



Coastal News

email: coastalnews@mapua.gen.nz

covering Mapua & Ruby Bay,
run by volunteers

Clean-up site and Walkway plans

Plans to protect the Old Mill Walkway and progress to date on the clean-up project were topics of interest at the March meeting of the Mapua & Districts Community Association.

Progress on the clean-up of the FCC site was given by the site manager, John Roosen, and Peter Thompson of the Tasman District Council outlined plans for the protection against erosion of the Old Mill Walkway.

John Roosen reported that recently, about 10 tons of DDT had been found in a burial trench on the site. The material was found to be within the water table, as was pure Lindane also. These two occurrences represented serious contamination and health risk. Some of the pure pesticide product had been packed into drums for shipment to Germany for thermal destruction. It was Mr Roosen's personal opinion that these pesticides were deliberately hidden without due regard for the residents of the area.

There was a change in the contractor working on earthworks on the site. John Roosen has taken over responsibility for directing the new contractor which is Taylors Contracting from Brightwater.

There are 36 augers inside the plant. Six of these were replaced as part of routine maintenance in December 2006. Various other routine maintenance procedures have occurred such as replacement of filters, tuning of the reactor and a new water clarification system. The plant's air emission system carbon filter was also renewed.

The plant was now working more efficiently because rock and stones greater than 8mm in size were removed before the remaining soil was processed by the EDL soil processing plant. In addition, material is blended to achieve a more even level of contamination before processing.

FCC East is essentially finished and is now being used as a storage area for cleaned soil. Piles of soil are sprayed with a mixture of PVA and paper to prevent wind-blown dust from causing a nuisance.

The site contours of the land on the east will be adjusted, more top soil added and the area sown with grass.

Commercial soil in this area has a residual DDT level of 200ppm. Soil for residential areas has significantly lower concentrations and must be 5ppm DDT or less.

The tunnel under Tahi Street has been uncovered and is empty.

FCC West: Site support buildings have been moved to the road reserve. A new sump was discovered and cleaned up. The area is to be back-filled and grassed. It is expected that the last of the contaminated soil will be excavated in mid to late April. This will then be screened and sent to the EDL plant for processing. The dry weather is helping with the speed of the clean-up.

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As part of the environmental monitoring, there is a review of the hazard index which is a model that integrates the environmental air monitoring information into a usable form. Samples are also taken to measure sound generated from the site because the plant is allowed to operate only within certain hours at specific sound levels. Because of reduced sound levels, the plant is achieving sound levels at the beginning of the day which it is required to reach only after 6pm. In other words it is operating more quietly during the whole day.

Seismographic monitoring was done to ensure vibrations are within allowed parameters on site during February 2007 and will be reported in a forthcoming monthly report.

Gases from the EDL Stack are also sampled and were sampled during March of this year. The results of this sampling will also be published in a future site monthly report.

A demobilisation plan is to be prepared so that the EDL plant can be dismantled and cleared from the site once the task is finished. It should take five to six weeks to dismantle. The concrete pad will be removed and the soil underneath tested.

The site will be top-soiled, contoured, grassed and turned over to the Tasman District Council – probably mid-year – once the site-assigned auditor signs off the site.

So far in excess of 7000 soil samples have been taken and tested. These have to be reviewed and signed off. Because of the high nickel content of Nelson soils, the allowed nickel content of top soil that is planned to be brought in from the mineral-rich Nelson region is under review. If the level cannot be adjusted to local conditions soil may have to be imported from outside the region.

Walkway plans

Peter Thompson from the Tasman District Council reported that storms, particularly last June, have accelerated the erosion along the Esplanade Reserve. The southern 200m is the worst affected. Council staff plan to erect a rock revetment along the southern 170m of the reserve as stage one. There will be at least 5m of reserve between the private property and the rock revetment. A resource consent application will be submitted within a few days.

The new wall will not line up with the existing protection fronting adjacent private land due to the cost associated with rebuilding the eroded land. The design will take into account possible turbulence where the two walls meet and a sloped path will lead down to the beach.

The need to save the walkway arises from the need to protect private land, and to allow continuous public access onto public land and the beach at low tide.

The targeted rate for this work might be able to be paid off as a single payment by ratepayers if desired. Presumably this would be cheaper than paying 20 years of interest. No planning has occurred for stages beyond stage one.

The new wall will have foundations below sea level and should therefore have an extended life. This is possibly not true of existing adjacent walls. Negligible damage is expected from a “10-year storm” and only minimal damage from a “50-year event”.

The LTCCP contains a funding split. This shows that 33% of the cost is to be paid by affected property owners, 20% by general rate and the balance by a targeted rate on approximately 1000 properties within the Mapua district. The council can still review this. Planting of spinifex grass is an option for study but the erosion is very aggressive. The council has allocated funds for a study and this will be done after stage one is complete. The present aggressive erosion is a natural phenomenon and has been going on for about 100 years.

The next meeting of the Community Association will be held on April 9 at 7.30 p.m. in the Mapua Hall. All members of the community are welcome to attend. The thrust of the meeting will be the consideration of submissions to the Tasman District Council in relation to the Annual Plan. Residents who want the association’s support are asked to prepare submissions that are relevant to the whole community and present these for discussion.

Jim Bryse. Chair

Thanks to Alan

We wouldn’t like another month to have gone by without saying a big thank you to Alan Knowles for his many years of help with the *Coastal News* and previously the *Mapua Ruby Bay News*. He was one of the first extra volunteers to come on board when the newsletter was more of a one-man band outfit, taking over collation (before the Machine did it) and distribution. As such he could be considered one of the stalwarts for getting the News to where it is today, a brick in the structure of... well, that’s enough. So thank you Alan, and may you find something fun to do in your spare time.

The Editors

Garden Notes

April is the month when bulb planting is in full swing. Daffodils, tulips, etc. Bulbs, that is. Not the lily family. Why? you may ask. Well, bulbs have a definite rest period, but lilies don't to the same degree, and are more fragile. They should be lifted and planted at the same time. May/June is better when the weather is cooler. Should you buy a lily, then plant right away, place it on its side, or place it in a bed of river sand to stop water penetrating and rotting the bulb.

Iceland poppies, pansies, polyanthus, primroses can be planted out now. All good and reliable for spring flowering. Anemones and ranunculus, should be peeping through now. If you want a wonderful display of ranunculus then feed them heavily with rotted hen manure. They just love it.

Insert cuttings of hardy evergreens now, but if you wish to sow a new lawn I suggest you wait until nearer the end of the month because it is so dry at present..

Did you know that if you have unfruited fruit trees you can root-prune them. The check to growth will often bring them into bearing. This is a good season to do this. Stone fruit require lime to develop the fruit and should be applied at this season.

Tomatoes are coming to the end now, and all vines should be uprooted and utterly destroyed. They harbour all manner of disease. DO NOT PUT ON THE COMPOST HEAP.

Compost which is ready to spread can be dug into your vacant lot, or spread round various areas of the garden. Any diseased or damaged fruit should be removed as well as they will also carry over disease to the next season. The autumn clean-up will be ongoing. So happy gardening as usual.

Barry Highsted

Footnote: Should you wish to buy pea straw, it is available for \$8 a bale, phone Pamelene Cuttle on 540-2466.

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To celebrate International Women's Day, 14 ladies gathered for lunch at Jesters, on the Tasman highway. We amazed the hostess, Judy, by ordering 11 smoked fish meals, which were served promptly. The setting at the rebuilt café and garden is really lovely and once again the sun shone for us as we sat outside on the veranda.

Congratulations were given to proud first-time Grandma Heather who showed us photographs of the twin grandsons. Valerie and Barbara celebrated birthdays this month. Our amazing Netta is helping her convalescing daughter and is so organised that she has already made her Christmas cards!

Our popular "once-a-month" lunches are attracting more ladies and we welcomed Verena who has moved here from Christchurch.

After our meal, several of us viewed the harvesting of hops, the visit having been arranged by Olive. It is a labour-intensive process, involving cutting down the vines, stripping off the leaves and hops, then sorting to remove any remaining leaves before kiln-drying. Then, once the hops have been compressed into bales, they are sold to distributors. Any waste is used as compost around the next planting of vines.

Our next meeting for luncheon will be on Thursday the 12th of April at 11.45am, the venue being Ruby's at Appleby. Please phone Dot on 540-2323 by the 9th of April to confirm attendance so that a booking and transport can be arranged.

Reported by Barbara Halse

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.

We are always pleased to see a good crowd at our monthly meetings and March was just that with six new members signing up. There were a few announcements and club matters to take care before orders were taken for bales of pea-straw. This has been made available to the club at a good price of \$8 a bale. Pamelene has confirmed this price which differs from that quoted at the meeting. It was confirmed that the Mapua Village Fair – Oklahoma will take place this November and suggestions were made for the club's involvement.

We were then pleased to welcome John Penney from Waimea Nurseries who spoke to us about the options available for growing fruit and nut trees in the smaller garden. He was a mine of information and fielded many questions on sprays, pruning and how to get the best from your tree. He talked about the Ballerina series which grow in a column no more than 2ft wide and how training trees such as peach into a fan can keep them small but productive.

He reminded us that thinning fruit was important to improve the crop and that many fruit trees are biennial bearing which means a smaller crop one year but bumper crop the next. Pruning seems to be the key with horizontal branches being the fruit-bearing branches, so as well as controlling size it should control direction of growth.

John very generously gave the examples he brought along to the club to be auctioned as a fund-raiser and their sale probably doubled our usual auction takings.

Another delicious afternoon tea was again followed by the results of the Bloom, Cluster and Shrub competition. The table was a little more sparse than usual but the entries were as always very impressive.

Our next meeting will be held on Thursday 5th April 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 (540-3139) or Anne-Marie Giddens (540-2335)

Idea of moving church dropped

The Mapua Hall Committee agreed at its February meeting to explore the possibility of obtaining the St James Church and relocating it next to the hall, as suggested by one of the committee members. The availability of the church was contingent on no tenders being received for its removal.

The committee sought community opinion and as a result of submissions and discussion from community and committee members, a decision was reached at the March meeting not to progress this idea.

The committee received four community submissions for the idea and eight against, along with the majority of the hall committee also speaking against the proposal. The following summaries the main issues:

1. Present usage does not justify adding such a building. Using February, which was a very busy month, to gauge hall usage, the Supper Room was utilised for 37% of the available time and the Main Hall for 25% of the time. More groups are using the hall, the busiest time is in the evening, however, no group has come to us saying they can't get a time slot. If anything, the increased usage is a pleasing trend in the use of the present facility.
2. The bulk of the committee think it would be financially irresponsible to progress the idea given the present financial resources of the hall, the undetermined costs associated with the move and the cost of bringing the church up to standard and connecting to services. While a quote was received at \$25,000 to shift the building and put it on piles, one estimate from a knowledgeable committee member was that a further \$50,000 \$100,000 would be required to rework the hall to an appropriate standard.

3. Those most interested were the Rudolph Steiner play group and Toy Library who would have liked to occupy the building. They are existing users and while we sympathize that their present arrangement might not be their ideal, it is not the function of the hall to provide them with their own building. The best suggestion we had would be for those groups to approach the TDC and try and site the church on a corner of the domain by the bowling club, sharing that parking area.

4. Several submissions cited appearance and age of the church building as reasons against relocation next to the hall.

5. The hall committee has an existing capital improvement project list with estimated total cost of \$121,000. As it was, the capital improvement priority indicated overwhelmingly by the community and most committee members was for the toilet facilities at the hall rather than the acquirement of more space.

Other issues discussed at the monthly meeting included, the reintroduction of new heater meters, the increasing cost of insurance and the lack of progress on sourcing funds for the capital improvement programme.

The AGM for the Mapua Hall Society will be on 11 April at 7.30pm. Community members interested in supporting the hall are warmly invited to attend. It is envisaged that there may well be ways of supporting your local hall without having to necessarily serve on the committee.

Mary Garner, Secretary

Incursions into open spaces regretted

(1) Aranui Park

While many people are thankful that the TDC opted for the reduced road/parking option in Aranui Park, it was really only the lesser of two evils. It was a pity the council ignored the 53 individual and group submissions against having a road into the park at all, given that there is ample roadside parking space—part of which is already on park land. Instead, the council debated only which road option to have.

One member of the Wells family who donated this land agreed to this compromise to try and heal the division in the community. The Coastal Garden Group, however, voted to adhere to the original plan in its entirety and actively lobbied the council on the day of the decision to keep the longer road.

Some comments made by John Sharman and Barry Highsted in last month's *Coastal News* need a response:

The debate (and where else can such a debate take place but through the local media?) over putting a road and car park into Aranui Park is not just about "ownership". It is also about local history, respect, a healthy environment and above all, acknowledgement of a gift of outstanding generosity. We have a responsibility to respect the vision of the family who gifted this park originally to the people of New Zealand "to preserve part of New Zealand's natural heritage". That the council now "owns" it is an accident of history and government restructuring; the council has a moral if not a legal responsibility to manage the park according to the original concept and had been doing so slowly but successfully, until recently.

Beryl Wilkes in recommending that the project of the Reserves Subcommittee (not a body elected by the community to manage reserves) be allocated funding, also referred to it as "being gifted...for the purpose of preserving part of New Zealand's natural heritage" (letter to Mr Ward, 19 May 2006).

The original TDC management plan January 1992 states: "The main consideration for the management of Aranui Park is the opinion of the donor/s as to how it should be used. Their expressed wish is that it should be an area free of building development with plantings of native species...allied to those which might have grown originally.... The absence of public-use-pressure gives a timescale favourable to the long term development thus envisaged... However, the implementation of such a plan will require considerable foresight and a continued determination over a long period by those responsible for the management of the reserve... The council supports the concept of a reserve in which botanical

considerations should govern development and with a strong element of public education..."

The contention of those against any road is that allowing cars into the park will destroy this original concept, erode its value as natural heritage and take up increasingly rare 'green' space.

There have also been misleading claims made in other media that "three-quarters" of Mapua residents wanted the road. The actual figures are more like this: 53 individual submissions against the road, including one from Mapua School and two groups comprising 75 people (who unfortunately did not know to sign individually). In favour of the planned road as it was proposed in September 2006 were 99 pro forma submissions (a signature on a provided statement) and only 14 individual ones. That indicates that a much wider cross-section of the community had concerns about the original plan and took the trouble to spell these out.

[2] The Mapua Domain

Open spaces are increasingly important as we become more urbanised.

The Mapua Domain is a good example of what happens when a series of ad hoc decisions are taken over a park that was intended be an open space for the growing settlement around it. A road was pushed deep into the park without public consultation.

The Mapua Domain now has buildings for the Playcentre, the Bowling Club, and soon the Scout Den, with their need for access roads and car parks. A proposal for another separate road across the domain, from the Playcentre to the village mall car park, was opposed by residents who heard about it, and it has not happened (yet).

Already there are problems with the road to the Bowling Club which may need widening, lengthening, or trees removed, to resolve.

And so the public domain and its trees start to disappear under pressure for buildings, roads and car parks.

With this kind of precedent, how can the council turn down any other group wanting some public land for their worthy cause? By all means the council should encourage pro-active organisations but not by handing over public open space.

Proper long-term town planning and resource consents might have prevented this gradual erosion of our public domain. We need to resist any further encroachment of buildings, roads and car parks on our domains and reserves. Above all we should continue to object to a road in Aranui Park, gifted as a nature reserve.

Judy Mitchell

Playcentre

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

Wow, the term is nearing its end. It's been full-on with new parents, plenty of outings and wonderful activities happening at the centre.

We've done face-painting, had a pirate dress-up concert, built and designed with blocks, gone fishing with bamboo sticks and cut out fish, made pastry shapes to cook and take home, created ceramic playdough to mould into fun shapes and bake, weaved with coloured paper, had sessions devoted to exploring our senses, and floated boats with plenty of water play.

The arrival of new chairs was greeted with Christmas-like enthusiasm while we unwrapped.

We were privilege to be visited by parents and children from Te Awhina Kohunga Reo whose rhythm and music added such atmosphere and inspiration.

The five-year-old new entrants from Mapua School also visited, us which was a treat. Old friends were greeted and our four-year-olds began to connect with their soon-to-be classmates.

The highlight of all our outings this term would have to be our trip into Richmond to catch a bus into Tahuna playground. Two buses were caught en route, plenty of play, wind, sand and beach. With the return journey, it was a huge morning for both children and parents. But definitely a worthwhile adventure.

We're gearing up for the Easter Fair and looking forward to this excellent fund-raiser for Playcentre and Mapua School. Many thanks in advance to all those who make this fair so successful.

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MAPUA Bowling Club

On Saturday 24 February the club hosted eight men's fours teams playing in the Railway Cup Competition. The Railway Cup is a weekly competition of 21 ends played throughout the season at various bowling clubs. The eight teams used four rinks, while club members enjoyed their afternoon of social bowls. The results were:-

Mapua beat the Maitai Club 24 points to 15, Stoke C beat the Tahuna Club 26pts to 12, Stoke A beat the Motueka Club 18pts to 10, Nelson beat the Richmond Club 28pts to 10.

The Mapua team was represented by Don Sixtus, Arnie Ahnfeldt, John Trotter, and John Coeland.

The next day the club held the Ray White Triples Tournament. There was a good response to the afternoon's competition. All the eight rinks were used, including bowlers from other clubs and the Mapua League Bowlers. The competition consisted of three games of eight ends. The results were: 1st, P. Morris, E. Ganzevles, and R. Wateruss, a combined Motueka-Riwaka team, with 16 ends and 36 points. 2nd, H. Jardine, Joan & Frank Gibbison of Mapua, with 16 ends and 31 points. 3rd, Jim & Janet Radcliff, and F. Mc Cullum of Stoke with 14 ends and 39 points. All three teams won their three games.

The presentation was given by Ray White Real Estate representative, and club member, Grahame Williams. The company has offered the club a 5% donation to a maximum of \$1000, for any club member who introduces a purchaser or seller of a property to Ray White. The afternoon concluded a social evening with a good "pot luck" tea.

On Sunday 4 March the club held the Paddy Day men's triples. It was a 9am start with four games of 10 ends. There were teams from various bowling clubs with a total of 36 bowlers. The club's retired long-standing member, Murray Welsh, presented the prizes. Murray

spoke of Paddy Day as he was playing with him some 25 years ago.

The prizes were kindly sponsored by Marsden House. The results were: 1st, Tahuna Club skipped by B. Break with three wins, 25 ends and 54pts. 2nd, Mapua Club skipped by J. Coeland with three wins, 22 ends and 40pts. 3rd, Mapua Club League bowls Skipped by R. Stockwell with three wins, 21 ends and 51pts.

The next evening the club held its final evening of league bowls that has been played every Monday evening through the season. There has been good participation with about 20 players involved most Monday nights. The teams final results were: Sinkers with 99 points, Misfits 89pts, Fishers 86pts, FWG 81pts, Koha 81pts, Silver Bulls 74pts, and Blazer with 56pts.

On behalf of the club, the club's co-ordinator, Vicki Sixtus, would like to thank the following sponsors for their support of the League Bowls: 4 Square Store Mapua, Graham Snook, Ray White (Mapua), Touch the Sea, The Naked Bun, Mapua Tavern, and Perry's Auto Service.

The League bowls will start again at the beginning of next season in October.

For anyone interested in joining League bowls please contact Vickie at 540-2960.

The final competition for March was the ladies' open triples played on the 8th of March. There were 12 individual teams playing on six rinks. The all-day competition involved four games of 10 ends. The very close results were: 1st, N. McAlwee, J. Hands, and A. Fisher with four wins and 27 ends. 2nd, M. Wootten, D. Krammer, and J. Miller with four wins and 26 ends.

The Club's AGM will be held on the 21st of April at 10am, followed by a BBQ lunch. The club's closing day will start at 1pm with social bowls.

David Higgs

Are you working for a lunatic?

LJ Lawson, a successful small business owner (she started the Naked Bun) is planning to write a series of articles about the pitfalls etc of running a small business. How and where to get help etc. This is the first.

For most, the initial attraction of being your own boss is to attain freedoms not previously known. These freedoms may take the form of money, leisure time or simply self-expression.

Sadly, for the majority of small business owners the reality of being their own boss instead becomes increasingly one of stress, frustration and exhaustion.

It is a mistake to assume that those who do not succeed fail because of a lack of technical ability in producing or providing the goods or service they are in the business of. Very often people who are very good at their technical skill fail in business because they lack the additional knowledge and skills needed to provide the framework for their business to grow.

In short, it is fatal to assume that if you understand the technical work of a business, you understand a business that does that technical work.

In his book “The E Myth” Michael Gerber states, “ If your business depends on you, you don’t own a business – you have a job. And it’s the worst job in the world because your working for a lunatic.” Of course the lunatic he is referring to is you. This lunatic frequently expects you to work ridiculously long hours despite the state of your physical and mental well-being. S/he rarely gives you a holiday, if ever, and seldom pays you what you are worth.

Well, from here on the news is all good because there is a better way. Being in business may never be easy but it can be a lot easier and certainly far more rewarding.

Being successful in business does not require you to already know everything, it just requires you to be open and hungry for further knowledge and committed to putting this knowledge into practice.

If you are serious about succeeding in business then you need to learn to view your business as your product. Particularly if this is your first business, it should be easy to understand that this is a product about which you have much to learn.

This is when it starts to get exciting because there is a wealth of knowledge available and when you begin to access this you become aware that if you are committed to putting this knowledge into practice to succeed or not is within your control.

The very first step is to understand that, in order to build a successful business you must clearly define what you are trying to accomplish. Given that the reason you are going into business is to attain freedoms you desire, the first thing to establish is – what do you want your life to look like? What are your core principles? What do you value most? Having established absolute clarity on this



point it is equally important to ensure that you have a strong vision of what your business will be like and that this is in alignment with your personal values.

The reason clarity, both in relation to your personal life and your business, is so important is because having a clear image of the end result gives you a frame of reference by which everything else is examined. By keeping the end in mind you can make certain that whatever you do on any particular day does not violate the criteria you have defined as supremely important. It is easy to work very hard without being successful. Clarity in regards to your goal and an open mind is a fantastic beginning.

For information on how to develop a successful business model contact LJ at evolvecoaching@xtra.co.nz



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Letters to the Editor...



An “up-beat” report

As of 20 March, the progress report on the Ruby Bay by-pass from Andrew Adams, Transit NZ’s project engineer, continues to be upbeat.

The updating of the design review is now virtually complete and last of the rights-of-way property acquisition is well in hand. A meeting with the Tasman District Council in January pretty much resolved the limited access issues. A further meeting with the TDC is planned this month (April). The *Nelson Mail* headline story about the by-pass has cast a further optimistic note. In that regard, it is heartening to see Transit NZ issuing the press release about the by-pass upon which the *Nelson Mail* story was predicated.

The next few months will be a slow period as Opus Consultants prepare the working drawings for the project and any loose ends are tied up by the Transit NZ project staff. The aim being to call for tenders early in 2008.

While I intend to keep my “watching brief” on the by-pass project, I urge all of you who read this and support the project to continue to “talk it up”, whenever, wherever and with whoever. From a political perspective, it is critical that our elected representatives both local and in central government be made aware that the people they are in office to represent are expecting their continued support for this project.

As I have said before, “watch this space”. Keep watching.

Hugh Gordon

A ‘community oasis’

It is good to see that after all the skirmishing, Aranui Park is close to becoming a real community oasis, though I am a little sorry it has been forced into a compromise with a clutter of cars in the front. I feel the original plan with the access way curving away, screened by plantings was rather more elegant and it did follow a plan found among archive material from the 1980s Domain Board when Mr Wells was secretary.

The board then had no money but lots of vision. Now we have the money, I hope we are close to realizing his vision of a place for everyone to play, wander, and have picnics.

I spent my childhood going for picnics with the Wells family; may I say we were never turfed out of the car to walk the last 100 yards carrying the fish-paste sandwiches, savoury pie, boiled eggs and cake tins, the rugs, books, bags of fruit and the Thermos basket.

Helen Beere

We realise the debate could go on for ever about Aranui Park and the pros and cons of access. Now that the decision has been made on the final design we have decided to close correspondence on this topic.

The Editors

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.

Nelson region Taoist Tai Chi

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

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

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

The Nelson branch began teaching classes in August 2000 with two experienced instructors. Since early 2002, the branch has been at 4 Natalie Street, Nelson, and will be moving to our own premises in Tahunanui later in the year. A total of 13 classes per week are taught in Nelson by accredited instructors. Two classes are held weekly in the Mapua Community Hall, and you will see a keen group practising on the playing fields on the first Sunday of each month. We offer classes to new beginner students as well as on-going continuing level classes for the more experienced.

Each year, the society holds an 'International Awareness Day' when all clubs and branches worldwide take the opportunity to promote their activities and programme to the public. You are most welcome to come along to our free introductory session or come along to a class at any time to check it out and see if Taoist Tai Chi is something you would like to do.

New classes starting in Mapua: see the Noticeboard on the back page



When work causes back pain

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

We're all subject to back problems – it's one of the drawbacks (no pun intended) of walking upright on two legs. Couple that with life's variety of daily stresses, and it's all but guaranteed that most people eventually suffer from back pain.

No matter what your occupation is, no doubt it's a source of daily or near-daily stress. Work-related factors have long been implicated as potential contributors to back pain, a hypothesis supported by recent research in the journal *Spine*. Four hundred and eighty-four men and women participated in a 24-year study to determine specific occupational factors related to low back pain (LBP). The study also evaluated whether interactions between psychosocial and physical factors, and between work-related and leisure-related factors, affected LBP. Results showed that:

- Heavy physical workload and sedentary work (ie, jobs involving prolonged sitting or limited movement) increased the risk of LBP among men and women.

- Among women, smoking and the combination of "whole-body vibrations" (a phrase used by researchers to designate jobs involving driving, operating machinery, etc.) and low influence over work conditions increased risk of LBP.

- Among men, high perceived load outside work (i.e., exercising, household responsibilities and/or repair, etc.) and the combination of poor social relations and overtime increased risk of LBP.

- What can you do about back pain? First, be aware of "red flags" – factors at work and at home that may increase your risk. Second, schedule regular chiropractic appointments. Your doctor of chiropractic can evaluate any current back pain you might be experiencing and help prevent future back pain from occurring.

Reference:

Thorbjornsson CB, Alfredsson L, Fredriksson K, et al. Physical and psychosocial factors related to low back pain during a 24-year period. Spine, Feb. 1, 2000: Vol. 25, No. 3, pp369-75.

Sam's Spam

Issue3

Hello readers! Well, April marks the one-month anniversary of the release of Microsoft's newest operating system, Windows Vista. Vista has a lot of new features to offer, including a new visual style, a redesigned control panel, and an all-around tune-up. Vista has received a lot of criticism, however, with reviewers claiming that it's too slow, and also a lot of software designed for Windows XP and previous versions is not Vista-compatible. Also new is Microsoft Office 2007, which was released at the same time as Vista. Office 2007 is a great update from previous versions of Office, and is exceptionally easy to use! I recommend Office, but with Vista's setbacks, I would wait at least until Service Pack 1 gets released before considering buying.

Game of the month – Pokemon Diamond/Pearl

The first DS chapter of the continuing saga of Nintendo's "collect 'em all" RPG series. Pokemon Diamond and Pokemon Pearl offer a number of exciting new features to please both experienced and new Pokemon fans alike. Set in an entirely new region called

"Sinnoh," players can choose to begin their adventure as either a boy or girl Pokemon trainer on a path to becoming Pokemon League Champion. The adventure continues as players can bring Pokemon from their Game Boy Advance Pokemon games to Pokemon Diamond and Pokemon Pearl using the GBA game slot on their Nintendo DS. As players trade and collect Pokemon to complete their Pokedex in this new challenge, for the first time they'll have the chance to catch new Pokemon, Munchlax and Weavile. They also can play via local wireless with up to eight other trainers while new moves and abilities deepen strategy.

Free download of the month- CCleaner

CCleaner is an excellent tool for cleaning your computer. It will get rid of all your temporary files and caches, so it speeds up your computer and frees up disk space! It can also do a registry scan and repair any problems you may have with your computer. And the best part is that it's absolutely free! Link: www.ccleaner.com

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Mapua & Districts Soccer Club



Hi all Footballers, Footballers' wives, Footballers' guardians and Football fanatics. We are taking registrations now!

Registration day was 27 March. However, if you missed it please contact either of the following as teams are filling up: Tony Jemmett, 14 Toru St, Mapua (540-3664), or Gary Breakspeare, 94 Aranui Rd, Mapua (540-2094).

Update

The Magic Feet and Soccer Schools have been going well with good numbers attending both training programmes in Mapua Domain. The skills are coming on strong. Thanks to James Wilde for assisting with the training programme.

The club AGM was held on 14 March and a new committee elected. This year's committee is Tony Jemmett, Gary Breakspeare, Ian MacFadyen, Toby Wild and Andrew Neville.

Coaches and Assistants are being identified for each team with the return of volunteers from last season and a number of new volunteers. Thank you for your support.

We need more volunteers. To give the best support for the players we need parents and guardians (particularly those with previous football/soccer skills) to assist at all levels. If you are likely to be on the sideline most Saturday mornings encouraging the players please consider volunteering to help the training or organisation of the team. We are also looking for volunteers to learn basic refereeing for the junior games (free training session provided). Please call Tony or Gary (see above) or talk to any one of the committee members.

CLUB SOCCER SOCKS.

This year we are organising club socks for all players. Pricing is to be confirmed but the expected cost a pair is \$12. They are great for keeping your feet warm on cold winter evenings, glove puppets, or in fact for playing football in!! They will be club colours, black/orange, and should come in most sizes. Please order on registration or with Tony or Gary.

Football V Soccer

The New Zealand Soccer Federation has become New Zealand Football Federation, Nelson Bays Soccer has become Nelson Bays Football, and we too need to consider the future. The committee will be looking at dropping the word soccer in favour football shortly. If you have any strong views either way do pass your views on to a committee member or e-mail Tony at jemmz@xtra.co.nz

Club contacts

Mapua and Districts Soccer Club, PO Box 38, Mapua.
Tony Jemmett Ph 540-3664
Gary Breakspeare 540-2044
Toby Wild (Seniors' Men's co-ordinator) 540-2030
E-mail Jemmz@xtra.co.nz

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Sessions in Nelson and Mapua

Nominated Australian of the Year PETREA KING

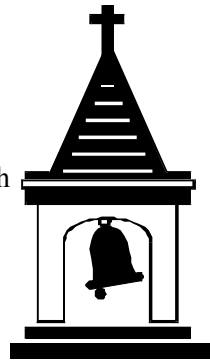
will be giving a talk on her remarkable journey back to health after she was diagnosed with leukemia in 1983 and not expected to live

Friday 27 April, 7.30 – 9pm
Nelson College for Girls – cost \$25
To register a place 5402705 or email julie@inhealth.co.nz

Founder of the Quest for Life Centre
www.questforlife.com.au

Naturopath, herbalist, counsellor,
hypnotherapist, yoga, meditation teacher,
author of *Quest for Life- A handbook for people with life-threatening illness, Spirited Women- Journeys with Breast Cancer, Sometimes Hearts Have to Break, Your Life Matters-The Power of Living Now, You, Me & the Rainbow and Food for Life*

Hills Community Church



Kia Ora! I'm recently returned from my first trip back to the States since arriving in New Zealand last April. It was definitely good to catch up with the family, especially my 89-year-old father. It's still nice to know that no matter how many years go by or how many miles apart we live from one another—I'm still "Daddy's little girl!"

We also had a chance to experience a true, Minnesota snowstorm—a whopping 16+ inches of snow (40cm). Fortunately we only had to endure a week of Minnesota weather before heading off to sunny Florida. What a contrast!

Perhaps the most interesting part of our journey was our return home to Mapua. We were on our last flight from Auckland to Nelson and as we boarded we heard a familiar voice say, "Hi, Rod and Marilyn. Welcome back." It was one of the flight crew, Alan Pumphrey—friend and member of Hills Community Church!

On the one hand, this certainly highlighted the contrast in size between New Zealand and the US—I guarantee you no pilot on any of our six interstate US flights knew us! But that's not why this encounter stands out in my mind.

Rod and I have flown in and out of Nelson numerous times over the last several years and in all likelihood Alan could have been the pilot on one or more of those flights. He would have been the same friendly guy with the same skills in piloting a plane, but we didn't know him then. We never had a bad flight into Nelson but on this particular flight just knowing the pilot somehow made the flight better, more relaxing and even more enjoyable (the invitation to visit the flight deck didn't hurt either).

What a contrast between knowing someone is piloting the plane and knowing the pilot. What a contrast between stranger and friend.

As a person of faith I've experienced that contrast in knowing there is (or might be) a God and knowing that God directly in the person of Jesus Christ (John 14:1-14). And what a difference that has made in my life journey! I've experienced a far better "ride" in life (though not without some significant turbulence), I've been more relaxed and less stressed out (most days) and life has certainly been richer and more blessed since I've come to know the "pilot" of my life. Yes, knowing the pilot does make for a smoother more enjoyable ride.

Rev. Marilyn Loken

Regular Happenings @ Hills—

Hills Community Church is a community-based church with Anglican, Presbyterian-Methodist and Evangelical traditions. We offer two worship styles—

traditional and contemporary—each has an informal and relaxed style. Visitors and newcomers are most welcome. For more information call: 03) 540-3848.

Sunday Worship: Traditional service 9.15am, Contemporary service & SPACE for Kids 10.45am; Holy Communion celebrated on the 2nd and 4th Sundays; morning tea between services. First Sunday of each month: one service @ 10.45am.

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

Holy Week Services

Palm Sunday	1 April	10.45am
Uniting Building		
Good Friday	6 April	7.30pm
St James Building		
Easter Sunday Communion	8 April	9.15am
St James Building		

Property News

We are getting a lot of negative hyperbole from doomsters and Cassandras predicting a “house price bubble burst”. These visionaries have been forecasting a property market reversal for the past 24 months.



The facts are that the housing market has continued to strengthen over this period and is very buoyant.

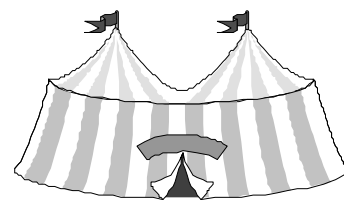
The residential property market is a positive sector in which to invest – no effective capital gains tax, no stamp duty, attractive depreciation rates, tax relief on mortgage interest, rental demand and revenue growth, which all suggest that there is no better time than now to get involved in property.

Some recent sales are:-

2 Feb Seaton Valley 3 B/R House 8174m2 \$419,000
12 Feb Maisey Rd 3 B/R House 9040m2 \$475,000
15 Feb Broadsea Ave 4 B/R House 809m2 \$439,000
20 Feb Joseph Sen Way 3 B/R House 501m2 \$682,500
21 Feb Aranui Rd 3 B/R House 1186m2 \$326,000
23 Feb Joseph Sen Way 3 B/R House 3266m2 \$455,000
28 Feb Higgs Rd 3 B/R House 860m2 \$345,000
2 Feb Beulah Ridge LSB bare land 4100m2 \$298,000
8 Feb Beulah Ridge LSB bare land 3264m2 \$480,000
8 Feb Westdale Rd LSB bare land 2 Ha \$445,000
21 Feb Kina Rdge LSB bare land 1 Ha \$275,000
23 Feb Harley Rd LSB Bare land 12.7 Ha \$415,500

Compiled by Grahame Williams, Ray White Real Estate
MREINZ

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*Mapua Village Fair
– Oklahoma style*

Work has begun on the planning for this year’s show which comes to you on Saturday and Sunday 17th and 18th November. Make a date in your diary now as it will be an event not to be missed.

We hope to be able to contact all those who had already shown an interest in having an exhibit or display at the show but we would be happy to hear from any local craft group, social club or business who would be interested in taking part. A site fee will be payable and participation in the event will be at the discretion of the committee of Mapua Show Incorporated whose decision will be final. Initial enquires to Diana Furlong (03) 540-2080 please.

The *Coastal News* will carry further updates and progress reports as ideas take shape so keep an eye open for further information.

MAPUA SHOW

Mapua Health Centre

We are coming up to autumn and the likelihood of various viruses starting to creep in and test our immune systems. The cold viruses tend to cause a runny nose, head congestion, cough and general feeling of being under the weather. A full-blown influenza attack is a much more severe illness with some of the 'cold' features plus generalised aches, temperature and sweats, often a severe headache and feeling very unwell. This can be difficult to diagnose as it shares some of the symptoms of meningitis and therefore it is important to seek medical help if you are at all unsure.

This year's flu vaccines are now available. If you would like more information about the vaccine or to book an appointment for immunisation please contact the practice nurse on 540-2211.

Although we have often pushed the need to avoid too much sun exposure through the "Slip! Slop! Slap! Wrap!" message, there is some important evidence that some people are getting too little exposure for them to be able to make enough Vitamin D. This vitamin is very important for our absorption of calcium and promoting strong bones, muscles and teeth. It is also vital for the development of the nervous system and probably plays a part in keeping the immune system healthy to prevent infections and cancers. Certain people are at higher risk of Vitamin D deficiency including the elderly, some infants and dark-skinned people. Even though there is Vitamin D in various food such as oily fish and dairy products, it is also important to have a little sun exposure such as 5-10 minutes two to three times a week in summer and 20 minutes in winter.

A position for practice manager will be available in June and we are looking for a highly motivated and well-organised person who would enjoy working in a close-knit team of professional, compassionate and friendly people. A background in general medical practice would be advantageous, but not essential. A copy of the job description is available by phoning the health centre or emailing wendy@mapuahealth.com.

We have recently set up a 'Prescription' email address site – prescription@mapuahealth.com, to give another way to get hold of repeat prescriptions. You simply need to send an email and you will receive a return email with instructions about the details we need to organise your prescription. It's as simple as that.

This month's health events include:

April 7 - World Health Day Theme: 'Make every mother and child count.'

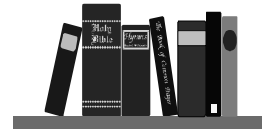
April 11 – Parkinson's Disease Day

April 19 - 25 - Child Cancer Foundation awareness and appeal week

World Health Day marks the founding of the World Health Organization (WHO). It is an occasion to raise awareness of key global health issues. This year's theme is international health security. The aim of the Day is to urge governments, organizations and businesses to "Invest in health, build a safer future". www.who.int

RSA MEMORIAL LIBRARY

Ph 540-2545



Most of the mopping up for February's Affordable Art Show has taken place and we are very pleased to say it was a great success once again, and we have raised around \$3000, about the same as last time. The support of the artists themselves and their willingness to participate in our show was wonderful. The many and varied works created a high quality exhibition for the public to enjoy. For viewing, there were photographs, beautiful flax kete, and amazing quilted boxes as well as ceramics and paintings in various media. For both the artists and the library it was especially pleasing that so many of the works were purchased.

The Friday opening night was a very enjoyable occasion and the hall was filled with a throng of happy art lovers, who were enjoying the culinary efforts of our library volunteers and the generous donation of wine from the cellars of Woollaston Estates. Our guest artist Christine Boswijk, who opened the exhibition, inspired everyone to appreciate and support the arts in the Tasman district.

The library is indebted to Dot Moriarty, Robin Goette, Karen Williams and Jeanette Cook who together put in many long hours to make the show a reality and a fund-raising success. I also want to thank all those people who helped them over the weekend of the show. All of the funds raised will go towards the library's administration costs.

Staging this exhibition was a huge undertaking, but well worth the effort for all involved. Thanks go to those businesses who supported the Art Show, Tessa Mae's, Mapua 4 Square, Page & Blackmore Booksellers, and Buddens Bookshop. We also received a generous grant from the Motueka Arts Council to support the staging of the event, and invaluable help with set-up from the Pastel Society.

Finally, a big thank you to the community at large for your support in such numbers through the doors over the weekend.

The raffle (a painting donated by Grant Winter) was won by Lynley Worsley.

More good news this month – we are very happy to have received a grant of \$3000 from the Canterbury Community Trust. This money will be used to buy more books for the library. This is a major grant, which greatly assists us in keeping our book collection up-to-date and interesting for our borrowers. Check out the new books shelf at the library next time you visit to see where the money goes.

The Craft & Leisure books purchased with a grant from TDC Grants from Rates have started to arrive in the library. These include titles on painting & drawing, mosaics, sewing, embroidery & quilting, willow & flax weaving, woodworking, DIY, jewellery & metalwork, digital photography, boating... If you have a hobby and would like to see new books about it at your library, it's not too late to make your wishes known.

Two important dates coming up for supporters of the library are our Library Committee AGM, 7.30pm at the library May 8th, and our birthday celebrations and logo launch, which will be held on Saturday May 12th. More about that next issue of the *Coastal News*.

If you would like to become involved in the committee, or help at the library in any other way, please come along to the AGM, newcomers always welcome. Enquiries to Sarah, 540-2698.

Library Hours:

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

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Friday evenings, 6-9:30pm

Starts April 20 till June 15

*For more information: drawnow2@yahoo.com or
phone 021 266 8816*

Mahana School

At Mahana School activities over the past month have centred on the pool, with the Mahana Swimming Carnival held three weeks ago. This year the teachers/parents v students' race was won by the teachers/parents, with the children excusing the loss by saying that the size of a particular teacher's 'bow wave' put them off their stroke! Some quality swimming was observed in other races, testament to Yvonne Barry's excellent holiday swimming lessons.

Staying with all things aquatic, our Year 8 students have been gearing up for their tramping/kayaking trip to the Abel Tasman Park. Principal-release teacher Bruce Lissant-Clayton has been using the school pool to teach the keen kayakers some important techniques. Trips like this are another advantage of the small school setting, with the trip including an overnight stay at Bark Bay, a visit to Tonga Beach quarry and (if the seals are willing!) a swim with the seals at the Tonga Island seal colony. Those students who kayaked up will tramp back and vice versa. All the makings of a memorable trip – challenge, adventure, camp-fire cooking and a night under the stars...

A recent working bee got the school looking ship-shape for the year with a long list of jobs being undertaken by a large turnout of parents and helpers, attracted no doubt by the fabulous morning tea!

Late in April we are expecting an Education Review Office team to arrive to assess the school for its next ERO report. One of the comments made in the last

review was, "The school has a culture of continuous improvement...Classrooms are settled learning environments and the tone is positive. There is a strong focus on learning. Interactions between teachers and students, and the students themselves, are supportive". This continues to be the case, and we look forward to showing the team the progress that Mahana School has made since 2004, and making any further improvements they advise.

At Mahana School we are looking at how we can make the transition from primary school to secondary school easier for our senior students. Interestingly the research indicates that parents often perceive this transition to be more stressful on their children than it actually is. Much of the research indicates that children can make a successful transition to secondary education without the need for intermediate schooling. Last year the Ministry of Education undertook a study of a group of Year 8 students from their last term at primary school through to Years 9 and 10 at secondary school, with the aim of finding out more about children's experience of this transition. We hope to use these findings to further prepare our senior students.

We have just completed an update of our handbook. Please phone the school secretary, Jenny Robinson, on 543-2887, if you would like a copy mailed to you.

Jacqueline Brown, Mahana School Board of Trustees



Digital Photography Group

For the March meeting we enjoyed the fine weather to visit the wharf and marina at Motueka. Unfortunately, there were only six members present but we took some excellent photographs of the fishing fleet returning against a very strong ebb tide. More time could have been spent there and amongst the moored vessels of every type, but some members had other commitments and had to leave after only a short time.

Our next meeting on Tuesday the 3rd of April will be at Dot's home, where we will be shown how to cut and mount what we consider to be our best photographs taken this year. Each member will be able to mount up to four 8x6 pictures or six 6x4's if time allows. Please let Dot know beforehand if you are attending and the size of mounts you would like, so that pre-cutting can be done to save a little time on the day.

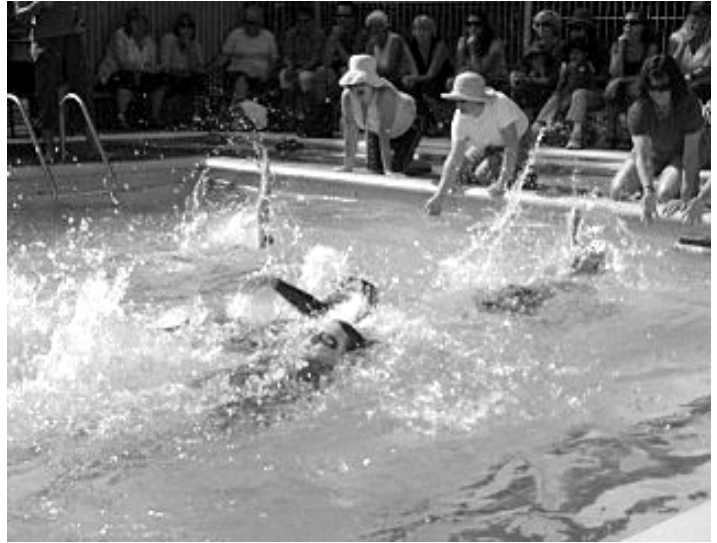
Reported by Mike Halse



Mapua School

Wow! Where has the term gone? With only a couple of weeks left of the term at Mapua School, I'm hoping that this is not a sign that the whole year is going to disappear in the blink of an eye.

However, looking back over the term, I can understand why this seems to have occurred. From day 1, the school has been busy with all sorts of wonderful activities to make learning real and fun for children. The children have swum, competed in swimming sports, both within school and through interschool, learned about the marae, visited Te Awhina Marae in Motueka, competed in a school triathlon, been on camp and a whole host of other meaningful educational activities. Of course, these activities are extra to our excellent inclass programmes.



The swimming sports were a huge success. All children in the Senior School participated for their 'House'.



The whole school had been learning about the marae and had the opportunity to visit Te Awhina Marae in Motueka. This was a fantastic experience for all concerned.

Some of the wonderful things that we have been doing are shown below. During Easter weekend, the annual Easter Fair will take place. Traditionally, this has been an excellent fair and I'm sure this year will be no different. One of our extremely able staff, Sue Fox, is the convenor of the fair. This is a huge undertaking! Thanks Sue. Money raised comes back to the school and Mapua Play Centre. By supporting the fair, you support our kids.

Rob Wemyss, Principal



Kahu Marfell (Tasman Mako) came to school to help us with our rugby skills.

PROBUS CLUB OF MAPUA & DISTRICT

The club's AGM was held on the 2nd of March. Peter Butchart introduced Julian Shields, the building supervisor for the Nelson affiliate of Habitat for Humanity. Julian was working for Keith Hay Homes when it had a branch in Nelson. Ian Hay, the head of the company, introduced Habitat for Humanity to New Zealand and persuaded Julian to set up the Nelson affiliate in 1994. The object of the Habitat is to build and supply homes to families in need of good accommodation. A family selection committee interviews up to 30 applicants and two families go before the affiliate board and one is chosen for the next house. The successful applicants have to contribute \$500 and do 500 hours of work. They pay a rent of up to 30 percent of their income, and after some years are encouraged to take out a commercial mortgage to make the house their own.

Julian, a retired real estate agent, is involved in organising building materials for the construction of the Habitat homes in Nelson and supervising the volunteer labour. Many companies donate materials or sell them at discounted prices, and money comes from donations and grants. The first house in Nelson was built in 1995 at a cost of \$95,000; today the average price is around \$260,000. To date there have been 284 homes built in New Zealand

Julian's second part of his talk was his trip to India after the tsunami disaster on the 26th of December 2004. Being a part of an 11-man team of New Zealanders, he spent two weeks restoring tiled roofs of houses in a small village in the south of India. With the use of a DVD presentation, Julian was able to show well over 50 photos. These included photos

of his parents and grandparents' homes. Julian was born in India as his father, grandfather and uncles were engine drivers on the railways before India became independent from Britain in 1947. Julian and his wife travelled north through the country, after two weeks of their restoration project. The photos showed the wealth and poverty of India, from exotic buildings to the basic village housing communes.

After Julian's talk there was a short afternoon tea break. The AGM began with the chairman, Athol Churchman, reporting on the year's activities of the club, including an appreciation of the work done by members of the committee. The treasurer, John Sharman, gave his financial report, and a recommendation that the subscription be increased by \$3 to \$15 per year. Also, that all meetings throughout the year would have a door charge of \$2. The motion was passed by the meeting. The election of members to the new committee was:

President, Margaret Butchart; vice-president, Laurie Metcalf; secretary, Thelma Mathieson; treasurer, Glennis Forbes; guest speakers, Peter Butchart; recorder, Audrey Kitto; caterers, Rae McKenzie, Audrey Kitto; almoner, Janice Higgs; auditor, Margaret Butchart. Trip organiser to be appointed.

At the conclusion of the meeting Peter Butchart gave a vote of thanks to Athol Churchman for his year as chairman.

David Higgs

Too Late !

Some hopeful people are sending articles or advertisements in far too late. One month someone sent us something five days after the deadline and hoped it would get in. The copy was all at the printer by that time, so there was nothing we could do to get it in. You should have everything to us by the 20th of the month.

The Editors

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Motoring with *Mapua Auto Centre*

(next to Mapua School)

April 2007

When was the CAMBELT in your vehicle Last replaced

Do you know if your vehicle has a cambelt?

Do you know when the Cambelt was last replaced?

Not sure the answer to these questions! Read on to discover why it is important to be able to answer them accurately.

Most, but not all vehicles, have a Cambelt – sometimes called a Timing Belt.

A Cambelt is made from a composition which is wear resistant and able to withstand high engine temperatures.

The Cambelt is driven by the crankshaft and links the crankshaft (at the bottom of the engine) to the valves (at the top of the engine) The Cambelts' sole role is to operate the valves within each cylinder (there are 2, 3 or 4 valves per cylinder). An inlet valve allows an air/fuel mixture into the top of the cylinder ready for combustion and the exhaust valve allows the combusted gases to be removed via the exhaust system.

The timing of when these valves open and shut in relation to the position of each piston within the cylinder is critical. It is the Cambelt which ensures the accuracy of this timing.

A Cambelts life is limited. Cambelt manufacturers recommend Cambelts are replaced at 60,000 – 100,000km intervals (dependent on make and model). Traveling distances further than this, means you run the risk of the Cambelt failing.

When a Cambelt fails in most modern cars, the timing becomes uncontrolled, resulting in the piston within the cylinder hitting an open valve; which in turn can bend or break the valve. This in turn can cause extensive engine damage. This damage can translate to many hundreds or even thousands of dollars.

The cost to replace a Cambelt is minimal compared to the cost of possible damage done if it is not replaced. Replacement cost varies depending on vehicle make and model; whether it has one or more Cambelts; and the length of time it physical takes to replace. The variation in labour content is solely dependent upon how assessable the Cambelt is.

As the front engine seals, the idler bearing and Cambelt tensioners life is not much longer than 100,000km, we recommend these items be replaced at the same time the Cambelt is replaced.

We recommend this because, the Cambelt has to be removed to enable assess to replace the front engine seals etc. Due to the fact, replacing a Cambelt is labour intensive, it makes good sense to have all these items replaced at the same time.

Having this work done together will ultimately save you \$\$\$\$\$\$ and inconvenience.

We Wish you Happy, Safe Motoring



MAPUA & DISTRICTS BUSINESS ASSOCIATION

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

The MDBA is an organisation made up of keen business people who live, work or provide a service to the Mapua, Upper Moutere and Tasman areas. We currently have 150 members.

The MDBA was founded in 1992 to provide a single forum for small businesses to relate to each other, to other local associations and to lobby Council on a range of issues affecting our area.

One of the highlights of our year is the production of the Community Telephone Directory, now in its 15th year. 2,000 copies are distributed free to all households and businesses in the district.

The recent rapid and accelerating growth of the entire district presents new and continuing challenges to the Association.

We welcome your support!

MEMBER PROFILE Smythes Lawyers

Smythes now offer **2 days of legal services** each week to the Mapua/Moutere Hills community.

Wednesdays with Erika Floyd (a senior lawyer who has recently closed her sole practice in Kaitaia), and Thursdays with Jenny Leith.

Clients can feel comfortable discussing with Erika & Jenny property matters, including conveyancing, business transactions, subdivisions, wills and estates, family trusts, and family and relationship property matters. Jenny is also a qualified and experienced mediator and arbitrator.

During April Erika will offer \$40 wills to members of the Mapua community. Remember, if you are over 18 you should have a will, and update this regularly.

Our new offices are to the left of the pharmacy, looking out to the Domain. Call by and say hello.

*Jenny Leith & Erika Floyd
Phone 546 8750*



MEMBER PROFILE Move2Nelson

Hi my name is Jane Linn and I am the brains behind Move2Nelson !!

You may have seen me in my MPV driving about the village and wondered what I do and who I am. This spot is to dispel any myths and legends that may be circulating....

I was born and brought up in Dunedin and returned to NZ, in 2004 with my family, having lived in the UK for many years.

Prior to my move back to NZ I spent many hours trawling the internet looking for information about schools; properties; employment; banks, car buying; services available for my children – one of whom has special needs. We can't tell you until you get here was the common answer...so hence the idea for move2nelson was hatched so that other people could benefit from having someone in the area helping them with important decisions before taking the plunge.

I offer a comprehensive and supportive service to all clients who are considering relocating to the Nelson area.

Please take a look at my website www.move2nelson.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

LIFE IS PURRR...FECT



Miaow from Tiger Lily. Well, another month has passed and daylight saving has ended. That was certainly very quick.

Arthur and Jenny (Hawk) are now married and settled in their home. What a lovely knees-up in the Village Hall that was, and plenty of food dropped on the floor for me to pick up. I had a great old nosh-up.

Thank goodness Wendy is home now so I have somewhere to go when I miss lock-up at Flavour. She's looking much better now.

I overheard they are starting Autumn lunch specials at Flavour after Easter weekend, they have a lovely special menu all priced at \$12.

CHECK IT OUT!!! What great value that is.

It will be time to light the fire by then, so that'll be cozy. What more could a

cool cat like me want? Plenty of great food, a warm and friendly place and lots and lots of lovely visitors.

Well, I'm off on a mission now – Spot ya at **FLAVOUR SOON.**

Tiger Lily, Village Cat

Noticeboard

Personal Safety & Fun: 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. **KIDPOWER** for 8 to 12 year olds – 19/20 April. **KIDPOWER PARENT/CHILD** for 4 to 7 year olds – 21 April. **FULLPOWER** for adults and teens of both gender – 19 April, 6.30-9.30. For more information call 543 2669.

Taoist Tai Chi at Mapua Hall. New Thursday evening Beginner class starting soon! Improve your flexibility, mobility and balance, and learn to relax. Suitable for all ages. Free introductory evening Thursday 26th April at 6 p.m. Weekly class starts Thursday 3rd May 6.00-7.30 p.m. For information contact Christine Weir, 543 2204 (evenings).

Fancy renting a beach house for 6 months? Ruby Bay-short term rental available from May for 6 or 7 months - would be ideal for local family needing place whilst building etc. 3 bedrooms + large storage / rumpus room, 1 bathroom with shub shower and separate toilet, kitchen and dining area, log burner and wetback cylinder. Fully fenced garden is ideal for children, OSP + garage. Pets by arrangement. Rent (includes water rates): \$300 week unfurnished, \$350 furnished. Outside smokers only. References and bond required. Phone Tony 03 540 2804, email: info@realspecial.co.nz

Noticeboard

Mapua Hall Society – AGM. Mapua Hall Committee members invite interested members of the community to attend the Annual General Meeting to be held at the Hall on Wednesday 11th April 7.30pm. All welcome.

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 11 & 25 April. All welcome. Gold coin. Tel Julie Ewer 5402705 if interested

Mapua Bowling Club is looking at increasing membership. Social bowling Tues, Thurs, Sats at 1pm. Loan bowls, coaching provided 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. Margaret Butchart, 540 2686, Secr. Thelma Mathieson, 540 3132.

Women's Move n Groove Dance Classes – SALSACISE - short, low impact, Latin routines. Fun, and easy to follow. Mondays 10.30-11.30am at Mapua Hall. Term2 starts Mon 23 April. Also **SALSA** for men and women at the Upper Moutere Recreation Centre. Beginners Class 6-7pm, starts Mondays 30 April, 8 wks. Enrol with Catherine Callaghan at Dance Moves, 548 8046, 027 323 2098, learn@dancemoves.co.nz.

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.

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 Secr: Letty Thawley, 540 2876, Pres: Margaret Sinclair 03 528 8477.

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/>

Wanted: any spare wool, any ply or colour, for knitting for Hospice Shop. Please leave at 97a Iwa St, Mapua.

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. Tel: 5402113