim Rolfe ed. (NZ)

Passionate Minds, David Bodanis (on Voltaire)

Library Hours:

Tuesday, Friday & Saturday 2pm – 4.30pm

Wednesday 5pm – 7.00pm

Thursday 10am – 12.30pm

Sarah McLeod

Property News

Currently there is only a limited amount of property available on the Tasman market, which I believe probably reflects the customary winter slowdown phase rather than any economic factors.

Although I consider that the Tasman market is plateauing by showing no significant movement one way or other, there was according to Quotable Value NZ, a growth increase of 0.9% as against the same period to July last year, i.e. 7.8 against 8.7%. Some current sales are:-



5 May	Tahi St	5 B/R House, 921m ²	\$450,000
30 May	Iwa St	3 B/R House, 480m ²	\$264,000
27 June	Crusader Dr	5 B/R House, 2500m ²	\$703,000
20 June	Old Coach Rd	LSB, 2.1 ha	\$480,000
27 June	Westdale Rd	LSB, 1.5 ha	\$405,000
4 July	Gardiner Vly	LSB, 1 ha	\$498,000
13 July	Chaytor Rd	LSB, 3 ha	\$245,000
28 July	Williams Rd	LSB, 8.1 ha	\$490,000
28 July	Hoddy Rd	LSB, 1 ha	\$410,000
31 July	Pomona Rd	LSB, 2 ha	\$410,000

Compiled by Grahame Williams
Ray White Real Estate MREINZ



COMMUNITY DIRECTORY 2006—2007

Look out for your copy of this complimentary directory in your letter box this month—it is being distributed to all households and businesses in the local district. You receive your FREE copy simply because 140 local businesses have bought advertising space and are paid-up members of the MDBA.

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Accommodation

Apple Stay Inn
Blu Chianti Holiday Home
Broadsea B&B
Corru Gate Accommodation
Mapua Leisure Park
Ruby Bay Lodge & Vineyard
Sleepy Fish Self Contained Accom
Tuivale B&B

Alarms & Security Systems

Mainland Security Ltd

Automotive

Mapua Auto Centre Ltd
Moutere Motors
Perry's Auto Services Ltd
Richmond Exhaust & Radiator Specialists

Animals

Old Coach Boarding Kennels
Tasman Bay Vets

Building

A1 Homes
Andrew Eggers Builders Ltd
Axiom Rolle PRP - Valuers
Beam Central Vacuuming Centre
Bill Stinton Builder
Broadcom Services Ltd
Calteaux Building Ltd
Colin Wratt
Cornerstone Nelson Bays Ltd
draw.co.nz Ltd
Eurovision Ltd
Frederick Cassin Scaffold
Glenn Grant Builders
Jim Gallagher
John McDougall Registered Architect
Mahana Builders Ltd
Nico Design Ltd
Ridgeline Construction Ltd
Ruby Bay Joinery Ltd
Sensible Heat Ltd
The Masonry Company
Twin Residential
Wilson Interior Plastering Ltd

Bus, Shuttle & Taxi Services

Mapua Tours & Shuttle
Trek Express

Business Services

Affordable Computers
Atom
Blanchett Fleming Ltd
Breakspeare Consulting Ltd
Business Solutions
Diane Maisey
ICIT
Kevin Brown Chartered Accountant
Nelson Tasman Chamber of Commerce
Smythe's Law
Tasman Computer Services Ltd
Mapua Auto Centre Ltd

Business Services (cont.)

Ray Bolderson Design
Rescue Me Secretarial Solutions
Swift Solutions
Tasman Bay Research
The HR Department
The Site Production Company

Children

Country Kids
Kidzcare
Mapua Playcentre

Contractors

Alan Riggs Contracting Ltd
Alpha Construction (Nelson) Ltd
Andrew Burnett
Dig & Dump
Power Services Nelson Ltd
Teece Contracting Ltd

Food & Wine

Flavour Nelson Regional Wine Centre
Mapua Tavern
Neudorf Dairy
Ruby Bay Lodge & Vineyard
Ruby Bay Store
The Naked Bun Patisserie & Café
Upper Moutere General Store
Woollaston Estates Ltd

Function & Sporting Venue

Moutere Hills Community Centre

Galleries & Art Studios

Betty Salter Art Studio
Bronte Gallery
Coolstore Gallery Ltd
David Kemp, Sculptor & Painter
Marion Towns Artist
Peg Leg Woodwork

Health Therapy & Wellbeing

Coast & Country Chiropractic Centre Ltd
EquiFlex
Hair in Mapua
Holistic Health Training Ltd
Mapua Dental Service
Mapua Pharmacy
Mapua Podiatry
Queen St Pharmacy
Richmond Physiotherapy Ltd
Shanti Massage Therapy
Shiatsu Practitioner Michelle Austin
Stillpoint Acupuncture
Sue Cleaver - Yoga Teacher
The Dentist
Zoom

Hire Equipment

Perry's Auto Services Ltd

Home & Garden

Tasman Whiteware Services Ltd
WOW Carpet Cleaning
AbFab Cleaning

Home & Garden (cont.)

BinGO Skip Hire
Coastal Services
De Jong Landscape & Design
Lane Gate
Mahana Mowing Services
Mapua Carpet Cleaning
Mapua Upholstery
Mr Fussy
The Masonry Company
Upholstery Shed

Photography

Jacki Tucker

Real Estate

Ray White Real Estate
Richmond First National Ltd
Summit Real Estate Christel Horn
Summit Real Estate Gordon Webb
Summit Real Estate Marion Cross

Relocation & Settlement

move2nelson

Retailing

Serious Straws
Tessa Mae's
Touch the Sea Gift Shop

Services & Trades

Abel Glass
Bruce Thomson
Home Tiling Ltd
Jim Gallagher
Lambert & Davies
LasArt
Mapua Electrical
Mapua Signs
Overland Electrical
Parnwell Painting & Decorating
Puddles Window Cleaning
Sixtus Electrical
Tuatea Services Ltd

Tourism, Activities & Recreation

Estuary Adventures
High Places
Mapua Adventures
Motueka Sunday Market
Tasman Golf Club
Touch the Sea Aquarium

Members

Active Unlimited
Clay Hill B&B
Coast to Coast Helicopters
Collegial Consultants
Elspeth Collier Photography
Himmelsfeld Vineyard
Mapua Coastal Nursery
Nelson Coachlines
Rare Creations
Seaview B & B

Be Local—Buy Local

Sourced: MTA campaign material

Motoring with Mapua Auto Centre

(next to Mapua School) Sept 2006

Vehicle Exhaust Emissions - New Rule Soon to be Implemented

The upcoming law changes, surrounding the 'Vehicle Exhaust Emissions Rule' is due to be signed in August/September and planned to come into force in December this year. This new rule will mean all vehicles will be checked for visible smoke emissions during the WOF (Warrant of Fitness) inspection.

The Ministry of Transport (MOT) will be running a campaign from August through to the end of October to help increase motorists awareness of this new rule and what step will be needed to be taken to comply with the new rule. This campaign will have two main elements; **"Choke the Smoke"** and **"Tune your Engine"**.

In conjunction with the MOT's campaign, the MTA (Motor Trade Assn.) is also running a **"Tune Up"** advertising campaign with the aim of increasing the effectiveness of the MOT's campaign message.

Both campaigns are designed to help you (the motorist) become aware of the maintenance, environmental and economy issues associated with a vehicle which is smoking, as well as, help guide you towards a solution.

Here is a guide for you to help keep your vehicles emission levels to a minimum:

- Ensure your vehicle is serviced in accordance with the manufacturer's guidelines: including filters, oil, fuel systems, engine tune and tyre pressures are checked regularly.
- Use the correct grade fuel.
- Do not carry around unnecessary heavy items in your vehicle.
- Avoid prolonged wide-open-throttle accelerations from stops – look ahead and read road and traffic conditions.
- Back off the accelerator under load conditions such as climbing hills or towing a heavy load. The fuel delivered at near maximum throttle positions, under load conditions is simply making smoke, not power.
- Avoid slowing the engine down in top gear (i.e. keep engine revs up) by downshifting to a lower gear. Doing so will prevent your engine from labouring at low revs.
- Avoid running a tank with low fuel levels – evaporation into the atmosphere increases where fuel levels in the tank are low, especially in hot weather.
- Avoid leaving the vehicle idling for prolonged periods – switch it off and restart it when needed. As a rule of thumb, if you will be stopped for more than 30 seconds, then it's

Arcadia Organics

Please join us for our 3rd Anniversary

We are having an Open Day

from 10.00am to 6pm, Friday 1st Sept

There will be (all free):-

Certified Organic Foods to try,

Teas, Coffees and juices to taste

Cooking demonstrations to watch,

Natural Practitioners to talk to,

Music to listen to and FREE prize draw.

A fun day to check out the

Organic Store in Motueka

Look out for the balloons. See you there.

Arcadia Organics

Shop & Café & Takehome

265 High Street, Motueka.

best to turn it off. Once the engine is warm this won't do it any harm.

- Try to avoid driving when the roads are congested. Driving in congested traffic increases emissions (and you fuel consumption) of even what it would emit in smooth flowing traffic.
- Avoid short trips is also particularly important. It takes about three kilometers for the emissions equipment in a modern car to begin to work properly. Driving a vehicle while the engine is cold can raise emissions by up to 20 times.

As an incentive for motorists, the MTA is offering three monthly draws of **\$650.00 worth of MTA Gift Vouchers** for the months of August, September and October. To enter simply have your vehicles engine tuned (Spark plugs, fuel filter, air filter replaced, ignition & injection system checks) at a participating MTA member's workshop, complete the entry form and you are in the draw to win **\$650.00 worth of MTA Gift Vouchers**.

So don't delay, book that tune up today.

We Wish you Happy, Safe Motoring

MAPUA AUTO CENTRE

'Where the little things count'



M.T.A. 'Choke the Smoke' Initiative

7 Warren Place, Mapua. (Beside Mapua School)

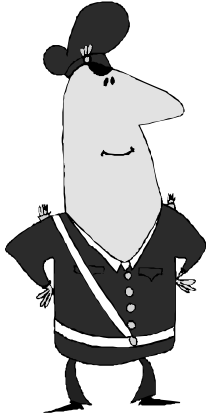
Phone 540 2180



Police Update

Hi everybody.

At the time of writing this report the frosts have returned. Let's hope the warmer spring temperatures are only a few weeks away. I have been working on updating details on a couple of local neighbourhood support groups over the last month; people certainly come and go during the period of a few years.



In a recent newsletter I told you about a Richmond youth that I caught acting suspiciously at the Mapua Coolstore one night. He hasn't made repairs as arranged so he is being prosecuted for theft of copper. A Christchurch youth who was on bail was staying at his mother's address on Awa Awa

Road and he decided he wanted to get back to the big city, so he stole a car from Stafford Drive one night.. Both the car and the youth were apprehended in Christchurch two days later.

There have been two thefts in Aranui Road of building gear, so keep an ear to the ground and an eye out. Any information is always gratefully received and dealt with confidentially. Thank you for your ongoing support which all helps make the village a better place to live, and that's what it is all about.

Occurrences:

July 29-30: Theft from building site in Aranui Road Sheet of plywood and tin snips stolen.

August 5: 17-year-old Ruby Bay youth caught drink-driving. Twice the legal limit.

August 8: Car stolen from Stafford Drive and one broken into in Higgs Road. Car and youth offender caught in Christchurch.

August 9: Car stolen from Kohatu was dumped in Toru street.

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

Shiatsu

I discovered Shiatsu 5 years ago when I was searching for relief for my aching body. The experience was very different to anything I had expected.

I was welcomed and asked some simple questions. I lay fully clothed on a mat, a Japanese futon. A hand was placed on my belly. It was very gentle but deep. I began to feel extraordinary movement in my belly. My legs were palmed, thumbed and effortlessly stretched. My arms, face and neck were then touched with a gentle, deep pressure. I had been expecting something different like a rub down and a squeeze. Thoughts ran through my head like "just squeeze my shoulders", yet without being squeezed they somehow naturally softened through the pressure that was being applied to my body.

As I had more sessions I became more curious as to how my body seemed to ache less. What was this process called Shiatsu that seemed to be working so well for me?

After 3 years training, I graduated from the "Metta Shiatsu College of Aotearoa" as a professional Shiatsu practitioner. It has extended my life into an ever more transformative journey.

I believe the core of Shiatsu and any study, training to help and empower others, is to start with yourself first. I have unfolded many layers and continue to do so. I am grateful to be able to now help others in this health giving process.

The Grandfather of Shiatsu 'OHASHI' describes Shiatsu wonderfully:

"It is easy to imagine how the art of Shiatsu came into existence, just by considering your own experience with pain or discomfort. The natural reaction to pain is to place the hand on the area that hurts you, or to press it with your fingers. If you have sinus headache you squeeze your nose. If you feel tense and nervous you rub your neck. If your stomach hurts you rub or clutch it. A mother instinctively rubs and caresses a baby when it begins to cry. Animals soothe themselves and each other by stimulation with the tongue. Shiatsu is merely an established, concrete, and more complex method of this instinctual form of healing."

I practice on Wednesdays & Thursdays at 69 Aranui Road at the Aranui Centre. Ph 021 665 147 for bookings or just drop in. I look forward to meeting you.

Michelle Austin

Wanted to rent:

Garage/Workshop/Shed
for art studio and gallery

Phone: David Kemp

540 3720

Email: bronzeman@xtra.co.nz

Learn how you can react in tricky situations and gain peace of mind. Practical, positive and fun personal safety courses increase the quality and choices of your life.

FULLPOWER for all women, mothers, teenage daughters, grandmothers. **Lower Moutere** – 10 Sept, 9.30am-4pm (subsidised). **Richmond** – 16/20 Oct / 6 Nov, 6.30-9.30 (subsidised)

KIDPOWER for 8 to 12 year olds **Nelson** – 5/6 October

KIDPOWER PARENT/CHILD for 4 to 7 year olds
Nelson – 14 October

For more information call 543 2669.

VOLUNTEER FIRE BRIGADE

July-August call-outs

July 15: Van rolled SH60 between Apple Valley Rd & Trafalgar Rd. Two persons injured.

July 20: Work & Income building Motueka. Turned back.

July 22: Cover move to Motueka. Mariri bach fire.

July 17: Controlled burn Moutere Highway, no action taken, turned back

Safety Tip – Have batteries in smoke alarms checked monthly. Have an escape plan



If you can hear the Mapua fire siren day and night and have spare time and would like to be a fire fighter, we would like to hear from you. Work at home, do shift work or have a business around Mapua and can help, please contact the Chief, Avan Perry, at home on 540-2674 or 025 364 721, or call in at the fire station on Thursdays around 7.30pm. *E-mail* Mapua@fire.org.nz or the web, www.fire.org.nz

Noticeboard

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

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.

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 1.30pm 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).

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 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.

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.

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. All welcome. Call Catherine Callaghan, at Dance Moves, 548-8046 or 027 323 2098.

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! 5266-066. sambobuk@hotmail.com - <http://whizkid.awardspace.com/>

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

Twilight Netball: Would you like to play twilight (outdoor) netball next term? Saxton Field Courts - 6pm Wednesdays. Register with Lynley, Mapua & Districts Netball Club, 540 2292

Coastal Connections: In August with reduced numbers due to sickness, holidays etc, we decided on the day to change to "Cafe on Oxford" in Richmond. We had a lovely hot lunch, then off to The Mall & Richmond shops for Retail Therapy. Our next meeting will be 14th Sept, 11.45am at "The Honest Lawyer" Monaco. Please contact Dot on 540 2323, to organise cars.

Literary Challenge: capture the character of Ruby Bay and environs. Put pen to paper and submit to R B Community Trust c/o 209 Stafford Drive, Ruby Bay by 15 October 2006. Prizewinner announced in November issue of Coastal News.

Meditation/Study group talk on "The Evolution of Human Consciousness through the Laws of Attraction and Karma" by William Meader on Thursday 7 Sept at Mapua Bowling Club, 2-5pm, cost \$25/30. Phone Julie Ewer 540 2705 or email julie@inhealth.co.nz to register a place.

Meditation for Beginners starting Wednesday 13 Sept (and fortnightly thereafter) at 7:30pm at the Aranui Centre, 69 Aranui Rd, Mapua. All welcome. Gold coin. Please phone Julie Ewer, 540 2705, to register, or email julie@inhealth.co.nz

PREGNANT? Come along to the Parents Centre Childbirth Education Classes and meet with other parents-to-be. 8 evenings which includes a visit to the delivery suite. Enrol for our last class for 2006 starting 25 Oct - 6 Dec. Wednesdays 7-9pm. For more information contact Genie 541 9641 or Melissa 544 3986. \$140 including 1 year Parents Centre membership (\$180 for two years membership).

Hostesses required for Childbirth Education classes - if you have recently had a baby, or if you would like a refresher prior to having your baby, and would like to help out at the classes (plus listen at the same time), contact Genie on 5419641

Mahana School Fair: Saturday 14th October 10.30am - 2.00pm

WANTED NOW - Your preloved TOYS and CLOTHING, also JAM JARS. Time to spring clean and send your treasures to school. Please call Tracey Murray 5402227 or Carmen Gale 5402777 to arrange collection or drop off at Mahana School.

BABY & YOU: For parents of new babies (whether it's your first or 5th!). Guest speakers and interactive topics covered over six weeks. Next course starting 14 Sept-19 Oct. Thursday mornings 10-noon. For more information contact Karen 5402504.