

# CANVASTOWN Community Association

## Havelock's Mussel and Seafood Festival

2019 is already shaping up to be even better than the 2018 one with a high-profile band and well-known chefs on the verge of signing contracts.

The Festival's Committee has several experienced members who have returned to assist this year but to ensure the Festival's success, other members are always welcome. If you enjoy working in a team and assisting your community at the same time, please contact Ian Cameron [ianc.cameron@xtra.co.nz](mailto:ianc.cameron@xtra.co.nz) phone 574 2558 for further information. Tell us your particular interest as there are many diverse roles which go together to make the Festival a success, for instance you may be interested in organising the Corporate tent.

The Committee meets in Havelock monthly.



Welcome to this September newsletter from the CCA

At our August CCA meeting attended by MDC, we discussed and decided to expand our Small Townships Programme that has already been allocated up to \$15000 for the enhancement programme (in two stages) and the creation and erection of a Pou.

We have decided to apply to MDC to access additional regional development funding available through MDC for up to \$300,000 over a maximum 10 year period. This gives us far greater scope to look at more projects like access, parking, landscaping, amenities, recreation etc., that can be shared and enjoyed by all the young to the older folk in our community.

A focus sub-committee has been convened and they will now prepare and move forward necessary plans to satisfy MDC funding access requirements for stage one of the enhancement programme. **This sub-committee seeks YOUR input and ideas of what YOU want to see happen in our area.**

**Help us to help you! Your input is important to us all.**

The Pou has significance to us and our local iwi and was discussed at length. Initial ideas and response will come from the iwi and we will keep you informed.



The CCA will hold the next regular monthly meeting on the Tuesday 9th October at 7pm in the Canvastown School which we invite you to attend.

Alan Rees, CCA Chairman

Havelock Museum and Canvastown Settlers  
Association presents :

**The Wakamarina Goldfield**  
– its importance to the history of Marlborough

**Sunday 14th October 2018**

**Speaker:** Dr Mike Johnston –  
geologist & historian. Author of  
*Gold in a Tin Dish – a History of  
the Marlborough Goldfields*



**Dr Johnston will present at 11:30 am  
and at 1:30 pm**

RSVP or for further information contact  
[vlh.armstrong@xtra.co.nz](mailto:vlh.armstrong@xtra.co.nz)



Havelock Museum Society Inc.

## Pelorus Area Health Trust

### Mobility Aid Equipment

Mobility Aids are available at no cost to Pelorus residents.

Koha/Donation appreciated to maintain and upgrade equipment.

### Mobility Aids

Extendable Arm Crutches, Crutches, Footed Walking Sticks, Walking Frames, Foldable Walkers, Wheelchairs, Swivel Seats, Rubber Ring

### Bathroom Aids

Toilet Seat/Commode, Shower Stools

### Other Aids

Bed Pole Hoist, Blood Pressure Monitors, Pickup Sticks

Come into our Charity Shop

Main St, Havelock for equipment bookings and more information.

Shop Hours are Monday to Saturday,  
10am until 3pm



## REFLEXOLOGY

### What is Reflexology?

Is a science based on the principle that reflexes, or areas, in feet, hands and other parts of the body relate to the internal organs and other structures of the body.

Reflexology is truly a holistic non-invasive therapy, where the practitioner sees the patient as a whole; the body does not function as an individual part but as an interaction of its many structures and systems.

Healing by touch is as old as mankind. It requires insight, intuition and the use of specialized skills and techniques. Touch or massage has historically been used as a restorative to bring back health and strength.

Reflexology has been around in one form or another since the time of the ancient Egyptians

It was also practiced by the ancient Chinese healers before Acupuncture was introduced. Reflexology is Acupressure or the sequential stimulation of pressure points without needles where the practitioner uses hand, thumb and finger pressure to achieve the desired result.

### What are the Benefits of Reflexology

- Stimulates the central nervous system
- Increases energy levels
- Boosts circulation
- Induces a deep state of relaxation
- Eliminates toxins in the body
- Prevents migraines
- Cleans up urinary tract conditions
- Speeds up recovery after injury or surgery
- Helps relieve sleep disorders
- Reduces depression and relieves pain
- It can help to ease the side effects of the treatment of various cancers
- Helps to soothe the pains of pregnancy even those occurring after baby is born

### The Reflex Retreat

547 Wakamarina Rd. Canvastown

03 574 22 42 or 0210 2577 632

Reflexologists: Cora & David Slater

e-mail: thereflexretreat@gmail.com

Facebook: thereflexretreat

### Typical Conditions We Treat For

Allergies; Spinal & Neck Problems (The Skeletal System); Digestive Problems; Stress/Anxiety/Nerve Disorders; Depression; Insomnia; Prostate/Urinary Problems; Lymph system/Oedema; Menstrual/Menopause & female Hormonal Problems; Sciatic and Buttocks or Heels and Leg Pain; Liver and Kidney Disorders; Respiratory Problems; Circulation; Muscular Problems; Smokers; Weight/Overeating Problems; RSI (including carpal tunnel syndrome); Balance and Equilibrium (homeostasis); Skin Disorders

We look forward to treating you

## Canvastown School

The Canvastown School Board of Trustees are pleased to announce that **Monika Prusass**, currently teaching at Tahunanui School in Nelson, has been appointed as **our new Principal**, position commencing January 27<sup>th</sup>, 2019.

The Senior Class Speech Competition was held on September 12<sup>th</sup>. The judges were Ian Cameron and Hazel Booth. In the Years 5 & 6 category, **Finn Foster came 1<sup>st</sup>, Luke Zillwood was 2<sup>nd</sup> and Kaya Luscombe 3<sup>rd</sup>**. In the Years 7 & 8 category, **Charlie Richmond came 1<sup>st</sup>, Kirrilee Lilburn-Goodwin was 2<sup>nd</sup> and Marian Vibar came 3<sup>rd</sup>**. The teacher's award went to **Rachael Kleinmeulman!**

**The Pelorus Cluster Cross Country** was held on September 14<sup>th</sup>. It was a superb day and everyone gave it their all. **Rai Valley and Canvastown tied for 1<sup>st</sup> place, Havelock were 3<sup>rd</sup>, Waitaria Bay 4<sup>th</sup> and Linkwater 5<sup>th</sup>**.

### JUNIOR RUGBY

Junior Rugby has now finished for the season with Pelorus only being able to field one team, Rippa Rugby U6.

Some of the other children branched out and played for Renwick, Harlequins, and Moutere.

Griffin, Finn, Luke, Nikau, Josh and Jack loved playing their chosen sport, there were mixed results, but we definitely have some up and coming stars among you.

Peter's Pruning and Lawn Service

Phn 03 574 1337

Peter Pearson



## A Piece of History— Canvastown School

*Contributed by Linden Armstrong (Rush)*

Early classes were held by Polly Yorke in her family farmhouse.

In 1877 a School opened on the hillside above Racecourse Creek. The School Committee in 1878 was Messrs J Rutland, G Rutland, D Couper, R Jones, J Bown, J Wilson and J Ahern. The teachers residence was completed in 1880 much to the delight of the newly appointed John I Hart, an Irishman. He taught at the School for many years was respected in the Community for his service to the Library and Post Office. He was killed in 1887 when he fell from his horse and is buried in the Ruapaka Cemetery.

In 1897 a new School and Schoolhouse was built on the current site. The School was typical of the times, tall with very high windows. The building was remodelled in the 1940s.

The present School was built by William Davies (later Publican of the Trout Hotel) and opened on the 25<sup>th</sup> May 1957. While being built classes were held over in the Memorial Hall in the Supper Room. Mrs Moira Webb and Mrs Holmes were the teachers. Mr Keith Wilson and Mr Ian Scott were the next two Headmasters.

*Footnote: I attended Canvastown School from 1953 to 1959 so attended the old school and the new one. I was the first recipient of the Ball Cup.*

Reference: *Gold in a Tin Dish*, Mike Johnston, *Canvas and Gold*, Norman H Braysha

We have a display of historical photos in the Canvastown Memorial Hall. Phone me, Linden, on 5742150 if you would like to view.

Havelock Charity  
Shop  
New and Preloved  
Goods

**HUGE SALE**  
**ALL of OCTOBER**  
**50% OFF**

**ALL \$3 Clothing & Children's Wear  
in the Barn**