

## Keeping in Touch With What Goes On

The Mapua community has been quite engaged in civic affairs over the past few months. It's that kind of town, and lots keep happening.

It is the job of the Mapua and District Community Association to provide an accommodating forum for the diverse views and responses that characterize "a community." Where there is a common feeling or a common will the association has tried to reflect that, and where needed, show leadership, partnering with a range of local groups to realise community-led ambitions.

This has been the case with the boat ramp forum, the causeway wrangle and the new wharf traffic management and landscaping issues, various pathways and cycle-walkway connections, the Dominion Stream Flats restoration project and latterly the wharf fence dispute. Despite the myth that we have too much time on our hands and spend our hours sitting on "the dock of the bay" plotting, real challenges have been there for the association executive and community volunteers all year long.

In this climate one can be easily blind to all the positive and successful results of our various partnerships. These are real advances for our community and the association commends the staff, groups and agencies who have made it their job to deliver for us. We could list the Nelson Tasman Cycleway Trust, DOC's Al Check who is working to acquire a key site into the Dominion Stream Flats Project, as well as Waimea inlet forum work on the estuary, and others such as Rata Foundation and the raft of funding agencies who have worked with our groups.

Our most important partnerships have been with Tasman District Council whose staff and officials have responded enthusiastically to our requests and invitations, as we have for the various council meetings, such as Annual Plan, Tsunami Risk meeting, and other consultations that have needed to happen in Mapua.

For the association's monthly meeting on 11 July we have invited Joseph Thomas, Tasman District Council hydrologist, to attend. This presentation will be informative and relevant as we grapple with one of the big issues in our future, water management. Local aquifers, weirs, catchments will be explained as well as a discussion about the require-

ments and responsibilities of a unitary authority such as ours. This will be at the start of our monthly meeting at 7pm in the Mapua Hall.

The last month has seen us commend the new colourful bollards on the wharf, the roundabout landscaping, and thank various funders for help with Dominion Stream Flats. Those who have read the draft Moturoa/Rabbit Island Reserve Management Plan or been involved in earlier consultations will be impressed with the quality of the consultative process as well as this document which is now open for submissions until 8 July 8 Thank you TDC. The association has submitted already on this well written document.

Once again we are coming up to renewal time, the association's AGM. This will be on 8 August. For just \$5 you can renew your membership in the association for another year. Come along on the eighth or pay by direct credit to MDCA. Members are encouraged to consider getting involved further with the executive committee. We will need a new treasurer after August. Neville Bibby, who has run 'the books' for the last few years, is stepping out of that role, although he still intends to be an active association member. We thank Nev for his good-humoured control of the purse-strings. Others wishing to be involved could let our chairperson, Elena, know at [elena.meredith@xtra.co.nz](mailto:elena.meredith@xtra.co.nz)

Come along and join in on Monday 11 July, 7pm in the Mapua Hall.

*Graeme Stradling, secretary*

### Mapua & District Community Association

### AGM

7pm Monday August 8th

Mapua Hall

The AGM is a great time to become a member of the Community Association.

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Contact Elena by email:

[elena.meredith@xtra.co.nz](mailto:elena.meredith@xtra.co.nz)

# Mapua Bowling Club

## *The Write Bias*

The winter season at Mapua Bowling Club brings with it a variety of activities, including bowling! Though some members prefer to retreat from the sport for a few months, others are sufficiently motivated to play occasionally on the artificial surfaces within the area. Opportunities for friendly roll-ups and some competitive play are available at Motueka, Richmond, Tahuanui and Wakefield Bowling Clubs. It is good to keep the Mapua flag flying and will be encouragement for players from other clubs to visit us during the summer season.

A spot of "home" maintenance has taken place with a newly decorated locker room and Captain's Shed. It was amazing what hidden "treasures" were revealed in the tidy-up of the two locations. Some of the treasures are now in the clothing bin and several more in the bingo bin! Sadly no highly valuable antiques were lurking amongst the dust but it was a job well done.

Work on the green continues, the next task being the collection of seed from the existing surface. With Health & Safety in mind, new rink markers will be installed for Opening Day, markers that are flush to the surface rather than the present hazardous, upright pegs.

And of course, throughout the winter members and guests meet every first and third Friday of each month to socialise, play pool, table tennis, carpet bowls and cribbage. The bar is open and a light supper available; please come along to meet the crew, you will be made very welcome. The fun starts around 5pm and finishes by 8pm (unless there is rugby on TV!).

For information about the winter socials, bowling at Mapua or booking the clubhouse for meetings or private functions, please contact either the president Dave England (540-2934) or the secretary Julie Booth (543-2233).

*Sue England*

# Makers Market Diversifies

The next Mapua Makers Market on 10 July is set to be the biggest and most diverse yet. Applications for the market closed recently and Vikki and Miriam, the market organisers, were blown away by the number and quality of applicants. "It was really hard turning people down" says Miriam "but we are so excited about the range and quality of stallholders, the standard of which keeps increasing with each market."

At the July market there will be many first-time stallholders along with a few of the very popular regulars. A number of the stallholders come from the wider Mapua area and it is fantastic to support and showcase local arts and craftspeople. With this being a winter market the focus is on warmth, luxury, and colour – vital ingredients for the colder days. The market includes an eclectic array of handmade items beautifully crafted from wool, felt, wood, and glass alongside natural skincare, adult and children's clothing, homewares, candles and jewellery.

To complete the market experience there will be a selection of young local buskers, which include harpists, guitarists and singers, creating a relaxed atmosphere, perfect for browsing and shopping.

An innovation for this upcoming market is the introduction of an Epicurean corner. "This is a trial for this market" explains Vikki. "We would like to showcase some of the amazing local small food 'makers' out there who may be looking for an opportunity to introduce their products to a local audience"

The Mapua Makers Markets run from 10am to 3pm in the Mapua Community Hall on 10 July, 25 September, 4 December 2016 and 15 January 2017. Please direct any enquiries to the Mapua Makers Market Facebook page [www.facebook.com/MapuaMakersMarket](http://www.facebook.com/MapuaMakersMarket) or email the organisers [mapuamakersmarket@gmail.com](mailto:mapuamakersmarket@gmail.com).

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## More Planting Planned

The news from Dominion Flats is all good. The plants have put on so much growth over the autumn and the early winter so it is well worth a walk through to see for yourselves, although it is now obvious from the road.

During the last heavy rain though, the lower area must have been more than a metre under water during the night as we had to spend quite a time uncovering plants from the debris that was washed down the stream, and retrieving plant protectors from under the road in Higgs Reserve.



The plants don't seem to have suffered though and most are now standing upright again with help from us. We have a very small number of volunteers who come most Tuesdays to free up plants and plant new ones and we welcome anyone who is willing to help.

The important news is another planting day to be held on Sunday 17 July starting at 10am and we hope many will come and help out. We have more than 1000 plants to get in to the ground so many helpers are needed. Bring a spade, gloves and wear gumboots or other suitable footwear and warm clothes. We'll make you a coffee!

So, don't forget...10am Sunday 17 July, Dominion Flats Reserve. Wet or fine—see you there.

*Helen Bibby*

## Mapua Boat Club

### Boat Ramp update

Our subcommittee has presented a draft concept plan to the Tasman District Council for discussion. Two major issues have arisen from this process: There has been a major rethink on the residential land earmarked for housing on the east side of Tahī Street and a decision has been made to land bank it. The council is now undertaking a strategic review of the wharf and waterfront area with a view to a more co-ordinated development and a new boat ramp on the waterfront will be considered with this review.

We wait with interest to see this review and when it becomes available, the club will decide on how best to move forward. We have earmarked the AGM (9 September) as a suitable venue for consultation with the wider membership.

### Port Mapua Maritime Museum

Our wall glass cabinet is now secure and we have some memorabilia in it. Founders Park has offered to us on loan a model of the Te Aroha, some ships in bottles and a selection of other maritime objects of interest. As soon as these are available we will organise the displays and label the objects on the shelves.

We have had a very generous donation towards purchasing a free-standing glass tower cabinet to house Maori artefacts. This will include a selection of the artefacts found in the recent excavations at the wharf as well as examples from another collection which includes fish lures.

*Annette K Walker, president*



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# Old Packing Shed has a New Life

At the bottom of the hill on the right hand side of Mapua Drive not far before the turn-off into Mapua Village, there is an attractively refurbished apple packing shed. It has a small coffee cart parked outside which serves very good (arguably Mapua's cheapest) coffee and an interesting selection of food.

Inside the former packing shed is a stylish showroom gallery filled with quirky, intriguing and unexpected exhibits, along with many beautiful creations in wood and steel.

Much of Andreas Niemann's gallery is interactive which encourages visitors to participate with the exhibits; to touch things and to engage with the exhibits by pushing buttons, turning handles and exploring possibilities with the kitsets on display. Andreas feels the kitsets support children (along with adults) in that they encourage creativity, patience and perseverance. He would like to see parents building these kitsets with their children as well as the children building them on their own. The kitsets are made of wood and metal, and can move with solar power or other means. Andreas has plans to offer workshops in the future for those who would like to make kitsets themselves. The gallery has wood and metal exhibits exclusively.

Up to 90 per cent of the furniture in the gallery is made in the adjoining workshop and is not displayed anywhere else in New Zealand. The furniture is always very quirky and unusual, being either classical or very contemporary with a bit of a twist to it. Andreas uses colour, not by staining but by often using two or three different coloured timbers which enhances the style of the furniture. Another unusual feature is the use of pencils. There is a range of side tables which have a large area of pencils embedded in them. Andreas likes to design and construct things which other people find too complicated or time-consuming. He is catering for the customer who wants something different and unique.

The coffee cart, serving great Italian coffee, gelati, homemade pies and other tempting treats, was always part of the plan. It was designed and built by Andreas in such a way that cars can drive up right next to it to order their organic Italian coffee – a 'drive-through' cafe you might say. It is run by Ber-

angere (known as Be) and Nico who also helped Andreas build the cart. Be and Nico have been working with Andreas for more than a year and while one of them works in the cart the other is in the workshop, in the office or doing restoration work on the building.

Renovation of the charming old packing shed is a work in progress which Andreas estimates will take another two or three years. He is a great believer in restoration and preservation and wants to keep the building as original as possible. The next part of this project is to replace all the trusses.

The present gallery is only one-third of the display space planned for the future. There will be room in the expanded gallery for artists in wood like wood-



turners, guitar-makers (luthiers) and box makers to have their own workspace and sell their work in designated areas.

Andreas lived in Christchurch for many years and always loved coming to Mapua on holiday and was keen to move to the area for a long time. He feels it is a Mecca of artists with so many in the Ruby Coast area who encourage and feed off each other.

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The move from Aranui Road to Mapua Drive was driven by a need for more space. Also the site was more visible to passing traffic. Andreas encourages passing people to come into the gallery to interact with his exhibits and enjoy themselves and the day, to sit down with a cup of coffee and maybe a homemade pie or cookie, relax and enjoy the wooden art. No one has to feel they have to purchase anything. There are, however, small items available which are perfect for gifts.

Andreas is originally from Germany and is a cabinet maker by trade. It wasn't his choice but as he was 'rather a stropky teenager' his dad thought cabinet-making would be the best job for him. Andreas did not agree with him partly because his father was not a cabinet-maker himself and was not a very practical man. In the end Andreas had no choice because his father informed him that if he didn't take up this offer he might as well find somewhere else to live. As a result Andreas decided he would 'love to take the job!' Generally he didn't enjoy the apprenticeship because 'I was surrounded by a lot of grumpy old guys who didn't want to teach me anything' but a few years down the track Andreas realised that he did have the potential to do something different. Now he thanks his dad for pushing him into cabinet-making because he has grown to love all aspects of his work.

Andreas' parents and sisters are all in Germany. His daughter, Helena, who lives in Richmond helps in the workshop and has planned some of the items which are in the gallery. She also makes some of the

wooden jewellery on display. Young people who are interested in helping out are encouraged to get involved and be creative.

The future looks bright for Andreas Niemann and the Rare Creations Interactive Wooden Art Gallery. Plans for the future are exciting and there is no doubt that when you enter this fascinating space, you will find something which will stimulate, excite and please you – and there is always the coffee cart where you can reflect on and discuss what you have experienced over a cup of that lovely Italian coffee.

*Pete Hancock*

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## Ensuring Mapua is able to cope with its popularity

Mapua has grown and changed over the last decade. The remediation of contaminated land at the former Fruitgrowers Chemical Company site, and the identification and clean-up of chemical dumping sites ensured the area is now a safe place to live and play.

The Ruby Bay Bypass which we part-funded and lobbied strongly for, moved State Highway 60 away from Mapua township, created a more direct route for travellers between Motueka and Richmond and made Tasman, Ruby Bay and Mapua a destination for visitors and residential development.

This growth continues to be strong, evidence of Mapua's reputation as a great place to live and visit. We have been doing our best to manage this growth and provide the essential infrastructure needed to serve the community that lives there, works there and those that want to spend time and money there.

The Mapua Wharf precinct development built on the work funded by the Council and Government over several years at Mapua.

Community groups and wharf users were involved in the development of the plans, with regular updates on designs and upcoming work. Shed 4 was completed in late 2015 and proved a drawcard for visitors and locals alike.

Up to 10,000 people a day were counted entering and leaving the wharf precinct in December and January. They came to enjoy the beautiful waterfront scenery, check out the greater variety of cafés, restaurants and retailers, and to cycle part of the Great Taste Trail.

## Funding for Mapua Precinct

The construction of Shed 4 itself came within the \$1.2 million budget, but unforeseen costs associated with the archaeological finds, changes to resource consent conditions, parking, drainage and landscaping meant the cost of the overall development of the precinct increased to \$1.87 million.

The majority of this expenditure has been necessary to fix legacy issues and deal with cultural issues in the precinct, and ensure the entire site has a sustainable future. These are costs most commercial owners could not justify, but have added real value to the local and visitor experience. It was certainly a cost we couldn't have contemplated without the revenue from the commercial premises.

While some of the costs were unbudgeted, the end result is a direct financial benefit to ratepayers because the rental income the Council receives goes towards reducing the District's overall rates requirement. Currently this income brings in \$226,000 per year, 29% higher than the original business case estimated.

The unbudgeted work will be paid for by bringing forward next year's landscaping budget, by using income from the sale of a block of land and through a loan that will be paid off using income from commercial activities – not from rates.

Our role as a landlord at the Mapua Precinct supports us to deliver essential services, recreational opportunities and good value to our community (and the financial return to ratepayers from Shed 4 is part of this).

We are about to embark on developing a strategic plan for all Council-owned land in Mapua, including the wharf, waterfront park, Grossi Point and remediated land to make sure we have a consistent plan for the future that balances the community's varied needs and interests.

*Tasman District Council*

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**Bone of contention:** shown above are posts intended for a fence between two businesses.

## 'Wee Beastie' Creates a Problem

As rain whips across the building site, our roof is going on slowly; too slowly, but what can you do? Yet rather than rant about health and safety and how even a builder on a mobility scooter can now get onto the upper level scaffolding in perfect safety, I want to relate a rather sinister tale.

I like my car, a very comfortable SUV in which I drive sedately about the area. I have never owned a cardigan but, after two years of owning my SUV, I am beginning to feel like getting one. It's that type of vehicle. I remember the car manufacturer used to say they had thought of everything. Well they hadn't, as I will now relate.

One morning a few weeks ago I climbed in, switched on the engine, the radio (RNZ) and the seat warmer and prepared for a comfortable drive to Nelson while shouting at the radio. Then a brief whiff of hay, of country, of something else, passed across the nostrils. A raise of the eyebrows and it was gone, a fleeting sensation of something different. The only trouble was, it happened again the next day, and the next. It began to harsh my mellow.

Time to investigate: opening up the glove box and extracting the cabin air filter, imagine my surprise to find a small compost heap on the filter, a luxury rodent apartment complete with bedroom, lounge, bathroom and of course a kitchen, where insulation was prepared for eating. It had a "freehold" feel to it.

I cleaned it up and replaced the filter, thinking all was sorted and the home now abandoned. Yet a couple of days later, our wee, sleekit, cow'rin, tim'rous beastie was back. He hadn't bothered with furnishings, he was just squatting. Literally, unfortunately, and to me it felt slightly less cow'rin and tim'rous.

Time for action: I removed the air filter and, draping it by the gap, placed a peanut butter-primed mouse trap delicately on the corner of it. What's

not for a rodent to like? Two hours later he'd agreed with me, the trap was sprung but no beastie was to be seen. Oh well a misfire, I reset it and off to bed.

Next morning it had been sprung again and, again, no beastie attached. I now figured out this beastie was not so wee, either, as it was big enough to bust out of the trap. OK, this is serious, time for the garage to be involved, I'll drop the car off with them on my way in. On with the engine, on with the radio except, except—no radio. Not a squeak. In fuming silence I drove to Nelson. It didn't need Guyon and Suzie to get my blood pressure up, the job was done.

The garage was very understanding along the lines of "no Mr Bampfylde, this happens all the time and you wouldn't believe what we had in our garage a couple of months ago etc." Two days later I had the car back, albeit without a rodent sighting. The problem was a broken red wire but I feel that "broken" does not really describe it. I visualise a very angry, malevolent, vicious little brute seeking to do as much damage as possible after being denied peanut butter, twice.

And all was well for a couple of days until, yes dear reader, you know what happened. Down to the hardware store immediately and I returned with the biggest trap I have ever seen. If you are looking to trap something possum sized, this would be the trap for you. It's huge, and fast, and strong. Yet so far my trapping has not been successful: I like to think the beastie has realised that, this time, it is serious. It has lost the battle and the time had come to move to richer pastures. A newer vehicle, perhaps.

*John Bampfylde*

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There was no coffin at the funeral.

# Mapua Cycleways & Walkways Make Plans

Brent Steinmetz and Jake Stow from Team Motueka provided an enthralling and informative rendition of their experiences in Godzone event at a gathering of around 40 people at Mapua Hall on 11 May. Following on from discussions that night, a dozen enthusiastic locals met again to plan a way forward for the group. We have identified key projects the

group would like to work on and it will reconvene on 27 July in preparation for a meeting with Tasman District Council staff on 5 September.

Anyone interested in being part of the Working Group or the wider email group to be kept informed of developments can contact Brigid Ryan at mapua cycleandwalkways@gmail.com.



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# Coastal Garden Group

The guest speaker at the June meeting of the Coastal Garden Group was Brent McGlashen. Brent is the fourth generation in the family business. After gaining a Bachelor of Commerce Degree at Lincoln University, which introduced him to various sectors of farming, he headed home to help with the summer hop harvest and decided to stay and become part of the family business situated in Motueka and known as MacHops in a joint venture with Kono Horticulture.

Nelson's climate has a seasonal advantage for hops but there is one predator, the two-spotted mite, which sucks the plants dry. But by introducing another predator mite which is blown onto the plants they avoid using chemical sprays. Hops are vigorous herbaceous perennial climbing plants cultivated in temperate regions. Hops grow with stout hairy stems that aid it in climbing to 4.5 metres.

When cultivated hops are grown on vertical strings. There are trials for biodegradable string such

as coconut husk or paper string but as the weight is a big factor, especially when there is heavy rainfall, the current yellow string is still being used and it is discarded during the processing.

The hops need to be harvested within a couple of hours and go through several stages of sifting and sorting discarding stalks, leaves etc. They are dried in kilns 5m x 6m for 8 to 12 hours and then baled into wool bales weighing 120 to 140kg.



Hop compost is very high in potassium and hops are now being used in the health industry such as hop pillows for a good sleep and in some cancer research. Microbreweries have helped the hop industry immensely with their popularity ever-increasing. The most popular varieties of hops are Motueka, Riwaka and Nelson Sauvin. Brent provided a Power Point presentation showing how the hops are processed with their machinery. Brian on behalf of the club gave Brent a token of appreciation for coming to speak about his family's operation on hop growing.

*Judy Sisam, secretary,*

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COME ALONG AND MEET NEW FRIENDS, HAVE FUN AND ENJOY MORNING TEA.

# Mapua Community Library

(Moutere Hills RSA Memorial Library)

We hope you are enjoying the changing art displays in the library. We have just had Ray Bolderson's dramatic black and white photographs and lots of discussion about the "old school" camera.

Now we have Glenys Forbes' pastels up for the next month. They are stunning as always.

Fay Christie will be exhibiting at the end of the month with alpaca garments and hangings.

Also above the Non-Fiction books in the children's area is a Matariki exhibition from the children at the Oasis Preschool. A very creative use of the children's work.

To qualify for the grants that allow the library to keep the book stock current and interesting we need to find out how many adults and children use the library.

Next time you are in the library you will be asked how many people in your household use the library. You will also be asked to nominate an alternate contact. That is the name, address and phone number of

someone, not living in your household, who would know should you leave Mapua.

The library has started planning for another Lit Fest. As always volunteers interested in helping in any way are very much appreciated. Either call Anne Thompson (540-3934) or talk to a librarian next time you visit the library.

## Library Hours (closed Statutory Holidays)

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

mapualibrary@xtra.co.nz,

ww.mapuacommunitylibrary.co.nz

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

## BOOK REVIEW

*The Goldfinch*, by Donna Tartt. Reviewed by *Barrie Walker*. This book is available from the Mapua Community library.

Aged 13, Theo Decker, son of a devoted mother and absent father, miraculously survives a catastrophe that otherwise tears his life apart. Alone and rudderless in New York, he is taken in by the family of a wealthy friend. More upheaval in the form of the return of his absent father and his new lady sees Theo relocated to Las Vegas.

Left mainly to his own devices, he drifts along in his new environment until he meets the enigmatic and worldly-wise Boris. The pair of teenagers, devoid of any parental supervision, get up to all sorts of escapades, many of them bordering on the illegal. This exciting lifestyle, however, comes to an abrupt end with the sudden death of Theo's father. Carrying his precious cargo and his little dog, Theo makes his

long way back to New York where he struggles to achieve a modicum of stability in his life.

Through the circumstances which took his mother from him, he finds shelter and employment with Hobbie, a furniture restorer, and gradually tries to build a life. Tormented by longing for his mother, down the years he clings to the thing that reminds him of her: a small, captivating painting that ultimately draws him into a dark and dangerous criminal underworld.

Told in the first person, this novel flows beautifully and is a difficult book to put down! It has a minimum number of characters and resists the commonly-used technique of reverting in time with each chapter. The story evolves continuously in real time, delving into Theo's tormented psyche until the conclusion leads us to a place just beyond it – a place of meaning. Winner of the 2014 Pulitzer Prize for Fiction, this is a highly recommended read.





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### Sarau Winter Sale Days

Sat 30<sup>th</sup> & Sun 31<sup>st</sup> July 11am – 3pm

- Monster book sale
- Fabric and wool sale
- Nelson Embroiderers Guild
- Bric-a-brac stall
- Light refreshments available

All proceeds from book, fabric and wool sales go to the MHCC garden & playground development project.  
Let us recycle all that unused fabric and bolts of wool sitting in boxes!  
To donate books, fabric or wools please deliver to MHCC on Friday 29<sup>th</sup> 3-6pm or Saturday 30<sup>th</sup> 9-10am or phone Sharon 03 5432814 and leave a message.

at the Moutere Hills Community Centre

# Mapua Health Centre

There has been an outbreak of measles in the Nelson region recently. Measles can be a serious disease and it tends to spread quickly. Complications are common with about one in 10 people needing hospital treatment. Symptoms of measles can include fever, runny nose, and sore watery red eyes that can last for several days before a red blotchy rash appears. People are infectious from five days before the rash appears to five days after. Anyone with these symptoms should call ahead before visiting their family doctor, after-hours clinic or emergency department so that steps can be taken to reduce the risk of infecting others in the waiting room.

If people become unwell with measles they need to be isolated from the time they become ill until five days after the rash has appeared. Isolation means staying at home and missing out on things like school, work, sporting competitions and social events. It is extremely important that individuals who have been told to isolate themselves do so, to protect vulnerable people, including babies, pregnant women, cancer patients and others who are unable to be immunised. Answers to FAQs about measles are available here: <http://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles/measles-frequently-asked-questions>

Dr Tim Phillips holds regular Minor Surgery and Skin Check clinics every Wednesday. These clinics are proving to be very popular and frequently pick up things that could be serious or even life-threatening. The skin checks take approximately 30 minutes and the main focus is to check for any suspicious moles or lesions. This is a full comprehensive body check and

will give you the opportunity to discuss any issues you have or that may arise. Appointments can be made with one of our receptionists on 540-2211.

In case you are still wanting to make use of the flu vaccine, it is still available free of charge to those over 65 years or if you have a chronic medical condition such as asthma requiring regular medication, heart disease, diabetes, etc. Also, MOH guidelines recommend all adults have a tetanus booster at ages 45 & 65 years. We are in the process of updating our records however, if you would like to have a booster, check your status or update your records (because you have had it elsewhere) then please give us a call.

We now have a patient portal service called ManageMyHealth. This is a web programme that allows patients to have access to their own medical notes. This is part of a government policy and is being gradually introduced around the country. The information-sharing system has been carefully designed to ensure full privacy and security. At present registered patients can review their lab results, request repeat prescriptions and make doctor appointments, although more functions will be added over time. If you want to know more please check with the receptionists.

There are a number of important national and global events for the month, including:

- 1-30 Women's Refuge Awareness Month [womensrefuge.org.nz](http://womensrefuge.org.nz)
- 4-10 Māori Language Week [www.tetaurawhiri.govt.nz](http://www.tetaurawhiri.govt.nz)
- 8 Term 2 ends - Primary, Intermediate & Secondary schools
- 11 World Population Day [un.org/en/events/populationday](http://un.org/en/events/populationday)
- 25 Term 3 begins - Primary, Intermediate & Secondary schools
- 28 Hepatitis Awareness Day [www.hepfoundation.org.nz](http://www.hepfoundation.org.nz)

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# MAPUA COUNTRY STORE

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Entries close 24th July. Winners will be announced 26th July.



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# It Pays to be Crazy With Patchwork

What is so great about our wee group, the Mapua Craft Group, is that we come in all shapes and sizes with all sorts of skills and enthusiasms to share. My suggestion to anyone with a couple of hours to spare on a Friday morning is that you just rock on up, plonk yourself down and see what pans out.

Last term Rowena brought in a piece of crazy patchwork from the Victorian era to share with us. We all agreed it was rather beautiful and so for the past three weeks our group has been working on modern pieces of their own. They have been creating the crazy patchwork first using machine stitching and hand embroidery and then crafting that into bags, needle and pin holders or a picture for a wall. I'm sure you will agree that the end results are an interesting variation to the usual patchwork themes. Thank you so much Row for sharing your skill and expertise with us all.

I wasn't actually there for the past few weeks. I was away for a week, escaping the beginning of the New Zealand winter and experiencing the joy of a front row seat for the Brisbane mega storm from a waterfront cabin, without the benefit of a sou'wester and waders in my suitcase. Not quite the mooch in the lazy Oz sun I was hoping for and I do feel my husband and I were lucky not to be wearing a live seafood dinner. So all I can say to the craft group is, 'Girls! I have a birthday coming up soon.'

As you all know, the craft group has its ongoing community knitting projects. We have the twiddle muffs which we strive to place with families in need.

Nita knits for Plunket using what looks like gossamer wool and which she knits using a veritable cluster of cocktail sticks which has most of us in awe of her flying fingers skill. In fact Plunket itself is so in awe of her contribution that she was invited to their annual gathering in Wellington as a guest of honour. But that is her story to share, so all I will say is 'well deserved Nita.'

It was with some joy that the Mapua Craft group was able to present the blankets, knitted by Aud, Nita and Leoni, personally to Nicola from Age Concern. It was very kind of Nicola to give up her time to come and visit with us and we hope to see her again soon. We'll have a good cup of tea and perhaps a slice of cake waiting as there is always morning tea waiting for anyone crossing the threshold.

Having put away our pins and needles for the time being, we will once again turn our hand to some papercraft. Julie will be sorting us out with that and meanwhile we will start to explore new projects for next term. Goodness knows what they will be. I heard a whisper it could involve shaving foam or leaves. The mind boggles.

Still. What it won't be is any wood carving for our precious supply of logs. With winter well and truly here, we all need our logs for our wood burners, otherwise we might find ourselves frozen to our bed sheets in the weeks to come..

Happy hot water bottles everyone.

*Marian Bevan*



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# How to Get a More Sculpted Shape

"I just want to tone up." This is probably the most frequent comment I hear from clients and gym members (usually/mostly women), and that is quickly followed by..."But I don't want to get bulky."

So what does "tone up" actually mean? If we asked those women to show us or describe what they mean, they would like to see themselves with more muscle definition and a more sculpted shape. They may or may not want to lose weight, but they want to look better in a bikini, or naked, or in summer clothes, shorts, singlets etc.

Starting an exercise programme is a great first step toward this, but there's more to it than just exercising, and, like most things in life, if it's worth having, it will probably involve hard work, time, and commitment.

Of all the things that contribute to achieving that lean, toned, fit look, there are three that are essential.

Firstly, almost everyone will benefit from losing some body fat. The muscles we do have will be seen more clearly if they are not covered with a layer of body fat. Losing body fat starts in the kitchen and the changes you make with your nutrition.

Secondly, we need to build some muscle. "But I don't want to get bulky" I can hear you saying. Lots of women fear the idea of lifting weights, especially heavy ones, will make them big and bulky. But this is highly unlikely. Women just don't have enough testosterone for them to add bulky muscle. If past gym experiences have left them feeling as though they have got bulky, chances are they have added muscle, but not lost the body fat that is covering the muscle. Building muscle requires lifting some heavy weights. Too much cardio is counterproductive to building muscle. Sure, it's great for your aerobic health, it will help you burn off some body fat and calories, but it won't help you develop lean, shapely muscles.

And thirdly, the thing that will make the biggest difference to your body shape will be what you eat and drink. No matter how many hours you spend training, no matter how much weight you lift, or how many kilometres you run or bike—if you are putting too much of the wrong food into your body, you won't see the changes you want to see.

And, it won't happen overnight. It takes more than joining the gym and turning up two or three times a week. It takes time, effort and consistency. Those people you see training at the gym, the ones that look like you want to look, they have probably been eating and training this way for a while... years in fact. Sure, you will start to see some noticeable changes in two or three weeks, but it's the long-term habits that will make the difference. Those, along with patience and consistency.

If you are ready to make some changes, come and see me and let's talk about what we can offer you to help you achieve that "toned up" shape you are after.

Find us on Facebook at [catalystfitnessandtraining](#)

*Karyn Holland*



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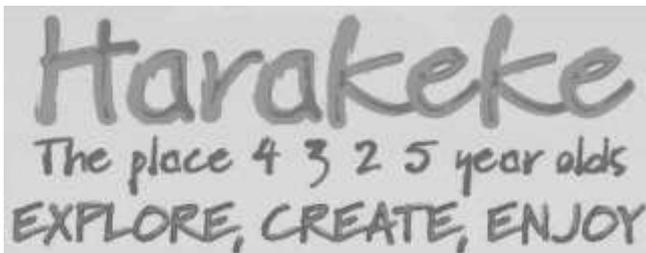
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*Edited by Andrew Earlam (advertising) 540-2845, and Terry Smith (editorial) 540-3203. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1<sup>st</sup> of the month. The deadline for emailed items to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



**D**uring the month of June we focused our programme around one of the most important events in the world of Māori (te ao Māori).

Matariki is the Māori name for a group of stars known as the Pleiades star cluster. The Māori New Year is marked by the rise of this star cluster and the rising of the next new moon.

From a Māori perspective all seven stars of Matariki, the mother and her six daughters all bring their unique strengths and qualities to give and renew mauri, life force to papatūānuku, Earth Mother's many different environments.

Our Harakeke children have been developing an understanding that just like Matariki and her daughters each member of their family as well as every person in our Harakeke whānau plays their own special part and share their unique gifts.

"Sharing in the wisdom and special gifts of our family members can help us to shape what we do for and in the world"

In our daily practice the children experienced the sharing of ideas/theories during discussions of what makes things grow, how we can help to feed the vegetable garden. They actioned on their theories for example by getting the bokashi fermentation process going again.

They revisited and taught our young children Matariki songs/waiata and stories that share the knowledge.

They drew pictures of their family members and talked about what is special about every individual, including themselves.

We also had plenty of opportunity to practice manaakitanga, being good hosts, how to make visitors feel welcome and to look after them including a visit of 40 children and their caregivers from Henley Kindergarten (Richmond) for a fun morning in our playgarden and forest. We also enjoy having two year 8 students from Upper Moutere School arriving fortnightly for some fun times together.

Close to New Moon in June the Harakeke whānau/community enjoyed the company of each other again at our annual Matariki celebration and lantern walk – a wonderful experience of belonging and togetherness.

*Ka kite your Harakeke team*

### Postal Delivery

We can post you the *Coastal News*. Post \$20 with your name and address to *Coastal News*, PO Box19, Mapua Store, 7048, or email [coastalnews@mapua.gen.nz](mailto:coastalnews@mapua.gen.nz)

## PANZ

The dust is settled, the accounts all paid and we are basking in the joys of having hosted a most successful PANZ "Purely Pastel" National Art Awards and Convention for 2016. We are looking forward to going to Waikato next year and sitting back and enjoying what they have to offer us.

It's back to "normal" at the Mapua Hall on a Tuesday morning with the odd in-house challenge, lots of exchanges of ideas and helpful tips and just generally making art.

There may be some changes in the programme, the addition of new members, the loss of others as they fall prey to different pastimes or shift to another district, but we will just keep enjoying our Tuesday get togethers and catch our breaths after the last big year of planning.

October looks to be our next big venture with a Master Pastellist from Australia coming to take a workshop.

As always, you are most welcome to drop by and have a chat, view what we are doing at the Hall and even have a play with some pastels.

Further enquiries to Glenys Forbes 03 540-3388.

### Fund-raising for New Pool Begins



**T**he official launch of our school's campaign to build a new swimming pool – a Tasman Community Pool, was held on 9 June.

With a small group of passionate parents driving it, the school is aiming to have a new pool within a couple of years. This has been on the school's wish list for some time now, so the hard work has begun to make this a reality. Keep an eye out for details of fund-raising events in the near future.

The goal is to build a pool 25m x7m, located on the school grounds. Most importantly, this will provide our students the opportunity to learn vital skills in the water.

It will also include a shallow toddler pool, to give the whole family somewhere to enjoy. Swim schools, life- saving skills and distance swimming are just some of the other possibilities with such an asset.

It is envisaged the pool would be used by all in the Tasman community; creating a great leisure hub for all; and adding another dimension to the heart of our community – Tasman School.

Funds are expected to be raised through a combination of fund-raising events, community contributions and grant applications.

For more details contact the team at: [tasmancommunitypool@gmail.com](mailto:tasmancommunitypool@gmail.com).

# Mapua Natural Health Clinic

## Eating for Health

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

### Iron

Iron is a trace mineral found in every living cell in our bodies. Iron is a primary component of these two proteins: hemoglobin and myoglobin. Hemoglobin is the part of the red blood cell that carries oxygen to the body's tissues. Myoglobin is the part of the muscle cell that holds oxygen.

Since iron plays such a critical role in the body, the liver and bone marrow are able to store some iron in case it is needed. It must be stored inside specialized proteins because free iron can cause damage to

the body's tissues.

Iron deficiency symptoms can include: Weakness, Fatigue, Poor concentration



Weakened immune system Leaky Gut or Irritable Bowel Syndrome

Consuming high iron foods is important for premenopausal women as they have higher iron needs than men due to monthly blood losses.

If you are low in Iron it is also important to get plenty of vitamin C in your diet as this increases iron absorption.

Iron supplements are available as a liquid, in a capsule or in tablet form. Discuss your Iron needs

with your natural health specialist and take as directed.

## Recipe:

### Ayurvedic: Soothing Oats Porridge

#### Ingredients

- Fine oats ½ cup
- Ghee 2 tbsp
- Boiling water 1 cup
- Milk 1-2 cups (Non-homogenised or nut milk)
- Raw sugar-as per your taste
- Raisins or sultanas-1 handful
- Cardamom ¼ to ½ tsp
- Cinnamon ¼ tsp

#### Method:

1. Heat the ghee in a pot or frypan.
2. Add the oats and toast until golden brown.
3. Add the boiling water and stir to prevent lumps.
4. Add the raisins, cardamom, cinnamon and half the milk and stir. Add milk until it is the thickness you like.
5. Add the sugar.
6. Cook for 4-5 minutes. (The porridge should be quite runny, not gluggy like the porridge we grew up on).
7. Serve.

This is one of my favourite winter breakfasts. I teamed it up with home-made Chai. I'll share that recipe next month.

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# Victim Support Seeks Volunteers

Victim Support provides a free 24/7 community response to help victims of serious crime and trauma. Volunteers are at the heart of our service and we need more, both female and male, with male volunteers very welcome.

Victim Support is the compassionate community response to people affected by crime and trauma. Local examples include sudden death, fatal road accidents, suicide, assault, fire, sexual violence, and homicide. We help people find hope, strength and resilience in often the worst time of their lives. Our trained volunteers provide them with the help and information they need at the time it is needed. Victim Support also provides court support and assists with navigating the judicial system in many ways while advocating for victims' rights under the Victims' Rights Act 2002.

People who receive adequate support and information are more likely to remain connected in a positive

way to their whanau, family and local community and are better placed to rebuild their lives.

Our work is carried out by highly trained front line volunteer support workers. We can keep our 24/7 service free only with the ongoing help of our community. Would you like to be involved? After an interview and police vetting, full training, covering how to help victims, victims' rights, cultural issues, communication skills and practical case management, is provided before you are placed on the roster.

Volunteers giving up their time to train and support their community sends a powerful signal to victims about the positive and supportive nature of the community that they live in. So please think about whether you would like to help. If you do, please visit [www.victimsupport.org.nz/volunteer/](http://www.victimsupport.org.nz/volunteer/) and sign up.

*Sandi Bloss*

## Lynda's Exercise Classes in the Mapua Hall.

Having reached a Significant Milestone (one with a zero on the end...) I'm taking a month off, for the first time in 22 years, and going to Scandinavia. Yay! This term ends **Saturday July 16<sup>th</sup>**. Term 2 starts **Tuesday August 16<sup>th</sup>** and runs for ten weeks until **October 21<sup>st</sup>** (Labour Weekend). There'll be one week off till **Tuesday November 1<sup>st</sup>**; Term 4 will run till **Dec 17<sup>th</sup>**.

While I'm away, so your Cores don't disintegrate completely, our NMIT intern Glenda will take Pilates classes on the following days; these sessions are CASUAL – i.e. rock up and pay, \$8.00 a class.

Tuesday 26 July 6.15pm	Saturday 30 July 9.15am
Tuesday 2 Aug 6.15pm	Saturday 6 Aug 9.15am
Tuesday 9 Aug 6.15pm	Saturday 13 Aug 9.15am

My plane lands 4.10pm Tuesday 16<sup>th</sup>, and I have every intention of being there to kick off Term 3 with High Intensity at 6pm 😊. I'll have been in Hongers for three days doing Retail Therapy, which isn't the same as exercise, so look out. Wednesday morning class.....be ready for ABBA songs!



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<b>4</b> Stoke Seniors Luncheon	<b>5</b> Closed	<b>6</b> Stoke Tahuna Probus	<b>7</b> Closed	<b>8</b> Down with Mondays present The Reading of the Will Murder Mystery Show from 8pm, Dinner 6pm \$20, plus dinner A night of "who done it" with this talented cast of actors...	<b>9</b>	<b>10</b> Open 11am till 4pm
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> 80's Vinyl Night and Quiz Quiz 630, Dancing 8pm Quiz \$5, Dancing FREE Fundraiser for the Mapua Welcome Sculpture	<b>17</b> Open 11am till 4pm
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<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> Closed	<b>22</b> Closed to the public for WEDDING	<b>23</b> Miss Pole Queen NZ Pole Performance Comp 8pm, \$30 Always popular so book ahead! This is a National event!	<b>24</b> Open 11am till 4pm
<b>SPRING WEDDING SPECIAL</b> Book in Sept or Oct FREE VENUE HIRE and a \$250 gift voucher				<b>25</b> Closed	<b>26</b> Closed	<b>27</b> Closed
<b>28</b> Closed for Private function	<b>29</b> Closed for Private function	<b>30</b> Closed for Private function	<b>31</b> Closed for Private function			

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# Tasman Bible Church



## Who Do You Think You Are?

One philosopher (Descartes) famously used the very basis of the act of thinking as the only thing that he could not doubt but trust to believe in his own existence. Whether it was a decisive argument or not remains a debate but, at least it helped create discussion! You might object to simply being summed up as only a thinking being – there's perhaps a little more to you than that, you might think.

Who we are is not necessarily always based on what we think at all. 'I am my father and mother's child' and that forms the basis of my biological, historical, social and cultural make-up – in fact all that I am. It's a fairly common approach.

In African and other more corporately-based cultures, the twist on Descartes' view above is shifted to 'I am because we are' and it reflects the idea that we are, in fact, more than the sum of all the individual parts. Maybe so, you might say, and then follow that with a rousing chorus of celebrating diversity and the like because your 'make-up' is enhanced by others.

The question of who we are may be supported by such statements as 'it takes a village to raise a child' but as the recently released film *Spotlight* retorts, 'it also takes a village to destroy a child'. That film was a historical account of the *Boston Globe's* exposé of systemic child abuse in the Roman Catholic Church and is a hard but necessary truth for Christians to swallow.

"Who do you think you are?" is most often used in everyday life when someone else thinks we have overstepped the mark of what we should or ought to be. It's all very confusing!

Jesus once asked his followers to answer the question, "Who do you say that I am?" It didn't appear to

be a question of self-doubt but rather a way of drawing out what those followers in fact thought of him. It was a turning point in the Gospels because Peter responded with, 'You are the Christ, the Son of the living God' (Matthew 16:16). Jesus went on to then repeatedly interpret and explain that that view of him inevitably was going to be fulfilled in His suffering, death, and resurrection – probably the furthest thing from their minds at that point in their view of the Messiah.

It is such a simple question, but when considered carefully, our attention to it exposes what we value, why we're here, what we aspire to, and ultimately where we, and to whom we believe, we belong. For those simple but profound reasons, 'who do you think you are?' is a question worth pursuing more carefully.

*Richard Drury*



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# Moving to Mapua, an early account

Part 14 of a series of excerpts from the book, *Turning Back the Clock* by the late Iola McPherson. Iola moved from Nelson to Mapua in August, 1932 at the age of nine and this is part of her story.

## Mapua Wharf

By the end of the 1930s the Anchor Shipping Company was keeping the wharf very busy during the fruit season with its ships loading cases of apples for Nelson and Wellington to be shipped on to overseas markets. Day and night the men worked shifts. It was the busiest time Mapua had ever seen. People came from Christchurch and Wellington to work at Mapua Wharf as work in other places was scarce.

My father had left McKee's chemical company by then and was working for the Anchor Shipping Company. It was his job to stack the hold so tightly that there was no movement of the cargo. There were no forklifts or pallets then – just conveyors and derricks which were loaded by hand. These took the cases to the hold of the ship where the goods were stacked up neatly until they reached the combing. Then the hatch covers would be fastened on.

An accommodation hut was erected beside the wharf for the workers who lived away from home. It had bunks, tables and chairs and was nicknamed *Uncle Tom's Cabin*.

Watching the ships come in and out of the channel was great entertainment for the local residents. The larger ships like the *Titoki*, *Mamaku*, *Nikau* and *Taupata* had to work the full tides while the smaller scows that carried their cargo on the deck were able to enter at any time. I loved watching the ships from the beach, and sometimes other children would join me. One ship, the *Zephyr*, once mistimed the outgoing tide and got stuck on a sand bar. It had to wait for the next tide to lift it off. Adults and children flocked around to watch. A little fox terrier dog was playing around on board, much to the enjoyment of the children.

Local orchardist Charlie Higgs was not so lucky. One day he was bringing up a barge which had been loaded with cases of apples from a jetty on the back beach off Higgs Hill. It was full tide and Charlie was making for the wharf, riding on the barge and propelling it with an oar while happily singing a hymn (*Coming in on a Wing and a Prayer* would have been appropriate). Before he made it to the wharf, the tide turned and started going out fast with a nasty rip as is usual in the channel on an outgoing tide. Charlie missed the wharf and started on an unintended outward journey to the channel entrance and the bar. The barge struck the sand bar on the Rabbit Island side of the channel and tipped Charlie and his apples out onto the beach. Charlie was singing a different tune

by this time. The wharfinger, Dave Blanchett, had to send a boat out to rescue Charlie.

In 1951, during the big watersiders' strike in Wellington, many more families arrived to work the ships. They pitched their sack tents at Grossi Point. The tents were made by stitching sacks together and adding thatching and anything else that was available. These tents were scattered everywhere and the area was named *Sackville* by the locals. I remember being very impressed by one tent which had a celluloid window from a car sewn in – it was the flashiest tent on site.

A new coolstore was built close by the wharf to hold orchardists' fruit awaiting shipment. It was opened with a public gathering in 1953 by the Hon. Keith Holyoake. The Mapua coolstore still stands today but has now been converted into shops and galleries.

An inspection shed was also built opposite the wharf and was used for inspecting the fruit before it was loaded for shipment. To begin with, two inspectors came each year from Wellington but more were soon needed to cope with the large quantities of fruit. Mr Talbot and Mr Inwood were the first inspectors. They rented Dad's cottage (the bach we lived in when we first came to Mapua which Dad and Bob bought as a rental). Later a house was built for the inspectors on Higgs Hill.

## The Leisure Park

When I came to live in Mapua in the thirties, the coastal stretch of land near the entrance to the Mapua channel was called the Outer Beach and was owned by Messrs Ted and Joe Senior and Mr Chas Higgs. Desolate and covered in marram grass, lupins and a few old pine trees, it was a wonderful playground for us children with plenty of rabbits to chase and sand dunes to climb up and to slide down. One day Josephine and I decided to smoke some rabbits out of their warren. There was plenty of marram grass to light to make smoke. We stuffed the grass into the burrow but to our dismay, the rabbits scampered off. We didn't realize they had another back door!

The school used the area for swimming lessons when the tide was in as there were no school baths then. The boys used one dune as a 'dressing room', the girls used another and it was common to spot a curious boy's head peeping over the girls' dune.



Not an apple in sight. The wharf today has many different uses

# Hills Community Church



One of the great things about living in Mapua, is that we live in a growing community. One of the ways it is growing is in the number of families choosing to make Mapua and the surrounding areas home. It is this growth which led to HCC partnering with the local community and beginning the Mapua Youth Club last year. The club runs on most Friday night out of our Mapua Community Hall providing at least one structured activity for those who wish to participate, and offer other games like X box, table tennis, pool, music and just hanging out time. The Friday night sessions at the Mapua Hall are non-religious in approach and content, the goal is to cater for all sectors of our community.

The Mapua Youth club is run by a team of volunteers from both church and community and is led by Marv Edwards, Peter Van Veen and Andy Price. This team and a number of others do a great job in providing a fun, safe and inclusive environment for youth to connect. It is community-focused and is supported by the TDC, the Mapua and Ruby Bay Community Trust, the Anglican Diocese of Nelson and by the Mapua Hall Committee.

Alongside the development of the Mapua Youth club, HCC has long sought to establish a position of community youth worker/youth pastor, serving the youth of both the wider community and church. HCC began advertising for this in November last year and, as the summer unfolded, an exciting possibility for the position developed. Through connections developed last year with Kenya, and particularly the church of Nairobi Chapel, the opportunity of a Kenyan youth worker joining us in Mapua began to take shape.

After a long process of arranging work visas and planning we are thrilled to welcome Mark Waweru to Mapua and to HCC as Youth Pastor. Mark is from Nairobi and has been working in youth work in both in Liberia and Rwanda and Kenya... all a long way from Mapua. But the reality is that we live in a global

world, and as much as Mark will learn a lot about New Zealand culture being here, we can also learn much from Mark. He will be working in supporting and developing the Mapua youth club and in growing Youth ministry through HCC.

It is an exciting journey ahead as we look for new ways we can work together across our community in supporting the youth in Mapua. Despite the fantastic summer and autumn Mapua has had, and despite our best efforts, Mark is arriving in the middle of winter. So the warmth of our welcome is even more important.

*Blessings in Christ, Rev John Sherlock*

## **Coming up at HCC this month:**

Sunday 3 July: Commissioning service for Mark Waweru, (10am morning tea, followed by service)

Sunday 31 July: Celebration service and lunch 10:30am (no 9am service on this Sunday)

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

**Sunday Worship:** 9am, Traditional service. 10:30am Contemporary service & Children's programme including crèche; Holy Communion celebrated at both services on the 2nd and 4th Sundays with morning tea in-between.

## **Weekly Calendar:**

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

Fridays: 10am-noon—Craft n Coffee—learn a craft and share a laugh! Open to all, crèche provided.

Drop-off for area food bank – Bring your non-perishable food items to the church (122 Aranui Road) on Friday mornings between 10am & noon.

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

*(From page 22)* In the 1950s the land bordering the Outer Beach was bought by Richard Potton and his wife, Rhoda. They built a holiday cottage and boat sheds there. Their sons used to go boating, swimming and fishing over the school holidays until they grew older and turned their sights to other attractions in the city. Craig Potton became a well known photographer and owns a publishing company based in Nelson.

A causeway was built across the mudflat for access but after the first attempt, the road broke away in a storm as it was only a concrete culvert. The next causeway had a flood gate and was much stronger; it is still there today.

In 1979 the land was bought by Kathy Trott and her partner, Pat, and they transformed the property into a 'clothing optional' holiday park with all the amenities of a modern motor camp. A café and bar were added and the boat sheds became rental baches. They also built more accommodation along the beach. Native trees were planted where the pines were felled. A playground, swimming pool and sauna were added and the result was The Leisure Park, a flourishing campground that has become very popular. Kathy Trott sold the Leisure Park in 2003.

*A limited number of copies of Iola McPherson's book, Turning Back the Clock, are still available. Please ring Jeanette on 540-2769.*

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**A successful AGM & new committee members.**

We had a fantastic turn out to the hall's AGM on Monday 20th June, with superb support from our community.

We're pleased to announce we have four new committee members joining us this year & new executive positions have been elected.

The hall's committee for 2016/17 are:

**Executive**

- Chair: Lynda Mabin**  
**Vice Chair: Ally Roach Wilson**  
**Treasurer: Ruth O'Neil**  
**Secretary: Jean Wolfe**

**Committee Members**

- Reinhard Gebhard, Su Smith, Sue Lockhart, Helen Parry, Ross Lovell & Julianne Brabant.**

After many years of service **Trish Smith** has resigned from the Vice Chair position and we would like to thank her for her tireless efforts over the years. **Bridget Castle** has also resigned after 2 years as the most reliable & thorough Secretary we could have asked for. **You will both be missed!**

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
<b>What's On at the Hall In July</b>				1 9am Yoga 9:05am Aerobics 10:05am Pilates 1pm Probus 6.30pm Mapua Youth Group	2 12-4pm Painting Class	3
 Like us on facebook <a href="http://www.facebook.com/mapuacommunityhall">www.facebook.com/mapuacommunityhall</a>				8 9am Yoga 9:05am Aerobics 10:05am Pilates 6.30pm Mapua Youth Group	9 9:05am Aerobics 10:05am Pilates	10 Mapua Makers Market 6.30pm Mapua Movie Night
4 9.30 Zumba GOLD 6pm Zumba	5 9am PANZ 9.30am Zumba 1pm Beginners Tai Chi 2.30 Sit & Be Fit 6pm Cardio/Pump 6pm Yoga 7pm Pilates	6 9:05am Aerobics 10:05am Pilates 12.30pm Tai Chi	7 9am Mapua Art Group 9.30 Zumba GOLD 3.30pm Karate 6pm Zumba	15 9:05am Aerobics 10:05am Pilates	16 9:05am Aerobics 10:05am Pilates	17
11 7pm Comm. Assc. Meeting	12 9am PANZ 10am Mapua Creative 1pm Beginners Tai Chi 2.30 Sit & Be Fit 6pm Cardio/Pump 7pm Pilates	13 9:05am Aerobics 10:05am Pilates 12.30pm Tai Chi	14 9am Mapua Art Group	22	23	24
18 6.30pm Hall Committee Meeting	19 9am PANZ 1pm Beginners Tai Chi	20 12.30pm Tai Chi	21 9am Mapua Art Group 2pm Friendship Club	29 9am Yoga 2pm Friendship Club 6.30pm Mapua Youth Group	30 9.15am Pilates 4.30pm KIDS MOVIE NIGHT!	
25 9.30 Zumba GOLD 3.30 FUNK BUSTA 6pm Zumba	26 9am PANZ 9.30am Zumba 1pm Beginners Tai Chi 6.15pm Pilates 6pm Yoga	27 9am Yoga 12.30pm Tai Chi 7.30pm Cycle/walkways group meeting	28 9.30 Zumba GOLD 3.30pm Karate 6pm Zumba 7pm Comm. Assc. Meeting			

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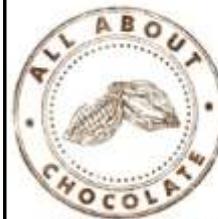
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Some of it is common knowledge however, I've had some great feedback from parents who've sat down and gone through it. They were surprised at how many questions were answered wrongly.

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We blindly feel the space in front of our faces with the backs of our hands so that if we touch

---

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---

a live wire, we don't involuntarily clamp down on it. Senses are alive, on the highest level of alert, trying to anticipate the unexpected.

We make our way through the property checking behind doors for adult bodies and under beds for little ones.

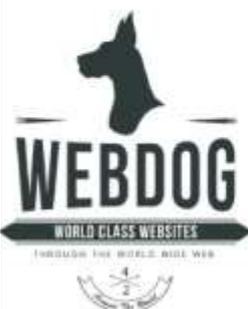
Adults know to keep low in a fire but at the last minute they stand up to open the door and get out.

One breath of toxic smoke and they are rendered unconscious, only to die just a couple of steps from safety.

Kids? Well they think they can hide from fire. They're often found under the bed or even in the wardrobe.

There are a number of basic things we should all know. Grab some quality time and sit down with your precious ones and go through the quiz. It'll help ensure they know what to do in the event of the unthinkable ...

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# The Worst Date

Part 2 A fictional story based on real events

By Peter Francis

(Continued from last month)

3/03/ 1998:

'Sir' Thomas Fry travels to Endeavour Inlet and buys *Lonebird* from the owners of Punga Cove, then sails it back to his home Port of Gisborne.

Fry then frequently sails *Lonebird* between Gisborne, Auckland and Picton with fellow crewmember Hamish Thompson. The purpose of those trips remains unknown, but the transportation of illegal drugs is a probable explanation.

15/06/1998:

Despite no bodies being found. Scott Watson is arrested and charged with murdering Ben and Olivia.

June- September 1999:

Scott Watson is tried in the High Court in Wellington for the murder of Ben and Olivia, and (based upon circumstantial evidence) he is controversially found guilty and sentenced to life imprisonment with a minimum non -parole period of 17 years. He tells jurors in a loud voice "You are wrong." Fry and Thomson probably heaved a great sigh of relief.



So were the jurors really wrong?

Most people in New Zealand are still unsure, but there is a significant proportion of the population who have grave reservations that in this case, once again justice may not have been done.

30/06/2000:

A New Zealand yacht, the *Ngairi Wha* is intercepted off the NSW coast by Australian police who discovered it was carrying 500kg of illegal cocaine (valued at around A\$345 million). The two New Zealand crew members, Thomas Fry and Hamish Thompson, are arrested and appear in the Sydney court charged with importing an illegal substance.

23/09/2000:

The ketch *Lonebird* is mysteriously sunk 30 kilometres from Gisborne. Police suspect it may have been intentionally scuttled by New Zealand associates of Fry and Thompson to conceal evidence of their drug-smuggling activities.

23/09/2001:

New Zealanders 'Sir' Thomas Fry, his associate Hamish Thomson and five Britons are tried in the High Court in Sydney for importing illegal substances into Australia. All are found guilty. Fry and Thompson are sentenced to life imprisonment in maximum security Lithgow jail with long non-parole periods.

19/11/ 2003:

The *Lonebird* is raised to the surface by New Zealand salvage experts who discover all of the seacocks are open which confirms the vessel had been intentionally scuttled by parties unknown but whom must have had some previous knowledge of ship-scuttling procedures.

12/04/2004:

A convicted New Zealand drug smuggler, Hamish Edmond Thompson, appealed against the severity of his sentence for helping to smuggle a record shipment of cocaine into Australia. Thompson claims he was an innocent and unwilling participant in the smuggling and only became aware of the cocaine after it was loaded on board somewhere off the coast of Opuia in Northland New Zealand by Colombian drug dealers. The Sydney court turned down his appeal.

08/07/2015

Scott Watson has not been a model prisoner during his confinement resulting in this month's application for parole being declined because of occasional fights with fellow prisoners, one of which ended with him knocking his opponent unconscious. But does that prove he is a murderer?

Why would Scott Watson have murdered Ben and Olivia? And if he did how and where did he dispose of their bodies?

A number of eminent New Zealand journalists have already tried to answer these puzzling questions yet the story of Ben and Olivia still remains as one of New Zealand's most intriguing crime mysteries. If it was not Watson could it have been Fry and Thompson? I think it could. What do you think?

Meanwhile, without Ben and Olivia's remains, sadly their families still wait for both answers and closure.

The very worst date of the year for the families of Ben Smart and Olivia Hope must be New Year's Eve. That day in 1997 was the last time they ever saw their seventeen-year-old daughter, Olivia and twenty-one-year old son, Ben.

An advertisement for 'tasman homeopathy'. The text is arranged in a clean, modern layout. At the top, 'tasman' is written in a large, bold, sans-serif font, with 'homeopathy' in a smaller, elegant script font below it. Underneath, the name 'Linda Morgane' is followed by 'Classical Homeopath - dip. hom'. The contact number '027 4510 178' is prominently displayed. At the bottom, the email 'peatfamily@xtra.co.nz' and the address '211 Westdale Road, Mapua Redwood Valley 7081' are listed.

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We can post you the *Coastal News*. Post \$20 with your name and address to *Coastal News*, PO Box 19, Mapua Store, 7048, or email coastalnews@mapua.gen.nz

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**Motoring** with **MAPUA AUTO CENTRE**  
 "YOUR AUTOMOTIVE SPECIALIST"

**Maintenance of Automatic Transmission**

Do you know when the last time you had the fluid in your automatic transmission (auto trans) replaced? And which method was used (drain or flush) to replace it?

Clean auto trans fluid is translucent red with protective additives to extend the life of seals, 'o' rings and mechanical components. As the fluid degrades it becomes brown in colour; is no longer translucent; it thickens; and the protective additives lose their effectiveness.

Clean fluid



All mechanical components require clean fluid (oil) to effectively protect and lubricate moving parts and limit the effects of friction.

Dirty fluid



Friction produces heat, hence, an increase in friction could cause over heating and accelerated component wear.

The first signs of wear within an auto trans is harsher shifting through the gears followed by the gears starting to slip and then eventual failure.  
 Repairs can be very expensive, usually starting at \$2000.00.

We recommend the much cheaper option of a regular servicing program, especially vital for CVT auto transmissions.  
 As a rule of thumb, we suggest the following servicing intervals:

1. Every 40,000km when vehicle is used frequently for towing.
2. Every 60,000km under normal use.

Please check your vehicle manufacturer's frequency recommendations, in case it differs from the above. Also check the fluid type recommended by the manufacturer as not all auto trans fluids are made equal and serious damage can occur if the incorrect fluid composition is used.

Flushing is the recommended regular servicing method. Flushing involves attaching your vehicle to a specialised flush machine which removes all the old fluid from the entire auto trans system by forcing new fluid in. An external viewer on the machine alerts the technician to when all the old fluid has been removed.



The alternative 'drain and replace' method is an ineffective option as it only removes approx 25% of the fluid within the auto trans system.

Happy & safe motoring from the team at **MAPUA AUTO CENTRE**  
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**1. Zumba fitness** is a program that combines FANTASTIC music with dance fitness moves. Zumba routines incorporate HITT, toning & resistance training.

The MAPUA version

**SWEATY GROOVIN' WORKOUT**

**Hilary Williams**

Mapua Community Hall

www.zumbaHil.com

zumba fitness mapua

021 182 8885



Hello, the gorgeous Mapua community hall is now my Zumba fitness class home. Come & try it. See you there, Hilary



## 2. Zumba Gold

For Active adults who are looking for a modified Zumba class that recreates the original moves with lower impact on joints. The design of the class introduces easy-to-follow Zumba moves that focuses on balance, range of motion and coordination.



The MAPUA version



Very simple repeating moves. Any age. Confidence building. Includes a tea & biccyy

All classes are 60mins

### Timetable July/August

	Monday	Tuesday	Wed	Thursday	Fri
9.30AM	ZUMBA gold	ZUMBA fitness		ZUMBA gold	
6.00PM	ZUMBA fitness			ZUMBA fitness	

All classes \$7. College students \$5. Kids FREE (with adult). Concession card available.

**OPEN CLASS**  
BRING THE FAMILY.  
ALL WELCOME!

COME ALONG AT 6PM  
ON THUR 21ST JULY, &  
SEE WHAT MAPUA ZUMBA IS ABOUT.

**THURSDAY 21ST JULY**

**FIESTA**



IT'S BEEN  
**ONE YEAR**  
MAPUA  
ZUMBA

**FREE ENTRY**

### FAQ 1 : Why ZUMBA?

For me, being part of 'Zumba' means I am covered by a music user license. I'm also regularly supplied with moves from the some of the worlds best fitness instrutors. Things like usability, popularity & injury risk are taken into consideration.



### FAQ 2 : What is going on!? I can't learn that!

Learning ZUMBA for some, in the beginning, is a brain challenge. Everyone who has wanted to learn HAS. Anyone wanting to learn CAN. It won't happen overnight, but it will happen.

I strongly believe maintaining mental health & agility, at all ages, is as important as keeping your body fit...  
...two birds one stone - **DANCE FITNESS**

Info about my personal dance journey - YouTube "one thigh clapping"



# MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Coordinator: Janet Taylor  
P: 540 3364 or  
M: 027 230 2943



## Welcoming New Residents

With a funding grant from the TDC, the MDBA has created a 'welcome bag' for new arrivals into the area. This is a locally branded bag that will be useful for local shopping and trips to the library etc. The bag is made from Recycled PET which is manufactured from used water bottles making this an environmentally friendly choice. The bag contains a Community Directory, local maps and community information. If you've got new neighbours, and would like to welcome them with one of these bags you can collect one from the Hall, Hills Community Church or contact Janet.

## ALBERTA'S

MAPUA, NEW ZEALAND

### Hello Mapua & Districts

My name is Alberta (Ali) Slotemaker. I grew up in & around Appleby/Mapua from age 10, went to Nelson College for Girls and studied science at Canterbury Uni. Since then I have been living in Cairns & working in the specialty coffee industry. NZ has been calling me home for some time and setting up Rabbit Island Coffee Co. in my parents paddock for the past 3 summers has certainly helped, however, the opportunity to have a full-time business in a place I love, has allowed my husband, son Lewis (3) & I to move home for good.

Alberta's is designed to be an informal eating, drinking and meeting place for all types of people. We wanted to create a place where you feel comfortable in bare feet and swimmers or work boots or whatever really. My husband, Stephen, is a coffee roaster & I have a world-renowned qualification in coffee elevation and have competed in Barista competitions in NZ and Australia, so coffee plays a big part in what we love and do. However, we also have a strong interest in the raw food movement, offering a selection of gluten, dairy & sugar free "sweet" treats as well as some good old kiwi café favourites. Our kitchen is constantly evolving; producing things such as house-made sauerkraut and kombucha, and we are currently working on a range of dry take-home mixes. Oh and the donuts (weekends only) are getting quite a following. We are open bright and early at 7.30am daily, so you can take in the most amazing sunrises ever!  
OPEN 7 days, 7.30 am – 4 pm ALL WINTER.  
We are also currently working on setting up Rabbit Island Coffee Co. next door to Alberta's which will involve coffee roasting & a slow brew bar where customers can experience all types of coffee brewing.

If you are in a hurry, text your take-away coffee order to  
**022 155 1183.**

E: [eat@albertas.co.nz](mailto:eat@albertas.co.nz)

P: 540 3933

[www.albertas.co.nz](http://www.albertas.co.nz)

[www.rabbitislandcoffee.co.nz](http://www.rabbitislandcoffee.co.nz)



[www.rubycoastmouterehills.co.nz](http://www.rubycoastmouterehills.co.nz)

## Zumba Dance Fitness - Mapua

I'm Hilary Williams and have been living in Upper Moutere for 14 years.

After teaching Zumba classes around the region for 2 years I've decided to stay in one place, Mapua has that feel good factor!  
Zumba is a fun way to get fit. Sweat + enjoyment.



It leaves you smiling and feeling good for two reasons, you've had a workout & you've grooved around for an hour.

I started attending Zumba at 40. It clicked with me after about a month. After six years I haven't needed to think about "doing exercise" as it's all been part of the class.

I also see Zumba as an avenue to rock modern dance music that's across many genres. I include in the mix Reggaeton, Soca, Riddims, Modern Dance Hall, Ska etc. I also include Bhangra, Hiphop, flamenco, salsa etc... & a teeny tiny bit of country. Please note it's all aimed at being easy to pick-up after a few goes at each choreography.

There is currently a range of ages and abilities that attend - with ALL "feelin' the benefit". If you're worried people will stare - don't, everyone is too busy looking toward the front. Give each class 3-4 goes before deciding if it's for you. Hope to see you there.  
For info on all classes go to : [www.zumbaHil.com](http://www.zumbaHil.com)

Supporting local businesses since 1992

# Noticeboard

**For rent:** new, warm, self-contained studio apartment on Hoddy Rd until mid-October. WiFi. Great views. Suit single/couple. No smoking. No pets. \$220/week. Cell 021 072 8924

**Packing boxes** (Pack & Send) good quality, 27 @ 45 x 60 cms. \$5.00 each. Also 4 smaller ones, \$3.00 each, same quality 45 x 33 cms. Phone Barbara 027 443 1121.

**Work Wanted:** Mother looking for work, 15hr per week during school term. Job share. Accounting and office management experience. Anything considered. Larina 022 0788 015

**Probus Club** meets Mapua Hall, 1.30 pm, first Fridays. Guest speakers talk for about an hour, and club member will also give a short talk. Now in its 15th year, new members always welcome. Pres: Bill Hall, 540-2522, Secr: Rita Mitchell, 03 528-8097

**Motueka SeniorNet:** Get tech savvy and share more family experiences. Community computer support for 50+. Training courses for iPads, Phones, Tablets, PC and Mac. Members meeting 10am first Mondays. 42 Pah Street, Motueka. [seniornetmotueka.org.nz](http://seniornetmotueka.org.nz)

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

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

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

**Ruby Coast Run Club** meets 9am Mondays at Mapua School parking lot. Info: Debbi 027 327 4055.

**Java Hut Knit Group:** 10am Tuesdays at Java Hut. Bring your knitting or crochet project. Info: Debbi 027 327 4055

**Qi-gong** practice weekly in Mapua, YUAN GONG form. Info: Marianne, 0220 828 559.

**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 co-ordinated by Hills Community Church in partnership with the wider local community.

**The Fantail Book:** extraordinary aviator, spectacular photos. Available at BNZ, Delicious Gift Shop and Tessa Mae, Mapua. 2 sizes \$25 & \$20 each. Fund-raiser for Native Bird Recovery Richmond.

**Mapua Craft Group** meet Fridays 10-noon, supper room, Hills Community Church. Simple craft work including: paper craft & card making, sewing, knitting, cooking, small upcycling projects. Occasional guest speakers, demos & outings. A social, some fun and a chat, some easy craft along the way. Info: Julie Cox 540-3602, [juliecox@xtra.co.nz](mailto:juliecox@xtra.co.nz) and facebook.

**Coastal Garden Group** meet first Thursdays, 1.00pm, Tasman Bible Hall. Members, guests & visitors welcome. Judy Sisam, 547-7292, [142doubleview@gmail.com](mailto:142doubleview@gmail.com)

**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.

**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.

**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.

**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](mailto:wheels2meals@gmail.com)

**Ruby Coast Walking Group** meets 9.30am Wednesdays outside Tasman Store. We walk for about 1½ hours, then enjoy coffee & muffin back at the Store. Walk according to your ability and speed. All welcome. Just turn up. Fiona 526-6840, [fiona.oliver@xtra.co.nz](mailto:fiona.oliver@xtra.co.nz)

**Kidz 'n' Koffee playgroup:** 10-noon, Wednesdays in school term at Old Church Hall, Aranui Rd. All parents & caregivers welcome, we cater for 0-6 yrs. Koha for morning tea. Make some new friends. Info: Bridget, 540-2572.

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

**Fair Exchange:** A small group meets at Appleshed restaurant 9am 2<sup>nd</sup> & 4<sup>th</sup> 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. We have coffee at 10am last Fridays at Tasman Store & hold ad hoc day & evening social events. Info: Vivien/Richard 526-6707, [vpeters@xtra.co.nz](mailto:vpeters@xtra.co.nz), or just turn up.

**Technical problems solved!** - Don't know how to use your electronic devices? Can't set up something new you've bought? Need computer tuition? Local help is at hand! Average job price just \$35. Web design and mobile app creation also available. Call Sam, 03 544-0737, [sam@sambennett.co.nz](mailto:sam@sambennett.co.nz).