

Long Term Plan Under Scrutiny

Tasman District Council councillors and staff were present for the March meeting of the Mapua and Districts Community Association to take questions on the Long Term Plan 2018-2028, under consultation until April 5. Crs Tim King, Anne Turley, Dean McNamara, David Ogilvie and staff members Sharon Flood, Mike Drummond, Sharon Threadwell, Mike Schruer and Helen Lane attended to answer questions and concerns.

Tim King began with a 10-minute overview of the LTP and its focus on:

Rates Affordability (3% per annum increase cap) and Managing Council's Debt (\$200 million cap)

Growth (\$58 million growth investment over 10 years) and Infrastructure (\$157 million capital investment over 10 years)

Development and Financial Contributions Policy (3 new catchments for water supply, waste water and storm water; smaller contributions for small homes)

Drinking Water Supply and Quality (\$58.6 million invested over 10 years)

Funding Motueka's Water Supply (\$5.6 million)

Residents questioned TDC staff regarding their intent to finish the legacy Ruby Bay stormwater plan stages 2 and 3. Mike Schruer answered he was unaware of the plans, then later amended that remark to say the stage 3 work was projected to happen this year.

As to whether there is any provision for building a standardized sea wall from Mapua through Ruby Bay, Cr. King said there is no current plan to extend the sea wall and suggested residents write a submission that also included funding strategies.

One resident questioned whether the plan to upgrade the sewer and water connections across the Mapua estuary would be moved away from the Waterfront Park so that a regional boat ramp could be built in the park. Mr Schruer responded that the upgrades would happen to the infrastructure currently in place. Cr King added that using existing pipes would minimize the risk to disturbing the estuary.

Concern was expressed that the LTP focused on stormwater upgrades in Richmond, Motueka and Pohara, and not Ruby Bay or the Mapua School. Mr. Schruer stated that smaller fixes in other communities will always be attended to despite this emphasis on these three areas, and that Mapua School's system has been fixed.

For more information, go online to: www.tasman.govt.nz/LTP. The TDC intends to adopt their latest LTP by the end of June.

In other Association business:

Roads and Pathways

The footpath on Higgs Road is almost complete and the contractors have started on installing the Refuge Crossing to Mapua School. The entrance to the Country Store and pathway around the store will be permanently completed but the Refuge through the island will be fully completed later this year when the water and sewerage pipe work is done. The road in that area will be asphalted at that time.

Dominion Flats

It has been a wonderful growing season at Dominion Flats, for both plants and weeds, but we continue to attack the weeds with weed-eaters and by hand. It is an ongoing process of course but many of the plants are now tall enough to beat the weeds and in time will create enough shade to suppress them. We have planted quite a number of cabbage trees, akeake and others that have been donated to the project so as usual, have been really busy with just a small band of helpers at present.

A start has been made on the back track which, when finished, will make a great loop for walking or biking.

We are having talks with Mapua School staff at present, who we hope will involve the students with the creation of a mural for the underpass and have applied for money from the TDC Creative Communities grant for materials for this.

We are looking towards our big planting days in May when we will have 4000 plants to get in the ground so will need many helpers. Mark your diaries for May 19/20 and 26/27 to join the planting bee.



Waterfront Update

There was a discussion about recent TDC correspondence regarding their intention to end the Waterfront Park Advisory Group's work in favour of a new working group focusing on the implementation of the Mapua Waterfront Area Masterplan. Tim King noted the intention is still to have a group comprising the entire community. Elena Meredith noted the need to maintain a cooperative partnership model.

A motion was then proposed (Elena Meredith/Helen Bibby) that:

MDCA reply to the letter sent to our reps on the Mapua Waterfront Advisory Group 2 March 2018 signed by Mark Johannsen Property Services Manager proposing that the Advisory Group be replaced by a Masterplan Working Party "to help with the implementation of the Actions" [proposed in the Masterplan]

Our reply reminds TDC that:

a) this Advisory Group was established as a result of a community initiative to ensure open shared communication and decision-making by all those involved and affected.

b) Any changes to this structure also need to be made through an equally co-operative process including the broad community interests and with agreement from all those involved

Our MDCA reps attending the next Advisory Group meeting (21 March) are mandated to express concerns at the focus of the letter received and to support the approach expressed in this motion

The motion was lost after further discussion. Instead, the meeting agreed that MDCA representatives be mandated to maintain a cooperative partnership model.

Mapua School is making more ceramics to replace damaged art on the Aquarium Memorial Art stands at Waterfront Park. New "Do not climb" signs have been completed. Installation of the new kids' tunnel and steps for Waterfront Park has been delayed due to TDC personnel being caught up with flooding problems but the goal is to get these in place some time soon. A motion was passed that "the MDCA apply to RATA Foundation for funds to cover the provision of a BBQ and shade sails for the Mapua Waterfront Park."

Water Infrastructure Sub-committee established

Chairperson Elena Meredith suggested establishing a Water Infrastructure Sub-committee, noting this issue was a high priority for the MDCA some years ago but never eventuated. A motion was passed "that a new subcommittee be established by MDCA with a focus on water infrastructures in Mapua and districts. This would include:

Fresh-water supply

Storm water including drainage, flooding (from rain and sea)

Sewerage systems

Catchment systems and coastal protection

This sub-committee would liaise with TDC and invite input from and seek to work collaboratively with other related community interest groups such as Ruby Bay Coastal Property Owners.

Anyone interested in being part of the subcommittee to contact Bruno Lemke or Devin Gallagher.

Trees outside Mapua Bakery

Elena Meredith, Trish Smith and Wayne Chisnall met with Village Mall owner John Ritchie and landscaper Heidi Stewart regarding Ritchie's intent to cut down the mature trees adjacent to Mapua's Village Bakery. Elena noted that Ritchie and Stewart have a detailed plan with more planting and softening of the area which will be forwarded to the MDCA. Wayne noted that Ritchie is hoping to save the tree at the back.

Maintaining Boat Ramp Access

Complaints had previously been heard regarding limited access to the wharf boat ramp during a recent evening concert on the wharf attracting hundreds of

people. Cr King advised that the wharf landowners now will consult with the tenants and Sea Scouts each time an event application is made.

February minutes amended

Clare Kininmonth asked to amend the MDCA's February meeting minutes on behalf of Martyn Barlow of the Mapua Boat Club noting that the minutes misinterpreted his comments about the boat ramp

issue and did not reflect what he was saying. The Boat Club's position is that "they need access to the existing boat ramp maintained until a solution is found. As the TDC is supporting a regional boat ramp in the LTP, that is what Mapua may end up with. Noted that the Boat Club is not opposing a regional boat ramp but it is not the main aim of the Boat Club." The meeting agreed to amend the minutes to reflect the Boat Club's position.

April Meeting

Local climate change expert Tord Kjellstrom and his research team from the Ruby Coast Research Centre will present a brief report on how climate change will impact our local community and the world at large. Be sure not to miss this important presentation, especially in light of recent climate events in our area.

Join us at for our next meeting: 9 April, 7pm at the Mapua Hall.

Tim Hawthorne, MDCA Executive Committee



Climate Change—Already Here ?

Submitted by the Ruby Coast Research Centre (RCRC): Tord Kjellstrom, Bruno Lemke, Matthias Otto, Chris Freyberg, and David Briggs. An introduction to discussion at the Mapua and Districts Community Association monthly meeting at 7 pm on 9 April in the Mapua Community Hall.

Climate change is upon us and we may be experiencing the kind of impacts that we will see more of in the future. The Ruby Coast Research Centre is researching and information-sharing on climate change impacts, with a focus on effects on working people at global level. We also keep an eye on local impacts and wonder about the underlying causes of recent weather extremes.

Recent major events of extreme weather in the Mapua and wider Tasman District have had major impacts on many homes and businesses. The severe damage from the two cyclone remainders (Fehi and Gita) was caused by storm winds, rain downpours, floods and landslides. Is this a sign of what the ongoing climate change will bring?

One might well ask this question, because the projected effects of the climate change include more violent and more frequent storms with extreme rainfalls. In addition there are increasing temperatures, changing geographic patterns of rainfall and sea level rise.

Local signs of climate change

More energy in the atmosphere—more frequent and more violent storms

Extra low air pressure bringing high tide higher up—storm and waves moving water higher

In the longer time perspective, sea level rise bringing high tide even higher

Higher sea water temperature leading to higher evaporation, more water in the air, more rain

Higher air temperatures and higher humidity causing heat stress in people working

The increasing temperatures are the primary result of the accumulating greenhouse gases in the atmosphere. This is basic physical science and the mechanism has been known for more than a century. The increasing air temperatures contribute to increasing ocean water temperatures, and this year the sea water around New Zealand is experiencing a dramatic "sea heat wave" with water temperatures up to 4C warmer than normal. And cyclones breed in warm ocean temperatures.

Higher sea water temperatures lead to increased evaporation of water from the sea and more water vapour in the atmosphere. So when it rains, it pours. The strong winds during the passing of cyclone Fehi pushed water into Taman bay with water levels at high tide possibly a metre higher than normal. And

what about sea level rise from ocean water expansion and the melting of land ice?

If you ask meteorologists whether these recent storms can be blamed on climate change, they are likely to say that no specific storm can be linked to climate change at this time. The connection is statistical and can be shown only when the number of storms a year or decade is increasing. It is like the situation for certain diet components and symptoms of heart disease where the link can only be shown statistically. However, the symptoms of global climate change are exactly what we have seen locally, so maybe the statistics are already telling us something. We will discuss these observations at the 9 April meeting.

The RCRC has so far mainly analyzed the impacts of increasing heat in tropical and sub-tropical parts of the world. The local heat levels make it very difficult for people to their usual work and family incomes and the local economy suffers. And where are those people going to go when their part of the world becomes too hot to make a living? The clinical health effects of heat can also be extreme and every year many workers suffer heat exhaustion, heat stroke and some die. Our research is done in cooperation with a number of European institutions and international agencies in Geneva.

Our analysis includes comparisons of the outputs from different climate projection models and different greenhouse gas emission policies (the so-called RC Pathways). The hottest populated areas of the world now have fewer than one million people and in those areas physical work, even in the shade, is almost impossible during the hot season. Even with the most optimistic assumptions of future global warming trends by the end of this century our analysis shows that 48 million people will live in such hot areas. Based on the combined warming effects of present policies in all countries, the hot areas will be larger and 540 million people will live in such areas.

Not in Nelson, you may say. Actually most heat comes from inside when we work hard so it depends what you are doing. For hard work, as our study on forest workers in our inland forestry areas showed, the increase in air temperature when it is humid will have an important effect on worker productivity.

Those interested in our research can check what we are doing on our website www.ClimateCHIP.org or come to the April meeting of the Mapua and Districts Community Association with your questions, or email us at kjellstromt@yahoo.com.

We are hoping to include new active members of our research team. If you have a suitable expertise in public health analysis, environmental science, statistics, economics, or other relevant fields, please get in touch.

Dancing Focused on Enjoyment

Line Dancing down at the Mapua Community Hall is under way again for 2018. We have had a good response with new dancers joining the line this year. Although we are a few weeks down the track new dancers are welcome. Our classes start at 9am each Tuesday. Come along and take a look. The hall is fantastic and is a credit to caretakers. Sioux Line Dance leader Sue Wilson is an experienced teacher of not only line dancing. Sue has a background in highland dancing, tap dancing, and is a qualified judge and teacher of both. Teaching and introducing clogging (Appalachian Tap Dancing) to the Nelson Tasman area is an added string to her bow in the realms of dance. They say dancing is in your blood, Sue says dancing is her blood.

Line dancing has become the main interest for Sue, having retired from teaching highland and tap dancing. Sue has received many awards and accolades within the line dance field New Zealand-wide, including Special Recognition for her services to Line Dance, South Island DJ of the Year, Best NZ Choreographed Dance and Best NZ Workshop Teacher. Sue receives these with gratitude and humility. Admitting though that her greatest reward in teaching is watching her students accomplish the steps and seeing the expressions of achievement on their faces. "Yes! I can do it," watching a hall full of line dancers performing one of her own choreographed dances.

At the helm also at Mapua on a Tuesday morning is Tasman line dancer Julie Thomas. Julie likewise

has many years' experience in line dancing and encouraged Sue to open classes in Mapua. Julie assists Sue during class as the Back Row Assistant Teacher, (BRAT). This makes dancing a little easier when the dance progresses to the back wall, and the class can then follow Julie's foot-work.

Our other team member is Danuta. She is also and dancer of long standing and is our welcoming smile at the door, raffle organiser, and public relations person. More importantly she is our health and safety person. Danuta's inherent need to care stems from her many years in the nursing profession, in both Nelson and Christchurch hospitals, as surgical, oncology, chemotherapy and palliative care nurse. She keeps a watchful eye on us all and is there to talk to if needed, and to assist in any way.

As Team Sioux Dance we work together with our focus on enjoyment of dance and music, fun and friendship, keeping the mind, body and soul fit and healthy. Ongoing studies now acknowledge the benefits of dance.

"Dancing is like dreaming with your feet."



Danuta Newport (left) Sue Wilson (tutor) and Julie Thomas

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Better Local Body Voting System Sought

Mapua residents seeking a better and fairer voting system for council elections should sign a petition urging Tasman District Council to hold a poll on the historic but unfair voting system used up until now.

For the last 15 years councillors have decided among themselves how they get elected, even though they could have given voters the chance for a say on the voting system. They have opted instead to continue with the outdated "first past the post" voting system for the next two elections.

However, if enough voters sign a petition currently at Mapua Library, there is an opportunity (through a poll of voters) for a fairer, proportional voting system. The poll could set in motion a process to change the system for future Tasman elections. The law allowing voters to choose the best voting system for their council election is set out in the Local Electoral Act of 2001.

The First Past the Post (FPP) voting system currently used in Tasman means a candidate can win a seat with as little as 34% of the votes in a three-candidate election, if voting is evenly spread. In this example, 66% of votes are in effect "wasted" and the candidates who missed out might feel, justifiably, that they had a raw deal.

The alternative voting system being promoted by a current campaign would use STV (Single Transferable Vote), which is fairer for voters and candidates. That is because it is a progressive voting system, which ensures that a voter's second and third preferences are counted.

Contact person: Liz Thomas email:
lizthomaspost@gmail.com / phone: 021-106-4201



Petition initiator Liz Thomas (right) with helpers Penny Griffith (left) and Victoria Davis collecting signatures in Golden Bay/Mohua. (Reproduced with permission of The GB Weekly)



Love your car? Love to drive? Why not enjoy the company of other car lovers at the inaugural "drive to a lunch destination" mini road trip, Sunday 22 April. No matter what the make of your car, country of origin or the age, the group is for those that love their car and love to drive it.

Mapua Classic Cruisers isn't just about cars, it's also about having fun as a social group, enjoying great rides in and around the top of the south and initially, enjoying the drive to a lunchtime destination.

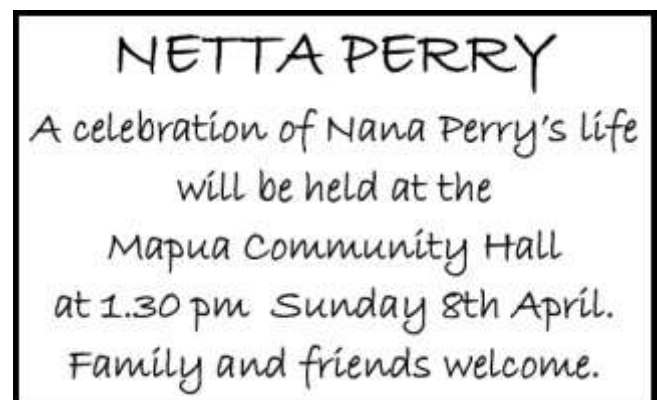
It is expected an "out and about" road trip would be take up to half a day, including as few local stops and ultimately enjoying great food, perhaps, and wine or a beers, and of course good company at a lunch destination. Over time, as the group gets more cars

and people on board, there may be opportunities to explore more of the country with weekend away or even longer road trips.

If you are interested in joining the group and would like more information about the group plus the first road trip on 22 April, please email Pete Archibald at mapuacruisers@gmail.com

For those with a Facebook account who want to keep informed about planned group outings, please send an email and you will be invited to join the closed Facebook page

Pete Archibald



Apple Fair Celebrates Autumn Harvest

Autumn's harvest of fresh, ripe apples is a delicious time of year in our district and once again the Wakefield Apple Fair will celebrate the harvest in both fun and practical ways at the Willow Bank Heritage Village, 79 Wakefield-Kohatu highway on Sunday 15 April.

Now in its fifth year, the Wakefield Apple Fair is a true community event; organized, supported by and benefitting our people. "As a community event we want community groups to benefit," says organizer Sylvia Huxtable. "Many of our stall-holders are locals providing great food and activities for the pleasure of fair-goers and at the same time raising funds for their organisation."

All the usual food favourites will be on sale; baking stalls, toffee apples, juices, milkshakes and many more.

The entertainment too will feature a mix of familiar and new performers. Returning are the crowd-pleasing Ragged Crow Morris Dancers and Plinkers ukulele band, and they will be joined by story-tellers Sue Albrecht and Allison Croft. The children's tent will host heaps of exciting activities for kids, while

the adults can join in the excitement of pressing and juicing apples.

Willow Bank historic village is both a delightful venue for the Apple Fair and a star attraction in itself. If you haven't visited Willow Bank the Apple Fair is a perfect time to discover the charms of Wakefield's own historic village. If you know Willow Bank already you will be keen to see the new attractions added since your last visit.

But, as always, the Apple Fair's main attraction is of course, apples, and the apple presses will be working overtime to process a small mountain of fruit into fresh, delicious apple juice. Bring your own apples to be juiced, or help yourself to free apples and take home your own apple juice at the end of the day.

Bring your family and friends to the Wakefield Apple Fair, Sunday 15 April. A great local event and a fun day out.



One tequila, two tequila, three tequila, floor.
Would a fly without wings be called a walk?
How is it possible to have a civil war?
Why is there an expiration date on sour cream?

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Croquet Comes to Mapua

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We are now playing Fridays at 10am as well as the regular Sundays at 1:30 pm. Come down and join us. Other times can be accommodated. All enquiries just ring 027 327 8052.

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Tasman Folk Invited to Join TACA

Tasman Area Community Association (TACA) is a voluntary body that was set up in 1989. Its aims are to protect and enhance the wellbeing of the residents and natural resources of the Tasman and Kina community. In order to fulfil these aims the association relies on sponsorship, grants, donations and annual membership subscription; plus volunteered time and resources.

A wide range of projects has been undertaken to improve the local environment. Pathways have been constructed and are maintained; children's playground facilities installed; ground restoration and planting; general maintenance and improvement of public facilities; fund-raising for the Baigent Reserve; and various wider projects supported e.g. the Ruby Coast Gateway Sculpture and Tasman School Community Pool.

The association has a positive relationship with the Tasman District Council and local councillors. Many projects have been collaborations between TACA and TDC and have received both financial and practical support from TDC. Councillors regularly attend committee meetings and senior TDC personnel periodically make presentations about matters of district importance to public forum meetings hosted by TACA.

Residents in the area from Ruby Bay Bluffs to Tasman and Kina are encouraged to join the association for an annual fee of just \$5 a family or \$2 an individual. Annual membership entitles you to be informed by email about meetings, local projects and events, and working bees. Members are also notified about publication of the bi-annual *Tasman Times* newsletter. This is mailed to residents without "No Junk Mail" notices but can also be referenced via the www.tasmancommunity.org.nz website.

Wag My Tail

Want a part-time pooch? Dog-sharing right here in Tasman. Two years ago our dog Monte died. I was heartbroken.

Off to visit my friend in the big city, I took her dog Zac walkies. In the park I met a mum, baby and exuberant little boy. Dog and boy play joyfully. The mum says they would love a dog BUT! I think how perfect it would be if Zac could spend some play time with a family instead of hanging out alone while his mum works. How perfect if dog owners could connect with dog lovers, who for whatever reason don't have a pooch right now.

Good idea? I've been pondering for the two years since Monte died and finally decided to do something.

If you're a dog lover who is desperate and dog-less and could do with some canine company or a dog owner whose pooch could do with a new best friend, some walkies, pats and paw-shaking, send me a message on the Wagmytail Facebook page. I can organise a doggie date.

Mapua is full of tail-wagging goodness. Let's share it round.

Email me, 'Monte's Mum,' at mcb@funpigs.co.nz

Maureen Clinton Baker



Residents are invited to join our email database so you can be kept up to date about events and information relevant to the Tasman/Kina community. Please send an email confirming your name to our chairperson and *Tasman Times* editor, David Short, at iamdavidshort@gmail.com. You can unsubscribe at any time by also sending an email.

TACA holds committee meetings at 7.30pm on the last Wednesday of each month (except December) at Tasman School. All Ruby Bay Bluffs to Tasman and Kina residents are welcome to attend. For further information please refer to: www.tasmancommunity.org.nz where you will find information on the association's past and present projects together with local news and links to our recent addition: a Facebook page at www.facebook.com/Tasmanareacommunityassociation

ANZAC Day ceremonies

Poppy day is on the 20th April this year, so please keep an eye out for your local poppy stands.

Mapua April 25th

Parade – 10.45 am. Starts adjacent to tennis courts.

Service – 11.00 am at Mapua RSA Memorial Library, followed by morning tea at the Mapua Hall.

A plate would be appreciated.

Tasman Service – 10.00 am at the Memorial

Upper Moutere Service – 10.00 am at the Domain

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National Art Show

Mapua's new cultural calendar addition, the "Mapua Impressions National Art Awards" is gearing up for another big exhibition and awards ceremony in October. Last year's successful show was the first time the awards have been held in the Tasman region and the Mapua Hall venue was the perfect spot. Artists from right around the country participated in the national awards. Over a hundred paintings, graphics and drawings were enjoyed by well over a thousand people who visited the week-long show.

The organisers have expanded the exhibition to two weeks this year and are asking for locals to show their support for this event by being an exhibition 'minder' for half a day. Two people at a time will be overseeing the exhibition in the hall and sharing the experience with the visitors. We need your help!

To be on the roster list either as one or two people, send an email or phone. We also need volunteers to help the visiting artists register their works for the exhibition, opening night hosting volunteers and crew.

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Fire Brigade



Feb 18 to Mar 18 call-outs

Feb 14: Called to a caravan fire on Seaton Valley Road. It was a small permitted fire next to caravan. No action taken.

Feb 18: Permitted burn out of control in long grass off Broadsea Avenue. Put fires out. Beach fire on Stafford Drive. Owner put it out. No permit.

Feb 19: Car fire Redwood Valley Road. Attended with Upper Moutere.

Feb 20: Called to flooding at Riwaka. Turned back, wrong brigade turned out.

Feb 22: Medical assist at Kina.

Mar 10: Beach fire near McKee Domain, brigade put fire out. No permit, above high tide.

Mar 11: Beach fire Pine Hill Reserve. Tanker put it out.

Mar 13: Smoke in the area of Stafford Drive. No fire found.

Calls this year: 23

Safety Tip – For information on fire season and permits visit www.checkitsalright.nz/

Vacancies

Jochen Lenfert has left the Mapua Brigade and moved to Richmond. At the moment we have 14 fire-fighters. We have room for four more persons who live or work within the Mapua area and can come to training on Thursday nights and call-outs at any time. Ideally can reach station within four minutes.

If interested call Chief Fire Officer Ian Reade on 027 445 7049 or come and see us on Thursday around 7.30pm.

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Mapua Health Centre

We wish to give a warm welcome to Dr Caroline Wheeler who recently joined our medical staff. Caroline is working on Mondays and Tuesdays and has expertise in both general practice and integrative medicine. Our thanks also to Dr Andre Bonny who is now working two full days a week on Wednesdays and Fridays, which allows us to offer more appointments and keep pace with the growing needs of our community. In addition, we greatly welcome Rachel Mason who is presently undergoing training to be one of the receptionists on Thursdays and Fridays.

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

For younger patients and teenagers there is a fully confidential medical service available throughout the working week and that medical costs may be covered by a special PHO fund. You can check this out by simply turning up at the practice or phoning 540-2211 or email info@mapuahealth.com. There is also a new service available through the local primary health

organisation called Skylight, <https://skylight.org.nz/>. This is a national not-for-profit trust that enables children, young people, their families/whānau, and friends to navigate through times of trauma, loss, and grief by building resilience. Phone 03 539-1170 for more information.

This year's flu vaccines will be available during this month and we will be sending out reminders to those who have previously been immunised. If you would like more information about the vaccine or to book an appointment for immunisation please contact the practice nurse on 540-2211.

One of this month's health events is about autism. Children and adults who have an autism spectrum disorder (ASD) look the same as other people, and due to the invisible nature of their disability it can be much harder to create awareness and understanding.

Autism and Asperger syndrome still remain relatively unknown disabilities among the general population, yet it is estimated that they are about four times as common as cerebral palsy and 17 times as common as Down's syndrome, touching the lives of over 40 000 people and their families throughout New Zealand. ASD affects language, social skills and behaviour, and those affected are often unable to interpret the world and what is happening around them in the same way that others do. There are now many different ways of trying to potentially prevent and help improve this disorder. For more information see www.autism.org.nz.

This month's health/school events include:

1	Relay for Life	www.relayforlife.org.nz/
3-7	Autism Awareness Week	www.autism.org.nz
3-9	St John Appeal Week	www.stjohn.org.nz
7	World Health Day	www.who.int/en
13	Term 1 ends	www.minedu.govt.nz
21	NZ Poppy Day - RSA	www.rsa.org.nz
25	Anzac Day	www.rsa.org.nz
28	Safety at Work Day	www.un.org/en/events/safeworkday
30-6	Immunisation Week	www.immune.org.nz
30	Term 2 begins	www.minedu.govt.nz

Yoga class - Vinyasa flow

Tuesdays and Fridays: 9.30am - 10.45am
at Riverside Community Centre,
289 Main Road, Lower Moutere.

Thursdays: 6.30pm - 7.45pm at Parklands
School, 9 Pah Street, Motueka.

\$10. Details contact Jo: 0211 709 495



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Mapua School

The school year has started well at Mapua School. We have thirteen classes of learners who are all giving it all they have got, so they can be all they can.

Once again, our Board of Trustees has financially supported the staffing of the school so that our classes have a teacher-student ratio lower than is funded by the Ministry of Education. This means teachers and students are able to develop strong relationships and, in turn, this leads to improved learning environments for all.

When looking through the school magazine for 2017, it is quite remarkable to see the huge range of opportunities available to students at Mapua School. From chess tournaments, to sports tournaments, to first-aid courses, to lit quizzes, to restoring wetlands areas, to dancing and singing and snorkelling and camping – our students were given every opportunity to engage in a rich and meaningful education! We must take time to pause and thank all of the staff, whānau and community who are willing to give their time and energy so that our students can experience all of these things. Ko koe ki tēna, ko ahau ki tēnei kīwai o te kete (You at that handle, and I at this handle of the basket).

This year our schoolwide theme centres on the theme of “Āhurutanga”. Āhurutanga is the concept of creating a way forward without stepping into another’s space with kaupapa (purpose), people and environment. This will be interpreted in a variety of ways, with different learning teams adapting it to meet the needs of the children in the team.

Our Senior Team have been busy with camps this term. They have learned to deal with adversity and change as they have had to react and modify plans due to weather conditions. The students (and teachers!) have shown resilience and a capacity to be optimistic in trying circumstances. Ruma Maire and the Year Seven group will head to their camps soon and the Year Eight group will participate in a leadership week at the same time.

We have had several groups representing the school at sporting events this term. Our swimmers, cricket teams, tennis players, volleyballers and touch teams have all displayed a fantastic attitude and made us proud. Netball, hockey, football and rugby teams are all starting to get ready for their seasons.

If you have a pre-schooler at home and think you might like to enrol them at Mapua School in the future, we’d love to hear from you. It really helps us with our future staffing if we have a clear picture of expected numbers. Please either give the office a ring on 540-2806 or email Denise at admin@mapua.school.nz with details. You are also welcome to make a time to come in and chat with us if you would like to know more about the school.

Nga Mihi Nui, Sharon Prestidge, Deputy Principal

Applications for Grants

Voluntary organisations are invited to apply to the Mapua/Ruby Bay and District Community Trust for a grant. Applications will be considered at the next meeting of the Trust in May and should be in the hands of the secretary by 1 May.

Forms may be obtained from the secretary (John Sharman Ph 540-3642) or downloaded from <https://mapuacommunitytrust.wordpress.com> Applications should be emailed as a single attachment to:

mapuarubybaycommunitytrust@gmail.com
or mailed to PO Box 19 Mapua.

Grants will usually be for less than \$500 but the trustees have a discretionary right to vary this in individual cases.

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MRCP (Edinburgh) MRCGP(UK). MemberASM

Dr Karl Hellyer MB ChB Member of ASM

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Contact Bridget Castle on 021 1838790
bridgetpcastle@gmail.com

Police Report

Hi all. What a terrible month February was with all the storms. Flooding and damage that hasn't been seen in our district for many years. I've ridden up the Westbank road and around Riwaka—what a mess in places. Great to have community support and at time like that. Neighbourhood support groups and knowing your neighbours really help. A lady was set up in Tait Street during Cyclone Fehi with a table and drinks and biscuits. I brought some biscuits for her table and thanked her. Well done.

I have been going around building contractors encouraging them to make a record of their power tools and equipment, especially recording model numbers, serial numbers and colours of property. This is well worthwhile because often we locate property we believe is stolen but we can't identify and owner because the owner didn't have many details, and as a result the offender can't be caught.

Grant Heney, Senior Constable, Motueka

Occurrences:

Feb 21: Assist with a mental health patient

Feb 25: Domestic argument attended

Feb 26: Mental health patient taken to Mental Health

Mar 7: Return mentally unwell patient to Mental Health

Mar 7: Search warrant executed Pomona Road. Man arrested for cultivating cannabis

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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.



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- **Internet:** NBS: 03-1354-0308218-00.
Please use ref: (your name, membership)
- **Amount Paid:** (please circle one)

\$15 \$20 \$30 \$40 \$50 \$ _____
 (Donations on top of membership welcome!)

Please tick here if you require a receipt: ☐

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Payment	Excel List	Mailchimp	Gmail

Mapua Hall News

Thank you to everyone for your generosity and support in response to our Coastal News article in February. Mapua Hall committee is pleased to announce there will be no increase in hall hire charges for the second year running. This acknowledges the increase in bookings we have received and the benefits we reap from our regular hall users and society members. Your involvement makes it all happen!

We were thrilled last month to receive a grant of \$10,000 from the Lotteries Commission towards replacing the hall tables and the committee is currently looking at table samples with a view to purchasing these in the next few months.

Membership subs of \$15 are due this month and the Hall appreciates your on going support. This means you can receive a monthly email on hall happenings and attend and vote at the AGM.

Mapua Hall is completely owned and managed and staffed by the Mapua community. We would love to hear from anyone who can help us occasionally at our various fundraising events. Many hands make light work.

Helen Parry—Committee Member

What's On at the Hall In APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
2 9.30am Low Impact Dance EASTER MONDAY 6pm Mapua Dance Fitness	3 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beg 2.30pm Sit & Be Fit 6pm Aerobics 6pm Middle Eastern Dance 7pm Pilates	4 9am Aerobics 10am Pilates 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners	5 9am Mapua Art Group 6pm doTERRA Oils Sharing 6pm Mapua Dance Fitness	6 9am Aerobics 9.30am DRU Yoga 10am Pilates 1pm Mapua Fellowship Group 6pm Mapua Youth Group	7 9am Aerobics 10am Pilates 1-5pm Ian Hamlin Painting Class	8 6.30pm The Packhouse Cinema 'LION'
9 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua & Dist. Community Assc. Meeting	10 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 1.30pm Tai Chi Beg 2.30pm Sit & Be Fit 6pm Aerobics 6pm Middle Eastern Dance 7pm Pilates	11 9am Aerobics 10am Pilates 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners	12 9am Mapua Art Group 6pm Mapua Dance Fitness	13 9am Aerobics 9.30am DRU Yoga 10am Pilates 6pm Mapua Youth Group	14	15
16 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Comm. Mtg	17 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beg	18 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners	19 9am Mapua Art Group 2pm Friendship Group 6pm Mapua Dance Fitness	20 9.30am DRU Yoga	21 7.30pm Motueka Dance Group	22
23 9.30am Low Impact Dance 6pm Mapua Dance Fitness	24 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beginners	25 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners	26 9am Mapua Art Group 6pm Mapua Dance Fitness	27 9.30am DRU Yoga 2pm Friendship Group	28	29
30 9.30am Low Impact Dance 6pm Mapua Dance Fitness						
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Price Reduction



**3 Atkins Street
Motueka**
Offers Over \$529,000



**79b Thorp Street
Motueka**
Offers Over \$429,000



**125 Thorp Street
Motueka**
Offers Over \$675,000

MARCH SUMMIT

MOTUEKA PROPERTY UPDATE

Autumn is now looming, many vendors feel this is not the best time to sell, however, there are fewer properties on the market at this time but still plenty of buyers, which enables us to get a **premium price** for your property.

Many buyers prefer to purchase in the Autumn/Winter time as they are able to see where the sun comes in and gauge how warm the home is.

So if you are wanting to move, don't let the time of year stop you. Give us a call to find out what your property is worth in the current market place.

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Mapua Community Library

(Moutere Hills RSA Memorial Library)

Children's Area

With the arrival of the new book boxes and the extra space they have allowed, we have been able to make more room on the shelves. We have also rearranged the shelving of some of the children's fiction section. This has made the books more accessible for our smaller patrons.

The Pink Pig

The presence of the pink pig money box on the issues desk is due a reminder. I have heard some volunteers gently referring to it as the guilt pig! We don't have any set fees, but you may remember the clause on the membership form about the pig!

AGM – Save the Date

This will be held in the library on Friday 11 May at 12 noon. Please come along – it doesn't mean that you will automatically get a job! Nominations for office bearer positions are now open. They should be left in the library or forwarded to:

Secretary, Mapua Community Library, PO Box 49, Mapua 7048

Nominations must include the nominee's name and signature and proposer and seconder names. Nominations will also be accepted at the meeting. See you there!

Wednesday Closing

A reminder that with the ending of daylight saving, the library will be closing at 4.30pm on Wednesdays until late September.

Displays

April displays always acknowledge Anzac Day. Coming up in May is a quilting display.

Lynley Worsley

Library Hours (closed Statutory Holidays)

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

mapualibrary@xtra.co.nz; Facebook: Mapua Community Library; mapuacommunitylibrary.co.nz

Book Review

History of Wolves by Emily Fridlund, and *My Name is Lucy Barton* by Elizabeth Strout. Reviewed by Annette Sivak.

Narrated by Linda, *History of Wolves* tells the story about Linda's interactions over the summer when she was 14, with a couple and their small child who move into a cabin across the lake from her own home in a remote area of northern Minnesota. From the first sentence, as Linda looks back, the reader becomes uneasy, receiving intimations of what has happened and things that will slowly become clear, in small doses, as the novel progresses.

Told with wonderfully evocative language by keen observer Linda, we get detailed pictures of the beauty of the natural world where Linda lives, the behaviours of teenagers and adults she comes into contact with, and her perceptions and imaginings in relation to these things. But these are incomplete pictures. As Linda puts it, she had an "ingrained habit to pretend I understood what was happening in other people's lives before explanations were given."

This novel, shortlisted for the Man Booker Prize in 2017, requires the reader to observe Linda carefully, and piece together other things that are happening, which Linda either does not understand, or does not take note of. Like an acquaintance that one talks

to only occasionally over a period of years, Linda is someone we get to know but perhaps not to understand fully.

Another book I have read recently, which uses a similar technique of revealing characters—by innuendos and comments that build on each other over a series of chapters leading towards a clearer picture of events and motives—was *My Name is Lucy Barton*. The catalysing event that begins this book is Lucy's waking up one day during a nine-week hospitalisation for a mysterious illness, to find her estranged (for many years) mother sitting by her bedside. The reader gets to know these two women, and sees the powerful effects of mother-daughter relationships. I thought insights that I gained from this tightly compressed story were perhaps more subtle and profound than those of *History of Wolves*, and that, in the end, I understood Lucy much better

than I did Linda.

I could not help but compare these two books, both of which are in the Mapua Community Library, both of which contain hurt and darkness. Of the two, *Lucy Barton* was my preference. But I would encourage you to read them both, and see what you think. Both would be good ones to discuss with that friend who has similar reading tastes and likes to dig into books with you over a coffee.



Letters to the Editor

Setting Record Straight

In response to Mr Paterson's article, "Misinformation," in the March *Coastal News*, the Mapua Boat Club is concerned that if indeed, Mr Chris Choat is quoted correctly, (this is not confirmed) that the article was published without the accused, in this case, the Mapua Boat Club, being allowed the right of reply.

The Mapua Boat Club would like to set the record straight:

The TDC states in its "Summary of options: Mapua Waterfront area," that it proposes to undertake a feasibility study for a regional boat ramp. Quote: "A regional boat ramp that can accommodate most boat capacities (ie large boats over eight metres) and launching in any weather".

The Mapua Boat Club contends that this is NOT a suitable alternative for the Mapua community. A replacement boat ramp for the Mapua community is one that accommodates Tamaha Sea Scouts boats and cutters plus the numerous boats that are launched/retrieved via trailers towed by the family car. To clarify, boats eight metres and above require overhead gantry cranes or similar and slack water to remove them from the water.

TDC has clearly stated on page 14, *Remediated Land-Aranui and Tahi St, Mapua Waterfront Area Masterplan 2018-2028*, "Council supports the use of the area for boat and trailer parking for those launching at Grossi Point". Mr Choat states, "When a reserve plan is developed this will eventually mean that car and boat trailer parking will be limited to defined parking areas and prevented from parking on the recreational reserve".



The Mapua Boat Club wishes to point out to readers that the Recreational Reserve commences at the end of the houses in Tahi Street, essentially where the sealed road finishes and the shingle road commences. Attached is taken from *Summary of options: Mapua Waterfront area*.

This clearly reinforces the MBC's view that car and boat trailer parking will NOT be allowed in the Recreational Reserve and that Mr Choat is incorrect.

The Mapua Boat Club is pleased to be able to say that the Mapua and District Community Association has publically come out in support of a replacement community boat ramp and together with Tamaha Sea Scouts will ensure the community's needs and wishes are heard and implemented.

The Mapua Boat Club has set up a subcommittee focused on a replacement boat ramp for the Mapua community. This group has requested meetings with TDC councillors, management and staff. These meetings are yet to take place.

Clare Kininmonth, secretary Mapua Boat Club

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The Playhouse Cafe

What's On Guide

APRIL 2018

Due to family reasons we are only open for events this month

Drop off to Mapua, Moutere, Appleby, Tasman
Call 5402985 for bookings

M T W T F S S				30	31	1
SPRING WEDDING SPECIAL! FREE VENUE HIRE AND \$250 GIFT VOUCHER When you book your Sept or Oct wedding at The Playhouse! (some conditions apply)				CLOSED	CLOSED FOR WEDDING	CLOSED FOR WEDDING
				6	7	8
2	3	4	5	Fund raising event	CLOSED FOR WEDDING	Trudy's Dance Evening
CLOSED		CLOSED FOR WEDDING				
9	10	11	12	13	14	15
FREE VENUE HIRE April till November For your Wedding, Anniversary Fundraiser, Birthday Party or event (some conditions apply) Call us or drop by to talk about your event				CLOSED FOR WEDDING	CLOSED FOR WEDDING	Due to family reasons we are yet to confirm Sunday openings for April. Please call us or check the web for updates
				20	21	22
COMING UP IN MAY 4th: Starwars Party 11th & 12th: Murder Mystery 19th: Rabbit Hole 24th: Darren Watson 25th: Hopetoun Brown 26th: Paul Madsen				80s Night! Free Entry music from 730pm	Johnny Cash and Dolly Parton + a night at the Oprey Show 8pm \$20, Dinner +\$29 1 course buffet Great night of all your favorite country hits	
				27	28	29
				PENNY ASHTON Oliver Copperbottom Show 8pm \$20 Penny Ashton takes on Charles Dickens This will sell out! Dinner +\$29 1 course buffet	MISS POLE QUEEN NZs biggest Pole performance Competition Tickets from event finder	CLOSED FOR WEDDING

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Former PM a Hard Act to Follow

What does it take to bring one of the world's most influential women to our village for International Women's Day? The answer is one woman who just thought, "Why don't I try and get hold of Helen Clark". That was when Nicky McBride decided to Google the ex PM. After finding out how to contact Helen, Nicky then followed this up with a series of emails. Clark responded to her emails straight away with an indication that yes, she would be in New Zealand on 8 March and yes, she would be available to come to Mapua.

Nicky and the Mapua and Districts Business Association then swung into action.

A sub-committee of Nicky, Janet Taylor, Sian Potts and Judy Finn was formed, and these four capable women worked on a plan for the International Women's Day.

It was decided early on that an evening event would be most appropriate for the celebration, with a sit-down meal and Q&A session with Helen Clark. All they had to do was a) find a venue b) find a caterer c) get some sponsorships d) find some accommodation for Helen e) organise a driver f) organise an MC g) find a stage, sound system and a few other bits and pieces. All the above could have not happened without the careful planning from the sub-committee and the huge generosity and help from the local community and businesses.

Firstly, the Mapua Community Hall was selected as the venue with Kristin Harrison not only doing the

catering for the night but also setting up the hall. Kristin did a fantastic job and went above and beyond her remit to make the evening very special. The hall was beautifully set out and the food received praise from all the 125 guests that attended. Kristin's attention to detail was second to none on the night and prior to the evening. To compliment the beautiful food, the best of local wine was kindly donated by local wineries: Neudorf Vineyards, Kina Cliffs Vineyard, Moutere Hills Vineyard, and Rimu Grove Winery. Golden Bear Brewery donated some local beer too. At the end of the meal tea and coffee with craft chocolate donated by All About Chocolate was a popular choice.

The setting was completed with stunning flower arrangements on the tables and foyer. These were supplied by Saskia Rowling Floral Design who very kindly provided them free of charge.

A stage was needed for the evening and Tasman School kindly lent theirs. But this needed collecting and putting up. Thanks must go out to Tim and Lyn, Kelly and Maggie Suman for their help.

A special thank you must go to Tim from Mapua Country Store for his last-minute help. Not only did he provide the truck to collect chairs and move them to the hall, but he also packed and unpacked the chairs on the day and returned them afterwards. He did all this in the middle of his working day and the committee is very thankful for his help.

Janet Taylor took time off work that day, to drive Helen Clark from the airport to other local engagements during the day. After which she drove Helen to Bronte Lodge where Ian and Ali very kindly hosted her, again free of charge.

After the dinner it was time for the Q&A questions. The MC, Dot Kettle, did a wonderful job of keeping the questions flowing along. A wide range of topics were covered and Helen offered insight into global and local issues. Everyone in the hall could hear every word, thanks to the professional sound system provided and operated by Hilary Williams, Mapua Dance Fitness.

It just goes to show that a small community can work together to bring a significant event to the village. However, good will goes a long way when supported by good sponsors. In addition to the local businesses, the event was very grateful to have two key sponsors—NBS Richmond, and Forsyth Barr Nelson, and we thank them very much for their support.

Overall, the evening was an enormous success with Helen Clark being inspirational and making everyone (including the many men who attended) in the room feel as though they can and have the right to achieve anything they set their minds to.

Cushla's Village Fabrics

What's new at Cushla's

We ran a successful Beginners Class in March over two Saturdays making a table runner and gained some new found sewing and piecing skills as well as socialising.

Classes coming up include: making a covered box with no sewing required, Lampshade making - again no sewing required, Bag making. International tutor Natalie Bird from **Birdhouse Designs**, here to teach her appliqué skills, is scheduled for June.

We have a full range of Haberdashery in store and stock NZ Natural wool in 8ply & 14ply hanks as well as merino yarns. Do pop in and have a look and get inspired.

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Lynda's Exercise Classes in the Mapua Hall.

Term 2 – 10 weeks, starts Tues 1 May ends Fri 6 Jul.

Note winter start times.

Tuesday	2.30-3.15pm	Sit and be Fit (seated exercise for Seniors/rehab - gold coin)
Tuesday	6pm-6.55pm	High Intensity Interval Training, rotating with Step-based toning & Strength training every 3 rd week.
Tuesday	7.05pm-7.55pm	Pilates (all levels, beginner to advanced)
Wednesday	9.15am – 10.05am	Aerobics (the old-fashioned dance-around and sing-along kind)
Wednesday	10.15am – 11.05am	Pilates (all levels, beginner to advanced)
Thursday (Wakefield)	9.15am – 10.05am	Aerobics (the old-fashioned dance-around and sing-along kind)
Thursday (Wakefield)	10.15am – 11.05am	Pilates (all levels, beginner to advanced)
Friday	9.15 – 10.05am	High Intensity Interval Training, rotating with Step-based toning & Strength training every 3 rd week.
Friday	10.15am – 11.05am	Pilates (all levels, beginner to advanced)

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10 sessions	\$85.00 (\$8.50 per session)
20 sessions	\$150.00 (\$7.50 per session)
30 sessions	\$200.00 (\$6.70 per session)
40 sessions	\$220.00 (\$5.50 per session)
50 sessions	\$250.00 (\$5.00 per session)

Pay for x number of sessions (minimum 10), come to ANY class that number of times in the term. There are **THREE extra Saturday mornings (SIX sessions)** May 19, June 9 & 23 - Strength Training (in some form or another ☺), followed by Pilates.

You can "top up" your sessions, no problem, but you can't just buy the top ups ☺. 10 is the minimum commitment.

Session top ups: One: \$8, Two: \$15, 3: \$20, 4: \$25, 5: \$30

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Letters to the Editor

Mapua Channel Rescue



At 7am on Tuesday 6 March I looked out the window to see Scott Mansbridge's yacht *Airbourne* up on the hard out in front of our house. I immediately rang Scott to inform him. A little later I had a phone call from John Leydon telling me of a yacht he could see from his place lying on its side on the mudflat up towards Bronte.

John and I inspected this yacht as the tide was coming in, and found it to be Bruce's boat normally moored just in front of the Waterfront Park. Because it was on its side it was filling with water. All we could do was make it fast with its own anchor and return at the next low tide with some assistance to refloat it.

John and I returned at the next low tide along with Paul Appleby, Scott Mansbridge and Mike Kinmonth to move the yacht from its resting place on a steep mud bank. With much heaving over a couple of hours and all of us very wet and muddy we managed to get it into a metre of water and nearly upright. Four of us returned at 10.30pm to tow it back to its mooring against a strong tide, finally tying up at midnight!

The next day Scott Mansbridge returned to the yacht to remove all the bedding to wash and dry it.

Tim Robinson.

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Hills Community Church



I have been intrigued by this question of late: 'What do you bring?' I have been thinking about this particularly in regard to the many conversations that we have as we go about our days. And it is amazing to me how many 'conversations' we have in the course of a day. Some are just brief, casual exchanges in passing, but even these brief conversations share and reveal a great deal of ourselves.

What do you bring to the conversations you have with people around you?

We bring, of course, ourselves; the unique blend of personality and experience, that make up who we are and how we live. And in this mix, we have a unique gift that we carry, the gift of our presence. No one else can be you in your conversations and relationships with others.

It would be wonderful if it were that simple, that we could bring the best of who we are to those around us, but the reality is that we also carry our weaknesses into these conversations and our relationships. We bring our hang-ups, our hurts and our bad habits. Often we react to others in ways that we don't like, and usually what is happening is that we are acting out of a deeply ingrained habit formed out of a past hurt.

So what then can we do so that we allow us, and our unique gift of who we are, to give life and light to others?

I think it simply has to begin with 'awareness'; an awareness of what we say and what we choose to not say. The letter of James in the New Testament describes the tongue as like a rudder on a ship, small, but it can change the course of an enormous ship, or like a small spark that sets off a forest fire. Each of us have an extraordinary power, through our words and presence, to be a great gift to those around us, but we can also cause great damage.

May we all become aware of what we bring to those around us this month, and in this discover that the greatest gift we can give to others, is ourselves.

This month on 29 April at 10.30am we share in a combined celebration service to which we welcome Bishop Richard Elena, from the Nelson Diocese.

*In Christ, Rev John Sherlock, Hills Community Church,
'Living Christ-centred life, living Christ-centred love'.*

Sunday Worship: 9am, Traditional service 10am, morning tea, 10:30am, Contemporary service & Children's programme.

Communion is celebrated on the 2nd and 4th Sundays.

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Figgy and Fabulous

By Sarah La Touche

We are having a great summer season for figs this year. An early summer with intense heat, followed by some regular rain later on, but not too much. And now, a sunny, dry autumn, perfect for all those natural fruit sugars to concentrate, producing sweet fruit with an excellent honey-like, depth of flavour.

We have a white fig loaded with honey-sweet fruit this year, despite my giving it a brutal prune last winter. So far, the fruit is popping ripe consistently, which means that most days, I can pick a small bowlful, more than enough to share with friends and neighbours, make a pot or three of jam, and numerous desserts.

While I like white figs, our favourite black variety, Brown Turkey as it is commonly known, can also reward with an impressive volume of dark, succulent fruit too. These dark, delicious purple-black babies are the figs of my childhood, and our years in France. They are a favourite for many reasons. Yes, the delicate nectar-like blondes are wonderful but black figs are something else.

Juicy and sweet with a depth of flavour I have trouble describing, they are gobsmackingly good. But the thing I love most about black figs is that desirable inner pink flesh, how they caramelize when cooked, and the exquisite deep pink, heady jus they deliver when baked. We've planted another fig with fingers firmly crossed, it's our much loved Brown Turkey breed. Here's hoping.

Fig season is short and very sweet so you have to gorge on them while they last, and yet I still haven't exhausted our recipe trousseau on how to prepare them. I enjoy them most raw, entirely on their own, in all their glory. They are good with cereal at breakfast, or post-dinner too.

Superb with various cheeses, particularly a gripping blue like Spanish Valdéon, Italian Gorgonzola, French Roquefort, and our own Kiwi Blue Vein. A soft goat's cheese, ripe Brie or Camembert, ricotta and yoghurt, all sit well with figs too.

We bake them with coconut palm sugar or Muscovado, chopped vanilla pods and a dash or two of Muscat, Miro's Vineyard's Madame Rouge, or Frangelico, which brings out those almond notes in the fruit.

Figs are great in a tart sitting on a succulent bed of Frangipane cream, wrapped in cured ham and grilled on the BBQ, added to salads (see below), topped on a rustic pizza with goat's cheese, and made into a good chewy jam, best enjoyed in the depths of winter with a warm croissant, on a wet Sunday morning.

Fig trees are rewarding to grow. They make a pretty, fragrant shade tree and will produce fruit relatively quickly. Research the variety you like best though. Make sure the tree has been grafted to fruit. Give them a dose of manure each winter; I drape well washed seaweed at their base after they have fruited. They seem to love that. Then sit back and enjoy the spoils.

Bresaola, Fig and Watercress Salad

Serves 4

6 purple-black figs, or white honey-flavoured
2 tablespoons nutty extra virgin olive oil, plus extra to drizzle

1 lemon, juiced
8 slices Bresaola (air-dried beef from Lombardy Italy)* or prosciutto
2 packed cups watercress or rocket
1/3 cup shaved sheep's Pecorino
4 shallots, peeled sliced and fried to crisp in olive oil
Sea salt and black pepper to season

Pre-heat the grill on high, tear the figs in half, and place torn side up on an oiled oven tray. Drizzle with a little extra olive oil and season with sea salt and black pepper.

Grill for five minutes or until warmed through and just starting to caramelize on the edges. You can also do this with a culinary blow torch.

While the figs are grilling, in a small bowl, whisk the lemon juice olive oil with a pinch of salt.

On a large platter or individual plates, arrange the Bresaola/prosciutto, watercress leaves, and pecorino. Top with the grilled figs and drizzle over the dressing. Lastly, scatter over the crispy fried shallots and serve.

*Bresaola is available from delis and food specialty shops.

If you don't wish to fry your own shallots, they can be purchased already crisp from Asian food supermarkets.

Duck with Honey and Figs

(Recipe courtesy Nigel Slater)

Serves 2

2 duck legs
Sea salt and black pepper
Finely grated zest of an orange and a lemon, plus the juice of the orange
1 Thumb-sized knob of ginger
3 tablespoons honey
6 fresh figs cut in half

Pre-heat the oven to 200C.

Pat the duck legs dry with a paper towel and season the duck with salt and pepper.

Place a non-stick frying pan over a medium heat and fry the duck legs, skin side down and without any other fat, for 6 – 7 minutes, or until they start to colour. Turn over and cook on the other side.

Put the finely grated orange and lemon zest in a bowl. Peel and grate the ginger into the bowl, pour in the honey and season with a pinch or two of salt.

Place the duck legs in a small roasting or braising dish, pour over the honey mix and roast in the oven for 20 minutes. Remove the duck from the oven, squeeze over the orange juice, tuck the halved figs around the duck and return to the oven. Continue roasting for a further 10 minutes.

Test the duck for doneness by sticking a metal skewer into the thickest part of the legs. If the juices come out clear, the duck is cooked. If there is any sign of blood cook for 10 minutes more.

Place the duck legs on warmed plates and spoon over the juices and figs.

How Well Do You Plan to Perform as You Age

How would you like to perform at 100 percent for 100 years? If you enjoy running or CrossFit, would you want to stop because of an injury? If you enjoy cycling, tennis, golf or any other sport, don't you want to be able to participate in that sport with joy over the course of your entire lifetime? Of course you would.

We are learning through the longevity potential of today's hundred-year-old people, that this is a possibility. Within just a few years a new running program called the 100 Year Dash was started and it attracts people who are 90s and 100+ years old running the 100 metre dash. The most recent winner was Julia 'Hurricane' Hawkins who just last year set a record completing the 100 Year Dash (100 metre dash) in 40.12 seconds!

How you perform as you age will depend on how you take care of your body every day along the way. If you wait for a crisis or an injury to make your health a priority, then you have waited too long and will most likely suffer the consequences.

Performance 100

There are Five Principles of 100 Year Lifestyle Fitness that will help you perform at your highest level for a lifetime. They are:

Neurology = Function

Neurology comes first! Your nervous system controls and coordinates all of your body functions including your muscles, organs and systems. You must have a healthy nervous system for your heart to beat, your lungs to breathe and your balance to be stable. This is why many of the top athletes and performers in the world utilize chiropractic care as a central part of their fitness program.

Nutrition = Fuel

Your nutritional habits will fuel your life. Consuming a diet filled with organic fruits and vegetables, lean proteins, very low in sugar and processed foods, should be the way you eat as a lifestyle. Isn't it time you get off the weight-loss roller coaster and every new diet that comes along? Cleanse and make healthy eating a daily habit and a lifestyle choice. This will sustain you not just while getting into shape but will keep you healthier as you age.

Endurance = Longevity

Life is a marathon one day at a time. Through cardiovascular exercise, which includes walking, running, bike riding and any activity that will increase your heart rate, you will strengthen your cardiovascular system. Start slow and steady, be consistent and as time goes by increase the frequency, intensity and duration of your endurance training. You will be amazed at how your body progresses.

Strength = Independence


If you want to be independent as you age, you must make your strength a priority today. Whether you use weights or do strength training through yoga, Pilates or other types of Plyometric training, it is important to keep yourself strong as a part of your lifestyle. Move it or lose it!

Structure = Activity

The health of your structure will determine the level of activity you can enjoy. Having a healthy, mobile, properly functioning strong spine is vital to your quality-of-life and fitness in the short and long-term. This is another reason why chiropractors have become a central figure on the healthcare team for millions of people, including the US Olympic Team.

Being active and independent will be an important factor in your immediate and long-term happiness. Follow these Performance 100 principles and enjoy the quality of life you deserve. The team here at Coast & Country Chiropractic Centre can help you change your lifestyle and change your life to optimize your performance now and for your future.

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Tasman Bible Church



Christianophobia

It is probably about time someone coined this term. I have not checked for it in the ultimate arbiter (?) Google, but that does not mean the evidence for it does not exist.

The general use of whatever-phobias seem to be more to do with the disparaging rather than, strictly, a fear of it. As I understand the linguistic root, phobia, is to do with fearing the idea, group or individual. Most whatever-phobias reported or cited are more, these days, to do with an act or a denial of a right to hold a point of view or from within the targeted or disparaged group, a charge of abuse toward that group. It is not strictly a fear of the group although some may say this is the motive.

In the Bible, 'Christians' were first called so in a multi-cultural milieu emerging as a distinct group from the variegated Judaism of the Greco-Roman world. 'Christians' (Acts 11:26) were so called as those aligned with and committed to the one they believed was the fulfilment of earlier biblical writings, 'the Christ' – Jesus Christ as is his titular form.

As they began to promote their distinct views of him, particularly as 'Lord'—a title to be reserved for the divine and the Emperor—they found themselves at fundamental social, religious, and spiritual odds with society's powers and views. In the wider gentile context, as 'believers' or 'disciples' or 'people of the way', they sought to explain themselves to a wider world.

In the process and in a short time, they too were disparaged, despised and treated with great suspicion.

It was not long before early Christian writings were encouraging Christians to wear as a badge of honour the term 'Christian' because it was associated with suffering for a supreme cause and person. The Apostle Peter, the one who deliberately denied Christ in the heat of Easter events wrote:

"However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name"

At one stage, Christians were charged with the inept offence of atheism because of their refusal to believe in many deities at once!

Now, along with many groups around the globe who have been on the receiving end of whatever-phobia, I do not suggest that it is any worse for Christians. What I do predict though is an increasing marginalisation, erosion, and ignorance of basic Christian understanding and expression. At present, it is quite subtle—a gentle and pleasant cold-shouldering apparently in a tolerant society. I wonder what the fullest expression of Christianophobia might be?

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Mapua Playcentre:

We're running a series of family profiles over the coming months to introduce some of our Playcentre families and what they love about Playcentre. This is from Aliesha who comes with her son Remy, 17 months:

"We moved to Redwood Valley when Remy was a few weeks old. As a new mum, not knowing many people, I was recommended the SPACE programme held by the Richmond Playcentre. As I learned more about Playcentre I decided to take Remy to the Mapua Playcentre and immediately felt welcomed by all the friendly families and staff.

"In the beginning Remy enjoyed the blocks and trains in the baby section and now he's 17 months he enjoys all the activities outside. Some of his favourites are the dolphin swing, the sandpit, the paint, with which he has finally accomplished some art, (in previous months he was only interested in eating it which thankfully are nontoxic). Now Remy is becoming

more interested in the woodworking area and playing next to the older children."

Mapua Playcentre has been a prominent place for families in the Mapua community for over 60 years. We have a qualified supervisor on each session and we love having visitors so please feel welcome to drop in at any time and find out what Kiwi families have been embracing for generations.

We offer a term of free sessions for first-time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 253 4264, email: mapuaplaycentre@gmail.com or find us on Facebook.

Playcentre

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We have **4000** more plants this year so we need all the help we can get. The growth this year has been phenomenal and we now have plants we can look up to above our heads.

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PANZ

Our 2018 Tuesday morning gatherings started on 13 February with the showing of our Christmas Challenge results. As usual there was an astonishing array of ideas and not one could be recognised as the original challenge pictures. We are getting the hang of it! So much so, that I have been asked if we could have a winter challenge as well. That's exciting stuff.

The annual "Top of the South" members' Exhibition was held the last weekend of February. Marlborough has always been invited to join us, but this year there was not one entry from them, which was very disappointing. As our hall gets busier with regular users, we now strike aerobics and yoga on our set-up day which gives us a maximum of only six hours in which to set up our panels, lights, set out the paintings, hang them (78), label them, clean the glass, straighten them all up and then get home for a shower before opening time.

Our two hanging teams are doing a great job and hats off to them. We are going to have to go back to the drawing board and see what we can change to make things a little easier.

Impressions of Richmond were again our sponsors for the People's Choice Award and this was won by Barbara McIntosh of Motueka, with *A Long Walk Home*. A very popular win. The raffles were won by Mike Speak (Motueka),



Two days later, Tricia Taylor, Master Pastellist Australia, conducted a workshop on *Understanding Colour*. Tricia made this complex subject seem simple as she used charts, demonstrations and hands-on exercises to explain the intricacies of Hue (colour), Tone (value), Temperature (warm/cool) and Intensity (chroma). It was a wonderful journey for the 12 of us who participated.

It was exciting to see three of our members—Nicola Reif, Marian Painter and Sharon Platt—feature in the last PANZ National newsletter digital Challenge: Animal and/or Wildlife. Go Nelson...!

There are at least seven of us going to Timaru to attend the PANZ National Art Awards and annual conference 6, 7, 8 April, and then we have Leoni Duff's (Tasmania) workshop (18th and 19th) on still life painting, *Silver and Lace*. Looks like a lot of hard work coming up.

PANZ Nelson meets every Tuesday morning 9am to noon at the Mapua Hall. We welcome visitors so do call in and see what we are doing. You may even decide to join us. We learn with laughter.

Glenys Forbes. Area Rep, phone 540-3388 for further information.

Motoring with Fred

Petrol or Diesel?



After years of running diesel work vehicles and 4x4s I recently bought a Nissan van as a camper. So on one of my “every now and then I just need to go somewhere trips,” I bought a petrol van as I reckoned there was not much in the cost of running a petrol or diesel vehicle. So I have done a mileage-cost check on this trip of 2964km to Paihia, the Far North and back to Mapua.

The Nissan van (right) has a 3500cc V6 petrol motor. It is a four-wheel-drive and weighs 2.2 tonnes so it's reasonably heavy in comparison with an average car of about 1.6 tonnes. So the van was never going to be super economical.



On the trip it used 385litres of petrol. The price a litre varied but a good average in the North Island was about \$2.02, so the fuel cost was \$778.35. At 13 litres per 100km it was a bit thirsty but we were loaded up with camping gear, bikes etc. Remember that car manufactures rate the fuel economy with no luggage and very little fuel in the tank. Oil change and filters cost about \$250.. Cost per kilometre, 27cents.

The Toyota HiAce van is a four-cylinder, 3 litre diesel, similar size but weighs 2.1 tonnes for a com-

parison based on the same distance driven. The diesel used 326 litres—11 litres per 100km with a load. The cost of diesel varied a lot in the North Island but a good average was \$1.42 a litre, so the cost of fuel was \$462.98 + road user charges of \$188.40 so total fuel cost is really \$651.38. Oil change and filters was \$350. Cost per kilometre 22cents.

Yes the Toyota diesel was \$126.97 cheaper to drive for 2,964km. The \$778.35 spent on diesel, as was spent on petrol, would have got us 4983km of motoring but you would have to pay \$316.72 on road user charges, making a total of \$1,095.07. Carolyn's 2 litre petrol Nissan gives 8litres/100km on highway running and we won't be buying a diesel car.

Best value motoring is an electric car until they put a road user charge on them.




So the conclusion for this month is that if you look after your modern diesel it can save you 16% or more. My thought for this month is that

there is not much in it with a 16% saving.

All information was gathered on route and may vary within New Zealand..

Fred Cassin



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CATALYST FITNESS
14 Warren Place, Mapua. e: info@catalystfitness.co.nz
WWW.CATALYSTFITNESS.CO.NZ



Lion

Reviewed by Mapua Movie Mogul's Mistress

Having seen this movie myself I felt compelled to share it with all of our movie fans at the Packhouse Cinema.

I enjoyed this movie more than most of the movies I have seen in recent times, and it has stayed in my mind ever since

It's a true story of a five-year-old boy, Saroo, who gets lost after accidentally being separated from the brother he idolises and the rest of his family and ends up going on a train journey of hundreds of miles to Calcutta. A city full of people who don't even speak his language.

Just imagine no money, no friends or family, in what probably felt like another country and he's only five years old!

I wonder what Bear Grylls would find for him to survive on?

Never mind Bear, he did it on his own, incredible!

India's vibrant and teeming tapestry of life is a natural gift for film makers and director Garth Davis utilises that backdrop to the max.

Just Getting Out There...5km Run Series

... Catalyst Fitness has been hosting a series of 5km runs around Mapua and Ruby Bay for the last five weeks, we're into our sixth run this week with twelve in the series. Does 5km sound daunting? It's not about winning, or crushing the opposition, it's just about getting out there and moving. Amongst the runners, joggers and walkers we welcome everyone from mums and kids to some pretty useful athletes. We do record times for you so you can track your performance if you want to. For some that doesn't matter at all. Personally I like the social aspect of meeting some new people and slipping across to Rimu for a restorative afterwards!

The biggest challenge has been finding a route that can be negotiated safely without having to run through storm debris and get around closed pathways. The routes haven't been as varied as we had hoped but we are trying our best, given the circumstances.

We have some kind sponsors who have provided spot prizes for after the run. Your number goes into the bucket and we draw for winners, all we ask is that you come across to Rimu for us if you are going to win a prize. Our sponsors are Mapua Country Store, Java Hut Coffee, Rimu and of course, Catalyst Fitness.

A report published by Sport New Zealand this last week pointed up the different attitudes to sport between adults and youngsters. About 75% of adults take part in some kind of sport each week but it's 90% for children. Does this prove that when you start young you may have half a chance of carrying a regular activity through into adult life? Boys are statistically more involved in team sports than girls so it seems we need to do more work

around supporting clubs and encouraging female sporting role models to close the gap. Karyn has been training Mapua School's Year 8 netball team for a few weeks and they all seem to have enjoyed the experience hugely. so that's a good start!

The challenge is to carry that engagement in fitness through into everyday adult life—with all its stresses and strains on our time. There are myriad ways to do that and if you feel you'd like to do a little more or have a goal in mind you are welcome to talk to Karyn at Catalyst Fitness who can point you in the right direction.

If you would like to join us for a run around the village, registration is at 5.15pm on Wednesday evenings each week at Mapua Waterfront Park. Gold coin donation. This will go to a local cause but we are still discussing which one! All are welcome.

Karyn Holland, Catalyst Fitness



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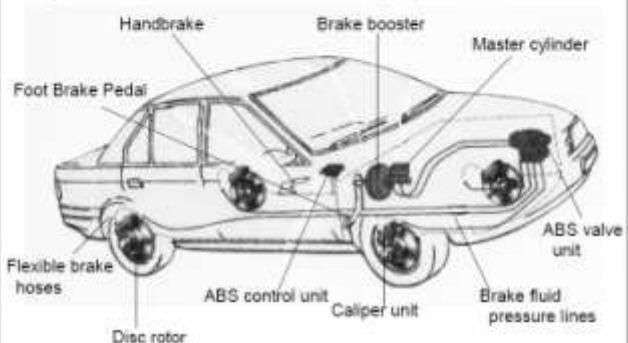
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Braking System Did you know!

- That even in a brand new family car, equipped with ABS antilock brakes and top grade tyres, it's going to take you around 45 metres to stop when travelling at 100km/h. To put that into sobering context, you will cover nearly half the length of a football field between hitting the brakes and coming to a complete stop. Hesitate for a second and a half before applying the brakes, and you'll add another 42 metres to the total stopping distance.
- When coming to a stop when travelling at 100km/h, the braking system of a typical family car generates enough heat to boil a litre of water. If the components in your braking system are excessively old, badly worn or poorly manufactured, the heat generated by normal braking can 'cook' the linings, warp the disc rotors or drums, and damage other components. Most importantly, the brake system may fail when you need it the most.

It's hard to overstate the importance of keeping your braking system at its best. Even a slight deterioration in performance can have dire consequences when there are pedestrians, walls and other cars about - every single metre counts.

Major components of a braking system:



What can you do:

Between services you should be on guard for any changes in the operation of your brakes, such as:

- A pedal which is 'spongy' or sinks to the floor.
- Strange noises or vibrations.
- A tendency for the brakes to 'grab' or lock-up.
- A tendency for the car to pull to one side during braking.
- An increase in braking distances.
- And don't forget to check the brake fluid level.

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

Happy & safe motoring
from the team at

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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Administrator: Mel Stringer
027 943 2469
mdba@mapua.co.nz

Well Autumn is upon us and what a stunning season it is!

Our International Women's day event held at the Mapua Community Hall hosting Helen Clarke was a huge success. Nicky McBride and the organising team arranged a fabulous evening of entertainment and first class food accompanied by stunning local wines. Helen was riveting and and so informative and inspirational.

I hope you have all had a happy and safe Easter, and that you managed to make it down to the famous Mapua Easter Fair to support Mapua School and Playcentre!

Mel Stringer—Administrator MDBA

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Noticeboard

Tasman Area Community Association (TACA) hold meetings at 7.30pm last Wednesday of each month (except Dec.) at Tasman School. All Ruby Bluffs to Tasman & Kina residents are welcome. Info: tasmancommunity.org.nz

Croquet Mapua: Come join us Sundays 1:30pm & Fridays 10am at Mapua Domain / Iwa Street end. All abilities welcome. Inquiries 027 327 8052.

doTERRA Essential Oil Talk & Sharing at Mapua Community Hall. An open and fun forum for learning effective health tips with potent remedies for an array of ailments! FREE Giveaways. Thurs 3 May 6pm – 7.30pm. Enquiries Molly: 027 4540 663

Motueka Senior Net. Technology for mature adults. Monthly Members' meetings with guest speakers. Help sessions twice monthly. Courses & workshops change each term. Special interest groups meet regularly. Demystify technology in a fun and friendly forum. Clubrooms 42 Pah St Motueka. More info: Senionet motueka.org.nz, Neighbourly or call Annie 540-3301.

Mapua Art Group meets Bill Marris Room Mapua Hall Thursday mornings, 9-noon. Like-minded artists get together to paint, draw, help each other in a social environment. All levels & media welcome. \$5 /session includes morning tea. Tables, chairs & easels provided. Cushla Moorhead 03 528-6548.

Java Hut Knit Group: 10am Tuesdays at Java Hut. Bring your knitting or crochet. Debby 027 327 4055

Yuan Gong: Improve your health and life by daily Yuan Gong practise. Info: Marianne 0220 828 559

Mapua Friendship Club meets twice a month, 3rd Thursdays & last Fridays at Mapua Hall for indoor bowls and bring-a-plate afternoon tea. New members enthusiastically welcomed, no prior bowling experience needed - non-competitive, lots of laughs. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

MDCA: Mapua & Districts Community Association meets Feb-Dec, second Monday of each month, 7pm Mapua Hall; contact: info@ourmapua.org

Taoist Tai Chi Beginning class Tuesdays 1- 2.30pm. Continuing class Wednesdays 12.30 - 2.30pm. All welcome. Enquiries 545-8375

Tasman Golf Club welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Come join us, we can help you learn the game! Info: Gary 540 3885.

Mapua Boat Club nights Thursdays 5.30-7.00 at the Club rooms, Mapua Wharf. Visitors and guests welcome. For more info: mapuabcsecretary@gmail.com

Mapua Social Cycling Group: "Wheels 2 Meals". Approx 30 km ride, coffee break halfway, no racing! Depart Mapua Wharf each fine Thursday @ 9:30 am. Just turn up with your bike, HiVis top & coffee money, or email wheels2meals@gmail.com

Mapua Fellowship Group: (formerly Probus Club). Monthly meetings, Mapua Hall, first Fridays 1.30pm. A social group with interesting speakers and a monthly social lunch at venues around Nelson Tasman. Contact: Club Pres: John Sharman, 540-3642.

Ruby Coast Walking Group meets 9.30am Wednesdays outside Tasman Store. Walk ~1½ hrs, then coffee & muffin back at the Store. All welcome. Just turn up. Fiona 526 -6840, fiona.oliver@xtra.co.nz

Kidz 'n' Koffee playgroup: Wednesdays 10-noon, Hills Community Church, Aranui Rd (during term time). All parents & carers welcome, we cater for 0-6 yrs. \$2 don/family. Make some new friends. Info: Esther 540-2177.

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

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

Ruby Coast Run Club meets 7.30am at Java Hut most days of the week. Info: Debby 027 327 4055.

Mapua Community Youth club. Year 9 -13 youth. 6.30-8.30 most Fridays at Mapua Hall. Contact: Andy Price 540 3316, Marv Edwards 027 312 6435. A community-based youth project for Mapua and district, funded and coordinated by Hills Community Church.

Daytime Book Group: Meets first Tuesdays 9.45am. New members welcome. Anne 540-3934

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.

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 528 5405

Sing Your Lungs Out! (SYLO) Free community singing group for anyone with respiratory issues, followed by morning tea. Singing improves your lung health! 10am every Monday, Tokomaru Rooms, Te Awhina Marae, Pah Street, Motueka. Pip 0274 282 693

Mapua Craft Group meet Fridays 10-noon, supper room, Hills Community Church. Simple craft work including: paper craft & card making, sewing, knitting, small upcycling projects. Occasional guest speakers, demos & outings. A social, a cuppa, some easy craft along the way. \$2 for room rent, koha for materials. Just come along.

Fair Exchange: A small group meets at Appleshed restaurant 8.45am 2nd & 4th Wednesdays to exchange home grown and home-made produce & goods. We welcome everyone! It's the sharing that counts. Info: Judith Holmes 021 072 8924 / 544-0890.

Ruby Coast Newcomers Social Group: meet new people, make new friends. Coffee 10am last Fridays at Tasman Store & occasional social events. Just turn up. Vivien/Richard 526-6707, vpeters@xtra.co.nz

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