

Mapua and
Ruby Bay

Coastal News

Email: coastalnews@mapua.gen.nz

An Editorial Lament ...

From time to time we have made a plea for more contributors to the *Coastal News* and for more readers to write to us saying why you dislike it or telling us what is wrong with it. We realise that being a monthly newsletter makes it difficult to be topical so although you may feel like writing a letter to the editor about something you have read, by the time the next issue is out you have forgotten what you intended saying.

Four or five years ago we tried to recruit someone to seek out local people of interest and write an article on them. Three people responded and undertook to produce something; none of them did. They have disappeared into the mists of history.

Similarly, Barbara when she was compiling the *Coastal News*, suggested that people send in photographs that could be used when there was a blank page to fill or a space that was left. Only one person has responded to that so far.

We once suggested that you send in poetry or short stories. We could count the result on the fingers of one hand, with a couple of fingers amputated.

For the first three editions of this year editorial copy has been well down on what we usually get, and the advertisements have been increasing. This makes an unbalanced newsletter and advertisers themselves would probably prefer more reading material with their advertisements spread over more pages.

Anecdotally (that word eluded me for about 10 minutes), we know that many people enjoy reading the *Coastal News* and we hope that businesses get a return on their advertising. However, it would be nice if someone wrote in and told us that so we could print it for all the world to see.

Talking of a return for money, nearly all of the money that comes from advertising and the smaller amount that comes from the collection boxes goes into the Mapua/Ruby Bay and District Community Trust. This gives money back to the community by way of grants, and since its inception in 2006 \$24,000 has been distributed. And before the trust was formed more than \$5000 was granted. A reminder here: Applications for grants should be in as soon as possible as trustees will be meeting this month to consider applications. See a notice on page 13.

All those who work on getting the newsletter out are volunteers. The Tasman District Council's Richmond office prints the newsletter for free but we pay for the paper and at 600 copies of up to 18 sheets (printed on both sides for a 36-page edition), that comes to a lot of paper.

And how many people have noticed the changed masthead? That's what newspapers call the banner across the top of the front page. Perhaps you miss the artwork in the previous version that was done in 2001 by Merlene Earlam and Pat Perry featuring the heron, the sea, plant life and the mountains. But perhaps you agree that it is time for a change.



A word about editorial licence. One or two contributors have been unhappy that their work has been changed. As has been pointed out to one correspondent, no-one is word-perfect. Spelling mistakes and typos occur and punctuation needs fine-tuning. Some writers use more capitals and quote marks than are needed. But often alterations are made not because something is wrong, but a consistent style is sought. An example: Inquiry or enquiry? Either is correct but we choose to use inquiry. Opening paragraphs are often changed to give more impact, rather than starting with a recital of date and place.

In a major newspaper with a circulation of thousands or a small local newsletter being read by a few hundred, somebody has to have the last word. Otherwise deadlines would never be met.

Much more could be said on this, but we'll end with an anecdote: Many years ago the *Nelson Evening Mail* (as it was then) had a correspondent who complained bitterly that the editor always changed his letters for no good reason. Finally the editor ran one of the correspondent's letters as written. It was cruel. The reason for editorial blue pencil was all too apparent. We promise not to do it.

The Editors

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Taste Tasman Returns

After a four-year hiatus, Taste Tasman returns as a late autumn outdoor soiree on Sunday 4 May between 11am and 4pm.

The inaugural event won the Trustpower Community Supreme Award for the Nelson Tasman region in 2006, after a group of parents from Tasman School pulled together school and community to raise funds for local projects. The event ran successfully again in 2008 and 2010. The beneficiaries of this year's event will be Tasman School and Tasman Area Community Association.

As always the event will be accessible for all, with a \$2 entry fee at the gate. The traditional Tastes of Tasman will be celebrated once again with local food and beverages, along with entertainment.

We will also get a taste of regional fashion with a winter range fashion show from ICE, the new Trafalgar Street store of Nelson designer Donna Robertson. Donna has showcased her designs in the Nelson region for more than 30 years and it will be wonderful to have her back with us for another exciting showing of her beautiful garments.

BACON & EGGS

HANDYMAN BUILDER
Pat Ashton 0276977332

A little boy asked his father, "Daddy, how much does it cost to get married?"
 Father replied, "I don't know son, I'm still paying."

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Mapua Health Centre

We are very pleased to welcome Alison to our team. She is an experienced nurse and has been working with the PHO and previously with Medlab. We look forward to adding her range of skills and expertise to our growing team of 20 staff. Unfortunately, it is the end of Hew Price's 3 month rotation as a second year hospital doctor and we thank him for all his hard work and for fitting in so well at the health centre, as well as wishing him well on his travels.

As part of increasing patient access to their medical information we will be texting lab results as well as reminders for recalls and appointments. You can also request prescriptions by email at prescription@mapuahealth.com.

This month includes asthma awareness week, so it's interesting to note that an international research team, which was led by New Zealand scientists, showed that children who eat fast-food three or more times a week had a much higher likelihood of severe asthma, as well as more hayfever and eczema; whereas eating extra fruit appeared to be protective (*Thorax* 2013). Another study looked at vitamin D

levels in adults and found that most asthmatics had deficient levels and this related to the severity of asthma which suggests the need for increased vitamin intake and more sunlight exposure (*Allergy Asthma Immunol Res.* 2013)

A couple of concerning articles looking at the effect of our environment suggest that mold exposure

from water-damaged buildings during infancy was associated with childhood asthma at age 7 years (*J Allergy Clin Immunol.* 2012); and that a common toxin in our environment, BPA-bisphenol-A, which is used in plastics (food can liners, some plastic bottles and food wrappers, etc) as being linked to the risk of developing asthma and perhaps helping to explain the dramatic increase in asthma over the last 30 years (*J Allergy Clin Immunol.* 2013).

It is also Food Week on 5-12 May which is all about healthy nutrition. In last month's *New Zealand Medical Journal* (11-April-2014) an editorial states, "There is little doubt that refined high energy food, such as added sugar, contributes to being overweight. This is a problem for more than two-thirds of adult New Zealanders, but also over 20% of children. On average, we consume about 147 grams (37 teaspoons) of added sugar per day. However the low quality nutrition or lack of other micronutrients in these foods may be the greatest health risk." What's more it is highly addictive, "sugar - especially combined with

starchy, fatty and salty food-activates addiction pathways in the brain" similar to drugs of addiction.

On a more political note, the article makes the point "we can now easily test food for quality, and grade items for food micronutrient to macronutrient ratios and content, and add terms for non-nutritive additives/toxins. With such an important issue, is it not timely for processed food producers to be taxed on low quality food, with poor micronutrient content? " And it finishes by saying "we must feed all children and mothers; at home, at kô hanga reo, at preschool, at school, at work, on the marae, at church, with nutrient rich, palatable, healthy food—now." Let's hope those in power are willing to take notice.

This year's flu vaccine is now available. The vaccine is free for those over 65 years and for anyone with respiratory problems requiring regular use of inhalers, heart disease, stroke, diabetes, kidney disease, cancer, certain neurological conditions and auto-immune disease. If you would like to receive immunization please phone the practice nurse (540-2211).

The PHO is also supporting the routine prescribing of vitamin D to people over the age of 65, which simply means taking a tablet every month. This has come out of numerous research articles showing the high incidence of vitamin D deficiency and the importance that this vitamin has to our health in terms of strong bones, fighting infection, cancer prevention, and decreasing heart disease and diabetes (*BMJ* 2010, 340:b5664).

This month's health and school events include:

- | | | |
|-------|--------------------------------|--|
| 5 | International Midwives' Day | www.midwiferycouncil.org.nz |
| 5 | World Hand-Washing Day | www.handhygiene.org.nz |
| 5 | Food Week | www.nutritionfoundation.org.nz |
| 5 | Term 2 begins for all schools | |
| 6 | World Asthma Day | www.ginasthma.org |
| 8 | World Red Cross Day | www.redcross.org.nz |
| 12 | ME Awareness Day | www.anzmes.org.nz |
| 12 | International Nurses Day | www.nursingcouncil.org.nz |
| 11-18 | Hospice Awareness Week | www.hospice.org.nz |
| 15 | International Day of Families | www.un.org |
| 17-24 | Youth Week | www.arataiohi.org.nz |
| 20-26 | Balloon Day - asthma awareness | www.asthmanz.co.nz |
| 23 | World Vision – 40-hour famine | www.worldvision.org.nz |
| 23 | Pink Shirt Day - stop bullying | www.pinkshirtday.org.nz |
| 29 | Multiple Sclerosis Day | www.msnz.org.nz |
| 31 | World Smoke-Free Day | www.who.int |
| 31-6 | Infant Gastric Awareness Week | www.cryingoverspiltmilk.co.nz |





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Police Report

Hi all. The fruit season is in full swing and it is good to report that there haven't been any major problems so far—apart from the weather at times! With the wild wet weather make sure that you allow a bit more time for your trip and drive to the conditions. I haven't been made aware of any issues in the village, so long may that last.

Just something to be aware of; recently in Motueka two unlocked cars in driveways have been broken into and items stolen. It is easily done so double-check your car.

Grant Heney, Community Constable, Motueka.

Ph 03 528-1226 (direct).

Mapua Incidents

Mar 28: Petrol drive-off reported Mapua. Sorted out. Mapua youth reported missing. Returned home.

Mar 31: Male forbidden to drive.

Apr 4: Male driving while forbidden. Car impounded for 28 days. Court appearance.

Apr 5: Sudden death at Mapua.

Apr 6: A 26-year-old man drink-driving. Licence suspended immediately. Court appearance.

Apr 9: Accident on Gardner Valley Road, vehicle in ditch, no injury.

Young son: "Is it true Dad that in some parts of Africa a man doesn't know his wife until he marries her?"

Dad: "That happens in every country, son."

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Out and About with Hugh

Nostalgia: In today's fast-moving and changing "techie" world, what is happening to nostalgia and things nostalgic? Quoting from Vocabulary.com, "nostalgic" is an adjective and sometimes involves "A wistful memory of times that now seem better or simpler".

Nostalgia creeps into conversations. Of course, it somewhat depends on the ages of those present, but the older you become, the more nostalgia may be involved. However, I think the "nostalgia" audience is becoming younger and younger. The acceleration of change, ie, what we call "progress," means the interval between what is up to date and cool is growing shorter and shorter. The "good old days" which used to mean many years ago is now rapidly coming to mean not a generation ago but more like last year, last month or last week. How about yesterday?

Question? Is this a disaster or another social evolution we need to undergo? Distractions can be good as well as bad. Technology is growing and changing and our society is changing along with it.

Mathew Ingram, writing for GigaOm.com asks: "Is modern technology creating a culture of distraction?" He says, "Yes, mobile devices and social networks produce lots of distractions difficult to resist. There is a need for moderation when it comes to cellphones, devices and social media. Social norms are developing around these things just as they developed around the horseless carriage and plenty of other modern inventions. One of the devices that has historically drawn the most criticism from scholars and theologians for its corrupting effect on humanity seems to have worked out pretty well—it is called the book. If we can figure that out, I'm sure we can figure out how to handle cellphones and status updates."

Thank you Mathew. Nostalgia? For my part, not withstanding a steep learning curve about "apps" and that other stuff, I'm definitely keeping my books and hanging onto my "nostalgic" memories.

Footnote: The word "nostalgia" comes from a Greek compound of two words—nostos (homecoming) and algos (pain or ache). It was first used in Switzerland by medical student Johannes Hofer in 1688 in his doctoral dissertation as the "Swiss illness," ie, homesickness. See Wikipedia for its interesting dissertation on nostalgia.

TDC Draft Annual Plan

Council staff headed by CEO Lindsey McKenzie presented a summary of the Draft Plan to our Community Association meeting on 14 April. Although well publicised in the TDC *Newsline* attendance was light. Why? As ratepayers, shouldn't we be concerned enough about how the council is spending of our rates money to come along and see where it's going and perhaps ask a few questions? Those who did attend were concerned about the council proposal

to build a new structure on the former aquarium site at the Mapua Wharf for an estimated \$1.2 million.

This provoked a lively discussion about new spending on a new asset after listening to how the council was going to cut its spending and retire its debt. No one (including me) thought to mention that the aquarium site has been vacant since the fire in September 2011. Or, that since then, the TDC has received no income from the site. Yes, I know, a bit of time to clean up, settle insurance etc. but 2½ years? No Income? Reduce debt? It begs belief.

Julian Manning of the Moutere Hills Residents' Association put his finger right on it after presenting the council with 500 signatures calling for reduced speeds at the Mahana School on Old Coach Road and said, "Red tape and at the system requiring huge amounts of bureaucracy and the legislation governing change has become extraordinarily ponderous."

At the Community Association's regular monthly meeting there was more lively discussion about council assets and its management at the wharf and vigorous discussion of the council's proposal to defer completion of the Great Taste Cycle Trail. In the end, it was agreed that the association would make a submission to the council supporting the building proposal at the aquarium site and urging the council not to defer or delay the completion of the Cycle Trail.

Note: Early this year the TDC bought the building on the Mapua Wharf occupied by the Golden Bear Brewery and Hamish's Ice Cream Parlour and Café for \$227,250. More assets?

Dominion Flats Update

In last December's Out & About I reported on the Community Association's Dominion Flats Restoration sub-committee planting bee where over 90 volunteers kicked off the project on the 6ha site bordering SH60 and planted 4500 plants in one day. Then Nelmac donated another 5000 plants which along with another 500 have now been planted, bringing the total to 10,000. I hope you saw the front page headline in the 3 April edition of *The Leader*: "Restored Mapua Forest Growing," with a picture of Helen and Neville Bibby and Gillian Pollock who head up the association's sub-committee, and the accompanying story about the progress of the planting and restoration project to date. Helen, Jillian and Neville are but three of a significant number of unsung volunteers who regularly contribute their time and effort. The TDC, the Department of Conservation and Nelmac are continuing their welcome support through staff and materials contributions as well.

Want to lend a hand? Have native seedlings to donate? Contact Helen Bibby on 027 459 3989.

End of an Era: The voice of Geoff Robinson on National Radio's Morning Report. More nostalgia.

Hugh Gordon

Saving the Waimea Estuary

Many groups of volunteers and council initiatives under the umbrella title of The Waimea Inlet Forum have been doing their best for some years now to improve the health of our estuary and last month, 50 volunteers and supporters went on a bus tour of some estuary habitat restoration and revegetation sites.

The Waimea Estuary is of international and national significance for 50 species of water birds, some migratory and many threatened, and also for its threatened plants. Its health is also crucial to the life-cycle of various fish, many of which move both from and into Tasman Bay.

However, the biodiversity and very life of the estuary have long been under serious threat from agricultural and development practices, run-off and industrial discharges, cars, dumped tyres and even from the growing popularity of mud sports. Walk/cycle trails close to the estuary margin destroy the habitat of birds which nest and feed there. More than 90 per cent of estuary saltmarsh has been lost and of the 3455ha of the inlet, only 227ha of indigenous estuarine vegetation remain.

The groups working to counter this decline do not receive a lot of publicity, but the people in them put in huge amounts of time and energy. The combination of private projects on private land and community projects on public land indicate there may be a

grass roots shift in understanding why biodiversity is crucial to life, and the success of these projects helps to normalise the associated values.

The tour began at Orphanage Creek and Pond by Saxton Fields, which is being cleaned up as part of a wider Nelson City Council project to restore the water quality of a number of streams spreading out through Stoke. The streams are of good quality when they leave the Richmond hills but once they have been through farmland the quality of water has deteriorated significantly.

The financial grant for this very ambitious project specified community feedback, which meant a lot of energy and cost went into communicating with thousands of households rather than into cleaning up the streams per se. The up side is that local schools are involved in monitoring and cleaning up designated parts of streams and people may be more aware of not contaminating storm water and run-off.

Other sites visited were revegetation projects, aiming to restore and protect rare plant species and improve estuarine habitat, such as round the new cycle way at Nieman Creek point and Sandeman Reserve off lower Queen Street.

There is an ambitious revegetation scheme on Bell Island, part of a larger plan to restore 6ha (10km) of coastal margins of selected islands in the inlet with eco-sourced plants. This work by the Waimea Inlet

Continued on page 7



Tasman District Council parks and reserves manager Beryl Wilkes points out features of the Dominion Flats area, where a big planting project supported by the Mapua and District Community Association is under way.

Coastal Margin Restoration Project requires arduous preparation and protection in sandy, exposed conditions but what at first looks like arid scrub, weeds and fallen pine branches turns out on closer inspection be substantially sprinkled with healthy plants. Plant pests are the major problem especially gorse and wilding pine. However, all the hard work is having an effect and the team involved in this project has a long-term vision and commitment. Similar goals underpin the TDC restoration work in Greenslade Park/Rough and Bird Islands.

Pearl Creek, long beloved of whitebaiters and duck shooters, though neither are very conducive to habitat restoration, is also known by cyclists as they cross the spring-fed creek between brushwood fences. The late Martin Conway and the O'Connor family of Appleby have had a lot to do with protecting and replanting the margins of this creek for a long distance back and many of the harakeke plants and trees create a well-established line of covenanted forest.

The Stringer Creek project, opposite the better known Playhouse, plan to try and restore the estuarine habitat of the banded rail and marsh crake, which used to nest there but appear to have moved on or disappeared. Small numbers of both are believed to be still surviving close to Mapua.

Ornithologist Graeme Elliot, who entertained the troops with an engaging account of the habits and pooh of these rare birds on which he is an expert, said that it was harder for them to survive if only scattered pockets of habitat remained. Their foraging areas are often destroyed by roads or tracks too close to the estuary margin. Invasive willows need to go from this area so that estuarine species can be restored.

People on the bus had a good exploration of the relatively new project at Dominion Flats/Chaytor Stream area—the Mapua Gateway Project—which aims long term to showcase a lowland swamp forest from the estuary margins to higher ground. Already an impressive amount of planting has been achieved after community support and persistent efforts by a small group from the Mapua & District Community Association.

When mature, this forest will go some way to make up for parts of the estuary margins and wetlands destroyed with the building of Te Mamaku Drive. It is hoped that the eight species of native fish found in the stream before the by-pass construction will take up residence again.

The tour finished at Mapua Wetland, an award-winning QEII covenanted hectare of private land with an adjacent hectare on public land in Aranui Park, combined as a restoration of lowland swamp forest, now in its tenth year. The creeks from these wetlands feed into the estuary. Mapua Wetland is now close to being sustainable with substantial growth blocking out weed growth in most areas and pruning of cover trees to allow growth of the wide range of eco-sourced species beneath. Kahikatea and rimu will dominate in time as they did in the past. Gillian Bishop did a great job in organising this tour and giving us hope in a groundswell of public understanding of and commitment to the principles of biodiversity, and in particular locally to protecting our greatest asset, the Waimea Inlet. As a tour member said, there's nothing like an estuary to teach us the true value of living in a properly functioning eco-system.

Judy Mitchell



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Mapua and District Probus Club

The history of a health care service, Bupa, to support families with mental health problems, was the subject for two speakers at the Mapua Probus Club's April meeting.

Bupa stands for British United Providence Association. It was formed in Britain in 1940 during World War II. The New Zealand group was formed in 2004 and it specialises in the care and support of a family that has a member suffering from dementia.

Jackie, the facility manager in Nelson, and Liz, the clinical manager, spoke of their involvement with Bupa based at Naomi Court at Bishopdale.

Jackie gave some early history of their care service. Today Bupa is involved with 13 million people in 150 countries worldwide. The New Zealand group took over from Guardian Health Care. Often people came to them because of a crisis with a family member having severe memory loss, often due to a fall. It could happen where the affected family member was taken into care unable to return home perhaps caused by excessive stress.

Liz spoke about staff management of patients. Irrespective of the seriousness of the patient's dementia it was important to maintain the patient's interest and work as a team with the family. The staff visited family homes to help them with support for an affected family member. There was no known cure for dementia, which could be a slow development over many years resulting in the person becoming aggressive. Their staff were trained to handle the situation with compassion. On rare occasions they have had to use the support of police, who were very helpful.

Dementia could affect people at a wide variety of ages, with one patient with dementia being only 52.

Also there was a wide range of types of dementia. With an increasing aging population, there was an annual increase of dementia patients.

Jackie recommended that everyone should get a friend or family member to be given enduring powers of attorney.

The club's mini-speaker was club member John Sharman, talking about his favourite hobby, wine-making. A good variety of fruit on his property, such as blackberries, lemons and feijoas are the source of his wines.

He gave an interesting description of the processing of the fruit. With a food processor he mulched the fruit into a sterilized plastic bucket, adding sultanas and boiling water. When the water cooled to room temperature pectolase and Camden tablets are added to the fruit to sterilize the juice.

After a few days the solution is strained off and poured into a four-litre glass jar. Sugar is added with tannin, citric acid, and the yeast to start the fermentation. The top of the jar is fitted with a plastic air lock. This has a small amount of water in it allowing the gas fermentation to be released to the air and stops any harmful bacteria getting into the juice.

By using a hydrometer John can determine the amount of sugar that may be added to the fermentation. The fermentation jar is kept in a dry, warm area for a month or more until the process is completed. The final process is to rack off the wine through a small plastic tube into sterile wine bottles. The clouded residue left at the bottom of the glass jar is discarded.

David Higgs

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At a cocktail party, one woman said to another,
 "Aren't you wearing your wedding ring on the
 wrong finger?"
 "Yes, I am. I married the wrong man."

First guy: "My wife's an angel!"
 Second guy: "You're lucky, mine's still alive."




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Under the Bonnet with Fred



A Parking Ticket and its Consequences

After being very opinionated with my last story of cars, "They are a-changing," an example hit me in the pocket one Saturday recently.

My twice-repaired laptop had been reconditioned by a Mapua serviceman and both times he has told me to buy a new one. This time when things started jumping and not responding I just unplugged it quickly in case information got sucked out of the old laptop. I decided to drive into Nelson to bargain with all the shops to see what's what. As we already have a laptop in the house, a big-screen all-in-one computer would suit my office requirements.

Then there was the battle with the salesman trying to sell gigabits I will never use. It is so easy buying a car—lifting the bonnet and being able to identify what you are buying. "Ah yes, eight spark plugs, eight cylinders." A computer can look identical but cost another \$500! I decided one in Noel Leeming's in Nelson would do but I would think about it.

As I was about to get in the car I noticed a parking ticket. I whipped it from under the wiper blade and looked at it without my glasses on and thought I saw \$20 on it so just threw it on the passenger's seat. Stopping at the lights and with my glasses on I looked at the ticket again to see what they had pinged me for.

"What! \$200 for a parking ticket at 12.59pm on a Saturday!" You have got to be joking. Did the parking warden push the zero button twice by mistake?

On Monday I rang the Nelson City Council number for parking complaints and no, that was \$200 and they had taken a picture of the car. I was furious and said I would never shop in Nelson City again.

The following Saturday my new computer was bought from Noel Leeming in Richmond where parking is free, as I thought Noel Leeming should still have the sale.

In August a road trip was all planned and I needed a new travel bag. Kathmandu were having a promotion which included one of those combination packs which is also a trolley bag. Kathmandu is in Nelson City. How was I going to stick to my promise

of never shopping in Nelson again? Send my wife Carolyn in to buy it? No, that would break my promise. Solution: use the Kathmandu internet shopping facility! I ordered the bag and it arrived within three days. This has really brought home to me whether we need to use the car. If you trust the brand of the product you're buying from, why not?

From all this what was gained and lost? Fred: Saved fuel for 66km and wear and tear on tyres and no parking fee! The bag on the internet was the same price as in the shop, with no shipping cost. Nelson City: Missed out on a parking fee, a coffee and a scone in a café, the pleasure of looking at a classic Lincoln, and the shops missed out too.

A Nelson courier did get a job delivering the new bag to Mapua, as it came from Christchurch. Is internet shopping going to displace the need for a personal motor? Are we going to end up with large cycleways and dedicated roads for courier vans?

In 1994 while in Cincinnati, Ohio, I asked one of the locals why a lot of the downtown area was so rough. He said, "The people don't come here anymore; the parking is no good." Watch out Nelson.

The cost of parking is beyond the value or the experienced gained by shopping in Nelson City. God bless the Tasman District Council for providing free parking. The moral of this story is you don't need a car to go shopping, even if you live in the country.

Fred Cassin


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❖ LIVE MUSIC 7PM SAT 17th MAY "PANDA"

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❖ FINE DINING EVENING SAT 31st May 7pm \$45

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Kia ora koutou. The weather has been so warm and sunny but it seems we are into autumn well and truly with the rainy weather. At Harakeke we are in the midst of preparing for Easter with children embracing all the fun and festivities this seasonal celebration brings. Children are showing their natural creativity as they decorate Easter eggs and rabbit ears. It's not long now to wait for a shared afternoon tea and Easter egg hunt and while I am writing this the smell of hot-cross-buns and Easter biscuits is wafting through Harakeke. Some children have even been inspired to make maps for the Easter egg hunt. We trust you all have enjoyed a visit from the Easter Bunny and had a nice Easter break.

Speaking of our animal friends, we took the opportunity to visit the newly opened Animal Farm in Gardner Valley Road. What a fantastic experience for children to get close to animals familiar and not so familiar. Feeding the fawn and having donkey rides were among the highlights of our day. We certainly recommend this as fun hands-on family outing for the school holidays!

Thank you to everyone who has contributed to our trading truck. The children had a hopefully rare learning experience in problem-solving as our koha box was ripped off from its home a fortnight ago. Discussion with the children led to some unique ways to deal with the offenders such as "Let's make a plastic trap, capture them and then take the money off them!" Another child was responsible for helping Gundula ring the police and filing an official report. We will let you know if there are any interesting developments regarding this incident!

Ka kite ano, your Harakeke teaching team

Pastel Artists NZ

The annual national convention and art awards are now over and sadly, no awards to the Nelson Area this year; a first for many years.

We had a good representation of members who attended the convention and a seriously good number of paintings selected for hanging, so our members should be very proud. The competition is very tough at the top but we can hold our heads up with pride.

The convention itself was well worth attending. Lots of interesting demonstrations, talks and open discussions. It is a bit like an annual reunion where you can catch up with the many friends made over the years of attendance. Next year it is Wellington Area's turn to be host, so we can't wait to see what they think up for us. There is never a year when you don't learn something.

The biggest award presentation for us this year was the naming of Tony Allain as our first PANZ Master Pastellist. This is the greatest honour that can be bestowed on any PANZ member and Tony is a very worthy recipient. He has won awards locally, nationally and internationally as well as being a tutor and a very supportive member of our local area. We, as the Nelson Area, are very proud of him and his achievements. We had our own little presentation to him recently and he responded by giving us two demonstrations and some valuable lessons. It was a very good morning, well received by those present.

It's back to business again now with another round of in-house challenges, demonstrations and talks regarding all things pastel. Inquiries to Glenys Forbes, phone 540-3388. Visitors are always welcome.



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Mothering Sunday, May 11th
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Open for dinner on Saturday evenings from 6pm throughout May; reserve a table today! (note; we are now closed Fri eves)

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Fire Brigade



March 14 – April 14 call-outs

Mar 7: Fire on beach at Ruby Bay, put out.

Mar 3: To Aporo Road for a toitoi bush on fire. Put out.

Calls this year: 17

Safety Tip – Clean chimneys and check for cracks.

You should have smoke alarms in or near all sleeping areas; this includes caravans and sleep-outs. You should have at least one alarm on every level in a building and up to an alarm in every major room in a house – all bedrooms, hallways, kitchens, lounges and garages.

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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.

The Young Musicians' Connection Sessions



FAULTY TOWERS
THEMED EVENING

Presented by Hugh Neil and Theatre Alive
The Playhouse Cafe
Sat May 17th

\$50 for 2 course dinner and show \$20 for just show
Pay right out of great laughs and great food.
this will be one of Hugh's last shows before he retires from the stage for good!
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Call 5402985 for bookings and transport options

Do you have a child who has a passion for music? Bring them along to the Playhouse Cafe on Monday 5 May at 7pm to connect, meet and grow with other like-minded kids. Hosted by Damon Ward, this is a monthly session aimed to talented kids between the ages of 11 to 18 to show off their musical skills amongst each other and walk away with new contacts and friends. The event is open to all the public to view what the young talent of the region has to offer and grab a glass of local wine and a bite to eat.

The Playhouse is a great space for young talent to hone their skills, with a full-sized stage, theatre lighting rig and professional PA, it is the perfect place for performers to grow or learn the ropes. Damon is a fantastic host and coach with more than 3000 concerts played in New Zealand and abroad. His guidance in this supportive atmosphere will encourage people to improve performance technique and perhaps try something new.

We also want to encourage networking among young musicians—drummers to meet bass players, guitarists to hook up with singers. The aim is for kids with similar musical interests and skills to leave with contacts one month and return to perform what they have been working on the next month.

Call the Playhouse on 540-2985 for more information. The kitchen will be open from 5.30pm for people to enjoy the full menu and fully licensed bar on offer. If a success, the event will be held on the first Monday of every month.

Ruby Coast Arts Festival

The Ruby Coast Arts (RCA) team is in full swing planning for this year's festival of all things arty along the Ruby Coast. Following on from last year's success, we have extended the festival through the month of November. We are also excited to be rounding out the festival with a wider range of creative experiences this year, including art movies and light installations.

So make sure you mark these dates in your diary:

Thursday 30 October, 7pm: Festival Launch, Mapua Hall

The fun-filled launch party includes the Window Art Walk'n'Talk, a surprise arty happening, silent auction and displays by workshop tutors.

Saturday 1 & Sunday 2 November: Open Studios, 15 artists along the Ruby Coast

Friday 7 November: The Playhouse owner Nic Roland is on the lookout for the perfect act and be assured it will be suitably arty! The Playhouse will also be lit up during the festival.

Saturday 15 & Sunday 16 November: Art Exhibition, Mapua Hall

We are excited to introduce a new community-based art exhibition at the Mapua Hall, designed to showcase both local creative groups and "emerging" artists. This is an exciting opportunity for artists to share their skills, and for locals to learn about creative networks, artistic processes and even support a new artist by buying a piece of work.

All November: Window Art, Mapua Village

All of November: Creative Workshops, artist's studios and Mapua Hall

To keep in touch with festival updates, pop onto our website at www.rubycoastarts.co.nz and sign up for our newsletter, or follow us on FB.

If you would like to be involved in the festival, whether as an artist, tutor, local business or volunteer, please email us at info@rubycoastarts.co.nz We'd love to hear from you!

*Lisa Chandler, Jane Smith and
Lynn Price, Ruby Coast Arts Team.
www.rubycoastarts.co.nz*

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Mother's Day Menu



Main Choices

Classic Beer Battered Fish & Chips
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Dessert Choices

Bread & Butter Pudding
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Official Launch of Orphan Kids Charity (OKC) Trust

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Saturday evening 24th May 2014 at the Playhouse

- ❖ Come along and hear about the work of the Trust
- ❖ Janet will talk (briefly) about what has been achieved so far and
- ❖ show slides from her most recent trip to the orphanage in Lao Cai, Vietnam
- ❖ Learn how to make spring rolls
- ❖ Enjoy entertainment and
- ❖ Have a fun night out while supporting a great cause.

If you would like to come along, please contact Janet on 540 3364 for details.

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Fresh paint, fresh team

Fresh paint and a new supervision team has been the focus of Term 1 for Mapua Playcentre. Carol Greenall retired at the end of last year and we have welcomed Wendy Mills on Monday's session and Bridget Taylor Knowles continues as supervisor on Fridays. The new supervision team has brought lots of fresh ideas to the sessions and the children are enjoying their different styles of teaching. Our children have also enjoyed the warm mornings and have spent most of the term outside, using water as their main tool for play, from slippery slides, making ponds to catching fish with their hand-made fishing lines.

We have been lucky enough to have had the centre completely repainted inside. Mapua Playcentre looks fresh and vibrant and is a great community resource for children to learn and play. We will hold an open day on Friday 16 May, so join us for a session from 9.30am to noon and experience first-hand what Playcentre is about.

Thanks also to the community who supported our spring bulb fund-raiser. We appreciate your support.

About Playcentre

Do you ever drop your child off at their day care and wonder what they get up to in their day? Have you considered coming down to your local Mapua Playcentre and spending some precious hours with your child while they play and explore what we have to offer?

Mapua Playcentre has been a prominent place for families in the Mapua community for the past 60 years. It is an undervalued resource in the centre of our community for you and your children to use in a fun social learning environment and really worth having a look at.

Playcentre is Ministry of Education-registered centre, the difference being parents' input into their child's learning, development and fun. Come and stay and meet other parents from the area. It is a great way to really have your hands-on day with your child, while you also get the benefit of having social interaction with other parents.

We are not just a playgroup. We follow the Early Childhood Curriculum Te Whariki, which is unique to New Zealand. We have two experienced and knowledgeable supervisors on the team at each session.

If you have any inquiries please phone Mahala on 540-3744 or Selina on 021 502 065. Or come in on our opening times of Mondays and Fridays 9.30am -noon in school term time. We are on Aranui Road behind the tennis courts and by the scout den.

We offer a free term for first time families!

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The deadline is the 20th of each month with each issue coming out on the 1st. Email coastal-news@mapua.gen.nz for full terms and conditions.



Pupils of Mapua School involved in native forest planting welcomed the Waimea Inlet Forum group to Mapua Wetland with the school waiata. (See report on pages 6 & 7)

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Mapua Library

The Mapua Community Library AGM will be held on Tuesday 13 May at 7.30pm. Joining a committee is a great way to share your enthusiasm for and commitment to an entity and your local community. We warmly welcome new committee members and are looking for a new secretary and also someone to help out with grants applications. Please consider this opportunity, or think about who you (or I!) should be shoulder-tapping! Don't hesitate to call me to discuss this further on 540-2292.

Website: Please do visit our website (See below). There is a wonderful variety of information available there and notices are posted too. Did you know that you can view book reviews and new book purchases on our website? Talk to our librarians about how to access your library account and check which books you have on loan, etc.

Photocopy service: A reminder that the photocopier has been moved in to the workroom. Please ask our volunteers to do any photocopying you require. Price is 20c/page—my apologies for my typo last month.

Displays: Thanks to Joan Mytton for allowing us to display her beautiful work. You will have also seen the Anzac window display from mid-April. Thanks to those who contributed items and put together this display.

Tasman Bay Christian School will be presenting material for display from late April through May.

Lynley Worsley

Library Hours (closed statutory holidays)

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BOOK REVIEW

The Devil's Star, by Jo Nesbo. This book is available in the Mapua Community Library. Reviewed by Terry Smith.

Some years ago I travelled by train from Russia into Finland, had a night or two in Helsinki then travelled by train up to the top of the Gulf of Bothnia, a short bus ride across the border into Sweden, another train to the north-western corner of Sweden and into Norway and the town of Narvik. Being inside the Arctic Circle, I had hoped to see the midnight sun (it was May), but the weather was so overcast and gloomy I didn't see even the midday sun!

So perhaps nationalities are affected by the climate of their country. Much has been written about the high suicide rates in Scandinavia and the gloomy, depressing weather. Are these things really reflected in the writing of so many Nordic authors that have been translated into English? Perhaps, but *The Devil's Star* isn't gloomy. It is a pretty straightforward who-

dunnit, although it is hard to keep track of the many different characters. This is not helped by the fact that the names are Norwegian (surprise, surprise!). Why can't they have names like Jones and Brown? (No need to drag in the other common name!).

The central character of the book is again Detective Harry Hole, as he has been in Nesbo's four earlier books. As a non-drinker, non-smoker and non-everything else you can think of, I find Harry's addiction to alcohol and cigarettes most irritating. So do his bosses, but his insights that enable him to solve so many crimes make him too valuable to kick out of the force. And if they did—there would be no more Harry Hole stories, which would be a pity.

There's some love interest in Harry's life, but it is as much up and down as his professional life is and it is as equally unresolved. So there is another reason to keep the stories coming. If you like good detective stories Jo Nesbo and his Harry Hole are recommended.

Applications for Community Trust Grants

Voluntary organisations are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant. Applications will be considered this month and should be in by 5 May. Application forms can be obtained from the secretary (ph 540-3203) or the

treasurer (ph 540-2845) and returned to PO Box 19, Mapua 7048, or by email to coastalnews@mapua.gen.nz

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

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Cookbook Features Mapua

On hearing that a Mapua group has produced a cookbook, many might say, “Who needs another cookbook? There are thousands out there already.”

That is true, but *The Mapua Village Cookbook* is more than just a list of recipes—it is a glossy 150-page large-format book containing many splendid photographs plus information about early Mapua. It is part of a fund-raising effort for a “large indoor space” which Mapua School needs to accommodate all its more than 250 pupils, plus teachers and parents. Even the enlarged Mapua Hall or Hills Church cannot hold that many.

The Ministry of Education does not pay for a “large indoor space,” which will be a multi-purpose building that can be used as a gymnasium or assembly hall, to name just two uses.

Two members of the school’s PTA, Melonie Cole and Talei Hayward, have been the drivers of the project. They have had what they call “tremendous support” from Mapua business people and the community at large. PTA members tested each of the 80 recipes, which range from nibbles to salads and soups, meat and fish dishes, cakes and desserts, preserves, sauces and dressings.

As was mentioned earlier, the many colour photographs depict mouth-watering delicacies but also depict much of Mapua, the estuary and above all, children. They are shown jumping off the wharf, sampling the food and enjoying sport.

Already 300 of the books had been sold before the official release at the Mapua Fair on Sunday, 20 April.

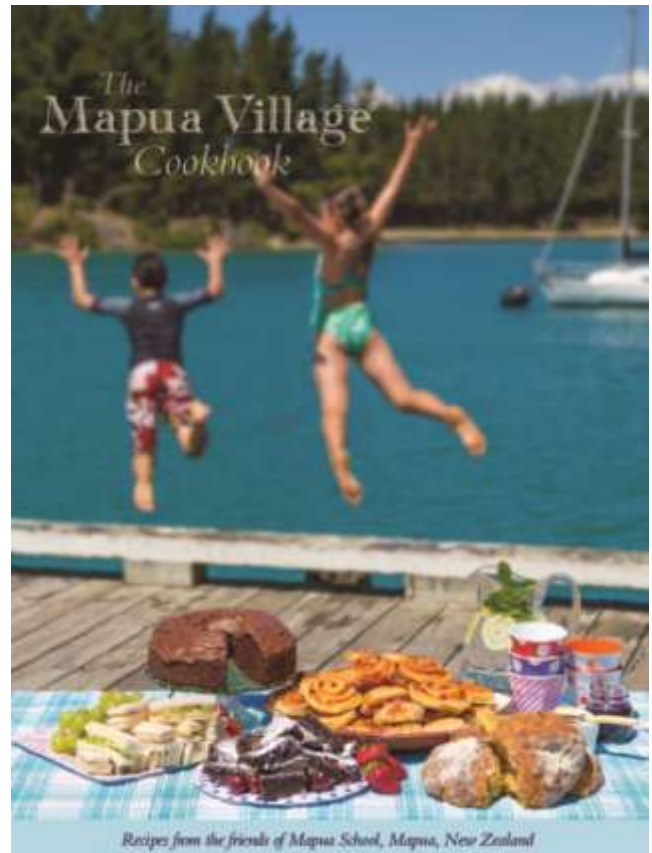
The book has a comprehensive index, and I thought at first, “What’s the use of an index without numbered pages?” Then I found the numbers with different-coloured backgrounds in the outer margins just below the top of the pages.

Before I saw the book I thought \$40 was too much to pay for something I would probably not use, being a meat, potatoes and two vege person, but I have decided it is too good to miss. No, the *Coastal News* didn’t get a free sample. We are happy to help the project.

Terry Smith



The Mapua Village Cookbook is available at local retailers or orders and inquiries can be made to mapuavillagecookbook@gmail.com It costs \$40 (plus \$6 for postage, if required).



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Mapua Bowling Club

The Write Bias

The rinks have been buzzing in this latter part of the season with club members enjoying some Indian summer bowling. With so much sunshine eerie figures have been spotted emerging from the Man Shed to get early preparations under way for the forthcoming green renovation project.

League bowls finished on Monday 31 March with a good turnout on the green and at the bar. It is hoped that the new committee to be elected in May will continue with Monday evening sessions next season to enable the workers of the world to enjoy some games of lawn bowls.

The final tournament before Closing Day was on Saturday 5 April, a half-day of drawn pairs, always a popular event. Well done to the winning pair, which just happened to be me drawn alongside Colin Pryke. What a dream team! As always we are indebted to the sponsors of all our tournaments throughout the year – Holistic Health & Training, Harcourt's, Nelson Building Society, Super Liquor, Golden Bear, Motueka Golden Bay Funeral Services, Joyce Colwell, Dale Vercoe, Jellyfish and the Smokehouse.

It is a hard act to compete at Nelson Centre level so extremely satisfying and encouraging when some of the Mapua championship winners are prepared to put their heads above the parapet to play in the Champion of Champions matches. Ben Whitten and Julina Ismail entered the Junior Singles; Sue England and Les McAlwee battled in the Senior Singles; Sue and Julina played in the Senior Pairs; Sue and Jean Daubney played in the Veteran Pairs. A good effort that keeps the Mapua flag raised.

Social evenings start in May and continue throughout the winter months on the first and third Fridays, 5-8p.m., where lawn bowls is exchanged for indoor carpet bowls, table tennis, pool and cards. We would be delighted to see some new faces and Jean or Dave will tell you more about it.

For information about bowling, coaching or booking the clubhouse and facilities please call the secretary, Jean Daubney, (540-3281) or the president, Dave England (540-2934) or email s1ad2as3@xtra.co.nz

Sue England



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atimms68@gmail.com
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Coastal Garden Club

The monitoring of fur seals on an island 12km out from Haast off the west coast of New Zealand was the subject of a talk to the Garden Group at its April meeting.

Mara Stratton, a wild life vet, spends December and January on Taumaka Island which is only 600 metres long yet is one of the main breeding sites for seals. She shares a hut with five others and they count and tag the seals for the Department of Conservation. The team and enough food and materials for a two-month stay are dropped off by helicopter.

Mara outlined the history of fur traders in this area and entertained members with stories relating to her many visits to this island and her obvious fondness for the sometimes maligned seals.

Unfortunately, fur seal numbers were continuing to decline. Over-fishing and reduced fish stocks in the area meant that females often had to leave their pups for extended periods and travel long distances to feed. Many pups died from hunger during these enforced absences.

Slides and sound effects revealed that despite the island's isolation it was far from a quiet retreat and the vegetation created a rugged beauty. Question time

revealed an enthusiasm for this project. In particular, the male members wanted to know more.

Gino thanked Mara for her talk and then conducted the garden forum. Many questions relating to fruit trees were discussed and answered. We were advised to shift trees between June to August and learned that it was beneficial to add gypsum to the soil. Now is the time to take rose cuttings and they should be placed in sand.

A visit to Michael Edward's garden is planned and members will be emailed details.

Earlier during general business President Adrian outlined the details for the proposed November rhododendron visit to Taranaki. Names of those planning to join the group were noted and further details will be emailed to members. Members who visited Mike McGee's business were most impressed and a further visit for those who were unable to attend is planned.

A chat over tea and cakes was followed by a session on flowers that members had brought to display. This was another meeting of compatible, friendly folk.

Joyce Bullock

Mapua Easter Fair Again Popular

The 32nd Mapua Easter Fair was held on Sunday 20 April to the benefit of the youth of Mapua—specifically Mapua School and Playcentre. Before the fair, everyone had their fingers crossed while they searched their favourite meteorological website to get a “feel “for the weather on Easter Sunday.

MetService, farm reports and our favourite, www.yr.no, gave differing “opinions” of the day. Sun with clouds, rain showers, etc. All websites had a burst of activity the 10 days before the event. It seemed all were “a little bit accurate.” We had sunshine, downpours, sunshine and a few clouds.

The fair was officially opened by the school Kapa Haka, Ukulele and Choir. Their beautiful hand-sewn outfits emphasised their talents and enthusiasm. Audiences enjoyed their song, humour and capabilities as performers.

The organisers wanted to showcase the newly renovated Mapua Hall, local artists and the talents of local youth. The main entrance of the fair was through the hall, where paintings, photographs and the school café were on display. The beautiful new cookbook was a highlight with visitors clambering for a copy – even asking one of the authors for an autograph.

Although the weather tried to derail the chocolate wheel and silent auction, the team from Mapua School persevered and the punters loved their enthu-

siasm – making both activities a financial success. The teaching staff were excellent motivators when it came to buying paddles and raffle tickets. Again it was the local businesses that ensured success. Their generosity was amazing and really carried the day!

Although this year's fair was less successful financially, it was a huge success in terms of community commitment and support. The Mapua community is extraordinary. Residents, businesses and visitors give their time, their personal and financial support to many events and organisations throughout the year. For the past 32 years, with their support of the Mapua Easter Fair, they have ensured that the youth of Mapua are looked after and celebrated.

Thank you to all who give of themselves. We thank you and appreciate you!

The Mapua Easter Fair Committee



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Tasman Bible Church

Suffering Socrates!



My late father, when faced with some seemingly insurmountable problem or having just experienced something traumatic, would put voice to his inner frustration by shouting, "Suffering Socrates!" These days such a relatively benign outburst would probably not relieve much inner pressure at all—it would take something much more profane.

Expression of anxiety, anger or anguish is nothing new of course. Having just observed the Easter season, Christians have reflected on the suffering of Jesus the Messiah. He too, in the midst of traumatic and undeserved suffering, cried out in anguish, "My God, my God, why have you forsaken me?"

Suffering is part and parcel of the human experience (I'm talking real suffering here, not just the odd stubbed toe or a mild case of tooth ache). We all suffer—no human being has ever been or ever will be exempt from suffering. Even God himself suffers! The very same word used by Jesus to describe his anguish (forsaken) is used by God to describe how people have forsaken him. (Deuteronomy 28:20)!

The "why?" of suffering is not an easy thing to grapple with regardless of your world-view. If you believe that everything in the universe is the result of natural forces—that human existence is simply a matter of time plus chance—then there is no answer to the "why?" question. The question is irrelevant. We exist by chance and we suffer by chance. All we can do is minimise suffering as much as possible (especially my suffering).

Different religions seek to answer the question of suffering in different ways. Behind the Hindu/Buddhist idea of karma is the belief that all suffering has a cause. Personal suffering relates to your past life (or lives), so you suffer now because of what you did in your previous existence.

Christianity has a different answer. It ultimately ties suffering to sin. The entire cosmos has been tainted by rebellion against the creator God. The world as we know it is not the way it was supposed to be. It has become dangerous, painful, and ugly in comparison with God's original creation. It will be put right again, but not by human advances in technology or the process of social evolution. Putting an end to suffering will take an act of God.

Geoff Paynter

For more information on Tasman Bible Church go to www.tasmanbiblechurch.org.nz



The ever-changing scene from the wharf at Mapua

Mapua Tavern MEGA Pumpkin Competition

Weigh in 1pm 12th April 2014 at the Mapua Tavern

Category	Sponsor	Pumpkin	Winner
Children's Best Dressed	Mapua Four Square	2kg	Ellie Ross #43
Children's Arty Farty	Karpaints Mapua	16kg	Celia Blake #46
Arty Farty	Graham Snook Originals	100g	Kathryn Barlow #51
Ugly Fugly	Woodstock Bourbon	121.5kg	Brook Syndicate #1
Prettiest	McGlashen Pharmacy	44.5	Blake Davis #48
Average Weight	Speights	(72) 97kg	Warren Goodfellow #49
3 rd Heaviest	Fred Cassin Scaffolding	121.5kg	Brook Syndicate #1
2 nd Heaviest	Mapua Tavern	136kg	Rex Dasler #2
Mega Big Boy	Mitre 10 Mega	333.5	Tyler McKay #50

* Childrens Categories for under 12 years old



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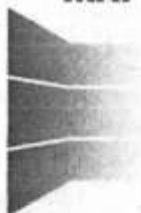


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4G
youth

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Lynda's Exercise Classes in the Mapua Hall

Term 2 ~ a nine week term
starts May 6th, ends July 4th.

Winter term start times for day-time sessions.

Tuesday

Cardio / Strength 6.00 - 6.45pm
(no coordination required)

Pilates 6.55 - 7.45pm
(all levels, beginner to advanced)

Wednesday

Aerobics 9.15 - 10.00am
(the old-fashioned dance-around-and-sing-along kind)

Pilates (all levels)..... 10.05 - 10.55am

Friday

Cardio/Strength 3wk rotation 9.15 - 10.00am
with fast Aerobics/Pump & Step Cardio/Weights

Pilates (all levels)..... 10.05 - 10.55am

FOR THE TERM

1 session per week	\$70.00
2 sessions per week	\$130.00
3 sessions per week	\$155.00
4 sessions per week	\$180.00
5 sessions per week	\$200.00

Please email lynda@hht.co.nz, or ph 5432268 or 027 222 1491 to reserve a place, minimum 15 / session, maximum 29 / 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.

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.

The deadline is the 20th of each month with each issue coming out on the 1st. Email coastal-news@mapua.gen.nz for full terms and conditions.



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Motoring with

May 2014



Are you getting all your stopping power?

Brake fade is similar to brain fade - reaction time is slower; snappy performance is replaced by a dull, mushy feeling; and in critical situations the slowed response time can be potentially disastrous for you, your family and all other road users.

As covered here in the December issue of Motoring with Mapua Auto Centre, there are several mechanical reasons for brake failure with one of the most overlooked causes being contaminated brake fluid.

Conventional glycol-based brake fluid used in passenger vehicles is hygroscopic, meaning it absorbs water. Water in the brake system will lead to:

- A fluid leak as a result of corrosion in critical areas, and/or swelling and deterioration of seals.
- A reduction in the fluids boiling point causing it to overheat in high braking conditions.

If any of these situations occur and your braking efficiency will drop and the brake pedal will begin to feel spongy. When this occurs, you will travel further before slowing down, even when the pedal is pushed harder. If left unattended, eventually your brakes will fail completely, risking not only your life but the lives of your passengers, other motorists, cyclists and pedestrians.

Using a 'Brake Fluid Flush Machine' is the only effective method to remove all the old brake fluid from the entire braking system, and replace it with new fluid ensuring no air is introduced into the system.

Brake Fluid Differences



Contaminated Fluid

Clean Fluid

Remember, your vehicles brakes are a series of inter-connected components and sub-systems, and like a chain is only as strong as its weakest link - look after them like your life depends on it.

Happy & safe motoring
from the team at



Hills Community Church

Someone once said “Life is what happens to you while you are busy making other plans.”

There is a great truth captured here about the way all of us experience life. This time of year also particularly reminds me of this quote. Each year starts with a lot of plans and expectations, and then the year gets busy. In church life it gets busy working towards Easter and then suddenly at the beginning of May you realise that without noticing it a significant chunk of the year has gone by.

One of the great lessons in life is that we need to learn to enjoy the life we are living at the moment, each day. It is all too easy to live with our minds in the future, by worrying about what might be, or in the past, by worrying about what has been.



In our family our daughter Emily, has just turned seven months old. It is such a precious time, and yet it is easy to miss the joy of this time with the busyness of life and thoughts of the future.

Jesus says it like this:

“Therefore do not worry about tomorrow, for tomorrow will worry about itself.” (Matthew 6:34)

Each day we live is the gift of life and we can miss it if we live with tomorrow’s worries. So may you be able to find the space to pause and give thanks for the gift of life this day.

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 & noon.

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

Kevin Brown
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2 Introductory Sessions

– attend either or both. Beginners welcome.

Saturday May 24th & 31st 9-10.30am

then Tuesdays 6–7.30pm (starts June 3rd)

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Three-day Quilt Show a Motueka Attraction

The Motueka Quilting Connection quilt show for 2014 is again being held at the Motueka Recreation Centre, Old Wharf Road. It will run over three days – Friday, Saturday, Sunday, 16 to 18 May. This fabulous annual event will again showcase our members' work and also from quilters around New Zealand.

The exhibits will include quilts of all shapes, sizes, themes and colours to keep you interested and there will be the old favourite—The MQC Members' Challenge. We will also have The Hoffman Challenge Quilts which are always spectacular, and The Nutex and NZ Quilter 'Colours of NZ' Challenge Quilts from quilters around New Zealand. You will be amazed.

As well as enjoying the stimulating exhibits, the public will have a chance to vote for their favourite quilt, along with the club challenge quilts. The theme this year is 'Light'.

The show will run from 10am to 4pm each day. Admission will be \$5 which includes refreshments. The 1st prize for the raffle is a Bernette sewing machine. This has been kindly donated by the Bernina Sewing Centre, Nelson, who will have a stand at the show to help with any machine issues. There will also be an interesting Merchants Mall which will include fabrics, accessories and jewellery.

This year part proceeds of the raffle will go to the Nelson-Tasman Hospice and Women's Refuge.

*At right is a quilt
by Joan Mytton
of Mapua that
will be on show.*

*NB: The Venue
management has
requested that no
stilettto heels be
worn please.*



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Mapua Community Hall Activities

23 May, 4th Friday Event

6pm Drinks & Nibbles, 7-9pm

Speaker: Firooz E. Zadeh.

THE POWER AND PERIL OF OIL, & WARS TO GET MIDDLE EAST OIL

Originally from Iran, Firooz E. Zadeh is a retired professor from Colorado, USA and now lives in Richmond. A former international athlete, he has written many award-winning books which are "informative, entertaining and interesting". Firooz has been a lecturer for cruise ships, sharing insightful information on many countries, especially Iran and the Middle East. His first-hand knowledge and personal experiences combined with a "unique sense of humour will make you think, laugh, cry and be thankful for the fortunate lives we have".

Hall Coordinator paid job.

The Hall Society is looking for a suitable person to work in the office 10 hours each week until 23 December 2014 at \$20 /hour.

The duties include: run the basic administration and office work for the Hall; manage Hall bookings and invoicing; check on Hall facility for repairs, etc.; promote the use of the Hall; report each month to the Committee.

Applications close on 15 May.

Please send a one page summary of your relevant experience and skills, and any time constraints you have for this part-time work, to the Chair of the Committee, Tord Kjellstrom: kjellstromt@yahoo.com.

ANNUAL GENERAL MEETING (AGM), MAPUA PUBLIC HALL SOCIETY

MONDAY 23 JUNE 2014 7:00 p.m. at the Hall

We now have a wonderful refurbished community hall in Mapua that is much enjoyed by many different groups. The hall is a 2 million dollar facility owned and operated on a non profit basis by the Mapua Public Hall Society. The AGM of the Society reviews the activities and elects a hall committee to manage the affairs of the hall.

The current committee invites everyone in our community to help in one of three ways:

- Join the Society for a fee of just \$10 per year. Membership of the Mapua Public Hall Society is open to all in our community for just \$10 p.a. There is no liability or committee responsibility attached to membership, but members are kept informed about special events, etc.
- Volunteer to help by either doing a regular office duty or in other ways for one-off activities. The committee is establishing an organized program of volunteer roles.
- Serve on the committee for a year.

Help us to sustain the future of our hall.

Please attend our AGM on Monday 23 June 2014!

Supper & mulled wine will be served

HOW TO GET FINANCIALLY FIT...

Gyms statistically report that member activity drops off significantly every year around mid-February. The lustre and vigour of the New Year's resolutions have dwindled, energy levels plummet and resolve is but a distant memory.

Around this same time, small businesses can suffer the same drop-off financially speaking.

Staying financially fit can be just as challenging as keeping up that workout regime. It requires a strategy of **attack**, bolstered with **realistic goals** and **timelines**.

Start with a little self-reflection. What did NOT work in the past? Repeating past mistakes is a common yet costly error.

A simple four-step approach can be effective

- 1. Keep track of all spending** - as important as it is to know how much is being spent, it is just as vital to record where and on what you are spending it.
- 2. Pay on time** - set up reminders and reminders for your reminders and become the customer that all your vendors like to work with. Not only does it boost your reputation, it will help keep you out of the red.
- 3. Be prepared and set aside an emergency fund** - This could be utilized in a number of situations but will no doubt relieve the stress of an unpredictable cash-squeeze.
- 4. Write down goals** - Be numerically specific, ('being rich' isn't what we mean!).

Don't panic if you feel a bit green at the start - financial intelligence is garnered through picking up bits and pieces during the process.

Have a built-in flexibility to your strict regime. Exterior factors like a recession or market fluctuation will inevitably call for some readjustments.

Constantly monitor and manage your fixed operational costs. Depending on what your cash flow status is, you may need to focus on areas such as advertising, subscriptions, office supplies, and customer entertainment to ensure there is a good return on investment.

Blast the bulge and burn off that excess fat. Consider staffing changes during slower seasons, combining job roles or taking on interns, freelancers and contracted workers during busier times.

Financial fitness is like any other diet or exercise regime - it requires lifestyle changes and the implementation of a constant learning curve. Signing up for the race is one thing, crossing the finish line is a whole different feat!



The Playhouse Cafe

MAY 2014 What's On Guide

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Sun 11am til 4pm

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26 **27** **28**
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WARMER MEAL \$15**
SUNDAY ROAST \$16

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No Surcharge

Waimea College
Music Night
Free
Food available
from 5pm

29 **30**
Waimea College
Music Night
Free
Food available
from 5pm
\$15 winter
warmer
meal
from 11am
till late

Closed
for
Wedding

31 **1**
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\$20 pre-sale
Annual big show!
This will
sellout!

Open
11am till 4pm
Sunday Roast
Special
\$16,
12 till 3pm

1
\$15 winter
warmer
meal
from 11am
till late

8
\$15 winter
warmer
meal
from 11am
till late

15
Andrew White
finger style guitar
Singer Songwriter
\$20, Show 8pm
Dinner 6pm

22 **23**
Regan Perry
with The
Soul Revolution
acoustic roots reggae
\$10, Show 8pm
Dinner 6pm

2 The
Germein
Sisters with
Bryce
Wastney
\$20 pre booked
6pm Dinner,
Show 8pm

9 The Johnnys
All girl Johnny
Cash Band
\$15
Dinner 6pm,
Show 8pm

16 Open
11am till 4pm
Rugby Fundraiser
Quiz night
Call for details

Open
11am
till
Late

3 A Bit Of
The Bard
A Shakespeare
Variety Show
\$15, Dinner 530
Show 7:30pm
Luke Burke
Fundraiser

Closed
for
Wedding

17 Fawltly
Towers
Night
\$20, dinner
and show
from 7pm
One of Hugh Neil's
last shows

24 Open
11am till 4pm
Closed for
Private
event

4 Tourettes &
Ben Salter
spoken word
poetry
hiphop night
\$10, 7pm

11 Mothers
Day
Open from 11am
Bookings
Essential

18 Open
11am till 4pm
Sunday Roast
Special
\$16,
12 till 3pm

25 Open
11am till 4pm
Sunday Roast
Special
\$16,
12 till 3pm

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985



"WITH AUTUMN UPON US WE HAVE SOME GREAT NIGHTLY DEALS FOR YOU
AND YOUR FAMILY TO ENJOY"

Monday -STEAK NIGHT

"HUGE" 500g steak mash or fries and
choice of mushroom, peppercorn or
garlic sauce only \$19.00

Tuesday -TUESDAY JAM

Come down and Jam with Ron Valente
(Gypsy pickers) all musicians welcome,
Starts @ 7pm, great night of entertainment

Wednesday -PIZZA AND PITCHER NIGHT

Any large pizza and 1.8 litre pitcher of
Carlsberg only \$30 + FREE POOL

Thursday -CURRY NIGHT

Delicious Indian and Thai curries with
basmati rice still only \$15.00

Friday -WIN CARLSBERG V.I.P TREATMENT

Drink Carlsberg during the week to go
into the draw to WIN 2x Super jugs 2x Large
Pizzas and the best seat in the house to watch
Super 15 Game @ 7.35 Friday -Drawn 7pm

Sunday -OUR FAMOUS "SUNDAY ROAST"

Beef or Pork with all the trimmings \$19.50
Served all day from 12pm -Please book

67 Aranui rd, Mapua Ph (03)5403465

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

Hours Monday though to Saturday 8.30 - 5.30pm
Sunday 10.00am - 1.00pm
15 Warren place, Mapua

WHAT WE HAVE AND CAN PROVIDE:

- **Green waste/Hard fill**, drop off.
 - **Soil**, We also stock lawn seed and lawn fertilizer.
 - **Gravels**, for driveways, paths, and water tables and con agg.
 - **Bark**, Stringy, Forest, Nuggets.
 - **Compost**, blood and bone and manure compost.
 - **Potting mix** in bags and also compost /blood and bone in bags.
 - **Fertilizers**, weed killer, and a range of Yates products.
 - **Crushed shell**, great for paths and around shrubs.
-
- **Gift ideas** (Pottery, chopping boards, bird houses, gift vouchers).
 - **Chook food**, laying pellets and wheat.
-

We hire out, water blaster, rotary hoe, trailers, weed eater,
concrete cutter, compactor, etc.

NEW TO THE SHED.

- **GECKOS AND FISH.**
Great as a gift or perhaps
you might want to put
one on the wall. We also
do gift vouchers





MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Coordinator: Janet Ph 540 3364

MEMBER PROFILE

Rented.org.nz

Rented.org.nz is a stand alone property management business that cover the needs of property investors/home owners throughout the Nelson Bays region. What's a stand alone property management business? Well simply put, property management is all we do.

When you engage one of Rented's experienced property manager's to manage your property you get the following services: Rental Appraisals, Property Listing, Marketing, FREE Video Tours,

Regular Property Inspections, Application Processing, Lease Negotiation & Documentation, Detailed Condition Reporting, Tenancy Management, Financial Administration & Reporting, Vacate Inspections, and Lease Renewals. So - How are we different from other "Property Management" Companies? Our main difference is our Property Managers own their own businesses - when you are talking with your property manager, you are talking to "the business owner".

Other points of difference include our proactive approach to managing properties. Rather than reacting when something goes wrong, or your property becomes under-rented, our experience and systems ensure opportunities are taken as soon as they arise and that the property is actually managed to ensure minimal expenditure and maximum return.

Our business strategy has resulted in specific investment in market-leading software systems providing both owners and tenants with real-time access to property information. We show properties for rent twice weekly and on weekends to maximise exposure. Our comprehensive application process provides the foundation for a successful tenancy. Rented.org.nz has a promotion running for the month of April '14 whereby service rates will be reduced by 50% for the first 6 months.

To enquire simply e-mail the team with over 15 years local experience - Jacqui Singleton at rented6@rented.org.nz or David Turnhout at rented3@rented.org.nz

www.rubycoastmouterehills.co.nz



Annual General Meeting

The MDBA's 22nd AGM will be held at the Mapua Bowling Club on the evening of Tuesday 20th May. Rick Weldon will be guest speaker and is sure to inspire with his presentation entitled **FROM GARAGE TO AMAZON - Tips to successfully bring your startup to market**. How a local business can reach the world!!

All current and potential members are welcome to attend this meeting. Please **RSVP** to Janet at coordinator@rcmh.co.nz or ph 540 3364.

MEMBER PROFILE

Mapua Fitness Mania

My name is Ben Schroder and I opened Mapua Fitness Mania in January. My long held dream of opening a twenty four hour gym for public use in the Mapua region is now a reality. After a lot of hard work and help from a bunch of amazing people I have got there, now to make it work.



The gym has lots to offer from a cardio room to spin classes, boot camps and a large extensive range of weight machines and weights. There are personal trainers avail-

able on request to help you reach your goals. These may be for injury rehab, weight loss, strength building or just simply to have fun and be fit. My membership prices are very reasonable and I also offer concession cards. Give me a call or text to chat about what we can offer you and come and check out the gym in Warren Place.

Ph 0278848555

like us on **fb**
mapua fitness
mania and find
out more about
what we can offer
you.



Supporting local businesses since 1992

Noticeboard

Poppy Day: Moutere Hills RSA thanks the residents of Mapua and District for their very generous support through the stall at the Mapua 4 Square on Poppy Day and through the district's schools. The money collected will be used to support those ex service men and women and their spouses where a need is demonstrated.

Community Association: Mapua & Districts, General Meeting, Mapua Hall, Monday 12 May at 7pm. The meeting will kick off with a public forum so everyone welcome to have their say.

Another "**Senior Moments**" lunch will be held on Thursday 15 May at the Hills Church cafe from 1130-1330. The colder weather cries out for some nice hotpots /casseroles.....so if you are over 60, want to connect with others, swap some stories, relax and enjoy a nice warm lunch, please ring Henk or Maryke, 540-3498 for catering purposes.

Space in a Shed? Tamaha Sea Scouts have purchased another cutter. We need somewhere to store it for the rest of this year. It needs a space 6.5m x 2.4m. Please contact Bruce Dewe, 540-3663, 021 121 1026, if you think you may be able to help us.

Swimming Lessons Term 2 in Mapua Chalets indoor pool are now available to book online at active-kidzswimschool.co.nz or ring Andy and Karen on 540-3316.

The **Mapua Mosaic Project** is moving into construction phase. If you wish to be on the mailing list to receive notifications of mosaicing sessions, please contact Bridget on 540-2461 or bridgetcastle@xtra.co.nz. The project is partially funded by the Mapua Community Trust and by Creative Communities NZ through the Tasman District.

Mapua Art Group meets in the Bill Marris Room at Mapua Hall every Thursday morning from 9 to noon. Like-minded artists get together to paint, draw and help each other in a fun and social environment. All levels and media welcome. \$5 a session includes morning tea. Tables, chairs and 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 – Wool Gatherers meet at Mapua Hall, second Tuesdays, 10am. All welcome.

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

Olive oil. Delicious Leccino 2013, \$20 750ml. Ph 526-6288 fulford.kina@xtra.co.nz. Kina Olives.. We will deliver.

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. Are you a gardener with a special love of roses? We meet monthly - contact Margaret 03 528-8477 or Cynthia 03 528-8664.

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.

Skye Harvest Extra Virgin Olive Oil : 2013 Frantoio, available fresh from the producer. 750ml \$20. Ph 540-2698, email mcleodsarah@xtra.co.nz. Orders delivered or call in 113 Seaton Valley Rd Mapua.

Qi-gong, Yuan Gong weekly in Mapua. For information contact Marianne, 546-8584 or bmtc@xtra.co.nz

Tuesday jam / open mic night: Ron Valente [Gypsy Pickers] hosts and performs every Tuesday from 7.30pm at The Tap Alehouse & Restaurant in Mapua.

Ruby Coast Newcomers Coffee Group: meet new people, make new friends. 10am last Friday of month, Tasman Store. Info: Richard & Viv, 526-6707, rscllement@xtra.co.nz or just turn up. All welcome.

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

Recycling: Printer & photocopier cartridges can be left at Tasman Bay Vets, 69 Aranui Rd, 8-11am & 3.30-6pm. Help reduce landfill and support fundraising. Managed by MDBA with thanks to Tasman Bay Vets.

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 new friends. Debbie, 543-2915

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

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

YOGA with Robin - Classes weekly. All levels welcome. Call 540-2113 for class times & information. www.rubybayyoga.com