

A Wonderful Saturday

The following item is being run on the front page of the Coastal News to show that not all is doom and gloom in the world and that even the most commonplace things can give us pleasure. Thank you Marion for this contribution.

Editors

What a wonderful Saturday the 20th of September turned out to be.

We have been attempting to regenerate one area of our garden. This actually means I waft about delicately planting bulbs, shrubs and flowers as the mood takes me. While for husband extraordinaire, this means hard physical labour digging out old trees and shrubs, roots and all, as per my executive decisions. However, rain had stopped play, much to husband's secret relief I suspect, so we headed off earlier than planned to cast our vote at the polls.

This meant more time to mooch around the Coastal Garden Group's Festival of Flowers at our Village Hall. Now mooching such affairs is not really husband's preference but anything is better than hard labour so he was happy to share this time with me. I, wife, picked up some quality second-hand books courtesy of the Mapua Library stall and have signed up for a botanical drawing and painting class to be held in November. Meanwhile husband cased the joint in the hope of cake and coffee. We both admired all the talent and skill on the various stalls and certainly the enviable display of blooms and floral displays. Especially those of the children.

Husband is an easy-going type and so took no notice of wife whatsoever when she sensibly suggested buying raffle tickets on the way into the hall was the way to go. A last reminder about raffle tickets was announced. Husband noticed wife's beetling eyebrows and opted for the last-minute dash.

So, whose approach for raffle ticket purchase was right on the day?

Husband's! He won the Blue Prize and by default so did I. After all, what is mine is mine and what is his is...mine too.

Sauntering along, husband double-checked that he, which means we, could choose from the blue corner of the red, yellow and blue display just inside the hall entrance.

Some of you will know of our total astonishment to be told that we had actually won the entire blue display. THE ENTIRE BLUE DISPLAY.

I was totally overwhelmed and I know he was too. We both still are. So much so, we arranged the whole darn thing against the wall of our house just so we could take a photo. We'll be sharing that with our family and friends overseas. I've already told the next door neighbours and shown some pals that came to visit not long after we got back to the house with our treasure.

So. Thank you Coastal Garden Group and to all those businesses that donated to the event. Not just for a rather lovely afternoon but for making our day. Probably our year for that matter.

As for the area we have been trying to regenerate. Sorted!

Phil and Marian Bevan



ASTRO ENVIRONMENTAL LTD

- ▶ Septic Tanks
- ▶ Grease Traps
- ▶ Farm Ponds
- ▶ Winery Waste
- ▶ Bulk Liquid Waste Transport
- ▶ Submersible Pumps

Ph 0800 2 FLUSH (35874) 24hrs
info@astroenvironmental.com ▶ www.astroenvironmental.com



THE ART OF TOUCH
"Discover Enhanced Health and Well-Being"

Melissa Potter
(M.Sc., B.Sc., M.A., M.Ed., M.H.S., M.P.S., M.A.S., M.P.S.)

...bringing you over 25 years experience!...

- * THERAPEUTIC / REMEDIAL MASSAGE
- * CRANIOSACRAL THERAPY
- * MYOFASCIAL RELEASE
- * REFLEXOLOGY

@ TUI HOUSE, 57 Greenwood St, Motueka
PH / TXT: 021-1368439
All details on: WWW.THEARTOFTOUCH.CO.NZ
GIFT VOUCHERS / CONCESSIONS AVAILABLE

Postal Delivery

We can post you the *Coastal News*. To take advantage of this post \$20 with your name and address to Coastal News, PO Box19, Mapua Store, 7058, or email coastalnews@mapua.gen.nz

"The Spring is Sprung, the Grass is Riz....

I wonder where my Core Strength is?"

If it matters, you'll find a way – if it doesn't matter, you'll find an excuse.

Lynda's Exercise Classes in the Mapua Hall.

Term 4 2014 – a ten week term starts Tuesday

Oct 14th, ends Friday Dec 19th.

Summer term start times for day-time sessions.

Tuesday 6 - 6.45pm Cardio/Strength
(no coordination required).

Tuesday 6.55 – 7.45pm Pilates
(all levels, beginner to advanced).

Wednesday 9.05 – 9.45am Aerobics
(the old-fashioned dance-around-and sing-along kind).

Wednesday 9.55 – 10.45am Pilates
(all levels, beginner to advanced).

Friday 9.05 – 9.45am Cardio/Strength,
alternating every 3rd week with fast
Aerobics/Pump and Step/Weights.

Friday 9.55 – 10.45am Pilates
(all levels, beginner to advanced).

FOR THE TERM: same as last term.

1 session per week	\$80.00	(\$8.00 per session)
2 sessions per week	\$150.00	(\$7.50 per session)
3 sessions per week	\$210.00	(\$7.00 per session)
4 sessions per week	\$260.00	(\$6.50 per session)
5 sessions per week	\$300.00	(\$6.00 per session)

Please email lynda@hht.co.nz, or ph 543-2268 or 027 222 1491 to reserve a place, minimum 15 per session, maximum 29 per session, no casuals sorry. Newcomers welcome. No special gear or talents required ☺, you don't have to be "fit" to come.

If you have to miss a session, you can make it up by attending another one, numbers permitting.

Always Looking For Great People

Thinking of a career in Real Estate
or would like a change?

We are looking for someone to join
our busy boutique office in Mapua.

Contact Amanda James
in the strictest confidence.

03 544 4441

027 472 1960



When all else is equal..

- Commission
- Marketing



Trust is important

For the second year running,
Harcourts has been voted New Zealand's
most trusted real estate brand.



Call us now!
Mapua 540 3425
Motueka 528 9551
Richmond 544 4441

Mapua Library

Library Patron: Did you know that we have one? Do you know who it is? Do you know who it was? In this delightful article, Sue England explains for us.

Www.patron: So is this an intriguing new site on the Internet? You never know what's around the corner but for now the World Wide Web must wait. No, www.patron is what, when and who is the patron of Mapua Community Library.

What: According to my dictionary a patron is a person who gives financial or other support to a person or cause with patronage being defined as the support, promotion or encouragement given by that patron.

When: Nothing in the historical records of Mapua Community Library leads me to believe there was ever a patron before our first Literary Festival, so in March 2010 we were fortunate and privileged that Margaret Mahy accepted the role. She proved a distinguished patron, supporting our festival with gusto that greatly added to the funds raised. But no sooner had we gained a patron than she was gone. New Zealand lost a national treasure when Margaret died on 23 July 2012.

Who: Margaret was a hard act to follow but another patron was waiting in the wings. Joe loved Mapua and our library when he spoke to a sell-out audience at an "Evening with Joe Bennett" in 2011. So it was a natural progression to invite him to become our patron for Literary Festival No. 2 in 2012 and Joe will be with us again as we launch festival No. 3 in March 2015.



So who is Joe Bennett? He is an English-born columnist, travel writer, seasoned hitchhiker and lover of dogs. He was educated at the University of Cambridge and worked for many years teaching English, including time as a teacher at Christ's College, Christchurch. He has been a full-time freelance writer since 1998 and his columns are syndicated in newspapers throughout New Zealand. Joe has lived in New Zealand since 1987 and says of himself, "...I like people but not in herds. I distrust all beliefs, most thought and anything ending in ism. Most opinion is emotion in fancy dress."

In December 2011 he appeared in the media for refusing to evacuate his Lyttelton home as ordered by the Christchurch City Council because of fears of falling rocks if another earthquake was to occur.

Thanks so much Sue. Now we know!

Lynley Worsley

Library Hours (closed Statutory Holidays)

Monday	2pm-4.30pm
Tuesday	2pm-4.30pm
Wednesday	2pm-6.30pm
Thursday	10am-12.30pm; 2pm-4.30pm
Friday	2pm-4.30pm
Saturday	2pm-4.30pm

mapualibrary@xtra.co.nz

www.mapuacommunitylibrary.co.nz

Major Sponsors: Canterbury Community Trust; Lion Foundation; Tasman District Council; Mapua and Districts Business Association.

BOOK REVIEW

Serena by Ron Rash. Reviewed by Dave England. This book is available in the Mapua Community Library.

This interesting piece of fiction is set in the mountains of North Carolina in the 1920s. The lead characters are as tough as the conditions of the forests that they are intent on harvesting before the American legislature can create a National Park. Serena is not just tough, she is also ruthless. Nothing gets in her way as she takes control of the deforestation; anyone trying to prevent her from becoming powerful and rich is dealt with... permanently. The poorly paid workers are intimidated by her fearlessness and cruel instincts. They know that their livelihood depends on the whims of Serena who will sack or replace them at the drop of a hat.

Modern-day forestry workers in New Zealand have a tough life and accidents occur quite frequently but they, fortunately, do not compare with the appall-

ing injuries and loss of life of their American predecessors of 90 years ago. The employers treat safety in a very cavalier fashion in the sure knowledge that there is always a queue of replacement workers eager for employment.

The good guys in this story are the politicians and the rich philanthropists who are dedicated to creating a National Park for the benefit of future generations. The 'baddies' are the land exploiters who see dollars, not trees, and are willing to commit serious crimes in order to succeed with their ambitions.

The author is imaginative and skilful and keeps the reader's attention with every page. His research is informative but doesn't get in the way of the storyline. This book simply hooks you from the very start and manages to keep you turning the pages till the very end. Reading this book is a good way to spend a rainy day (not that we get many in Mapua!)

Thoroughly recommended.

Open Day for Moutere Artisans

Lauraine Jacobs, one of the New Zealand's leading food and travel writers, will be the star guest at this year's Moutere Artisans Open Day on 26 October.

On Labour Weekend Sunday Lauraine will join hundreds of local food, wine, cider and art enthusiasts at the Open Day in the village of Upper Moutere.

Each of the 16 artisans throw open the doors and let people see into the studios, wine cellars and kitchens.

This year's event includes the opening of Woolleston's new café on Old Coach Road, the release of Olives' new oil and table olives and enjoy a coffee while visiting the finished gallery of sculptor Michael MacMillan

Neudorf Vineyards will release new wines and show back vintages of their chardonnays, as will Himmelsfeld and Harakeke Farm Wines. The kitchen at The Old Post Office will be open for jam lovers to see the secrets behind New Zealand's best raspberry jam. Both Moutere Hills Winery and Kahurangi Estate offer lunches and at Icon there will music on the lawn and acres of art in their extensive galleries

After visiting Moutere Strawberries you can visit Peckham's Cidery and wander up Neudorf Road to enjoy a mushroom degustation at Neudorf Mushroomrooms.

At Katie Gold's gallery you will see a ceramic artist at work and their glorious gardens are open all day. Potter Anna Barnett will also be in her studio.

In the centre of the village enjoy a craft beer at New Zealand's oldest pub – The Moutere Inn.

Chair of the Artisans Andrew Sutherland says it a day for everyone and some of these artisans are not normally open so it a special day.

"The feedback from last year was incredible. People loved stepping behind the farm gate and talking to the producers. It is a reminder of the uniqueness of the Moutere and its people."

Lauraine Jacobs, immediate past president of the NZ Guild of Food Writers, is the food columnist for the New Zealand *Listener* magazine, an internationally respected food and wine writer and author/editor of eight cookbooks and travel book, *Matakana*.

For more information contact Andrew Sutherland (03 543-2780, or 021 0828 7255) or email Andrew@harakekefarm.co.nz

The Open Day lasts from 10am until 5pm.

"Last year's Open Day was a huge success with hundreds of keen cooks and imbibers and collectors streaming through the doors and enjoying everything from craft beer to throwing a pot." The group has been written up in *Cuisine*, Air New Zealand's *In Flight* magazine and the *NZ Geographic*.

Richard Ewbank

Garden & Property Maintenance

- Handyman jobs - inside and out
- Chainsaw work
- Spraying
- Hedge trimming
- Water blasting
- Chipper available
- Green waste removal
- Raised garden beds
- Dry stone walling

Phone Mapua (03) 540 3881
Mobile 027 540 3881

Endurance Spraying Ltd

Pete Hughes Owner/Operator

Ph (03) 544 2654

Cell 0211 942 654

- All types of weed spraying
- Hill country gorse a specialty
- Commercial & Residential
- Lawn Spraying & Fertilising
- 20 years experience - Growsafe certified



Exclusive Office of
**CHRISTIE'S
GREAT ESTATES**

Your local Bayleys professional achieving excellent results

I believe my local knowledge backed by extensive industry experience, effective marketing and a strong international buyer base will ensure I achieve you a premium sale.

Call for an obligation free appraisal

Iain MacFadyen

Marketing and Sales

B | 03 546 3577

M | 021 025 69751

iain.macfadyen@bayleys.co.nz



BAYLEYS

M A K I N Z

Mapua Health Centre

We welcome Matt Chamberlain who is a trainee intern and will be with us for three weeks during October. This is a great opportunity for final year medical students to get some insights about general practice and health care in the community setting.

On Saturday 11 October there is a free workshop in Richmond on "living well with diabetes." This is a one-day education session delivered in a relaxed and informal style by a specialist team. Those at risk of, or with Type 2 diabetes, along with family members or supporters are welcomed. Referral is not required but bookings are essential, by contacting Bee Williamson, Diabetes Education /Awareness Coordinator, Nelson Bays Primary Health, Phone: 03 543-7836.

A nuisance that many suffer from time to time is blocked ears. Although our ears are continuously cleaning themselves by moving a thin layer of wax to the outside with debris on it, sometimes the hearing canal gets clogged up with wax. It may then be necessary to use some drops to loosen the wax (eg, Cerumol or Waxol from the chemist). Only if this doesn't work is it necessary to consider getting the wax syringed out and an appointment with the practice nurse can be organised. There is a special service at the hospital ENT department that offers ear toileting (using a specialised suction device) as well as private options through Ear Health (0800 400 403) in Nelson, Richmond and Motueka. For more information please contact the practice nurse.

As the beginning of this month celebrates the International Day of Older Persons it's interesting to read that green tea consumption is significantly asso-

ciated with a lower risk of functional disability as we age, as well as a lower risk of stroke, cognitive impairment, and osteoporosis (Am J Clin Nutr. 2012). By adding some vitamin D at daily doses of 800 to 1,000 IU it's been shown to have beneficial effects on strength and balance (J Am Geriatr Soc. 2011 Dec) and preventing falls (J Am Geriatr Soc, Dec 2013). The same has been found by taking up tai chi twice a week for 45 minutes (Am J Chin Med. 2012). If you are looking to lose weight it looks as if a low-carbohydrate diet might be more effective for both weight loss and for improving several metabolic parameters (JAMA 2012 Jun). And, for those who like a little tipple, recent research on alcohol suggests that only red wine at an average of 1.5 glasses/day helps slow cognitive decline (Brit J Nutrition, Aug 2013).

The controversy about whether our flat whites and long blacks are harmful or healthful has recently been reviewed and the data suggests that coffee may have health benefits in a number of medical ailments, including a decrease risk for Type 2 diabetes, symptomatic gallstone disease, Parkinson's disease, heart disease and stroke. Moreover, coffee consumption is beneficial for those with non-alcoholic fatty liver disease and is associated with decreased all-cause mortality (*Liver International*. 2014). It can of course cause anxiety and palpitations if taken in excess.

This month's health and school events include:

1	International Day of Older Persons	un.org
1	World Cerebral Palsy Day	http://en.worldcpday.org/
1-31	Health Literacy Month	healthliteracymonth.org
1-31	Breast Cancer Awareness Month	nzbcf.org.nz/home
6-12	Mental Health Awareness week	mentalhealth.org.nz
10	Pink Ribbon Day – Breast Cancer	nzbcf.org.nz
13-19	Cystic Fibrosis week	cfnz.org.nz
13-19	Asthma Awareness week	asthmafoundation.org.nz
13	Term 4 begins	
20	World Osteoporosis Day	bones.org.nz
24	United Nations Day	un.org
28-3	Blind Appeal Week	mzfb.org.nz



APPLE SHED
Cafe • Bar • Mapua Wharf

Open every day for breakfast, lunch and dinner.
Ph 540 3381 www.appleshed.co.nz

Supporting our local suppliers, local school and the Great Taste Cycle Trail

Advertising Costs

Ads go by the size in column centimetres. Columns are 8.5cm wide and costs are as follows:

\$2.50 per cm up to 6cm

\$3 per cm up to 10cm

\$4 per cm over 10cm

With 20% discount for long-term advertising (3+ months) and prompt payment. Email coastal-news@mapua.gen.nz for more information.

ANTIDOTE APPLIANCE REPAIRS LTD



Servicing all major brands of whiteware.

TIM LLOYD
79 Treeton Place
Wakefield
antidote@ihug.co.nz

For warranty, service or second hand sales call:
03 541 8877 or 021 1601 004
www.antidoterepairs.co.nz

Out and About with Hugh

Early! I'm writing *Out and About* on 18 September. The deadline for copy is the 20th. Our editor will be pleasantly surprised that I'm early. I usually ask for a day or two of deadline extension. I voted early last week. I'm leaving Nelson on the 19th to be early for my grandson's birthday on the 20th. Early all around!

By the time you read this, the election will be over. Election Day results will be posted and we will know who won the Parliamentary Electoral seats; which political parties got however many List seats and who and which party got left out in the cold. I'm tempted to say, "That's 'Done and Dusted' for another three years", but not quite. The "dusted" part is yet to come. Political party manoeuvres and manipulating will be in full swing this month. Politicians and their cohorts trying to sort out a new Parliament and deciding who will be governing us for the next three years. An imperfect system? Yes. Got a better suggestion? Probably Not.

The *Free Dictionary* defines a manoeuvre as a "movement or procedure involving skill and dexterity." Also, "Artful handling of affairs that is often marked by scheming and deceit." Plenty of that before the election between Dot Com's television circus; Pulitzer prize-winner journalist Glenn Greenwald's comments, whistle blowers Edward Snowden and Julian Assange's "a la US National Security Agency stuff," and lots of "You said it, no I said it." So, "Heartaches by the Numbers, Troubles by the Score." "Hey you all, go fly up into the trees and Tweet and Twitter." That's the end of Out & About's politics this month.

Going back to "Done and dusted." We all know the definition of the word "done," ie, finished, over, completed, etc. But where did the "dusted" part come into it? Back into history for that: Documents used to be signed with quill pens which varied in the amount of ink they picked up and the ink varied in consistency. Drying time of the wet ink was slow. To hasten the drying of the ink and remove the excess, a fine silica sand or cuttlefish bone dust was sprinkled on, left for a few moments, and then shaken off, thus "dusted," and the excess ink absorbed. Blotting paper? Another story.

How many driveways? Seven or eight or is it ten? Mapua Drive metamorphosed from the main feeder road to Mapua Village into an "urban street." How did this happen right under our noses? Easy. The original consent for the Sonoma Orchards subdivision had its access road for the Mapua Drive roadside sections as a street within the subdivision. In order to gain more land for more sections the subdivider filed for a variation to allow the sections

to front onto Mapua Drive instead, which was granted. Therefore, driveways on to Mapua Drive. No public notice or notification was required for the variation. The decision to grant or not being left up to the TDC planning staff.

Are you unhappy with that? I am. Want to know more? I suggest you contact Dennis Bush-King, Planning and Environment Department Manager. Email him at dennis.bush-king@tdc.govt.nz

There has to be more to come on this. Why wasn't the public's interest considered at council staff level prior to granting the consent variation? In this particular case, I thank Cr Trevor Norris for calling our attention to this matter. Sadly, we cannot always depend on council staff or even our councillors for a "heads-up" when necessary. Public awareness of developments and "developer's intentions" is often left to those individuals in the community who keep their eye on TDC affairs and ring alarm bells from time to time. This flaw in council procedures needs correcting. This is an important matter for discussion at the next Community Association meeting on 13 October in the Mapua Hall at 7pm. Come along and express your opinion.

Traditionally, spring starts in New Zealand and Australia on 1 September. It begs the question a bit. So far August has been very "spring-like." Then there is the vernal equinox to consider; this year on 23 September. That's the astronomical start of spring and the Sun is half-way south. It isn't of course. The earth is tilting while the Sun stays put. And the first day of summer is 1 December? I vividly remember walking across a crunchy frosty paddock on Christmas morning in the 1970s to milk my cows. Not so "summery" that morning. The weather is the weather each day, no matter the date. No choice either.

Going down to at the port? Please remember, no parking in the wharf area. "Sunny Sundays" no-parking is back. It's up to all of us to remember. A car-free wharf is a safe wharf for all, especially the children. Thanks to wharf business for help and support.

Daylight Time is back. Did you put your clock ahead an hour on 28 September? It's a bit darker in the morning the first month. But Oh! Long afternoons and evenings to come.

Reminder! Community "planting bee" at Dominion Flats on 4 October, 9am to 12 noon, wet or fine. Gumboots, a spade or grubber and willing hands. Will you be there?

Think about these four words which are going fast: privacy, local, average and later.

Hugh Gordon

Tasman Bible Church

A Reasonable Faith



Christians are by definition called to follow Christ, but this calling also includes inviting others to join them on the journey. The invitation to others can simply involve sharing details of our own faith journey, or inviting others to find out about Jesus at church, passing on a book about the good news Jesus encompasses, or sharing the reasons behind our own faith position.

People have various reasons for placing their faith and trust in Jesus Christ. Some become followers of Jesus after facing a life crisis—a traumatic event that compels them to turn and seek God. Others have a sense of moral crisis that is resolved in turning to a God who offers forgiveness and restoration. Still others believe that the Christian faith simply makes sense and that the Bible's account of reality is compelling enough to make embracing Christianity the only sensible thing to do.

I find myself believing in and following Jesus for that final reason. Now, I am the first to admit that many others reject Christianity because to them it seems unreasonable. Nevertheless, I am persuaded Christians can affirm wholeheartedly that Christianity is a reasonable faith.

Perhaps it has something to do with my personality, but I am a sceptic when it comes to truth claims. This is especially so if the offer being made seems

too good to be true. I am not one to be easily swayed by emotion or to be rushed into making a decision. Any attempt to persuade me to do something must offer compelling support in the form of wisdom or logic if you are to get me on board.

Christians call this evidential approach to the Christian faith, Apologetics. If you are the sort of person who needs to see clear evidence before you will believe something, this may be an appealing avenue through which to approach the claims of Christianity.

During the school holidays we will be running a couple of evenings at Tasman Bible Church which seek to interact with some apologetic issues. So far in 2014 we have looked at the following: Was Jesus Really Raised From The Dead? How Can A Good God Allow Suffering? If God Is Real, Why Doesn't He Show Up More? Jesus: What's So Special About Him? Religions: Aren't They Essentially The Same? The Bible: Just Another Religious Book?

Our final subjects in this year's series revolve around the question of whether or not there is room for Christians to be passionate about science and reason as well as people of faith. The two topics we will be looking at are: "Are Miracles Real Or Imagined?" and "Can Science And Faith Co-Exist?"

You are warmly invited to come along on Friday 3 & 10 October and enjoy a free fish & chip meal with us at 6:30pm while we look into the above.

Geoffrey Paynter

For more information go to
www.tasmanbiblechurch.org.nz

WAKEFIELD QUARRY
Pig Valley, 6km from Wakefield



FOR:
Basecourse 70mm
Topcourse 40mm
Topcourse 20mm
Drainage metal 40mm
Landscape Rock
Lime

Truck Available

Limeworks
Tony Dick
Philip Dick

541 9093
541 8392 a/h
541 8666 a/h



OPEN:
MON - FRI 7 am - 5pm
No longer open Saturdays

www.rubycoastarts.co.nz

**2014 ARTS FESTIVAL**



- 2014 November Festival Diary
- Performance Arts Events
- Exhibitions and Window Art
- New workshops - details online

We're on Facebook at [rubycoastartsweekend](https://www.facebook.com/rubycoastartsweekend)
Email us at info@rubycoastarts.co.nz

**ecservices**
cleaning & home maintenance

cleaning
domestic & commercial

- Interior and exterior
- Pre/post rental cleans
- House washing
- Window cleaning
- Water blasting
- Roof and gutter cleaning / repairs
- Mould and fungal removal
- Waterproofing / leak repairs
- Joint resealing
- Venetian blind clean /repairs
- Painting and touch ups
- Tile refixing

call us today...

P 03 528 0918 M 0273752941
www.ecservicesmotueka.co.nz

The Probus Club of Mapua and District

The guest speaker at the September meeting was Trevor Squires talking about his interest in early Nelson history and his study of antiques.

Trevor's great-grandfather was a Dr Squires who with his family came out from Scotland in 1864 to live in Bronte Street, Nelson. Trevor's definition of the word antique is an item that is over 100 years old. His first interesting item was a large painting of a Captain Tonkin dressed in his army uniform of the First World War. He was a soldier from Nelson. Trevor showed several other paintings of WW1 soldiers.

Trevor spoke of some of the early churches of the Nelson district. Several of the churches did not last many years because to the use of soft timber for construction. A small sample of native wood was passed around that was from the original Nelson Cathedral. Other interesting items were a hand-made ornamental walking stick that was brought to Nelson by an early immigrant, and a chicken quill in an ornamental china holder that was the means of writing in the 1800s. He showed a sterling silver ink well once owned by Lord Baden Powell, the English founder of the Boy Scout movement. The Lord's Prayer, printed on a plastic handle of a paper-cutting knife was another unusual exhibit. Several other variations of paper cutting knives were shown. Trevor pointed out that our early pioneers had to wait for up to a year to get a reply from relatives in England to their letters due to the long and slow sailings to New Zealand.

From about 1850 to 1890 tin smiths in the country were able to make their own brass coins, such as the penny and half-penny before the practice became illegal, and was taken over by government authorities. Another interesting subject was gold prospecting in Reefton and Charleston. Trevor showed a set of scales that was used to weigh the gold in the early days.

To end Trevor's talk he gave our club members a test of their knowledge by asking them to identify five antique items. One of the oldest items were five smooth stones, were found close to the remains of some moa bones. The stones are thought to come out of the crop of the extinct bird.

As the meeting was the club's 14th birthday, members were invited to show family heirlooms. Trevor conducted his version of the Antiques Road Show, by giving some information on the items displayed and an estimation of the value of some of them. The meeting ended with an afternoon tea, including a birthday cake made by Joy Sharman.

David Higgs



Mapua Upholstery
for all your upholstery needs....

Eileen Searle
eileen.searle@xtra.co.nz 28 Dawson Road
03 540 2428 RDI Upper Moutere

GAP ARCHITECTURE ADNZ

Multi-Award winning designer
New Homes and Alterations

Competitive Rates

Call Terry Duff

Phone 027 280 1378 P.O. Box 3847 Richmond Nelson 7050
terry@gap-architecture.co.nz



Home Tiling Ltd

Local tiler
Trade Qualified with 19 years experience



Contact Eric
540 3821 OR 027 226 8194
hometilingltd@hotmail.com

GORDON WEBB
NUMBER 1 2007/08/09
in **SUMMIT REAL ESTATE** MREINZ
Tasman - Nelson - Marlborough Regions



RUNNER UP
2005/06 2006/07

'A Good Deal Better'
Office: 03 544 2900
Fax: 03 544 2909
gordon.webb@summit.co.nz
www.summit.co.nz

Gordon Webb
Residential & Rural
Sales & Marketing Consultant
Mobile: 021 540 241
A/h: 540 2415



It's just a game!

Peter Francis

"The surest way to control the minds and wills of men is with a firm grip of the testicles. "

To confuse our opposition, each member of our rugby team has a nickname, eg, "The Fox" (he's very cunning), left wing. "AC-DC" (he can play either side), right wing. "The Beaver" (our goal-kicker), centre. "The General" (our captain and strategist), first-five. "Lofty" (obvious reasons), halfback—that's me! "The Stretcher" (our tallest), lock. "The Clock" (tall & thin like a grandfather clock, real name, De-Klerk), the other lock. "Happy" the hooker.

We meet every Tuesday and Thursday evening (wet or dry) at 5pm for training. Training starts with a 5km run around the hills to warm up, then 30 minutes of sprint drills, next we move into the gym for 30 minutes of circuit training, followed by 30 minutes intensive work with our various skills coaches and finally break into two teams to play 10 aside against each other.

After our shower, we move into the meeting room to review and analyse the video of our opposition's last match, then discuss proposed strategies and prepare next week's game plan.

The coach commences his team talk: "Well, although those Aussie bastards scraped a win by only one point, as usual they are now full of themselves and think they are unbeatable. So General, whaddaya think we need to do to knock some of that cockiness out of them?"

At our pre-match huddle, "The General" revealed this week's cunning game plan.

"We just need to unsettle them early on by showing them who's the boss.

Lofty you join our first lineout, between their two jumpers. I'll fill in at halfback. When Happy throws in the ball, I'll call your name, you just grab their family jewels and hang on tight.

"When they start swinging, The-Clock and The Stretcher will be waiting to protect you, while I yell "foul" at the ref.

"You won't need to worry about being penalised; you're so short the ref won't be able to see you."

It's our first line out. I'm standing between two giants with white tape around their thighs. The General shouts "Lofty" and as the giants start to jump I grab two hands-full of balls and squeeze.

That's when all hell breaks loose! Their screams are deafening, louder even than the ref's frantic whistling. Both giants begin throwing wild punches.

'The Clock' strikes one, eyes rolled back, he crashes to the ground, the other one strikes 'The Stretcher' whose nose explodes! I duck under a whistling roundhouse swing. Suddenly it's a near riot as 16 angry forwards join the melee, all throwing punches at anyone within striking distance. The backs all run over to join in the fun.

Desperate, the ref blows the pea right out of his whistle. Finally, assisted by those on the sideline, he regains control.

He's going absolutely ballistic and while first-aiders are attending to the bleeding, he calls both captains and the coaches out to the centre.

He points at the two coaches. "You and you are both banned from this game, so leave the grounds now. I'll see you next at the hearing."

He turns to the captains. "'I'm red-carding your two locks and the half backs from both teams and expect you both to calm your bloody idiot players down. If there's one more incident of foul play I'm calling this bloody game off."

We won 12-8. The Aussies are furious (poor losers)? "Good plan, General!"



DOMINION FLATS RESTORATION PROJECT

Public Planting Bee on

Saturday 4th October starting at 9am

Wet or Fine

Bring gumboots and a spade and lots of energy

Don't forget a sunhat/sunblock because of course it will be sunny!

Come and see the progress of the trees you planted last time.

See you there



Shanti Massage Therapy

Relaxation and Deep Tissue Massage

Kim Saunders Stevenson

Certified Massage Therapist

178c Old Coach Rd, Mahana 540-3911

Edited by Andrew Earlam (advertising) 540-2845, and Terry Smith (editorial) 540-3203. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1st of the month. The deadline for emailed items to coastalnews@mapua.gen.nz is the 20th of the month. Notices are a gold coin donation in the collection boxes. Club notices are free. Printed by the Tasman District Council.

JELLYFISH

CAFE AND BAR

Shed 1, Mapua Wharf

Winter hours: 9am-late Tues - Sat
9am to 3ish Sunday & Monday

*Tuesday is curry night,
takeaways available*

Wednesday night GRAB 2 is back:
2 mains, 2 glasses of house wine, \$60.

You must book and mention this deal

Ph (03) 540 2028

www.jellyfishmapua.co.nz

STYLE ON STAFFORD

Natural fibres for the discerning woman
MERINO & COTTON KNITWEAR

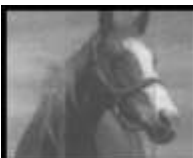
Phone 03 540 3564

Mobile 027 4307 953

ADRIENNE PAGE KNITWEAR

172 Stafford Drive RUBY BAY
P.O Box 41 MAPUA 7048 Nelson NZ

www.styleonstafford.co.nz
info.adriennepage@xtra.co.nz



**Horse Cover
& Gear Repairs**
Horse Cover Washing

Prompt Service - Good Rates
Contact Lawrie, 1350 Moutere Hwy

Ph 03 543 2234



HOME SUPPORT WORKERS NEEDED NOW

Healthcare NZ is committed to providing support, respect and dignity to all New Zealanders enabling them to have greater independence and quality of life in their own homes.

Healthcare NZ is seeking to employ reliable and mature people dedicated in providing care and support to a range of clients in the Motueka, Moutere Hills, Mapua region.

Previous experience caring for those with disabilities is desirable but not essential as full training will be provided to successful applicants. This is a rewarding career opportunity, enabling people to remain in their own homes with your support.

In return Healthcare NZ can offer you flexible working hours, including evenings and weekends, support from your dedicated Coordinator, and the opportunity to work as part of a team of professional carers. Healthcare NZ offers relevant training to all support workers.

For a Position Description and to send your CV and covering letter please contact: Healthcare of NZ Limited,

Email: nelson.office@healthcarenz.co.nz

Telephone: 03 548 2009 or 0800 263562

Or visit our website: www.healthcarenz.co.nz

MAPUA PLAYCENTRE

84 Aranui Rd, Tel: 540 2386

(We're behind the tennis courts)

A staff/ parent run Early Education
Centre for 0-6 yr olds.



- Individual learning plans
- Te Whariki Early Childhood Curriculum
- Many different activities, including outings, with emphasis on play.
- Large indoor and outdoor areas.
- WINZ subsidy available (1st 3 visits free)
- New families always welcome

Mon & Fri 9.30am-12.00noon



DEBBIE WATSON

Licensed Real Estate Salesperson (REAA 2008)

Phone 03 544 5488 / 021 462 629

Spring is in the air...



Now is the time to:

Get ready – Get listed

Call me now for a FREE appraisal

\$500 base fee, commission starting from 2.95% on the first \$400,000 and 1.95% thereafter + GST



Under The Bonnet with Fred

Hiawassee – Moonshine Festival & Cruise



Haiwassee is a lake district in Georgia's Appalachian Mountains. We might call them hills but it is still a place for a laid back holiday and recreation for people of the area and further. Our purpose for going to Hiawassee was the Rod & Custom Car Show teamed up with a moonshine brewers' competition, plus other stalls. For me it was a chance to see what America was doing to their cars and talking to the people with the adventure of not knowing what to expect.

I think we got up too early the day of the moonshine festival as when we arrived the music that was blaring away stopped when the DJ asked everyone to stop, and they prayed with him. So the Moonshine Festival had a blessing followed by the American National Anthem with people putting a hand across their heart. It was moving to see the loyalty to the flag this nation has. Rex and I took part with hands across our hearts. Despite this show of togetherness there was a warning on the fence, NO GUNS. NO GUNS TO BE CARRIED, followed by a quip, NO WARNING SHOTS WILL BE FIRED, DUE TO A SHORTAGE OF AMMUNITION. None of us saw any guns but I'm sure they were there if you challenged it.

We walked around the usual type of stalls near the lake and from talking to the stall owners learnt that they had been coming for years and I think they owned their stall and its position. While eating a corn dog (hot dog with corn batter), I talked to a lady boiling up mountain soap in large cauldrons. I'm quite informed about soap now. One of the stalls was for Ganddaddy's Minmm's Moonshine, sold in the original 1930s-type half-gallon jars. Rex tasted it but was not keen on it. For me the smell of it was toxic enough. We brought tee-shirts to remind us of the occasion.

Unfortunately it rained so a lot of the show cars never appeared but there were still some nice cars. USA hot rodders do not have to go through a rigorous transport safety certification like we do in New Zealand for any vehicle modification, but from talking to one guy they seem to build their cars from a plan and the body is whatever you like. Cars for sale were cheap compared with California with a nice 1963 Chev Impala for \$8000.

My favourite car was a 1934 Buick with a straight eight engine in a nice mid-blue colour with everything chromed except the paint. Lowered, engine with chromed everything, twin carburettor's on

the original straight eight engine and the engine bay paint polished beautifully. The interior was better than a new Cadillac with every fold in the upholstery matching the other side, ie, if there was a fold or a crimp the left and right sides matched. I walked around the car checking left side against right side and commented to the owner who had just arrived, "It's pretty good," but got no reply. I guess he didn't understand the New Zealand understatement for "very, very good." The owner was in his late 60s and I would say the car had been a lifetime project. He was very protective of it. I moved on to leave him to his own space.

The second car (pictured) was a 1941 Dodge pickup Rat Rod the owner had just finished and he was immensely proud of it. The chassis was used from the Dodge pickup with the body chopped and lowered with its signature 41 Dodge grill retained to give a hint of its original identity. I liked the split



front window and the firewall from the Dodge but behind that it was new. New but rusty as and according to the owner the bullet holes in the panels were genuine.

Maybe it reflects the identity of Hiawassee as this was moonshine country in the 1930s when guns were carried by the moonshine runners. It had nice chrome wheels and 15in tyres and the wide whites on the tyres again

reflected the 30s moonshine era. Under the bonnet it was all Dodge with a 440 cubic inch V8 motor out of a Dodge Challenger with two four-barrel carburetors with chromed air cleaners. But it was covered in rust! All the paint had been removed and then the exposed steel acid-washed to give the total rust look. It was a sight to be seen with the combination of chrome, white walls and rust. The chrome and the white wall tyres gives you glamour and the rust says, "I'm tough." I think the hot rods are and especially the rat rods are true art.

Heavy rain started and people were covering up their cars, so after three corn dogs, tasting moonshine whiskey and buying four tee-shirts it was time to head for our next destination, Nashville.

Hiawassee, Georgia, is lovely lakeside town, probably a bit busier than a New Zealand lakeside town. Hire a boat and go out on to the lake to see the real Hiawassee. The Rods & Custom cars had nothing really new except more chrome as chrome plating is a lot cheaper in the USA.

Fred Cassin

(To be continued)

From Red Gate Residency, Beijing

Ni hao. Well where did those eight weeks go! I can't believe how fast the time has gone at the Red Gate Residency here in Beijing. It has been such a stimulating and rewarding experience.

Last month, I talked about the contrasts between place and non-place in this fast-changing global city, and questioned how improvements to the standard of living could be achieved without losing the strong sense of community. Now, I thought I would give you an insight into how my experiences in Beijing have translated into new work in the studio.

I have been experimenting with a new process in my art practice, that of collage, to create an intermediate stage between my photographs and the final paintings. My visual research starts on the street, walking around both places and non-places (eg, subways, shopping malls) to get a sense of the environment, taking lots of photographs along the way. Back in the studio, I sort the photographs on my computer and print the most promising ones.

The first collages I created included imagery of the hutong buildings and traditional doorways, as well as either shopping malls, or subways. I found that these first collages didn't sit well with me and I

believe that is because of the inclusion of too much detail. For me it is all about the 'sense' of urban space, rather than realistic imagery of the city.

So for the second set of collages, I decided to pare back the imagery to just two or three images that evoked place and non-place, set in an empty landscape. For example, the solo figure from the village juxtaposed with the anonymous walking crowd of the new Chinese businessman.



For the third set of collages I developed slightly more complicated compositions, still using limited imagery. I feel as though these final collages show good balance between place and non-place, including character/generic, pause/pace and chaos/quiet. The next stage is to create a painting based on one of these collages.

Some of my Beijing collages and paintings, along with work based on Singapore, will be on exhibition at Icon White Gallery in Upper Moutere during November this year. Email me at lisa@lisachandler.co.nz to receive an invitation to the exhibition opening.

Art is a journey, similar to that of travelling and I relish every minute of it.

Lisa Chandler

Spring Market Day

11th October

10.00 a.m. – 2.00 p.m.

At Hills Community Church

123 Aranui Road, Mapua

Stalls include

Plants and garden tools,

Household items,

Books, Toys, Produce, Clothing,

Sausage Sizzle,

Devonshire Teas, Coffee and Cake

And much more.

To support community projects run by the Church

If you have donations for us to sell please contact

Helen on 5402557 Vanessa on 5403016

Diane on 5402240 Letia on 5402732



I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleution.

She was only a whisky-maker, but he loved her still



NEW ZEALAND CAFÉ OF THE YEAR 2013-14

NOW OPEN 7 DAYS A WEEK 9AM – 5PM

FOR DELICIOUS BREAKFASTS AND LUNCHES

BOOKINGS HIGHLY RECOMMENDED

320 APORO ROAD, TASMAN.

03 5266742 LUNCH@JESTERHOUSE.CO.NZ

BRING YOUR FRIENDS TO EXPERIENCE THE DELIGHTS OF TASMAN'S BEST CAFE (SINCE 1991)

Ruby Coast's Gateway Sculpture Project

The Ruby Coast Initiative Trust (RCIT) is well on the way to realising the first of its nine-metre high 'gateway' structures, planned for the estuary edge of Tasman Village, by November! This will be possible thanks to the widespread support for the gateway project with \$30,000 of the estimated total project cost of \$70,000 already raised. The family of three sculptures will celebrate the treasures of our natural environment for all to learn and share with an information panel for each sculpture. The Ruby Coast Initiative Trust wishes to acknowledge and thank the Tasman Area Community Association and its members for their support of the Aporo sculpture.

The second sculpture will be placed at the Mapua end of the Ruby Coast near Dominion Flats, with estuary fish life as the theme. Its exact location will be decided after further consultation.

The final sculpture, Moutere, will consist of a selection of individual stainless steel bird and fish cut-outs, each on its own totem pole. These will be located near the Moutere Hills boundary of the Ruby Coast and will be placed along the hillside near the Stagecoach Road exit to the Ruby Coast. The trust

hopes to have both the Mapua and Moutere sculptures in place by next August.

If you would like to be part of this exciting project the trust welcomes any donations. It is a registered charitable trust with donee status. This means all donors can be issued a tax-deductible receipt so a tax claim can be made. If you would like to lend a financial hand, or give in-kind help, please visit the trust's website www.rcit.co.nz and follow the instructions on the donation page, or post a cheque to RCIT, c/- PO Box 8, Mapua, or drop off cash in an envelope titled 'RCIT' to Mapua Auto Centre, 20 Warren Place, Mapua.

Janet Taylor, RCIT, secretary



Artist's impression of site facing north

Ruby Bay Takeaways
172 Stafford Drive
Ruby Bay



Phone orders welcome
540-3530

Fish and Chips
Home made burgers
Drinks and ice cream...

OPEN 7 DAYS

Remember we're launching our new
KIDS (of all ages!) BIRTHDAY PARTY BOXES.....
please give us a call or pop in to see us for further
details (making life easier for busy families).

For a full menu and opening times please visit our website or
give us a call.
www.rubybaytakeaways.co.nz

Mapua

ELECTRICAL

JIM BROWN

Registered Electrician

Phone 540 2271 Cell 027 540 7060

RESIDENTIAL - INDUSTRIAL - COMMERCIAL



tasman tree fella

LIMITED

Do you have a tree problem?

Contact Matiu Noakes-
021 1058 359 or 03 526 8001.

- Specialising in confined space tree removal and tree reduction
- Large chipper available
- Fast and friendly service
- Free no obligation quotes.

felling, height reduction, trimming,
chipping, firewood splitting

Harakeke

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

Spring is in the air and we asked our children what they know about it...well, you guessed it, actually quite a bit:

- Shoots grow up
- Fruit is growing out of trees
- All the snow on the mountains melts
- The sun is up most of the time
- Flowers grow
- The trees start to grow out
- The birds lay eggs

And “we like growing things...I like growing strawberry seeds because I like strawberries.”

Spring definitely is about growth and at Harakeke we have been engaged in a number of science experiences involving growing seeds. In preparation for the recent Ecofest in Motueka we sowed sunflower seeds and made seed-paper and seed-bombs, real cool activities to do with the children. We also watch beans sprouting and are trying to grow an enormous avocado tree. The following link takes you to a website full of ideas: <http://climatekids.nasa.gov/seed-paper/>

We’ve also been lucky to witness the rapid growth of Tui’s puppies who were born on 18 August. Tui is such an integral part of our Harakeke family that she accepted visitors and proudly showed off her offspring from day two and by now the puppies are well and truly accustomed to busy preschool life and lots of love.

To have animals in an early childhood setting has sooooo many benefits – and we see them every day. Among others it gives the shyer and/ or new child something to talk about and an immediate shared interest with other children; also, in our modern world, there is little opportunity for our children to provide for other living things aside from pets.

To speed up the process of writing about this topic I used the invaluable Mr Google and just want to share some more ‘insights’ with you:

“Nurturing isn’t a quality that suddenly appears in adulthood when we need it; and you don’t learn to nurture because you were nurtured as a child. People need a way to practice being caregivers when they are young.” (Dr Melson)

And then there is this theory:

“When a child plays with a dog or a cat, the animals usually lick him. That lick transfers bacteria that lives in the animal’s mouth, and the exposure to the bacteria may change the way the child’s immune system responds to other allergens.” (I can certainly second that when I look at the health record of my own children)


Having and caring for pets as part of everyday life in an early childhood setting (or family) is also often the first time children get confronted with death and grieving... an experience our children also experienced just a couple of weeks ago when Liquorice, our black rabbit, ran away and unfortunately died because he didn’t know much about road safety. Conversations about death, experiencing a burial ritual together and learning about road safety and keeping ourselves and others safe were important outcomes for our children’s learning and development.

By the way, at time of writing two of our gorgeous puppies are still looking for a new family home in a couple of weeks. Please give us a call (543-2119) if you are interested.

Ka kite, your Harakeke team



86 Aranui Road, Mapua



Bounce


Early Learning Centre

CATERING TO CHILDREN AGED 0 TO 5 YEARS

Our new under 2 year old facility is opening on the 13th of October. Phone, email, or come in and see us to learn more and enrol your child. We know that family is important and now siblings can have fun, learn and grow together in our wonderful environment.

Now catering for under 2 year olds

Arrange a time to come in and meet us
Ph 540 3330
or email teambounce@hotmail.com
www.bounceearlylearning.co.nz



MAPUA
NATURAL HEALTH CLINIC
 Counselling. Nutritional & Supplement Advice
 Jude Twin 021 2020339
CERTIFIED BODYTALK PRACTITIONER
www.mapuanaturalhealth.co.nz

*Sometimes the questions seem complicated.
 Know that the answers can be simple*

Gavin Lambert
Master Painter



CRAFTSMAN PAINTERS & DECORATORS
 GAVIN LAMBERT (OWNER)

Ph: 03 540 2748 Cell: 021 476 318
 Email painter@scorch.co.nz / 26D Jessie St, Mapua, 7005
www.lambertdecorators.co.nz

MOUTERE INN



THE CENTRE OF THE MOUTERE SINCE 1850

- Craft Beer
- Local wines
- Bar meals
- Lounge bar
- Real Ale
- Live music
- Evening Dining
- Rooms

ESTD 1850

All welcome
 Available for functions and private bookings

COMING EVENTS AT THE MOUTERE INN

- ❖ **FINE DINING EVENING SAT 18th October 7pm \$45**
 We will be offering a relaxing evening, of fine dining over five courses. Focusing on produce from the Moutere Artisans we will also be matching local wine and beer with each course. Bookings essential, check our website for menu details.
- ❖ **LIVE MUSIC 1 PM SUNDAY 26th OCT "Midge McCleary"**
 This special live music coincides with the Moutere Artisans Open Day. After four albums and ten years of touring N.Z., Australia, Europe, and Asia, Midge McCleary has developed a unique, engaging blend of blues roots, funk, and jazz, centred around his percussive finger style guitar playing.
- ❖ **DON'T FORGET**
 Raffle every Wed 6pm with Chase the Ace.
 1st Thurs Folk Night. This month 2nd
 2nd Thurs Quiz Night. This month 9th
 Last Thurs \$20 Ribs Night. This month 30th

THE MOUTERE INN
 THE CENTRE OF THE MOUTERE

Phone 543 2759
www.moutereinn.co.nz



THE GRIND
 Espresso Bar & Roastery

@The Tasman Store
Just up the road on the Great Taste Trail
 Award winning coffee, real fruit ice creams, pies, sandwiches, home made cakes & cookies.
Open 7 days
 Aporo Rd, Tasman ph 526 6275

smythes LAWYERS




Property
 Subdivision
 Trusts
 Wills & Estates
 Powers of Attorney
 Business
 Relationship Property

Emma Marshall Ron Thomson

300 Trafalgar Street, Nelson. Tel 03 546 8750
 Home visit or other venue appointments by arrangement
www.smytheslaw.co.nz



How to Cook Your Life

I've been creating a lot of new recipes lately, which is heaps of fun. Little fritters made with golden, grated carrots, crushed chickpeas, fresh parsley and parmesan, and some warm spices including smoked paprika and cumin, fry up so beautifully I call them Sunshine Fritters. We all enjoyed them for lunch, and realised that their very sunshiny-ness suggested they would also be great the next morning with fried eggs for brunch. A few days later, with some wild pork mince I made chunky, hearty burgers, mixing in fried onion, organic garlic, herbs, and Middle Eastern zatar seasoning.

What these kitchen adventures taught me was that tweaking the type and quantities of the ingredients themselves is part of the challenge... but the other part was how we handle the ingredients themselves.

The raw sunshine fritters needed a gentle hand and preferred being left to cook in just the right amount of oil without any prodding or poking, else they didn't come out looking sunshiny at all! The Pork Burger was greatly improved by a gentle massage as it was formed into a patty shape, and, for all its gutsiness, laid carefully on the grill.

Nothing highlights this more than the simplest meal—fried eggs. We all have our personal methods, right? (High heat or low heat, oil or butter, salted or not, covered or uncovered pan, flipped or not...) Let's assume you've tried out these options and more and have found your favourite way. Still, each time you need to be right there at the stove, seeing, feeling, and listening to your egg for ultimate breakfast happiness!

So, preparing food is like a craft, like painting a picture or making a piece of pottery—there is a feeling that really goes into it. Which suggests that one crucial ingredient is the attitude of the cook. Willingness, passion and love is what enables the cook, according to Ed Brown, author of the best selling *Tasajara Bread Book*, the bible of bread bakers worldwide. Then, he says, flavours are richer, aromas are more enticing, the everyday burden becomes an adventure.

In times gone by, the gathering of ingredients and the preparing of meals were very much social activities. Harvest time may involve entire communities, and of course feasting was an essential part of many ceremonies. In our busy lives we may not always have the same friendly and joyful attitude of our ancestors when preparing dinner, but maybe we can have it as an aspiration!

The Japanese Philosopher/Agriculturalist Fukuoama says, "The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings." I think the same applies in the kitchen. When we work with food, if we are mindful, we are also working on ourselves...and our endeavours will unquestionably affect those we share our creations with.

Jenny Lomas

**Riverside Café**

OPEN 7 DAYS A WEEK
From 9.30am to 4.30pm
Sat evenings from 6pm

Family Fiesta - Sun Oct 12th 2pm

YES!! Our Spring Family Fiesta day is back! Circus shows & kids workshops, live music, face-painting, pony rides, lots of fun & games, fantastic coffee, snacks, fluffies & organic juices. Save the date now!

Thirsty Thursday - for mum & kids

Every Thurs from 10am, work up a thirst in our very cool kids playground then enjoy a free fluffy whilst your mum/dad relaxes with a fantastic coffee or tea

Saturday evening dining, with live music from 8pm

Most Saturday evenings we have live music from 8pm. Come for dinner, then enjoy the gig for free! Check our website / facebook page for our Oct line up.

 RiversideCafe&CommunityNZ



www.gifts2britain.com

Gifts 2 Britain

Visit www.gifts2britain.com The simple and easy way to send gifts to the UK and Europe. All gifts come with money back guarantee of delivery.

Why not like us on Facebook or call 027 666 0344

A Prose Poem to Spring

Be longing

In the black soil a green spear opening the passage to each day, announcing with another centi meter of emerald arms lifting wide.

There she stands, in bright sparkle, humble in simplicity, the tulip red, hidden within the purple majesty and golden rim of royalty, holding up the cups of pollen, a wine for bees and child eyes the hidden truth of the tiny notation for future generations sowed in the moment of foot touch.

Ah, the bees we see at work- is not their buzz the food song for their children and the over winter of flowerlessness, did they not enliven every bud and fruit, a buzz with the act of creation and sounds that mimic the inward growth of plums, pears, peaches, apples, rosehips, and wildflowers by their long tongues dipping and sipping the trumpeted nectar, their thighs wide, like easy bearing women, the golden genetic messages to drop off at the next fountain stool.

Ah, to bee-ness - that is the question. These are our kin; the ones who do their work with a buzz and a busy, intense directed, surprised and surprising if ever to discover their effect on the world.

Laya Schaetzel-Hawthorne

MAPUA BOWLING CLUB

The Write Bias

Spring is sprung, the grass is riz, I wonder where the bowlers is? Apologies to American poet Ogden Nash, who probably never even saw a lawn bowling green. However, the new green at Mapua has riz so much in the warm weather over the past month, the bowling club members are now fully occupied carefully weeding out any unauthorised weeds from their newly replanted green. Green-keeper Ben Whitten is doing a great job, and has his hands full coordinating the final stages of the turf refurbishment. All is looking good for Opening Day that is planned for Saturday 8 November, but with the good growing conditions play may begin sooner.

Planning is in the early stages at the club for a possible lawn bowls league night to encourage the wider participation of the local community. More on this in the next newsletter. Meanwhile, club members are signing up for club championships and also for interclub tournaments to be played during the season. The club is also considering entering teams for the Masters Games to be played in Nelson early next year.

The club is keen to introduce new members to lawn bowling. If you are new to the area, it is a great way to meet other local residents. They often belong to other local clubs and organisations, so are able to provide an immediate network of friends and contacts. Previous bowling experience is not necessary, and the club has sets of bowls for use. We are just behind the tennis courts at Mapua, so drop in anytime you see someone there for a look around. Alternatively, for information, telephone Michael Busby 03 544-6325 or Jean Daubney 03 540-3281.

Barbara and Kevin Brown



Mapua Wharf

Open 7 days from 3pm

And lunchtime Fri, Sat, Sun

Thai Cuisine - Tuesday to Sunday 3-8pm,

Eat here or takeaway

Monday - pizza night

Weekend lunchtime specials

Phone 540 2955

+ Mapua Pharmacy

Prescriptions

OTC medicines

Vitamin supplements
and health products

Columbine Range

Dirty Dog sunglasses

Trilogy Skin Care

Hats and bags

Aussie Soles Footwear

Located in the
village mall behind
The Naked Bun

Tel 03 540 3735

Fax 03 540 3741

Opening hours, Mon - Fri 9AM - 5:30 PM
Closed Sat and Sun.

COMMUNITY FOCUS

The hall belongs to our extended community. Many thanks to those who have contributed to this focus during August, including the following:

- **The Guardian newspaper and sponsors**, for the double page article about the hall, it's people and events. This is on display in the hall for everyone's perusal.
- **The Mapua/Ruby Bay and Districts Community Trust**, for the generous donation which allowed the completion of the hearing loop in the hall.

The Mapua Hall Committee is considering several new events including regular art displays, community lunches, active volunteer support and Movies@Mapua. We welcome any advice and recommendations re such events. Megan (Hall Coordinator) is on site on Monday, Thursday & Friday mornings and welcomes constructive suggestions.

This month has also seen the updated newsletter e-mail for those of us who are Members of the hall society. Only \$10 per year gives you these regular updates. Forms for membership are available at the Hall Office.

Recent events have kept the hall busy, and with new regular users, the word is getting out about our community's wonderful facility.

WELCOME TO SPRING EVERYONE.

NEW CLASSES THIS MONTH

Starting Thursday 16th October at 2pm

Swiss Ball Strength with Lynn Robertson & starting Thursday 23rd October at 3.30pm **Karate** with Paul Natzyk.

Contact Megan for further details.



www.facebook.com/mapuacommunityhall

What's On at the Hall In October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
		1 9.15am Aerobics 9am Yoga 1pm Tai Chi	2 9am Mapua Art Group	3 9am Yoga 9.15am Cardio/strength/Aerobics 1pm Probus	4 7.30pm SALSA NIGHT	5
6 7.30pm Fundraising & Events Meeting	7 9am PANZ 6pm Cardio/Strength 6pm Yoga 7.45pm Pilates	8 9.15am Aerobics 9am Yoga 1pm Tai Chi	9 9am Mapua Art Group 7.30 Community Assc	10 9am Yoga 9.15am Cardio/strength/Aerobics	11	12
13 7.00 Mapua Assc. Meeting	14 9am PANZ 10am Mapua Creative Fibre 6pm Cardio/Strength	15 9.15am Aerobics 9am Yoga 1pm Tai Chi	16 9am Mapua Art Group 1pm Friendship Club 2pm Swiss Ball	17 9am Yoga 9.15am Cardio/strength/Aerobics	18 7.30pm Motueka Dance Group	19
20 7pm Hall Committee Meeting	21 9am PANZ 6pm Cardio/Strength 6pm Yoga 7.45pm Pilates	22 9.15am Aerobics 9am Yoga 1pm Tai Chi	23 9am Mapua Art Group 2pm Swiss Ball Strength 3.30 Karate	24 9am Yoga 9.15am Cardio/strength/Aerobics	25	26
27	28 9am PANZ 9.15am Aerobics 6pm Cardio/Strength 6pm Yoga 7.45pm Pilates	29 8am Mapua School 9am Yoga 1pm Tai Chi	30 9am Mapua Art Group 2pm Swiss Ball Strength 3.30 Karate 4pm Ruby Coast Art Exhibition	31 9am Yoga 9.15am Cardio/strength/Aerobics		

Pastel Artists of New Zealand

Every Tuesday morning outside the Mapua Community Hall you will see our PANZ signboard. Not only does it show that we are alive and kicking (and probably painting!) in the inner sanctum but also that we would love visitors to call in to meet us and discover exactly what pastel painting is all about. And on Tuesday 2 September that is exactly what happened.

We were delighted to meet the children from 'Bounce' as they ventured out with their teachers to discover art in Mapua. They looked at our work in progress, the brightly coloured pastels and our smudgy fingers and seemed particularly intrigued by the scalpels used instead of conventional pencil sharpeners for sharpening pastel pencils. So not only budding artists in our midst but possibly a future surgeon or two! It was a lovely half-hour of sharing and enjoying the work that the children brought with them for display.

Our expertise grows apace as we have received in-house instruction into painting clouds, animals' eyes and noses and the accurate replication of photographs on to art paper. This all bodes well for a forthcoming exhibition and sale of some of our art at Eyebright. From 7 to 16 November you will find artwork to admire and with it priced to suit most pockets there might just be an early Christmas gift to be purchased. We hope you will support our group anytime between 9am and 5pm at Eyebright, McShane Road, Richmond.

Visitors are always welcome. Just call into the Community Hall on a Tuesday morning between 9am and 12 noon to find out more about pastels and the PANZ art group in Mapua. Or contact Glenys Forbes on 540-3388 for more information.

2014 RCA Festival details at
www.rubycoastarts.co.nz



2014 RCA Festival

For the whole of November.
Ruby Coast Art Festival events,
exhibitions, workshops, artists, poetry,
music, craftspeople and galleries.
RCA Members' Open Studios Trail Maps
available from The Naked Bun.
Enquiries : info@rubycoastarts.co.nz



**Ora Reflexology
& Foot Massage**

- Maternity packages
- Senior citizens discount
- Evening & weekend appointments

Phone Kate Mander on 021 101 9226
Ora Health Centre, 69 Aranui Rd, Mapua

Police Report

Great that the worst of winter is over and the days are getting warmer and longer. With this better weather people will start wandering around more at nights. One day I had been to three separate thefts in Motueka within a 300-metre area where people have been in sheds/boats and had stolen fuel and food. If you leave sheds/vehicles unlocked then you are your own worst enemy. Luckily there hasn't been much crime in the Mapua area lately but that can all change quickly. Be prepared.

What is it with three drink-drivers in nine days in Mapua? It is really poor form if you can get organised for a ride home after drinking and if you get caught then you can only blame yourself, nobody made you do it.

With a change in the structure of local policing I have been doing a lot of firearms follow-up work and often have to attend jobs in Motueka as other Motueka staff have to assist the Richmond or Nelson police, so all of this means that I don't get to come out Mapua way as often as I did. I appreciate any calls that you make keeping me in touch with happenings in the village

*Grant Heney, Community Constable, Motueka,
Ph 03 970-5271*



Mapua Occurrences:

Aug 23: Female drink-driver Aranui Road

Aug 24: Male drink-driver Mapua Drive. Licence suspended immediately as he was over 650 mgr/l (Limit 400)

Aug 27: White Toyota Hi Ace Reg AMY791 stolen from Seaton Valley Road. Damaged vehicle that would have been towed away.

Aug 29: Mapua male aged 65, drink-driving.

Letters to the Editor

Little Britain? Thankfully not

I would have to say that Mapua is nothing like the Britain I knew, on any scale. We may hear a range of 'British' accents around this area, but thankfully that is where most of the similarities end. It is also great to hear so many other accents from around the world. I should mention that the part of Britain I lived in was called Great Britain, UK, Ireland and Northern Ireland, which goes some way to explain why I left!

Nicky McBride

Symptoms - don't treat them, love them

Taking the symptoms away is like turning off the light.

In BodyTalk, we recognize that the client's symptoms are the tip of the iceberg, and we address what is underneath. In other medical modalities, if you complain about pain in the knee, the practitioner will treat your knee. Quite often the "treatment" does not address the underlying cause of the condition. It only eliminates the symptom which can then makes things even worse.

To understand this more clearly, imagine a light bulb on the dashboard in your car signalling that there is something wrong with your engine. If you remove the light bulb, you haven't really removed the problem. You've only removed the signal telling you that there is a problem. Your engine is still in trouble, only you have now blinded yourself to this fact, which in turn puts you into even greater trouble.

Similarly, the doctor may give you a drug for the pain in your knee and the pain might go away. That didn't fix the problem, however. It just took away the signal indicating that there is a problem. The thing is, quite often the problem is nowhere near the symptom! A pain in the knee might result from problems with your kidneys, problems with your elbow, a tooth infection, food allergies or a deep fear of something in your life, etc.

Symptoms evolve into other symptoms unless we address the cause. Imagine you have just retired and have some fear of moving forward in life. You feel stuck and you don't know what to do with yourself. Your knees start playing up. You take a pill and the pain is gone. But you still have that fear. It will now seek other ways of "expressing" itself. Soon you notice your sleep becomes erratic, you wake in the night feeling restless and can't go back to sleep. You can't focus to do anything. The doctor may give you a sleeping pill. Your sleep is now better, but the fear is still inside. Next thing you know another symptom pops up to get your attention. What about that fear? It's still inside you. And it will gnaw away at you for as long as you keep masking the symptoms.

What's the best thing to do when a new symptom appears? The BodyTalk System offers a set of techniques which are safe and non-invasive. We do not diagnose or treat conditions. We highlight areas of priority and re-establish communication within your body-mind system. This enables the body to activate the self-healing mechanism which is inherent in us but is compromised through everyday stress.

The magic of BodyTalk is in the way we obtain information about what needs to be highlighted. We use neuromuscular bio-feedback from your own body. We do not make things up, and we do not assume what might be causing your problems. We let your body guide us and if you need to see another practitioner (be it a different BodyTalker, your GP or any other health practitioner), your body will indicate that too.

How Mapua Natural Health Clinic can help relieve your symptoms. Oftentimes, things that come up in a BodyTalk session seem unrelated to the problem the client came for. Nevertheless, the problem still gets resolved. For instance a client attended the clinic because she was waking during the night and lacking in energy. The session was focused on her relationship with her husband and her symptoms were relieved. And the list goes on and on...

In conclusion This is not to say that conventional medicine does not have its place! Western medicine can be wonderful in many acute situations and can certainly be a life saver. However, instead of resorting to "alternative" therapies once conventional treatments have been exhausted, we might benefit far more by acting the other way around. Rather, seek out non-invasive ways of restoring the natural balance in the body first, and then opt for invasive techniques as a last resort. BodyTalk is certainly a great place to start—it gives demonstrable benefits for the client and is practically risk-free. With this approach, you have nothing to lose and a lot to gain.

*Mapua Natural Health Clinic, Jude Twin,
ph 021 202 0339*

Mapua Spring Fling-BBQ is on again

Work is well under way for the 8th Spring Fling to be held at the Mapua Domain on Thursday 23 October. It is an event for everyone to make connections in our community.

Once again we have enlisted volunteers so there will be lots of fun things to do during the fling in a buzzy atmosphere. Come along and enjoy a fun-filled time with plenty of action for all with the TDC "Way-to-Go" trailer full of games or just enjoy a relaxing time with community members. Being active in this event helps create the success.

This event has always been well supported and we know this year will match others and be even better. We say this every year and it happens! It is wonderful

to see members of the community enjoying a sausage sizzle, ice cream in a cone and home-made lemonade. We have always been fortunate to receive donations that enable this event to happen and have secured grants already from Mapua/Ruby Bay and District Community Trust and Club Mapua.

Put it on your calendar now and keep Thursday 23 October free between 5pm and 7pm.

For more information or you want to help in any way please contact:

Tina Johansson tina.john@clear.net.nz ph 540-3377

Rose Barnes barnes126@xtra.co.nz ph 540-3600

MAPUA PODIATRY

Justin F Powell NZDip.Pod, SRPod.

- ♦ for immediate relief of painful feet

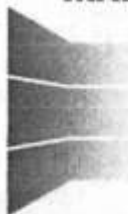


- ♦ bringing specialist footcare to your community
- ♦ for the full range of modern foot treatments

101A Aranui Rd, down the mossy driveway

Phone: 5403758 or 021 122 2268

MAPUA CARPET CLEANING



QUALITY FRIENDLY SERVICE

CLEAN FRESH CARPETS & RUGS

UPHOLSTERY HOUSE & CAR

FREE ON SITE QUOTES

JANINE HEPBURN PH 540 3730 / 027 6700061

MAPUA

NATURAL HEALTH CLINIC

Counselling. Nutritional & Supplement Advice

Jude Twin 021 2020339

CERTIFIED BODYTALK PRACTITIONER

www.mapuanaturalhealth.co.nz

*Sometimes the questions seem complicated.
Know that the answers can be simple*

ZOOM

REDKEN

5TH AVENUE NYC

We welcome back from maternity
leave Lisa Laurence,
joining stylists LJ, Peter, Chantelle
and Shannon,
and beauty specialist Andrea.

Tuesday - Saturday 9am till 5pm
Late night by appointment

Ph 03 540 2333 www.zoomhair.co.nz

First-Rate Flooring

Phone Brian

027 439 9038

Email: brianalexander@xtra.co.nz

- Quotes & Advice
- Floor Preparation
- Sheet Vinyl
- Vinyl Plank & Tile



Mapua 540 2068
105a Aranui Road

Motueka 528 8880
2 Wilkinson Street

coast & country

CHIROPRACTIC CENTRE

Cool Store Gallery



Tricia Morrison
7 ARANUI ROAD
MAPUA NELSON
Wk 03 540 3778
t.h. 540 3005

THE COOL STORE GALLERY

showcases works of over 100
established & emerging artists from
Nelson & the West Coast regions.

*Come & browse & chat with our
friendly staff.*

Open Daily in summer 10am-5pm
later in weekends



"God's Word For Today's World"

Tasman Bible Church



mainly
music

Part of the Tasman
Community for over 50
years, our desire is to
help young and old
alike come to know the
God of the Bible.

4G
youth

— Church Service on Sundays @ 10:00 —



Candid Weddings
Photography by Chocolate Dog

Unobtrusive, reportage-style photography
of your wedding day

www.candidweddings.co.nz
T 03 540 2007



**Richmond
Physiotherapy**
Active well-being
Get Moving

ACC subsidised treatments still available
when you visit our clinics

174A Queen Street, Richmond 544 0327
69 Aranui Rd, Mapua 540 2216



**Country
Kids**

Early Childhood Education & Care

Look no further
Spaces available Now!
Quality care and Education for
0-5 year olds

We offer:
Age appropriate Programmes
Respectful Relationships
Family Focus
Rural Environment
Rich in Literacy and Numeracy

Come and visit us at
1519 Moutere Highway
Email: office@countrykids.org.nz
Phone: Nickie or Anne
035432819
www.countrykids.org.nz
20 hrs ECE & WINZ Subsidies available

COASTAL GARDEN GROUP

We had more than 70 members and guests at our September meeting to hear Alison and David Nicholls from Richmond Irises speak on the history of their property from its inception in 1950, when it was owned by Mr and Mrs Malcolm who started importing irises from America.

Alison and David bought the property in 1978 and continued to import various irises from Australia and America, experimenting with cross-pollination, hybridising and creating new varieties of iris. They grow approximately 300 varieties of iris of which there are 250 in their catalogue. Their garden opens mid-October to mid-November and is well worth a visit to see the spectacular colour and varieties they have produced.

Their hints for spring are as follows:

Topdress in early spring with a general purpose fertiliser with an NPK of 747. During spring and summer if the weather is damp you may need to spray for leaf spot. The same spray as you would use on roses is quite effective. Keep rhizomes clear of weeds and dead leaf litter. Do not mulch close to the rhizome. The sun should shine on the rhizomes to help initiate next season's flowering.

Judy Sisam

Fire Brigade



Aug– Sept 14 call-outs

Aug 9: Tanker to Lower Queen Street to assist Richmond Fire with gas leak.
Aug 26: MVC SH60 and Johnston Loop, car in estuary, Motueka in attendance. No action by brigade.
Aug 28: House fire on Thorp Street Motueka. Assisted with breathing apparatus to put fire out.
Sep 7: Unattended bonfire near McKee Domain. Put fire out.
Sep 11: Oven fire Citrus Grove. Occupants put it out with portable fire extinguisher.
Sep 13: Bonfire near McKee Domain. Young people in attendance. Brigade put fire out.
Sep 20: Tanker to house fire in Stoke. Away 3 hours
Calls to date this year, 35.

Safety Tip—Energy Safety has prohibited the sale of two Goldair bathroom fan heaters—Model 3108 & 3109. Likely to been installed about three years ago. CONSUMERS SHOULD IMMEDIATELY CEASE USING HEATER. Put it out with the rubbish.

The Mapua Volunteer Fire Brigade would like to thank Club Mapua for a donation for which we have bought a portable drill/screwdriver set. This set will help us to remove tex (self-drilling) screws from roofing iron on buildings, and help with installing smoke alarms. Thanks again Club Mapua.

Visit as at www.mapuafire.org, or Google Mapua Fire.

Tips and Hints for a Healthier Life

Lynn Robertson - Mobile Personal Trainer
Helping you meet your fitness goals

Exercise advice • weightloss • nutrition • encouragement • motivation • healthy aging
Personalised Programmes to suit your personal goals



Lynn is a New Zealand REPs Registered Personal Trainer



Managing Workplace Stress

One of the benefits of being in the modern world is that on an average day, we do not need to outrun an animal larger than us who is planning to eat us for dinner. However, our bodies still retain a stress response mechanism called the fight or flight response, which is a physiological reaction that occurs in response to a perceived harmful event, attack, or threat to survival.

The trouble is the stress we are often responding to today is not the type of stress we can run from, so we get stressed and stay that way. Workplace stress is an example of this in action, with office workers who are often already facing the negative effects of a sedentary lifestyle having elevated stress levels from work-related issues. The problem of workplace stress is not new; in fact it's an area of concern that organisations here and across the world have been investigating over the last few years. While quitting your desk job and spending time engaged in a work-free and therefore less stressful life may not be realistic for most, managing workplace stress is something achievable for almost everyone.

One of the consistent messages around managing stress is the contribution physical activity can make. While exercise professionals always champion the benefits of exercise, they are not alone, with the NZ Heart Foundation telling us that, "any type of exer-

cise releases feel-good chemicals into the body, helps you sleep better, and contributes to your overall physical health, making you better able to cope with difficulties." The Mental Health Foundation keeps it simple when they offer advice for managing stress: "Make some time for exercise."

There is no denying that not only does regular exercise and physical activity do wonders for your health and your waistline, it's benefits carry over into your working life too.

Work Safe New Zealand is clear when it comes to workplace stress and the need for workplaces to consider its impact on staff. Employers can face fines for breaches of obligations under the Health and Safety in Employment Act 1992 if they fail to adequately address workplace stress. With the research showing exercise contributes to stress management, and workplaces obligated to reduce stress, it makes sense that employers should encourage staff to exercise regularly. What if we are the employer? Yep, same applies!

As our chosen lifestyle pushes us on in the habitual daily turnover we can become overwhelmed as to WHEN are we going to do this exercise when life at the moment is so busy. Trying to fit exercise in can add to the stress. The fact is Modern Life will always be busy, especially if you let it take over and consume you.

The best tip I can give you for this month is to check if you have an exercise time planned into your day—yes and I mean every day. Start off with day-on day-off but make the change if you haven't already. Otherwise, work stress has consumed you and you may be on a downward spiral. Dr Harry S Lodge, MD and co-author of the great read *Younger Next Year* says, "Taking charge of your life, physically and emotionally, is the best possible antidote to standard retirement and ageing." Enjoy your exercise and see it as your prescribed medicine for a healthier you. If you are already doing this then congratulations on your commitment to exercise.

Lynn Robertson

Postal Delivery

We can post you the *Coastal News*. To take advantage of this post \$20 with your name and address to Coastal News, PO Box19, Mapua Store, 7058, or email coastalnews@mapua.gen.nz

GOLDEN BEAR
BREWING COMPANY
Port Mapua • New Zealand

OCTOBER 2014 – ENTERTAINMENT CALENDAR

Sun, Oct 5 – 3:00p	TOMS FIELD TRIO
Fri, Oct 10 – 6:00p	THE DOWN BEATS
Sun, Oct 12 – 3:00p	LEMONGRASS
Sun, Oct 26 – 3:00p	THE BEAR's 6TH BIRTHDAY DANCE PARTY WITH ROCKET 88
Fri, Oct 31 – 6:00p	LAURA SONNEVELDT

FREE CONCERTS AND NO SURCHARGES!

12 Aranui Road, Mapua • ph 03.540.3210 • www.goldenbearbrewing.com

THE alternative energy
COMPANY LTD

Visit us at 18 Warren Place, Mapua
03 540 3003
www.thealternativeenergycompany.co.nz

PIR Insulation with Unbeatable R-Value

We stock:

25mm	R-1.14
50mm	R-2.24
75mm	R-3.41
90mm	R-4.50
120mm	R-5.45



Hamish's  **ICE CREAM PARLOUR & CAFÉ**
Mapua Wharf

- award winning coffee
- family affordable
- friendly service
- birthday parties catered
- gluten free choices

real fruit ice cream & rolled ice creams, old fashioned milk shakes, pies, cakes, croissants, paninis, iced chocolate and more!

Open 7 days 9am - 4pm
Adele Calteaux Ph 540 3861

www.mapuawharf.co.nz /hamishs

INTERISLANDER PRESENTS
Sam Hunt
COOK STRAIT SOUTH

OCTOBER 2014
WWW.SAMHUNT.CO.NZ

SATURDAY 11TH
THE PLAYHOUSE
MAPUA

BOOKS 5PM SHOWTIME 5PM
FULL MENU AVAILABLE ALL EVENING
PN (03) 540 2995



ON SALE NOW

Interislander
omega rental cars
Mapua



Aranui Park and Daffodils

Perhaps you have walked through Aranui Park this spring and enjoyed the daffodils waving in the breeze. We expect them to naturalise and look more impressive each year.

The Coastal Garden Group kindly donated money to The Friends of Aranui Park and with these funds we bought hundreds of daffodils, which were planted in April. More recently eight delightful azaleas and a cornus (dogwood) were planted by the picnic table area.

The rhododendrons and camellias are looking good too!

You may have also noticed a lovely bright pink flowering Prunus Superba planted near the main entrance. The tuis in particular love the nectar of these trees. This tree was kindly donated by Don Tait, in memory of his wife Joanne, who was a member of the Coastal Garden Group.

Sheila Wilson, for The Friends of Aranui Park.

THE BOATSHED CAFE & BAR

OPENING FOR SEASON
Labour Weekend
Saturday 25th and Sunday 26th October
11am

with our new summer menu, family dining, affordable prices and friendly faces.

Then Thursday – Sunday 11am till late

Want to go somewhere a little special for your **CHRISTMAS WORK FUNCTION?**
Experience a unique dining experience by the beach. How about staying overnight at the Park and include breakfast.
Fantastic buffet or tasty set menu options.
Don't miss out!! Book now!!

Enquiries welcome
Phone: 027 2268664 or 5402656 from 4th October
Email: theboatshedmapua@xtra.co.nz
(access through The Mapua Leisure Park)

Hills Community Church



Life is always interesting in our household. This last month has seen us take five trips into hospital for our eldest boy. The most dramatic was a trip from the school playground in the ambulance under lights with a suspected neck injury. All OK there, though. There was a “routine” operation to remove his third set of ear grommets. Another playground accident and trip to A & E resulted in his arm being put in plaster. Along with pre-op visits and the arm being re-plastered, it has been quite a month.

A good health system is certainly something to be thankful for, and we are thankful that all these things have all been very minor in the scheme of things.

At some point in our lives it is inevitable that we will need some form of medical attention, either for injury or illness. But in the course of our lives we will pick up a lot more than broken bones along the way. And in many ways it will be the emotional wounds that we all receive that will have the biggest impact and leave the deepest scars. Even when we feel like a picture of health, the reality is that these wounds become so intertwined with our inner self, that in our daily life we will never notice how we have been shaped and formed by them.

There is a great image in the book of Revelation that talks about the healing and wholeness that is God’s vision for the redemption of all his creation:

‘Then I saw ‘a new heaven and a new earth,’ for the first heaven and the first earth had passed away... And I heard a loud voice from the throne saying, ‘Look! God’s dwelling-place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. “He will wipe every tear from their eyes. There will be no more death” or mourning or crying

or pain, for the old order of things has passed away.’ (Revelation 21:1-4).

We can’t ever relive our lives and undo the mistakes and wounds we have acquired, but the hope expressed in Revelation is that our future is not defined by our past or present, but by new life in Jesus. This is the great news of the Gospel.

Blessings in Christ, Rev John Sherlock

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

Sunday Worship: Traditional service 9am, Contemporary service & Children’s programme including crèche 10:30am; Holy Communion celebrated at both services on the 2nd and 4th Sundays with morning tea in-between. 1st Sunday of each month: one family-style service @ 10:30am followed by a shared lunch.

Weekly Calendar:

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

Fridays: 10am-noon—Craft n Coffee—learn a craft & share a laugh! Open to all, crèche provided. Drop-off for area food bank – Bring your non-perishable food items to the church (122 Aranui Road) on Friday mornings between 9am and noon.

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



It's time to get cycling

Bike Hire and Services at the wharf

- Feel comfortable on your own bike or learn how to change a puncture. Book a short session with us.
- Let us help you plan a day trip. So many routes, so many options.
- Many of our services are available to locals using their own bikes.
- Small to tall, we've bikes for all.

For further information, to book a session or reserve a bike call 0800 2 CYCLE or 03 5432245

you decide • we provide

RUBY COAST ACCOUNTING

*Providing the bare essentials
In Accounting Services*

• Administration • Bookkeeping
• Data Entry • Typing

Bernie Kaczon

Tel: (03) 526 6263 Cell: 021 0298 7087


22b Brooks View Heights, Tasman
Email: bernie.kaczon@clear.net.nz

Kevin Brown

Chartered Accountant

22B Brooks View Heights, Tasman
RD1 Upper Moutere

Tel: (03) 526 6263
Cell: 021 029 87087
Email: kevin.brown@clear.net.nz



Insurance Work • Welding Plastic And Steel • Small Panel Repair Shop

Panel 'n' Paint **Karpaintz Ltd**

03 540 2477

Unit 14 Warren Place Mapua
Karpaintz@xtra.co.nz
Graham and Julie Cox

Courtesy car available

Mapua Early Childhood Centre

2 Toru St, Mapua Ph: (03) 540 3668
OPEN: Monday to Friday 7:30am-6pm

- Qualified Educators
- excellent ratios
- Pre-school programme
- affordable fees
- Sessions or all day facilities
- WINZ subsidies
- Separate areas for over and under 2s

Scaffold on wheels

Light & easy to handle
Easy to move
Easy to assemble
Available in different sizes
Ideal for house painting & maintenance

Free delivery in Mapua

SCAFFOLD

Fred Cassin

Ph: 0274 392 417

IYENGAR YOGA

Mapua Hall (School Terms):

Tues: 6:00-7:30pm
Wed: 9:15-10:45am
Fri: 9:15-10:45 am

Anna Timms
Certified Iyengar Yoga Teacher
Ph: 027 540 3944
atimms68@gmail.com
www.eternallyyoga.com

"LOOKING FOR A GENTLE DENTIST?"

Dr Keith Beasley D.D.S.

- Family and cosmetic dentistry
- Same day emergency care
- Competitive rates
- Hygienist

66-68 Aranui Road, Mapua (Behind Nodded Run Cafe)
03 540 3440 office@onedental.co.nz

one dental

GROOVY HOOVES PONY PARTIES

Make your child's party unique and unforgettable

- invite Harry and Sally for cuddles, grooming, decorating and riding!

Contact details: Caroline Lusty
03-543 2277 027 520 1285
email: caro.lusty@xtra.co.nz

Find us on facebook

Win a Brand New Hyundai i20 GL*

WIN A CAR!

*Simply list and sell your property with Karyn Holland & Sian Potts before 27th February 2015 to be in the draw to win.

Winners will be chosen 5.30pm 6th March 2015

Ray White Karyn Holland & Sian Potts Licensee Salespeople 027 223 9561 | 03 544 8778

Applications for Grants

Voluntary organisations are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant. Applications will be considered next month and should be in by 5 November. Application forms can be obtained from coastal-news@mapua.gen.nz and emailed back or the secretary (ph 540-3203) and returned to PO Box 19, Mapua 7048.

Grants will usually be less than \$300 but this may be varied at the discretion of the trustees.

MAPUA & DISTRICTS COMMUNITY ASSOCIATION

General Meeting
Monday 13 October @ 7pm
Mapua Community Hall

Guest:- Gene Cooper,
TDC Commercial Manager
Everyone welcome

architecture studio mapua ltd

new homes & renovations
residential & commercial architecture

simone wenk
reg. architect (germany)
136a aranui road
simonewenk@xtra.co.nz
p 03 540 3282

lbp (design2)
mapua 7005
www.architecture-sw.co.nz
m 0211 049 039

QUANTUMTOUCH®

HANDS-ON RESONANCE HEALING TECHNIQUE

LIFE FORCE ENERGY
DE-STRESS
PAIN RELIEF
ACCELERATED HEALING
DEEP RELAXATION
AMPLIFICATION OF ENERGY

SUSANNE BRUTSCHER

MAPUA 03 540 3672
HOME@CALLFORDDESIGN.CO.NZ
WWW.QUANTUMTOUCH.COM

CERTIFIED QUANTUM TOUCH PRACTITIONER

Member of the International Society for the Study of Subtle Energies and Energy Medicine, ISSSEEM

MAPUA AUTO CENTRE

"YOUR AUTOMOTIVE SPECIALIST"

Fully Equipped
Automotive
Workshop

All Makes
& Models

6 Courtesy Cars
W.O.F.

20 WARREN PL, MAPUA, NELSON 7005 | PH 03 540 2180



Motoring

with

MAPUA
AUTO CENTRE
"YOUR AUTOMOTIVE SPECIALIST"

2014

Regular Servicing -

What price are you willing to pay?

An emerging trend among many vehicle owners is an increase in the intervals between regular vehicle servicing. This may be done as an attempt to save money, it is however false economy. Extending the servicing interval sets up a chain reaction which can result in vehicle unreliability, increase fuel consumption, compromised safety, and eventual engine failure.

We have recently had two instance where conscientious owners purchased, unbeknown to them, poorly serviced vehicles. Unfortunately for them this has resulted in the need for costly vehicle repairs.

Images to the right show what happens when vehicle servicing has been irregular or absent. 1. A sump oil pick up coated with a tacky, tar like residue. 2. A sump bottom plate where the sump oil pick up sits is coated in a thick oil that resembles treacle rather than oil. 3. The presence of huge carbon deposits on the cylinder head. 4. A pile of carbon that was scraped off the cylinder head. 5. A dried tar-like substance that has started to flake off the rocker cover.



These changes, due to irregular or absent servicing, have severely compromised the reliability, performance and fuel economy of these vehicles.

It is cheaper, over the life of a vehicle, to keep to a regular servicing schedule and attend to maintenance items as they arise.

We recommend you check the odometer reading when your last service was undertaken on your vehicle and compare this against the current odometer reading. If the difference between the two is greater than 10,000km, we strongly advise you to have a full service undertaken.

Happy & safe motoring
from the team at

MAPUA
AUTO CENTRE
"YOUR AUTOMOTIVE SPECIALIST"



Join us to celebrate the arts on The Ruby Coast for the whole of November. Local artists and Ruby Coast Arts (RCA) members join together to present an exciting variety of events including the innovative Window Art in Mapua, an Open Studios Trail, hands-on Creative Workshops, an Art Exhibition, Art Film, and music and poetry events.

Workshops by artists, sculptors and craftspeople throughout November

Flax weaving, stone carving, botanical painting, encaustic wax, portrait painting and etching, life drawing and abstract painting. View full programme online at www.rubycoastarts.co.nz/workshops.

Window Art in Mapua - Thursday 30th Oct to 30th Nov

Mapua village transforms into a vibrant, street based exhibition. Free 'Walk and Talk' 6pm, Thurs 30th Oct meet Mapua Hall, guided by Lynn Price. Trail Maps available from Mapua Library and participating venues.

RCA Festival Launch Party - Thursday 30th Oct 7pm to 10pm

Come and help us celebrate the opening of the 2014 Ruby Coast Arts Festival with a glass of wine, an art auction, guest speaker **Christine Boswijk** and a catch-up with fellow arty types! The workshop tutors will be there so make a last minute booking for a workshop. All welcome.

RCA Members Open Studios - Saturday and Sunday 1st and 2nd Nov

Visit RCA members' studios up and down the Ruby Coast. Pick up a trail map from Naked Bun and other cafés and shops in the area plus the Nelson, Richmond and Motueka I-sites or download from www.rubycoastarts.co.nz

SLICE A solo exhibition by RCA Member Lisa Chandler

Opens Saturday 1st at Icon Gallery, 1270 Moutere Highway 3pm to 6pm
Works based on the multi-layered spaces of Singapore.

Lawrence Arabia at The Playhouse Friday 7 Nov

Tickets \$20 Dinner from 6pm / Show at 8pm 540 2985 for more details and bookings
The Playhouse presents Lawrence Arabia where legendary Silver Scroll-winning producer and songwriter James Milnes visits the area for the first time in ages.

New Zealand Guitar Quartet at The Playhouse Thursday 13 Nov

Tickets \$20 Dinner from 6pm / Show at 8pm 540 2985 for more details and bookings
Presented by Arts on Tour NZ. An inexpensive opportunity to attend a concert, the quartet will attract people who may not necessarily attend classical concerts.

Jester House Poetry & Tunes Friday 14 Nov

Ticket price TBC 03 526 6742 or lunch@jesterhouse.co.nz for details
Eight local poets of note present with host Mark Raffills along with music from Derek Macleod.

Art Film "Mindspaces – the Artist's Studio" Saturday 15 Nov Mapua Hall

Details and tickets from mapuahallsociety@gmail.com
A documentary film by Denis O'Connor, in Mapua Hall - Bill Marris Room.

The Community Art Exhibition Saturday and Sunday 15 and 16 Nov Mapua Hall

Emerging local artists display a wide range of artworks in the Mapua Hall.

Festival closing party at The Playhouse Sunday 30 Nov - Open Mic. night. Details to be confirmed...

Thanks to our sponsors:

Mapua Community Trust

Tasman District
creativenz
COMMUNITIES

your art is our business
Impressions
Picture Framers & Art Supplies





The Playhouse Cafe

What's On Guide

October 2014

Thurs to Sat 11am til late,
Sun 11am til 4pm

Free Pick Up and Drop off to Mapua, Moutere, Appleby, Tasman
Call 5402985 for bookings

M T W T F S S

Coming Up:		1	2	3	4	5
Ruby Coast Arts Fest			Open 11am till Late	Open 11am till 4pm	Fawlty Towers Themed Evening \$20, 730 showtime Add \$25 for buffet Great night of fun and laughter	Open 11am till 4pm
Nov 7th: Lawrence Arabia				Closed for Function in the evening		
Nov 13th: NZ Guitar Quartet						
Nov 30th: Festival Wrap Party						
6	7	8	9	10	11	12
FILM CAMP						Hunt
October 6th till 10th, 9 till 4, 2nd week of school holidays For kids ages 9 till 14, \$350 included food and screening Learn to make a film, gain new skills, make new friends for more details theplayhousenz@gmail.com or call 5402985						\$30, Early Show 6pm Start Dining all evening Open 11am till 4pm
13	14	15	16	17	18	19
Christmas Parties			Orchestra of Spheres	SCPA Quiz Night	Brooklyn School Fundraiser	Closed for Wedding
Nov 21st: Fawlty Towers			Arts Fest Gig Out of this world Tickets at nelsonartsfestival.co.nz	\$5 per person Quiz at 730pm Max team 8	Panda Irie Vibes Lemongrass \$10, 730pm	
Nov 27th, 28th, 29th, Dec 4th, 5th: The Upton Abby Murder Mystery						
20	21	22	23	24	25	26
Dec 11th, 12th, 13th: Paul Madsen Super Star Show			Open 11am till Late	Closed for Wedding	Martini Tango Milonga	Open 11am till 4pm
Dec 19th, 20th: Verona in Wonderland Burlesque					\$25, 20 for 6+ Cabaret and Tango Floor show 7pm start, 6pm dinner	
27	28	29	30	31	1	2
OPEN 11 till 4pm No surcharge			Open 11am till Late	Halloween Pole Performance Party	Open 11am till 4pm	Open 11am for Lunch and Dinner
3	4	5				
	Andre Vegas Illusion Show					
	Tuesday and Wednesday \$25 for show, dinner available from 6pm New Zealand's best magician returns to Nelson to amaze.					
				\$20 presale, 730pm show, Dinner from 6pm, Party and dancing till Midnight Best dressed prizes		

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

THE SHED MAPUA

Hours Monday though to Saturday 8.30 - 5.30pm
Sunday 10.00am - 1.00pm
15 Warren place, Mapua
P 540 2898 E theshedmapua@xtra.co.nz
F/B the shed mapua

MAPUA ENGINEERING

11 Warren Place.
For all general engineering, fabrication work,
welding and hydraulic engineering
Call in and see Ray
Mon-Fri 7.30 - 4.30
Phone 540 2898

NEEDING A NEW FENCE OR EXCAVATOR WORK DONE.
THE TEAM AT 'THE SHED' IS ABLE TO HELP. WE ALSO DO **READY LAWN,**
RETAINING WALLS, DRIVEWAYS AND PAVING. NEED THAT FENCE WATER
BLASTED AND REPAINTED.

GIVE US A CALL 540 2898.
FOR A NO OBLIGATION FREE QUOTE



WoodWick
candles
Candles with a
difference



These words wall art, can just
put a finishing touch in any room,
we have some amazing sayings.

WE STOCK

RABBIT FOOD, CHOOK WHEAT, LAYER PALLETS, PECK IN LAY,
GRIT, ANIMAL NUGGETS

WE HIRE OUT

LOG SPLITTER (BRAND NEW ONE)

HEDGE TRIMMER

PLATE COMPACTOR

CONCRETE CUTTER

1 PERSON AUGER

HAMMER DRILL

WATER BLASTER

EXCAVATORS 2,3 AND 4 TONNE

JUST TO NAME A FEW



MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Coordinator: Janet Ph 540 3364

MEMBER PROFILE



THE ANGEL GROUP LTD
Taking your business to new heights!

Affordable marketing support services

Many small businesses are faced with having to manage all aspects of their operation. This can create problems around time management, knowledge outside their areas of specialisation and deciding how their dollars should be spent in the right areas. The Angel Group Ltd was designed to support small to medium business with their marketing effort. From on-line marketing strategists, to graphic designers, SEO gurus and even social media stars, The Angel Group are a diverse team of professionals. We provide a wide range of marketing services at affordable rates to compliment your business.

- Online marketing - strategic planning
- Search engine optimization - SEO management / SEO audits
- Graphic design - including website design
- Typing and secretarial assistance – documentation and database management
- Copywriting services - press releases / editorial & ghost writing / advertising & marketing communication
- Event management - planning / sponsorship / media management / website development / lead generation

Call an Angel today

(03) 546 9380

or email

info@theangelgroup.co.nz



www.rubycostmouterehills.co.nz



Remember there is an easy re-cycling option in Mapua

MDBA has a recycling bin for printer and photocopier cartridges. This is located at Tasman Bay Vets, 69 Aranui Road who have kindly acted as a drop off point for some time now. If you chose not to re-fill your cartridges, they can be left here for re-cycling anytime between 8 - 12 noon or 3 - 6 pm, Monday to Friday. As well as reducing landfill, this is also a fundraising activity - so please consider using this recycling option next time you go to throw a used cartridge in the rubbish.

MEMBER PROFILE

MOUTERE HILLS COMMUNITY CENTRE

It's Your Venue

Moutere Hills Community Centre has been a hive of activity so far this year. After two devastating fires in 2013 the Centre was officially re-opened on 15th March and is just going from strength to strength. There is a full programme of social, sporting and recreational activities at an affordable cost to cater for the whole family. These include Gymnastics, Guitar Lessons, Indoor Bowls, Zumba, Social Touch, Badminton, Table Tennis, Dru Yoga, Volleyball, Dance, Aerobics and Karate. We are also the home for Rangers Rugby, Football, Netball and Cricket Clubs, Upper Moutere Tennis Club and the Upper Moutere Playgroup.

New Community Fitness Centre Just Opened

Thanks to fantastic support from the community, Moutere Hills Community Centre have just opened a stunning new Fitness Centre. The room is spacious and the equipment state of the art from America. You need to become a member to utilize the facility and then access is available from 5am until 11pm.

A variety of membership options are available including youth, 60+ and family.



More than just a Sports Complex

Moutere Hills Community Centre is an idyllic location for special occasions, including Weddings, Conferences, Meetings and Social Gatherings. There is a large reception room with views across the sports fields to the Mount Arthur Rangers with a fully licensed bar and commercial kitchen. There are also three smaller meeting rooms and the sports stadium.

For more details about bookings, activities or the Fitness Centre visit www.mouterehills.org.nz

Ph: 43 2516 Email: enquiries@mouterehills.org.nz

Website: www.mouterehills.org.nz

Noticeboard

Postcards From Abroad: Concert 7pm Saturday 11 October. Join Nelson Bays Harmony in presenting a fun-filled musical world tour, featuring NZ's top women's barbershop quartet and visiting Sweet Adelines from across NZ. Tickets \$10 from Club Waimea; by phone 548-1769; or online www.nelsonharmony.org.nz. Seats limited so be in quick!

Costume Carnival: Friday 31 Oct 5-7pm. Hills Community Church is holding this free, annual event at Aranui Park, Mapua, as a trick-or-treating alternative. Bring your children for a fabulous, fright-free evening of old fashioned games, sledge rides, free sausage sizzle etc. Non-scary costumes encouraged. Fairies, pirates, superheroes, princesses, animals, All Blacks, etc – and a prize for the best! In case of rain a smaller scale version will be held in the new Hills Community Church. Queries: Karen 540-3316

Activekidz Swim School, based at Mapua Chalets, is running a 5 day intensive course in the holidays starting on Monday 6th October. Their Term 4 courses commence on November 3rd and run for 7 weeks. You can book online at www.activekidzswimschool.co.nz

Motueka Social Dance Group: next dance Sat 18 October at Mapua Hall starting 7:30pm. Admission \$6 plus a supper plate. There will be live music, dance prizes & raffles. All are welcome. Contact : Gary 528-5363

Nanny wanted, part time. Phone Zoom 540 233 or mob: 021 540 234

Ruby Coast Run Club meets Monday 6pm, Tues 9am, Sat 2pm at the Mapua School Car park. For all level of runners. Contact Debbi 027 327 4055 / DLBamfield@gmail.com or Kristin 027 598 2424 / info@kristin-harrison.com.

Social Cycling Group: "Wheels 2 Meals" Approx 20-30km ride with coffee break halfway, no racing! Departing outside Golden Bear, Mapua Wharf, each fine Thursday @10am. Anyone interested - just turn up with your bike, hi-vis jacket & coffee money or contact me pohalloran@paradise.net.nz

Ruby Bay Pest Control Group. New team members wanted to join the community initiative to improve our coastal ecology. Let's get rid of the rats, stoats and possums. Phone Graeme Stradling 540-2050 for more information.

Ruby Coast Newcomers Social Group: meet new people, make new friends. We have coffee at 10am last Friday of each month at Tasman Store & hold ad hoc day & evening social events. Info: Vivien/Richard 526-6707, vpeters@xtra.co.nz, or just turn up.

Coastal Garden Group meet first Thursdays, 1.00pm, Tasman Bible Hall. Members, guests & visitors welcome. Ngaire, 540-3193

Probus Club meets first Fridays. All retirees most welcome. Enquiries to Pres. Stan Lawn, 540-2699.

Moutere Hills Rose Society. A gardener with a special love of roses? We meet monthly - contact Margaret 03 528-8477 or Cynthia 03 528-8664.

Toy Library: extensive selection of toys, puzzles & videos for children 0-5yrs. Mapua Hall every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Phone Anja, 544-8733, about membership or casual hire.

Kidz 'n' Koffee playgroup: 10am – noon, Wednesdays during school term at Old Church Hall, Aranui Rd. All parents and caregivers welcome, we cater for 0-6 yrs. Gold coin donation for a delicious morning tea. Come and make some new friends. Info: Debbie, 543-2915

Daytime Book Group: Meets first Tuesdays at 9.45am. New members welcome. Phone Mary 540-2450 or Anne 540-3934

Fair Exchange: We meet the second & fourth Wednesdays of the month. 9am at Hamish Café to exchange homemade or homegrown items. Info: Debbi, 540-2942 or DLBamfield@gmail.com.

Qi-gong, Yuan Gong form. weekly in Mapua. Info: Marianne, 546-8584 or bmtc@xtra.co.nz

Women's Recreation Group - meets outside Mapua Mall Thursdays. Leaves 9.15am for 1½hr walk. Route varies. Join us whenever you can. Some members may cycle. Info Lynley 540-2292.

Ashtanga Yoga, Upper Moutere, Tuesdays 6pm. www.angepalmer.com Ph 553-0353

Spanish Tuition: Starting classes for adults and children in Mapua. Small group or private. Reasonable prices. Experienced native speaker. Jairo: 0224 139 802, marlocoliwi@gmail.com

Mapua Art Group meets in Bill Marris Room, Mapua Hall Thursday mornings, 9 to noon. Like-minded artists get together to paint, draw, help each other in a fun, social environment. All levels & media welcome. \$5 / session includes morning tea. Tables, chairs & easels provided. Lisa Chandler 540-3933.

Mapua Friendship Club meets at Mapua Hall on the 3rd Thursdays, for a game of indoor bowls and bring a plate afternoon tea. New members are enthusiastically welcomed, no prior bowling experience needed, our game is non-competitive, just a lot of laughs. \$3 door fee and 20¢ raffle. Contact: Val 540-3685.

Spinners, Knitters, Weavers – Creative Fibre Group meet Mapua Hall, 2nd Tuesdays 10am. All welcome.

Joie de Vivre Vintage Art and Craft Studio. Alterations and Sewing Repairs. Ph: Marijke Lups 03 540-3498

Need technical help? Bought a new smartphone / tablet / computer and can't set it up? Can't connect your Blu-Ray player? Don't know how to transfer photos from your camera? Local help is at hand! Average job price only \$30! Basic web design also available - pages start from just \$35. Call Sam, 544-0737.– sam@sambennett.co.nz