



The Only Constant in Life is Change

It was the year two planes flew into the World Trade Centre, and the US announced the pull-out of the 1972 Anti-Ballistic Missile Treaty, while George W Bush refused to sign the Kyoto Agreement on climate change, in DR Congo over 16 million Congolese were starving, and foot and mouth disease was found in the UK after a 20-year absence. The United States then invaded Afghanistan, *The Lord of the Rings: The Fellowship of the Ring* movie was first screened, Apple Computer released a little thing called an iPod as Microsoft released Windows XP, and Wikipedia went online for the first time, and so too did the *Mapua & Ruby Bay Coastal News*. That was 2001, no space odyssey.

I was learning to write HTML and drawing pictures using Photoshop 4.0 to create websites for small businesses and worked closely with Steve Christie and Tasman Solutions in Richmond. Steve had registered the domain name www.mapua.gen.nz to enable offering customers an email address alias of anything@mapua.gen.nz and some readers are still using their tailor-made @mapua.gen.nz email addresses to this day.

Steve needed the domain name registration for email purposes only, and he generously offered the website and hosting space to me to do with whatever I pleased as a community service-type thing. A sandpit for me to play in. I used it to learn, and help promote and support the Mapua Boat Club with their Biggest Games initiative to remain guardians of the Wharf and preserve the asset for the community. It worked really well, with the notable exception that I can no longer launch a boat at the Mapua Wharf. I sadly didn't anticipate that back-stab, win a wharf, lose a boat ramp.

Since day one I took it upon myself to use www.mapua.gen.nz to publish the *Coastal News* online and I've been doing it every month since 2001, when provided with the copy. It's created quite the archive, mapping the changes and development from cheap, sleepy, nudist, hippy, seaside

village to almost an extension of the suburban sprawl of Richmond for the wealthy, retired, and or relocated.

Perhaps sadly, only the .pdf versions of the publication from March 2008 remain live online due to periodic redesign limitations, but feel free to send an email to news@coastalnews.online if you'd be interested, so I can measure demand to perhaps take the time to get the older versions back up. But I digress...

The local ISP, the real people in cyberspace Tasman Solutions got crushed and stolen from us by Snap Internet, who palmed off the hosting to someone who shall not be named. Us *Coastal News* folk, however, managed to negotiate with Snap to continue using the domain name and some free space to keep it online a few more years. Despite a small hiccup when they let the domain name registration accidentally lapse, and be briefly registered by others, it has worked OK over the years. As is prone to happen within the ISP business model, Snap got acquired in 2015 by yet bigger fish 2degrees, as did the domain name itself, while the hosting of it got palmed off to Umbrella Limited. They are a bit too big to bother helping the *Mapua & Ruby Bay Coastal News* remain online and we have been unable to update those pages since March 2018. So where does that leave us now and into the future?

A new domain name and location puts us right here, right now: www.coastalnews.online and we hope you enjoy and use this new resource, keeping you up to date with genuine real life news and views from the Mapua and Ruby Bay coast and its people, wherever you are in the world. Don't forget to update any bookmarks, links or favourites you may have had over the years if needed because Google is going to get quite confused for a while, particularly due to our inability to redirect traffic from the old website domain to the new.

So remember this: www.coastalnews.online

Cheers, Rick Coleman, a website guy
and www.italian.kiwi

Tradition of Matariki Explained

Matariki was acknowledged at the beginning of the June meeting of the Mapua and District Community Association and reference was made to the wonderful art display by the pupils at Mapua School which is now in the main room of the Mapua Hall and was part of their Matariki celebrations.

Naomi Aporo said one of the Maori historical traditions associated with Matariki was to dig and stand in a trench like those used for planting kumara in, karakia to the cluster of stars known as the wishing star and state a wish for the year ahead. A nice tradition to continue, perhaps.

Naomi is continuing with collecting stories to reflect the history of the area and shared how some of the traditions come about. It is planned to have information boards at various places in the community to showcase our past stories.

Roads and Pathways

There was general discussion about roads, lighting and footpaths and it was agreed that we all need to be better at sharing the space on our footpaths with a suggested slogan being "Sharing Not Glaring." It was felt that we need to ask for some clarification on which pathways are shared and which are only for pedestrians. Some felt that the lighting could be better while others enjoy the village feel and the stars in the dark night skies.

TDC Long Term Plan submission, summary and correspondence

Bruno spoke to this submission summary as previously circulated, clarifying some specific areas of the summary and TDC responses, particularly around sea walls, stormwater and the TDC's noted responsibilities around protection of private property. He also commented that the submission put in on behalf of the MDCA counted as only one submitter, noting it was possibly better for members to submit individually in future.

Waterfront Park

Those responsible for the Waterfront Park spoke of the progress made with the planned playground facilities which is now moving forward and the BBQ funding application that is set to go.

Environmental Issues

There was a good response to the call for help with planting at Dominion Flats with more than 100 helpers over the four mornings and about 3000 plants put in the ground. Now you can see where we have been as there is a sea of new green covers in patches amongst the trees. When you walk along the tracks now you can be hidden from sight under the height of the previous plantings. What a great feeling that is.

The community was also involved in plantings at Tasman so the whole area is going to have a great green image in a few years' time.

Civil Defence

More volunteers added their names to the list to be sent through to Richmond. If you feel you could help in times of emergency but have not yet put your name forward it is not too late. Phone Helen Bibby 03 540-3830 and she will send your name on.

Resignation

Elena acknowledged the contribution Colin Walker has made to the Association during his time on the executive and asked that a formal letter of thanks be sent to him now that he has resigned.

AGM Reminder

Elena reminded those present that we need to fill the positions of both the chairperson and the secretary at the AGM in August and asked that we consider stepping in or asking someone we feel could be a suitable candidate to fill the positions. The secretary does receive an honorarium.

Next Meeting

The hot topic for the July meeting will be public transport, so come and hear others' ideas and add your own. Venue: Mapua Hall, 7pm Monday 9 July.



Richard Ewbank

Garden & Property Maintenance

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

Phone Mapua (03) 540 3881 or Mobile 027 540 3881



Shanti Massage Therapy

Relaxation and Deep Tissue Massage

Kim Saunders Stevenson

Certified Massage Therapist

178c Old Coach Rd, Mahana 540-3911

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

Arbor Day Success for Mapua School

A beautiful winter's day on Wednesday 20 June and the enthusiastic attitude of 280 Mapua School children resulted in one of the most successful Arbor Day planting efforts in Mapua's Aranui Park.

By the day's end, more than 500 native trees, shrubs and grasses had been planted at two main sites in the park, one along the stream bank and the second a recently cleared area near the old Wells farm shed, where contractors had earlier removed two big willow trees.

The children crossed from the school to the park in relays, with Year 5 and 6 pupils starting the planting at 11am, followed by Year 3 and 4 pupils. After a short lunch break, Year 1 and 2 pupils combined with Year 7 and 8 pupils, with the older pupils helping to guide the young ones. A total of 13 staff members were involved with instruction and supervision, as well as five volunteers from Friends of Mapua Wetland.

The pupils' planting effort proved so effective that they took on additional work in two other areas. They planted some additional native trees in a recently partially-cleared site, behind the old Presbyterian Church building and also spread mulch along part of the southern fence line boundary. Kowhai trees and hebe shrubs had recently been planted there.

The latest successful planting was a marked contrast to attempts to hold an Arbor Day planting last year. Various days were set between last July and



October, but a wet winter and spring meant a series of postponements and disappointed pupils. This year, just over 18mm of rain fell two days before the planting effort, causing ponding in some parts of the park and some wetter ground. However, the day was brilliantly sunny, windless and planting conditions were excellent.

The day's planting was organised by Tasman District Council park supervisor Richard Hilton who also gave a planting demonstration for each group and had the help of a Nelmac staffer.

Supervising Mapua School teacher Simon Clearwater said the Arbor Day planting was "a fantastic opportunity for the whole school to be involved in a local community project.

"Aranui Park is such an asset to the community, and the constant efforts at restoration and beautification will continue to make this an appealing place for people to visit."

Mapua School pupils had formed a close association with the park during more than 10 years of planting for the Tāne's Ark project and various Arbor Day activities, and the school had built a vital link with the park.

"It's great having children of all ages planting trees. They will be able to see the benefits in years to come and they really take pride in their work," Simon said.

David Mitchell

THE SPRIG & FERN TAVERN MAPUA

CHEF'S CHOICE

**Main
Dessert
and glass of
beer, wine or
non-alcoholic drink**

\$30_{pp}

Thursdays
from 5pm

Sprig & Fern Mapua

SALES SUPPORT & OFFICE ROLE

PART TIME. FLEXIBLE HOURS.

Woodland Lifestyle is an importer and distributor of flooring products to the NZ domestic market. We are requiring a part time office and sales support person to join our small and motivated team. The ideal candidate will have a strong customer service background, be familiar with order processing, accounting and CRM systems as well as general office duties. If this sounds like you, then please apply with CV to sales@woodlandlifestyle.com

WOODLAND LIFESTYLE

Lynda's Exercise Classes in the Mapua Hall.

Term 3 – 10 weeks, starts Tue 24 Jul ends Fri 28 Sep.

Note winter start times.

Tuesday	2.30pm – 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 or Pre-Exhaustion training every now & then.
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 or Pre-Exhaustion training every now & then.
Friday	10.15am – 11.05am	Pilates (all levels, beginner to advanced)

FOR THE TERM:

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)** Aug 11, Sep 8 & 22 - 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
Please email lynda@hht.co.nz, ph 5432268 or 027 222 1491 for more details.

Vibrant and vital 50 year old woman is looking for a gentleman to share laughter, good conversation, fine food and travel.

She is well respected by her friends and work colleagues.

Contact Rosie 021 476 454
www.matchcompany.co.nz

Architecture studio | mapua

- Warmer
- Drier
- Healthier

Simone Wenk

Reg. Architect (Germany), LBP Design 2 (NZ)

03 540 3262 / 021 1049 039
simonewenk@xtra.co.nz

Shed 4, Mapua Wharf
www.architecturemapua.co.nz



The Wakefield Apple Fair organising committee wishes to thank the following local businesses who generously provided sponsorship and support, and the many volunteers and community groups who gave up their time to make our 2018 event possible.

Key supporters:

Tasman District Council and Network Tasman

Nelson Pine Industries * Hoddys Orchard
The Villa, Wakefield * Mountain Valley Honey
Tall Poppy Real Estate * Tasman Bay Food Group
Pic's Peanut Butter * Goulter's Vinegar Products
Wilson's Abel Tasman * Flip Out Nelson
Waimea Nurseries * Fruitful Supplies
Town & Country Vet * McCashins Brewery
Richards' Orchard * More FM Community Notices
NBS Motueka * Motueka Public Library
Ray White Richmond * Bayleys Richmond
The Car Company * Byrne Carriers
Nelson Heritage Festival * Footie Signs
Frucon Suntory * Nelson Provincial Museum

Curvy Yoga with Yvonne.

Slow flow yoga stretches, mind body focussed & relaxation
Bring your own mat, small cushion and blanket.

Wednesdays: \$ 10 per session

1:30 pm – 3:00 pm 6:30 pm – 8:00 pm

(no yoga classes Wed July 25 or August 1)

At: Mapua Bowling club

Please contact Yvonne Audier 021548810 or
yvonne.audier@gmail.com

Yvonne is a newly trained yoga teacher and she is passionate about life, mind body balance.



Tessa Mae's
WITH ATTITUDE

Gifts & Homewares in The Village

OPEN 7 DAYS

Ruby Bay
KITCHEN

Chef-made food at takeaway prices
172 Stafford Drive, Ruby Bay
03 540 3530

Perry's Auto - SuperGold Cardholder Benefits



- Extra 10% off your WOF (only \$47.50) when you present your card & pay on the day
- 10% off the cost of any repair or maintenance done in the Workshop

NPD & Mobil Fuel Cards accepted • 24hr Breakdown / Recovery Repair & maintenance workshop • Electrical & air con work

T: 03 540 2866 | E: perrys.auto.services@extra.co.nz

Replanting Takes a Break

After two quietly successful replanting days, held at the wee church in Aranui Road last month, the Ruby Bay replanting group is regrouping.

Plans are under way to bring community businesses in to provide staff volunteer labour, planting advice and garden products to help restore gardens in the upcoming months. Nelmac, Bunnings, Waimea Nurseries, and possibly Mitre 10 and BNZ will help out in the late winter/early spring.

If you would like some of the plants we've gathered so far, please help yourself from the collection point at the wee church, Aranui Road. We've let the church folk know that there will be some coming and going.

If you're not exactly in the Ruby Bay area but also affected by recent flooding, do feel free to help yourself to the plants that are grouped on the south wall of the church.

Our community has a great heart with so many kind people willing to lend a hand. It's not just about plants and gardens, it's about community connections. Reaching out to others is the way we can help build community strength and resilience.

If you want to help please leave healthy shrubs and cuttings, preferably in pots at the wee church in Aranui Road. Look out for the Kids and Koffee sign.

Our thanks to the Hills Community Church for their ongoing support, Mapua Landscapes, and for the many gardeners who have donated plants so far.

Let's keep the Mapua/Ruby Bay magic alive and thriving!

Watch out for dates of the next Plant Days in next month's *Coastal News*.

Gill Bartlett

COME & EXPERIENCE ALL THE DELIGHTS OF

JESTER HOUSE

- ❖ BREAKFAST
- ❖ LUNCH
- ❖ MORNING & AFTERNOON TEA
- ❖ FEEDING EELS
- ❖ PLAYING IN THE GARDEN



A GREAT TIME FOR EVERYONE.

OPEN 7 DAYS 9 – 5 PM

320 APORO RD, TASMAN

RESERVATIONS: WWW.JESTERHOUSE.CO.NZ

TASMAN'S BEST CAFÉ SINCE 1991

PRESENT THIS VOUCHER AND ENJOY A FREE COFFEE OR TEA ON US. (VALID TILL 31/3/18)

Harcourts

Harcourts Mapua

"The Big Little Office"



Sian Potts
Salesperson
027 296 8345



Wendy Perry
Salesperson
027 249 1701



Amanda James
Manager/Salesperson
027 472 1960



Lynn Remington
Administrator
03 540 3425



Sandy Jordan
Property Manager
027 296 8345

Harcourts Mapua - 2A Iwa Street, Mapua - 03 540 3425

www.teamtasman.co.nz Property Sales (NN) & Real Estate Ltd Licensed Agent REAA 2008



One of our members has lost a lot of weight. He has also got a lot fitter. He looks fantastic, and it's happened reasonably quickly. A few people have asked which diet he has been doing—Is he Paleo, or Keto, or is he a vegan or vegetarian, or perhaps gone low carb high fat (LCHF).

The reality is far better... he's done none of these. What he's done is followed the Common Sense Diet. Along with regular and varied exercise, he has steadily transformed himself into a fit, lean version of himself. The Common Sense Diet? Three meals a day and modest serving sizes.

Sure, he stopped drinking alcohol, but I'm sure that the occasional drink wouldn't make that much difference. He hasn't eliminated any main food groups, he eats as much in-season whole food as possible, and he still has a takeaway once a week.

Sounds good doesn't it? I firmly believe that we don't need to spend money on fancy products or diets. The ability to lose weight and be fit and toned is already within us. The hard part for most is finding the desire to educate ourselves and make the changes we need to make.

For most people, it's not carbs that are the problem (our bodies need carbohydrate) it's the sugary processed carbs that do the damage. It's not bread that's a problem, it's eating half a loaf a day that would make most people feel bloated. It's not alcohol as such that's the problem, it's the two or three glasses every day that add too many calories. So, how about trying the common sense diet? Three small meals a day of fresh, seasonal whole food. Minimal alcohol. No/minimal snacks. And most days do 30-60 minutes of a mix of aerobic exercise and resistance exercise.

If you find something you eat doesn't agree with you, don't go rushing off to get allergy-tested, just don't eat it (common sense, right?) Learn to tune in and listen to your body, eat less, move more, and eat healthy food.

*Karyn Holland, Catalyst Fitness, Mapua,
0272 239 561*



CATALYST FITNESS

We offer a range of membership options:
Weekly, quarterly, annual or concession
No locked in contracts

Gym Membership with key access

Classes to suit all fitness levels

Personal Trainers

14 Warren Place, Mapua
0272239561 – info@catalystfitness.co.nz – www.catalystfitness.co.nz




Garry Simkin Plastering

For all Interior Plastering
027 226 1722




Motueka Appliance Repairs

Specialising in Home Appliances
In Mapua Regularly
Call Dan **022 4568 068**



Drone Aerial Video and Photography



NZ VIDEO PRODUCTIONS

- Real Estate - Land - Buildings -
Experienced CAA101 Operator
Mapua Based - Pete Archibald
027 2788147 pete.nzvideo@gmail.com nzvideo.co.nz



THE ART OF TOUCH

"Discover Enhanced Health and Well-Being"

- BIODYNAMIC CRANIOSACRAL THERAPY
- FAR-INFRARED SAUNA
- THERAPEUTIC MASSAGE
- dōTERRA WELLNESS ADVOCATE/ ESSENTIAL OILS & SUPPLEMENT'S

- REFLEXOLOGY
- TRIGGER POINT DRY NEEDLING
- ITOVI BIO-SCAN'S
- AROMATOUCH

MELISSA POTTER
(T.E.C. D.A.R.E. R.M. BODY DR. P.A.C.T. YOGA DIP)
PH/TXT: 021-1368439
WWW.THEARTOFTOUCH.CO.NZ
Bringing you over 29 years experience!

CONCESSIONS &
GIFT VOUCHERS

X-rays onsite
ACC registered
 Experienced with work and
 sport injuries, performance
 enhancement and whole family
 care (0-100 years)



REACH YOUR HEALTH GOALS

Help your family move well,
 feel well and live well
www.tasmanbaychiropractic.co.nz



Call 03 544 4554
 Monday-Saturday
 Tasman Bay Chiropractic
 64 Oxford Street
 Richmond

Mapua Landscapes
 LIMITED
 03 540 3423

Landscape Supplies
 Courtesy Trailers
 Gardening products
 Wine Barrels
 Railway Sleepers
 Bridge Beams • Trellis

Digger and Truck available for Retaining Walls, Driveways,
 Shaping up sections ready for landscaping, house sites

15 Warren Place, Mapua www.mapualandscapes.co.nz

Endurance Spraying Ltd

Pete Hughes Owner/Operator

Ph (03) 544 2654

Cell 0211 942 654

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

Oasis Preschool Mapua

Spaces
 available!

Monday – Friday 7:30am – 5:30pm

2 Toru Street, Mapua (03) 540 3668

mapua@oasispreschool.co.nz

Babies and Toddlers

- ♥ a special, separate, safe space
- ♥ nurturing teachers
- ♥ respectful primary caregiving.

Preschoolers

- ✓ structured daily routine
- ✓ loads of interesting activities
- ✓ challenging and inspiring
- ✓ 20hrs ECE



www.oasispreschools.co.nz



Fire Brigade



May to June call-outs

May 3: Medical assist at Kina, turned back by ambulance

May 29: Two cars collided Te Mamaku Drive and Gardner Valley Road, stood by. Assisting drivers.

May 31: Rubbish fire Seaton Valley Road. An officer checked the fire, It had fire permit. Appliance stayed at station

May 31: Bathroom heater fire Aranui Road, no damage to house. Removed heater.

June 1: Smoke alarm sounding corner Tait Street and Broadsea Avenue. Found an alarm on window still in garage. Removed battery.

Calls this year - 37

Safety Tip: Don't Drink and Fry

Take care when cooking, especially when using fat or oil, and always keep the pot lid handy.

Never use water to put out a fat fire

Never leave cooking unattended

Avoid cooking after drinking alcohol – dial for a meal instead.

At the monument we have 13 fire-fighters. We have room for four more persons who live or work within the Mapua area and can come to trainings on Thursday night and call-outs at any time. Ideally within four minutes of the station.

If interested call Chief Fire Officer Ian Reade on 027 445 7049 or come and see us on Thursday around 7:30pm.

Mark Theobald, SO/Secretary

Simplicity Funerals

Simply respectful. Simply affordable.

Why Choose Us?

Simple really... we excel in honouring, celebrating and memorialising your loved one together.

- Range of pricing plans
- Prearranged and prepaid funeral options
- Full monumental headstones & plaque services

Nelson & Tasman wide,
 we're part of your community

03 539 0066

69 Haven Road, Nelson 7010

www.simplicity.co.nz





tasman tree fella

LIMITED

Do you have a tree problem?

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

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

**felling, height reduction, trimming,
chipping, firewood splitting**



**worldtravellers
Motueka**

Experience the world differently

**Our well-travelled staff are ready to
share with you the secrets and magic
of new countries, cultures and epic
travel adventures!**

**CRUISES, CULINARY ADVENTURES,
COACH TOURS, HIKING, BIKING OR
WILDLIFE - WE'RE HERE TO HELP!**

**Call 0800 804 737, or email
motueka@worldtravellers.co.nz**

183 High St, Motueka



*Groovy
Paws
Dog Grooming*



**Caroline Lusty, 115 Tarrant Rd, Mahana
Ph: 03-543 2277 027 520 1285
Email: caro.lust@xtra.co.nz**

PANZ

Winter is certainly upon us. Some of us embrace it and just get on with it but some of us don't ... I'm one of them. Although this time of year is a good excuse to stay nice and warm inside and paint. Those of you who are artists or crafts people, whether it be professional or hobbyist, understand that sometimes it is really hard to get motivated or to find our inspiration. Whatever your craft or medium we all go through phases of creativity block.

I find that getting together with like-minded artists such as the pastel artists group that meets on Tuesday mornings at the Mapua Hall helps to keep me focused even during the duller days. Creativity not only comes from within but from familiar surroundings and encouragement from others. We occasionally have mini challenges. The definition of a challenge is to encourage someone to increase their skills, determination, abilities, etc. by making them do something new or difficult.

One of our members, Marian Painter, recently challenged us to draw faces using five lines ... some of us used more, but she gave us only a minute to look at the picture of the person and then a minute or two to draw it. Wow, that was a challenge but what it accomplished was that many of us think we cannot draw but when faced with something new it is amazing what you can create. It is a fun way to get us out of our comfort zone!

We welcome you to come along and see what we do on a Tuesday morning at the Mapua Community Hall from 9am to 12 noon. Pastels is a very forgiving medium and if you want to challenge yourself you may decide to try them and join in on some of our mini challenges.

For additional information please contact our Area Rep, Glenys Forbes at 03 540-3388 or by email gmforbes@ts.co.nz. You can visit our Facebook page: PANZ Pastel Artists of New Zealand to see what our pastel artists are creating.

Gloria Anderson



**CENTRED
LIVING**

RUBY BAY 0224 669 399

**KINESIOLOGY • MASSAGE • COUNSELLING
NUTRITION • QI GONG • ASTROLOGY**

www.centredliving.co.nz

Mapua Health Centre

A very warm welcome to Dr Bridget MacDonald who is our new GP registrar; we are looking forward to Bridget's contribution to our medical team over the next six months. We also wish to welcome Rebecca Dawson, a final year medical student. During her time with us she will be sitting in on consults (with the patient consent) as well as consulting patients under supervision of our doctors.

There are several important national events this month, including:

Women's Refuge which is an organisation for women and their children to help prevent and stop family violence in New Zealand. If you are experiencing any form of abuse in your family or your relationship, or know someone who is, there are many ways the organisation can help you – free of charge and confidentially.

Dry July is a fund-raiser that challenges you to go alcohol-free and raise funds for people affected by cancer. Funds raised for Dry July will benefit Look Good Feel Better, a charity that provides free, community-based programmes for any person, facing any cancer, at any time. Look Good Feel Better Classes support cancer patients impacted by the visible and emotional effects of their diagnosis and treatment. The visible and invisible impact can rob patients of their identity. Look Good Feel Better helps to bring a boost, a day away from treatment, an opportunity to connect, and learn techniques to help them feel more like their normal selves.

The Neurological Foundation is an independent body and charitable trust that raises funds to ensure this country's top neuroscientists can continue lead-

ing-edge research into neurological disorders. Alzheimer's, Parkinson's, Huntington's and motor neurone diseases, stroke, multiple sclerosis, migraine, epilepsy and traumatic brain injury are just a few of the wide spectrum of disorders that are the focus of the foundation's research.

We now have staff members who are trained to provide guidance regarding 'advance care planning'. This gives everyone a chance to say what's important to them. It helps people understand what the future might hold and to say what treatment they would and would not want. It helps people, their families and their healthcare teams plan for future and end-of-life care. It also makes it much easier for families and healthcare providers to know what the person would want—particularly if they can no longer speak for themselves. Please contact the receptionist or Sarah, our lead practice nurse, for more information.

The patient portal service ManageMyHealth has been up and running for over two years and we encourage you to make use of it if you are not already familiar with it. This is a web programme that allows patients to have access to their own medical notes. 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.



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

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

- 1-31 Women's Refuge Awareness Month womensrefuge.org.nz
- 1-31 Dry July www.dryjuly.co.nz
- 1-7 Neurological Foundation Week
- 6 Term 2 ends - Primary, Intermediate & Secondary schools
- 11 World Population Day un.org/en/events/populationday
- 23 Term 3 begins - Primary, Intermediate & Secondary schools
- 28 Hepatitis Awareness Day www.hepfoundation.org.nz



enhanceskin

COSMETIC, MEDICAL & VEIN CLINIC

Affiliated Provider to Southern Cross Health Society for
Endovenous Laser Treatment & Ultrasound Guided Sclerotherapy

Non Surgical Endovenous Laser Treatment
Walk In, Walk Out Treatment that's Reassuringly Local
Cosmetic Botulinum : Dermal Fillers : Sun Damage Treatments

Say goodbye to unsightly, aching varicose veins...
Find instant relief and wear shorts again!

CALL FOR YOUR **FREE**, NO OBLIGATION
DOCTOR'S ASSESSMENT & SCAN
OR COSMEDICAL CONSULTATION

Dr David Orsborn
MBChB, Dip Obs, FRNZCGP, FACAM
Fellow New Zealand Society of Cosmetic Medicine
Certificate of Procedural Phlebology
Member of Skin Cancer College of Australasia



7 Buxton Square, Nelson - 03 548 8216 - www.enhanceskin.co.nz

Mapua Craft Group



The display showing in the Mapua Library has created a lot of interest and comment. If you have not yet seen the display, it will be there until 23 July. As no horizontal flat surfaces were available, we could not display pebble footprints, stone cactus, Scandi houses and many cards and more flowers.

If you would like to know more about such craft, do join us at the church hall on a Friday from 10am till midday (but not during school holidays!)

We are continuing to make knitted garments for Plunket and premature and my latest project is mice! Yes, mice with catnip inside as a toy for cats and kittens. These are made from a small amount of wool and are so easy I knit them while watching TV.

Barbara Halse, phone 540-3901.



**Electrical
Laser**

ANTIDOTE APPLIANCE REPAIRS

Laser Electrical Motueka and Antidote Appliance Repairs
Proud to be 100% Locally Owned and Operated

- Air Conditioning and Heat Pump Installation, Cleaning and Servicing
- Domestic & Commercial Wiring
- Appliance Repairs
- New Builds or Renovations
- 24 hr Callout Service

Contact Greg and Donna Bradley

- 03 528 9071
- 027 243 2212
- 9a Monahan Street, Motueka
- motueka@laserelectrical.co.nz
- laserelectricalmotueka.co.nz



livingnutrition

feeding body, mind and soul naturally

Sarah La Touche
Registered Clinical Nutritionist

Dip. Nutrition
Member NZ Clinical Nutrition Association

www.livingnutrition.co.nz | 027-315-1165 | sarah@livingnutrition.co.nz

Motueka

SUNDAY MARKET

www.motuekasundaymarket.co.nz

Every Sunday 8am-1pm - Rain or Shine
DECKS RESERVE CARPARK T. 540 2709 M. 027 278 8806

Sarau Winter Sale

Second-Hand Books

Pre-Loved Women's Clothing
& Kitchen Equipment
Cosy Cafe




11am - 3pm 28th & 29th July
Moutere Hills Community Centre

An annual fundraiser for the Sarau Community Trust, Country Kids & Moutere Kai Collective.
 All donations gratefully accepted on Friday 27th of July at the MHCC.
 Donations of good quality women's clothing to Country Kids, anytime. Thank you!

MAPUA PODIATRY

Justin F Powell NZDip.Pod. SRPod.
 ♦ for immediate relief of painful feet



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

101A Aranui Rd, down the mossy driveway
 Phone: 5403758 or 021 122 2268

WOMAN GARDENER

Very experienced
 Maintenance, makeovers
 or restoration

Fiona Ph: 03 528 7653

Annual Financial Membership is now due. . . .

If you're already a member please
make payment online:

03-1354-0308218-00

REF: Your Name/Membership



If you're not yet a member please
drop in and fill out a form or
fill out a form on our website:

www.mapuahall.org
'Hall Info' tab — Membership

It's only \$15 per person annually

*Additional donations gratefully
received!*

Mapua Hall Committee 2018/19

Thank you to those of you that came to our AGM on
Monday 18th June.

We were struggling to find a committee but
since the meeting we had some
locals come forward and put their hands up
which is great news.

So the hall committee for 2018/19 is:

Executive:

Chair: Su Smith

Vice Chair: Ross Lovell

Treasurer: Reinhard Gebhard

Secretary: Sue Lockhart

Committee:

Joyce Bullock, Neville Bibby, Barbara de Vries,
Christine Bourke & Karen Welsford.

Thank you to those that have now left the
committee: Ruth O'Neill for your role as Treasurer
and committee over the last 4 years and Helen Parry
& Julianne Brabant for all that you both contributed.

What's On at the Hall In JULY

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
2 9.30am Low Impact Dance 6pm Mapua Dance Fitness	3 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beg 2.30pm Sit & Be Fit 6pm Aerobics 7pm Accm. Collective Meeting 7pm Pilates	4 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas 7pm Tai chi Beginners	5 9am Mapua Art Group 3.30pm Mapua Dance Company 5.30pm Mapua Drama Club 6pm Mapua Dance Fitness	6 9am Aerobics 9.30am DRU Yoga 10am Pilates 1pm Mapua Fellowship Group	7 1-5pm Ian Hamlin Painting Class	8 8.30-1pm Tai Chi 6.30pm The Packhouse Cinema 'Intouchables'
9 9.30am Low Impact Dance 10.30am Drama Workshop 7pm Mapua Community Assc. Meeting	10 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 1.30pm Tai Chi Beginners	11 10am Singing Workshop 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners	12 9am Mapua Art Group	13 9.30am DRU Yoga	14 2.30pm Sioux Line Dance Social	15 10am - 4pm MAPUA MAKERS MARKET
16 9.30am Low Impact Dance	17 9am PANZ 9am Sioux Line Dance 1.30pm Tai Chi Beginners	18 12.30pm Tai Chi 6pm Yoga with Thomas 7pm Tai chi Beginners	19 9am Mapua Art Group 2pm Friendship Group	20 9.30am DRU Yoga	21	22 10am Tai Chi
23	24 9am PANZ 9am Sioux Line Dance 2.30pm Sit & Be Fit 3.30pm Mapua Dance Company 5.15pm Mapua Drama Club 6pm Aerobics 7pm Pilates	25 9am Aerobics 10am Pilates 12.30pm Tai Chi 2.45pm Junior Ballet 6pm Yoga with Thomas	26 9am Mapua Art Group	27 9am Aerobics 9.30am DRU Yoga 10am Pilates 4.30pm Mapua Drama Club 6pm Mapua Youth Group	28th & 29th Nelson Christadelphians Function	
30	31 9am PANZ 9am Sioux Line Dance 2.30pm Sit & Be Fit 6pm Aerobics 7pm Pilates	<div> Like us on facebook</div> <div>WWW.MAPUAHALL.ORG</div>				



**171c Thorp Street
Motueka**
Offers Over \$809,000

UNDER OFFER



**4 Perry Way
Mapua**
Under Offer



**85 Greenwood St
Motueka**
Offers Over \$569,000

SUMMIT^{JUNE} PROPERTY UPDATE

WHY SELL IN WINTER

Are you worried about selling your home in winter?

Worried about bad weather putting buyers off?

Don't despair there are lots of advantages to selling your home in winter, and here are a few for you to consider:

- **Less Competition.** Right now there is a shortage of homes of all types. This is often the case in winter but this year there seems to be a lot of buyers coming out of the woodwork! Many sellers are achieving premium prices.
- **Lack of listings** can prompt buyer competition when there are fewer properties to see salespeople concentrate their attention on the few that are on the market. Don't wait for spring, like a lot of other homeowners are, you might just miss out on a buoyant, competitive selling market. Soon there'll be more homes on the market, more choice, and maybe your property will be less visible on the internet and in a much larger Summit Weekly.
- **Let's just focus** on keeping everything light, bright, warm and cosy, when it's cold and wet outside your home suddenly becomes particularly inviting.
- Spending a little time on preparation can make the world of difference to your end result.

**Don't hesitate any longer just pick up
the phone and give us a call**

Sell with team

Kim & Adele

Summit locally owned
& setting the standard!



Kim Allred
528 4001 | 027 330 1028
kim.allred@summit.co.nz



Adele Calteaux
528 4001 | 027 337 5848
adele.calteaux@summit.co.nz



**18 Hau Road
Motueka**
SOLD



**22d Kingstan Place
Motueka**
SOLD



**31b Brunner Street
Nelson**
SOLD

Mapua Community Library

(Moutere Hills RSA Memorial Library)

AGM

Our AGM saw the election of some new committee members, and we farewelled Ev Smith and Petra Dekker.

The 2018-19 committee comprises: Chairman, Lynley Worsley; vice-chair, Anne Thompson; secretary, Carolyn Hughes; treasurer, Ruth O'Neill; committee: Bernie Babe, Olive Beban, Rachel Boon, Penny Brown, Susan Butler, Jacqui Jaine and Sue Lockhart.

Winter Book Sale

This will be on Saturday 14 July from 10am to 2pm, at the library, wet or fine

Some beautiful donated books will be available, individually priced, along with our regular book sale bargains. Bring along friends and family and stock up the winter reading supplies! Any last-minute donations gratefully received. Please just drop them in to the library.

Pre-sale—On Now

Library users are invited to take the opportunity to view and purchase some of the book stock that is tagged for sale. Visit the display in the foyer to take advantage of this bonus sale! Some great books available.

Displays

Work by Mapua Craft Group is on display until late July. More talented locals! Artwork from Mapua School students continues to feature in the Children's Area.

Magazines

A reminder that we subscribe to a number of magazines and these are available for borrowing for a period of one week.

Movie Night

Thanks to everyone who supported this fundraiser. We made over \$900!

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

Major Sponsors: Rata Foundation; Lion Foundation; Tasman District Council; Lottery Grants Board.

Book Review

Two Steps Forward, by Graeme Simsion. Reviewed by Evelyn Smith. This book is available in the Mapua Library.

Simsion, (*The Rosie Project*) and Annie Buist (Natalie King thrillers) have collaborated in co-authoring this fascinating story. With such a positive title it promised to be a good read.



Told in the "your turn-my turn" format, the alternating chapters follow the main characters Zoe and Martin on their journeys on foot along the Camino (The Way). Both authors have walked the 2000 kilometres from Cluny in France to

Santiago de Compostela in Spain so the reader is introduced (albeit fictionally), to the realities of what the Camino brings to people's lives, as Zoe and Martin follow in the footsteps of pilgrims who have walked this route for centuries.

As two strangers (Zoe from California and Martin from Yorkshire), both are struggling to come to terms with their recent past. They each set out alone, meet-

ing each other as well as a diverse group of other individuals and groups along the way.

Two Steps Forward is about renewal on three levels – physical, psychological and spiritual. In the finding of themselves and each other the reader gets a real sense of purpose and the fact that the Camino changes people. Recently a radio interviewer talked with several Kiwis who too had made the journey – some more than once. Let yourself be uplifted and inspired by this story and who knows, maybe you will become one of the fortunate folk who have experienced life along the Camino Way.



THE COOL STORE GALLERY

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

Come & browse & chat with our friendly staff.

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

Tricia Morrison
7 ARANUI ROAD
MAPUA, NELSON
Wk 03 540 3778
Hm 540 3005

Local Vet Launches Pet Food Company

Many Mapua people will remember me from my days running the Mapua vet clinic, before it became part of The Vet Centre. Having taken some time off veterinary work to spend with my young family, I'm now hard at work creating a new pet food brand.

Those of you who were clients of mine at the clinic will probably remember that I was always pretty passionate about nutrition and also about sustainability. So I've combined those two loves by creating a healthy, New Zealand-made dog food using sustainable ingredients and packaged it in 100% recyclable materials.

The idea for Genius Pet Food came during a trip to the US before my kids were born, where I discovered the huge range of healthier pet food options available there. Returning to New Zealand I seriously considered importing a couple of pet food ranges before it dawned on me that it was crazy to be importing pet food into a country that has an abundance of ethically grown meat protein. Why could we not make great pet food right here in New Zealand?

So two years ago I set out to create a premium quality, Kiwi-made dog food that was high in protein and essential omega fatty acids and used sustainable, New Zealand-grown ingredients. I found two amazing PhD qualified animal nutritionists and a small,

family owned manufacturer in the Bay of Plenty. I was lucky enough to get some research and development funding from Callaghan Innovation and so the long process of searching out ingredients and testing recipes began.

We finally hit upon the right combination of ingredients and had the product tested by the nutrition



laboratory at Massey University to ensure it met the AAFCO requirements for a complete and balanced food for adult dogs of all sizes and all breeds. I then did heaps of taste-testing, with a lot of local Tasman and Mapua dogs finding the high meat

content of the diet to be really yummy!

At 28% protein and 17% fat our grain-free combination of lamb meat, peas, potatoes, lamb meal, flax seed meal, possum meat and hemp seed oil has proven to be highly nutritious, as well as delicious. The possum meat and the hemp seed oil are high in linoleic acid, which is an essential fatty acid important in maintaining a healthy skin and coat, which makes my product particularly good for dogs with skin problems.

The large amounts of thick plastic packaging used in the pet food industry is proving to be quite a problem. I've worked with a New Zealand box designer and a plastic manufacturer to create a cardboard box outer and thin plastic inner that use the minimum materials possible and that are both totally recyclable.

I'm currently crowdfunding the first commercial batch of my healthy pet food on Pledge Me. This will cover the cost of ingredients and packaging to get the first boxes to market.

If you're wanting a healthier pet food for your dog and want to support a local Tasman business to get started then jump onto crowdfunding website www.pledgeme.co.nz. You'll find us under Latest Project Campaigns. You can support us by buying a 4.5kg or 9kg box of food. If you don't have a pet we also have an option to donate a box of food to a dog rescue charity of your choice. Food will be delivered direct to you in early August and shipping is free.

Paula Short

A poster for Dovedale School's Lifestyle Blocker's Skills Day. The poster features a blue sky background with a green tree on the right. At the bottom, there is a cartoon illustration of a cow, a pig, and a chicken. The text on the poster includes: "Dovedale School Presents...", "LIFESTYLE BLOCKER'S SKILLS DAY", "Saturday 18th August 2018", "Workshops include: Butchery, Fencing, Farm Management, Pruning & Grafting, Beekeeping, Animal Health, Calf Rearing & many more...", "EARLY BIRD \$95 BY 18TH JULY \$120 AFTER 18TH JULY", "Includes morning tea, lunch & afternoon tea", "Register at", "www.dovedale.school.nz", and "or visit Dovedale PTA Facebook". There is also a logo for Farmlands co-operative at the bottom left.

Dovedale School Presents...

LIFESTYLE BLOCKER'S SKILLS DAY

Saturday 18th August 2018

Workshops include:
Butchery, Fencing, Farm Management,
Pruning & Grafting, Beekeeping,
Animal Health, Calf Rearing
& many more...

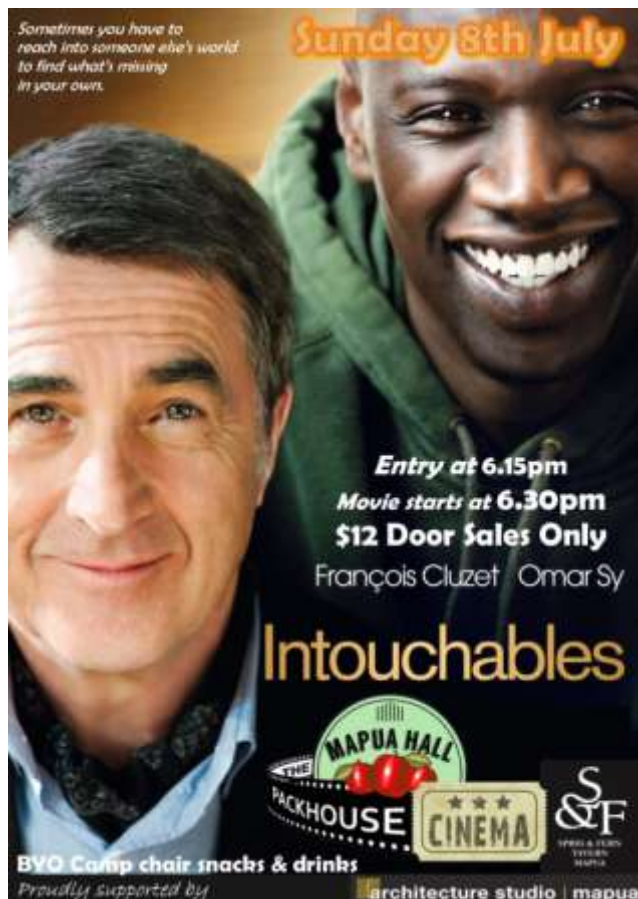
EARLY BIRD \$95 BY 18TH JULY
\$120 AFTER 18TH JULY

Includes morning tea,
lunch & afternoon tea

Register at
www.dovedale.school.nz
or visit Dovedale PTA Facebook

Farmlands co-operative

"Nineteen Australians go to the cinema. The ticket lady asks, "Why so many of you?" He replies "The film says 18 or over."



The Intouchables

Reviewed by Mapua Movie Mogul'

Showing at Mapua's famous "Packhouse Cinema"
(Mapua Community Hall) 6:30pm Sunday 8 July

This award-winning French drama *The Intouchables* is about a rich, white Parisian quadriplegic who hires a black ex-convict as his live-in personal assistant.

Loosely based on a true story, the film follows what happens when paralyzed aristocrat Philippe (François Cluzet) gives a down-and-out petty criminal Driss (Omar Sy) a chance to be his health aide, even though there were many better qualified applicants.

At first Driss is skeptical and disgusted by some of his responsibilities (like bathroom duty) but soon the two very different men come to understand, respect and help each other above and beyond the usual employer-employee relationships.

The Intouchables is a fantastically acted, surprisingly funny film. It's obvious what Driss derives from being Philippe's aide (a steady income, a fabulous, beautiful place to live, and other luxuries that being part of Philippe's household staff offers). But it's equally obvious how Philippe also benefits from the relationship: He gains a sense of spontaneity, a lust for life, and a companion without pity.

No wonder France selected this movie as its 2012 submission to the Academy Awards for best foreign language film.

Looking for the perfect gift? Gift the Taste of Tasman

We'll help you choose just the right item or basket for your special someone. Select from hundreds of food, skincare and gift items ... all from Nelson Tasman. We'll even wrap and ship for you ... easy!



- CRAFT CHOCOLATE • 30+ LOCAL CHEESES •
- SKINCARE • GIFTS • ARTISAN FAVOURITES •
- GOURMET GROCERY • LOCAL SUPERSTARS •

Shed 4 - Mapua Wharf 021 732 752
Open 7 Days www.ketetasman.com

MAPUA COUNTRY STORE

YOUR FRESH LOCAL MARKET

Opening Hours

Mon - Fri 7am till 5.30pm | Weekend 9am till 5pm

Open 7 days a week to bring you the very best produce and products

Serving Pomeroy's Coffee & hot food to go

FRESH FRUIT & VEGGIES • DELI PRODUCTS • GIFT IDEAS
LOCAL CHEESES & MEATS • FRESH FLOWERS • PANTRY STAPLES
GARDENING SUPPLIES, AND MORE...

Mapua Country Collective

Natural and organic skin care,
Second hand label clothing,
baby and children's clothes & accessories

Local beer, cider and wines
plus wines from around the world
Look out for our regular in-store tastings

151 Aranui Rd, Mapua (opposite Mapua School)
03 540 2581
info@mapuacountrystore.co.nz

www.mapuacountrystore.co.nz
MapuaCountryStore
MapuaCountryStore

Stay local X Support local X Shop local



JELLYFISH

RESTAURANT & BAR

come in and enjoy enjoy our fresh food from land and sea

NEW SEASONAL MENU
Tuesday Curry Night • Temptational Thursdays

OPEN 7 DAYS from 9am

Closed from 3pm Sun & Mon

Located at Shed 1 Mapua Wharf, Mapua • 03 540 2028

e: info@jellyfishmapua.co.nz www.jellyfishmapua.co.nz



The Playhouse Cafe

What's On Guide

JULY 2018

Call 5402985 for bookings

Open for events and private bookings, July, August and Sept.
Drop off to Mapua and Surrounds

M T W T F S S

FREE VENUE HIRE
APRIL TILL NOV
Conditions apply

2

3

4

5

Stoke
Tahuna
Probus
Lunch

9

10

11

12

ROCKCAMP JULY 2018

July 9th till 13th, 9 till 4, For kids ages 9 till 15,
\$375 included food and concert
Learn to play in a band, gain new skills,
make new friends, have a good time!

16

17

18

19

20

Closed for
Private
function

23

24

25

26

Ben Hurley
10th August
Comedy hero
as seen on TV

27

**Murder
Mystery**
\$20, 8pm
+ \$40 2 course
"One Wedding
and a Funeral"
Celebrity Wedding
Theme

28

**BOOGIE
TRAIN**
\$20, 8pm
Dinner from 6pm
Best Blues Band
In the land
First gig in ages!
Come and have a
boogie

29

Closed for
Private
function

29

Another side of
**PAUL UBANA
JONES**
\$30, 8pm
Dinner from 6pm

6

**PAUL
MADSEN
SUPER STAR
SHOW**
\$25, Music 8pm
Queen, Eagles
BeeGees, and
much more...

13

30

The Best
80's Night
Ever!!!
Free Entry

7

**Pump Up
The Jams
90s Night**
Free Entry,
730pm
Hip-hop, Grunge
Brit pop
and cheese

14

**Murder
Mystery**
\$20, 8pm
+ \$40 2 course
"One Wedding
and a Funeral"

Celebrity Wedding Theme

21

Los Galanes
Latin night and band
\$10, band from 8pm
A funky night of music
dance and fun
\$10 return bus Nelson

15

Open for
Private
bookings
only

22

Closed for
Private
function

1

**Nelson
Jazz
Quartet**
\$10, 2pm
Last lunch
of the
season

8

Open for
Private
bookings
only

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

Alternatives to Plastic Bags

In the wake of consumer sentiment, Foodstuffs and Progressive Enterprises have pledged to remove single use plastic bags from New World and Countdown supermarkets by the end of 2018.

Here are some of the alternatives:

Cotton bags: Need to be used at least 173 times if they are to do less environmental damage than a single-use plastic bag

Paper bags: Viewed as more environmentally friendly because paper is recyclable but not reusable and the manufacturing process uses almost four times as much water, and releases more than three times as many greenhouse gas emissions than conventional plastic bags. They also do not biodegrade in landfill.

Jute bags: Look like canvas and are often expensive, jute bags use almost 50% more energy and nine times more water to produce than standard plastic bags.

Recycled plastic bags: Petroleum-based plastic that is diverted from landfill then sent offshore to Australia for recycling into bags and other plastic products. This process is seen as environmentally beneficial but costly due to the requirement to process offshore and will eventually enter landfill, posing a significant environmental problem.

Degradable plastic bags: Hailed as the answer to our environmental woes several years ago, these mostly petroleum-based bags, with corn starch added, allowed for quicker breakdown to meet certification. Ultimately, these bags disintegrate, becoming thin slices of microplastic subsequently absorbing toxins present in the environment and transporting them up the food chain.

Fully compostable bags: Fully biodegradable starch-based resin bags made entirely from natural ingredients, sustainably sourced, that uses no petroleum in its manufacture and breaks down to harmless biomass when placed in water or composted. The cassava root used in this process is sustainably sourced from independent farmers in Indonesia, is naturally

regenerative and requires no irrigation, fertilizer or sprays. Complast, the Kiwi-owned company driving this industry, make bags that work for any task that currently uses plastic—including rubbish bags, kitchen tidy bags, carrier bags and pet waste bags—that will degrade in your home compost system or commercial composting facility producing quality compost at rates like other organic matter.

Also in the wake of consumer sentiment, a growing number of councils now offer curbside collection services for food or garden waste, perfect for the ComPlast bag. Councils with active collection services include Christchurch City Council and Timaru and Selwyn councils. Auckland Council is about to launch a super city-wide collection service starting with a pilot in Papakura in 2018. Wellington is consulting on a similar programme.

While we transition into ecological plastics or other natural alternatives we see the ComPlast compostable bag as a fabulous transitional product. It makes sense to have a convenient bag, that returns to nature and which has the possibility of generating electricity in landfill or provide quality compost to replant as it does so.

If you would like any of our products, go to www.complast.co.nz and you can purchase online.

Lesa Heaton



zeja

Botanicals

Beautiful Natural Body Products
Made in Mapua by Nicqui
zeja.co.nz 0211048599

SPONSORED BY
Tall Poppy
PALESTINE
DIEBIE WARRIOR

4TH ANNUAL
COUNTRY KIDS
PRESENTS
UNDER THE BIG TOP
CIRCUS PARTY

COSTUME PARTY
SILENT AUCTION
LIVE MUSIC - DIXIE PRIZ

SATURDAY
11TH
AUGUST

R18

TICKETS \$20 - COUNTRY KIDS OFFICE, MAPUA COUNTRY STORE, THE GRIND, THE OLD POST OFFICE, TAWHAI BEACH

A Call to Animal Lovers

I am an animal behaviourist and have been for many years. I have owned, trained and partnered with everything from mice to horses. I have a masters' degree in psychology, specialising in communications. I am also a qualified horse instructor, judge and trainer and also a dog obedience instructor.

My whole life has been involved with animals and my specialty is how they interact with people and the environment. I am particularly interested in the way animals can help with healing and therapy as I work with people who have mental and physical disabilities. I currently own two budgies, three chickens, three cats, nine sheep, three horses and one donkey.

I have been contributing animal behaviour articles to district newsletters every month for the past eight years.

Recently there seems to have been a lot of research about the sentience in animals. If one defines sentience as being one that can feel pain and pleasure and awareness of danger, then it should come as no surprise to all who know animals that they are certainly sentient.

However, the way in which an animal shows reactions to their environment can be very different from the human reaction, a standard that it seems they are measured against. So many animals are controlled with pain and threatening environments, for example, cattle-handling processing facilities. Many are poked and prodded and even electric prods are sometimes used. Cattle are forced into yards and races that they do not know and the whole environment is unlikely to make them relaxed and cooperative.

A wonderful American lady, Temple Grandin, has devoted her life to making conditions as comfortable as possible by designing races and yards which allow cattle to process calmly. Temple is autistic and

has been able to perceive what the cattle see and react to as she has a different way of perceiving the world. She is a university professor and lecturer and has designed over half the cattle handling facilities in the USA, making life a lot more comfortable for countless animals.

However I, believe that not only are animals sentient, they are able to feel and perceive at a very high level. They can sense at a very subtle level and react accordingly. There have been many recorded incidents of this; from dogs who could sense its owner's cancer, to cats alerting a family of a developing fire or gas leak. Horses have on many occasions saved their owners by perceiving danger. In fact all animals have amazing qualities. Birds can navigate and follow magnetic meridians; sea creatures do the same.

Sadly when animals are deprived of their freedom or put into restricted or threatening environments or situations they shut down by way of self-preservation. If they shut down long enough it is unlikely they will regain their former perceptive abilities. In fact by



enforced control of animals, it puts humans in a much more dangerous position than if they worked with the spirit of the animal and mutual cooperation. It is highly unlikely that any animal treated fairly and with respect would deliberately hurt its owner but if they feel threatened they will use what

is at their disposal to defend themselves. I believe not enough information about how to work cooperatively with animals, whether it is a fluffy pet dog to a big animal such as a horse, has been made available. Whips to control horses are still the most sold item.

As humans we have a responsibility to understand and respect all animals, particularly the ones that share our lives, and there is so much more we can gain from this than strict control. Animals can teach us so much if we will just listen.

I am always happy to answer any animal behaviour questions.

Sue Mott, Animal Behaviourist,

SENIOR MOMENTS

Hills Community Church

Held on *second and last* Wednesdays of the month
At Hills Community Church - 122 Aranui Rd, Mapua

10 AM to 12:00



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



**DETAIL ORIENTATED
RESULTS FOCUSED**

John Bampfylde
Sales Associate
M +64 27 325 1325
john.bampfylde@sothebysrealty.com
nzsothebysrealty.com

Each Office is Independently Owned And Operated.
Browns Real Estate Limited (trading under the REAA 2008) ARE(142)

New Zealand | Sotheby's
INTERNATIONAL REALTY

Hills Community Church



As I write this it is the shortest day of the year, or the longest night. It depends how you look at it. It is also the day that the media have been covering the arrival of Jacinda Adern's baby daughter.

I was intrigued by her choice of words of welcome to the wee one: 'Welcome to our village'. It's an interesting image to describe either a family, Jacinda and Clarke, or an entire country.

It strikes me though that it takes more than just parents to raise a child. No parents, no matter how able, caring, or wealthy can provide all the input a child needs to grow and learn. It also doesn't just take immersion in our New Zealand national culture and identity.

Jacinda's welcome reminds me of the beautiful and profoundly true African proverb; 'It takes a village to raise a child'. What it does take to raise a child to be all they can be is a whole community of different people and different ages interacting with a child so that we learn what it means to relate to and be in community with one another.

In our Western culture though, this idea is deeply counter-cultural. We live in a radically individualised culture, where we look after those closest to us, and protect our independence. In fact a village doesn't only raise a child, a village teaches all of us what it means to be human, we are relational beings. Mapua feels like a village that is rapidly becoming more of a suburb. The challenge for all of us, is in this individualised world is that we can only truly become

who we are created to be by being in community with one another. It doesn't have to be a literal village, but it does require us to reach out to one-another and most profoundly to be willing to learn to love our neighbour.

In Christ, Rev John Sherlock

Sunday Worship

9am Traditional service, 10.30am Contemporary service and children's programme including creche. Morning tea between the services. Holy Communion celebrated at both services on the 2nd and 4th Sunday.

Youth Groups

Year 9 to 13 Fridays at Mapua Community Hall 6.30pm-8.30pm.

Year 6 to 8 Thursdays at Hills Community Church 3pm-4pm.

www.hillscommunitychurch.org.nz, phone 540-3848

Rev John Sherlock, revsherlock.hcc@gmail.com or phone 021 070 7276




Taoist Tai Chi
Internal Arts of Health
 No bookings required / bring a friend
 visit www.taoist.org.nz

NEW BEGINNER CLASS
Starts: Thursday 2 August 2018
9.30am-11.00am
Venue: Senior Citizens Hall
10 Pah Street, Motueka
 Phone 03 545 8375 (please leave a message)



MCDOWELL PLUMBING
 Craftsman Plumber
JOE MCDOWELL
021 989 593
 99 Redwood Park Road
 RD1 Richmond 7081
 Nelson
 A/H 03 544 2235
joplum@clear.net.nz

+ Mapua Pharmacy

OPENING HOURS: Mon - Fri 9am – 5:30pm
Sat: 9am- 12.30pm, Closed Sunday

Prescriptions	Trilogy Skin Care
OTC medicines	SHE skincare range
Vitamin supplements and health products	Accredited TMP, ECP and Sildenafil suppliers

Located behind the Mapua Village Bakery

Tel 03 540 3735
Fax 03 540 3741



HIGH PLACES

www.highplaces.co.nz

trekking worldwide



High Andes of Patagonia

Patagonia trips depart November and March

Also Peru, Ecuador, Himalayas, Kilimanjaro, Mt Kenya, Iceland

Join us!

Tel 03 540 3208 treks@highplaces.co.nz

Winter Salads

By Sarah La Touche

Salads often get a bit of a by-pass as the weather gets colder. We prefer seeking out warm, hearty foods like stews and soups, sticky sweet puddings and treats like chocolate.

For the most part it's all about consuming more energy-dense foods to keep out the cold. But before you know it, that favourite belt is up a notch and those jeans that were so comfortable in March, stay folded in the wardrobe awaiting the spring thaw.

All those irresistible foods like self-saucing chocolate pudding; mashed potato and cheese sauce are wonderful – just not all the time. And you can get sweet just as easily from a hearty salad, as you can from a cake or dessert. It's all about replacing light salad ingredients with more robust; adding extra sweetness and texture so you really feel as though you are getting a good plate and bellyful.

In the winter my salad dressings change too. Sometimes I make a warm dressing to add to more chunky, chewy salad greens like spinach, cabbage or darker, more peppery roquette. Warmed Saki or Mirin makes a great replacement for vinegar for sweetness and zing. Adding yoghurt to a dressing for that creamy mouth-feel is another great way to get a creamy fix from salads. Or I'll replace fresh greens with steamed or wilted chard, cavolo Nero, or silver beet and enjoy my salad warm, not cold.

I'll add in some carbs sometimes to bulk things out a bit like roasted or steamed yams, waxy potatoes sautéed in duck fat, kumara or warm black rice. If there are meat eaters in the house a simple duck breast grilled or roasted then sliced can turn a Cos salad into a feast. Or a small fillet of beef sliced rare with roasted beets and garlicky yoghurt dressing with lashings of dill definitely delivers on the X-factor.

Raw nuts are another healthy, energy-boosting addition to winter salads. Top the duck breast salad with some toasted hazelnuts, toss in a handful of fresh walnuts straight from their shells or plop in a big dollop of almond butter or Tahini in with some Miso or tamari, lime juice and Dijon mustard, to dress a mysterious, dark leafy green creation.

Sautéed chorizo, grilled bacon or pancetta, shaved hard cheeses like Pecorino, Comté or some generous nuggets of pungent blue cheese can transform the most insubstantial of salads into a feast. It's just finding the right, textures, temperature, dressings and mix of ingredients.

Here is an all time winter favourite. It's a definite crowd-pleaser and quick to knock into shape. And although the ingredients are simple enough, it's the total sum of the parts in the end that pull it all together - especially the dressing.



Spinach X Orange Salad with Walnuts

Serves 6

At this time of year, keeping balance in your diet is essential as excess stores of nutrients are used to cope with the demands of the cold weather. Aim to include the five tastes in a meal to provide that nutrient balance – sweet, savoury/sour, astringent, hot and bitter thus satisfying your appetite and your body's nutritional needs.

- 1 clove of garlic, smashed and peeled (hot)
- 4 medium sweet oranges or blood oranges, peeled, removed of pith and segmented (sweet)
- 6 handfuls of baby or young spinach leaves, washed and dried – use roquette, dandelion baby Cos or other bitter greens if you wish. (astringent/bitter)
- 1 – 2 cups fresh walnut kernels (sweet/savoury)
- ½ red onion, peeled and sliced paper thin (hot/sour)
- 1 handful raisins or sultanas (sweet)

Optional - chorizo sausage, sliced and sautéed (or use smoked chicken, pancetta, or butter beans for added protein)

Take a large salad bowl and wipe the inside with the smashed garlic. Leave the garlic in for garlic lovers or remove.

Toss in the spinach leaves followed by the walnuts, orange segments, red onion and raisins or sultanas.

If using chorizo, slice and sauté in a little olive oil until lightly golden and add to the salad at the last minute.

Dress with the vinaigrette, toss and serve.

Dressing

- 1 teaspoon orange zest
- ½ cup orange juice
- ¼ cup white wine vinegar like Muscotel or sherry
- 1 teaspoon Pomegranate molasses
- 1 teaspoon Dijon mustard
- ¼ cup extra virgin olive oil

Place all the ingredients in a bowl or jar and mix until homogenous. Pour over the salad, toss and serve.

What is Pain?

I thought I would carry on this month from last month's article on the subject of pain. Everybody experiences pain, but what exactly is pain and how do we measure it? The sensations we call pain – dull, achy, burning, sharp, stabbing are felt by all of us at one time or another. Developing a common scale to identify levels of pain is difficult considering that everyone has a slightly different physical response to pain stimuli. So what is pain? Scientists define pain as “an unpleasant sensory and emotional experience associated with actual or potential tissue damage.”

Here are a few things you need to know:

Scientists no longer think of pain as an actual measure of tissue damage. Consider for example, many wounded soldiers do not feel pain until they are safely moved from battle. Similarly, think about deep tissue damage such as a bullet wound, which is often painless, when compared to a superficial cut on the skin, which can be unrealistically painful. Why does this happen? With superficial injuries, the nerve endings are sending loud signals to the brain that something is wrong, whereas with deep injuries these nerve signals can be paralyzed or severed.

Pain is so much more than just a sensation or physical manifestation.

It is a subjective experience. For instance, on a scale of 0–10 (0 being no pain, 10 being unbearable pain), a paper cut might be rated as 2 for one person

and 5 for another. Both individuals are in pain, but their experience is different.

Psychology plays a part in how the body interprets pain.

What about people who are in pain, but have no actual tissue damage? This usually stems from the psychological interpretation of pain signals. Based on the subjective recollection alone, it is impossible to distinguish psychological pain from pain due to tissue damage. Even though we most often correlate pain with injury, there are many causes of pain that do not stem from actual tissue damage or pain that persists once the tissue has healed. This does not mean that the pain is not real, rather, it may imply that the pain pathway is continuously being activated in the absence of any damage.

Pain can be persistent or chronic.

Persistent pain characterizes many clinical conditions and is the major reason why patients seek our care, whereas chronic pain appears to serve no useful purpose; it only makes people miserable.

The complexity of pain makes it difficult to diagnose and treat often resulting in a reduction of quality of life for individuals in their search for answers. If you are in pain hoping to find relief, here at Coast & Country Chiropractic we maybe able to help you. If you are hoping to understand more about how your body works and an approach to putting that knowledge to work in a meaningful way for a happier, healthier life we can help. Chiropractors are trained in diagnosing, treating and managing pain.

Dr Ron Howard



Simon Noake
M: 021 751 073
E: decor8@xtra.co.nz

**Coast & Country
Chiropractic
Centre**
Dr. Ron Howard
ACC registered
coastandcountrychiropractic.co.nz
Mapua 105a Aranui Rd 03 540 2068
Motueka 2 Wilkinson St 03 528 8880

Relaxing Beauty Salon in the heart of Mapua
Rejuvenating Facials, Waxing and
Electrolysis, Pamper Packages,
Manicures and Pedicures, Eye Treatments
Call Jill Today or book online
37 Iwa Street, Mapua. Ph 5403923. Web: radiancbeauty.co.nz

RADIANCE
beauty therapy

Playcentre

One of the benefits of joining Mapua Playcentre is taking part in excursions with a group of like-minded parents to support you. The kids have a great time, and you get to talk to other adults while having a great time too. Trips are always at a low cost and follow things the children are interested in. So far this year we have been to Founders Park to ride the train, visited Nelson gymnastics each term, attended the big play out and just this week, visited Motueka Playcentre.

During our visit at Motueka Playcentre we were made very welcome. Adults and children alike had the chance to meet some new



people. I connected with interesting women who shared stories of teething babies, preschoolers, and tiredness, as well as professional interests, travel and what happened in their weekends. My four-year-old son connected just as quickly with those around the train set.

The kids then made pizza with the homemade dough provided. They did a great job of chopping and

adding the toppings. Here are some pictures of some of the chefs in action and their pizzas ready for the oven. A great time was had by all.

Come and check Mapua Playcentre out. 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.

From the Mouth of a Playcentre babe:

Miss 4: Delicious dinner Mummy. Is it poisonous?

Playcentre

Session Times
Monday & Friday
9:30am - 12noon
during school term

Mapua Playcentre
84 Aranui Road
ph. 540 2386
mapuaplaycentre@gmail.com
or follow us on Facebook

Quality Early Childhood Education for 0-6 year olds.

Whānau tupu ngāfahi - families growing together

Onebodi PILATES

Pilates in Motueka

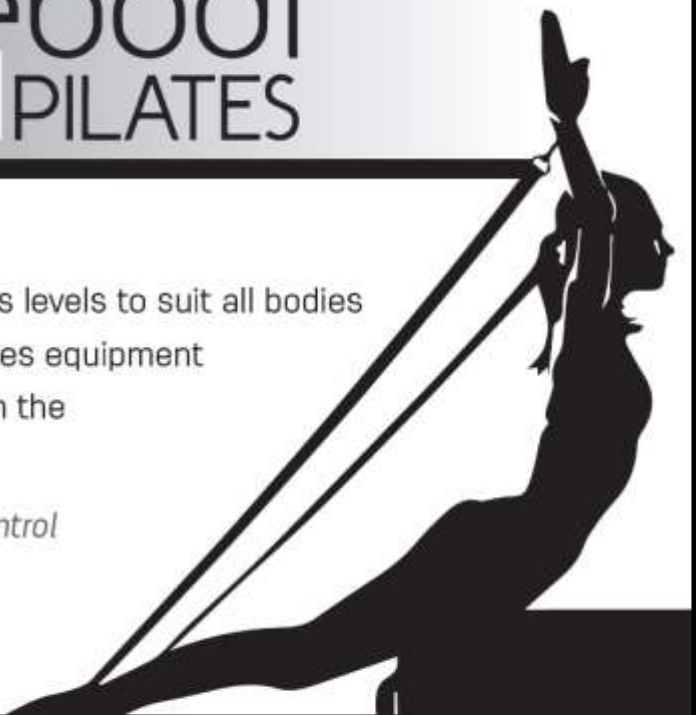
- 16 mat classes per week at various levels to suit all bodies
- Private studio sessions using Pilates equipment
- 2 qualified teachers specialising in the Pilates method

Pilates is strength with flexibility & control

Improves posture & balance

Reduces back pain & stress

For men & women, young to wiser



Michelle Alexander: Ph 021 245 9955
info@onebodi.co.nz • www.onebodi.co.nz



Going Home

Apparently, there is no place like it. I mean home of course. It also is 'where the heart is' and the place, 'wherever you lay your hat'.

This year for me will be remembered as the year when I returned home. And yet, at the same time, the year for leaving home! The last twelve years then, have been a home from home.

However, how does one define the place we call home? Is it geographical or generational, or, associated with blood relatives or, a very, very good and successful life achievement or feeling, or...and so it goes. In a reasonably community-minded setting, home is integrally linked to people and a mutual exchange of life. As usual, it is all of the above and more but at times, heightened by one or two outstanding features that inevitably draw us back into what we associate with home.

The Christian experience in this real concrete existence we call life is a very real tension between what is promised to be home and what is realized now as home. The Christian is an 'inbetween' and a 'go-between' in the language of the Apostle Peter, a sojourner or pilgrim and, in the words of that great Welsh hymn, '...through this barren land'. A living relationship with God through Jesus Christ forges a link to the future in the present, a very definite now with a hearty sense of the not yet, a potential with a very mindful actual, yet to be completed.

Talk of heaven on earth is partial but real. The reason for that is Jesus' promise to his disciples and would-be disciples of God somehow dwelling or

making himself at home in the individual and community of believers. He said as much on the night he was betrayed before he died (John 14:23). To have God dwell in the life of a believer is to experience now a home from home – it is an experience to be cherished and nourished.

Jesus' shocking language to His disciples that same night also deliberately orientated them toward a homecoming or a many abodes promise in the future for them. (John 14:1-6) This assurance from a man facing the death penalty the next day and knowing full well he was to be betrayed that same night, is the language of ultimate home comfort.

Jesus had them in mind and at their lowest point of morale, in the face of the fact that they all would betray him, at least initially, he promised them a place like no other – a place that could be called home. Such a promise would take them through this life with all its physical, mental, emotional, and spiritual challenges – they would be martyrs – and leave them with the hope of home. The precursor to what the Bible calls eternal life (John 17:3) is a deep and abiding knowledge of where you have come from and where you are going. It transcends this life as a preparation for the next.

Richard Drury

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

SUMMIT Licensed REAA 2008

GORDON WEBB

Top Salesperson 2007/2008/2009/2010
Runner Up 2005/2006 | Top Office 2014/2015
in Summit Real Estate MREINZ

Tasman - Nelson - Marlborough

Having grown up in this fantastic little village and seeing it blossom and thrive, I truly believe that my team and the passion and knowledge I have for the area will get you the very best results.

'A Good Deal Better'

Gordon Webb
Residential & Rural Branch Manager
 021 540 241 | 544 2900
gordon.webb@summit.co.nz
summit.co.nz

WHENUA ITI
OUTDOORS

• GIVE YOUR KIDS AN

ADVENTURE BOOST!

LET THEM GO WILD WITH THE WHENUA ITI OUTDOORS HOLIDAY PROGRAMME.
FOR 7 - 11 YEAR OLDS.

GO WILD - HOLIDAY PROGRAMME

2018 COURSES

www.wio.org.nz
Journeys of Discovery

EASTWOOD ELECTRICAL

RESIDENTIAL • COMMERCIAL

RUBY BAY • NELSON

JOSH EVES Director & Registered Electrician

MB. 027 612 7722 WK. 03 538 0781

43 Westmere Drive, RD1 Upper Moutere, Nelson 7173

✉ josh@eastwoodelectrical.co.nz

www.eastwoodelectrical.co.nz

LOWCOST LAWNMOWERS

SERVICE • SALES • REPAIRS

ROTARY, RIDE-ON, HAND & REEL MOWERS
CHAINSAWS, LINE & HEDGE TRIMMERS
GARDEN TOOL SHARPENING

FREE PICK-UP & DELIVERY

(CONDITIONS APPLY)

WWW.LOWCOSTLAWNMOWERS.CO.NZ

Ph: 03-547 4038 M: 0274 071 328

144 Moutere Hwy, Appleby

E: lowcostlawnmowers@xtra.co.nz

Advertising Costs

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

\$2.50 per cm up to 6cm

\$3 per cm up to 10cm

\$4 per cm over 10cm

The deadline is the 20th of each month with each issue coming out on the 1st.

Email coastalnews@mapua.gen.nz for full terms and conditions.

Gavin Lambert

Master Painter



**CRAFTSMAN PAINTERS &
DECORATORS**

GAVIN LAMBERT (OWNER)

Ph: 03 540 2748 Cell: 021 476 318

Email painter@scorch.co.nz / 26D Jessie St, Mapua, 7005

www.lambertdecorators.co.nz

**MAPUA
AUTO CENTRE**

"YOUR AUTOMOTIVE SPECIALIST"

Fully Equipped
Automotive
Workshop

All Makes
& Models

6 Courtesy Cars
W.O.F.



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

Motoring

with

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

Another Ski Season is nearing -Are you ready-

It won't be long now before the first snow falls and those who go skiing will be heading off to their favourite ski fields.

Now, is the perfect time to dust off your ski gear to check it is all in order and ready to give you another season of reliable use.

Now is also the perfect time to have your vehicle checked over to ensure it is ready to face the climatic extremes and the geographical nature of travelling to and from the slopes.

Rough snow-covered roads can test your vehicle to the limit. Your cooling system will be working over time on the journey up to the field, and the tyres, suspension, gearboxes, and vehicle tune will also be put through their paces and then your vehicle will be left to sit in the snow covered car park until you decide to go home. This is when the condition of your battery and your anti-freeze will be put to the test.



Who wants to end a fun filled day in the snow by becoming stranded simply because a preventable mechanical failure went unchecked or to have an accident because your brakes were inadequate or your tyre tread depths too low.

This



Not this



Or this

Vehicle Check List:

- ☐ Cooling system - checked & in good condition
- ☐ Brakes - checked & in good condition
- ☐ Tyres - checked with good tread depths
- ☐ Wiper & Blades - checked & in good condition
- ☐ Suspension - checked & in good condition
- ☐ Gearbox or auto trans - operation & fluid levels checked
- ☐ Battery - tested
- ☐ Heater - will it keep the windscreen clear.
- ☐ Tune - checked for smooth running
- ☐ 4X4 - is it engaging

Happy & safe motoring
from the team at

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



MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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

The MDBA is always interested in hearing about new Businesses moving into our beautiful area. If you are a Business new to the region please do get in touch! The MDBA has a lot to offer in the way of our fantastic website Mapua.co.nz, our networking opportunities and amazing guest speakers. Not to mention the potential for a highly sought after spot on our FREE map and coveted advertising space in the Community Directory (taking bookings now!!)

Contact Mel at mdba@mapua.co.nz
for more info!

Mel Stringer—Administrator MDBA



WE NEED YOU!

Calling all residents of Mapua, Moutere and Districts!! If you have moved into (or out of) the area and you would like to be included (or removed from) the Community Telephone Directory—the time to let us know is *now!!*

Please contact Mel with any changes ASAP.
mdba@mapua.co.nz

www.mapua.co.nz

Supporting Local Businesses since 1992

Noticeboard

Tree Crops Association. Public Talk, information evening. Slide show followed by supper. Koha for non-members. 6:30-8:30 pm, Friday 6 July, Mapua Hall. Info: Katrina 0276308089

Ngatimoti School: 150 years old. Celebrations planned for Labour Weekend, including our Festival! We welcome expressions of interest for the Saturday activities. Please contact us at office@ngatimoti.school.nz

RSA: Anyone interested in joining the Moutere Hills RSA is welcome. No former service history is required. A great platform to catch up and meet new members of the community. For more info: Nic Poultney 021 220 3920 or 548-4420

Intermediate Club Year 6-8: 3-4pm at Hills Community Church. Food, fun & Hangout. Contact Mark Waweru 020410 48 799

Community Youth club. Year 9 -13 youth. 6.30-8.30 most Fridays at Mapua Hall. Contact: Mark Waweru 020 410 48 799. Funded and co-ordinated by Hills Community Church.

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. 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! Mapua Wharf each fine Thursday 9:30 am. Just turn up with your bike, HiVis top & coffee money. wheels2meals@gmail.com

Mapua Fellowship Group (formerly Probus): Mapua Hall, first Fridays 1.30pm. A social group with interesting speakers and a monthly social lunch. 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 (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.

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 Mondays, Te Awhina Marae, Pah St, Motueka. Pip 0274 282 693

Mapua Craft Group: Fridays 10-noon, supper room, Hills Community Church. Simple craft work, occasional guest speakers, demos & outings. A social, a cuppa, & some easy craft. \$2 + koha for materials. Just come along.

Fair Exchange: Apple Shed restaurant 8.45am 2nd & 4th Wednesdays to exchange home grown and home-made produce & goods. We welcome everyone! 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

Tasman Area Community Association (TACA): 7.30pm last Wednesdays (not 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 Myra Boyd 021 146 0234.

Motueka SeniorNet. Technology for mature adults. Monthly Members' meetings. Help sessions twice monthly. De-mystify technology in a fun and friendly forum. Clubrooms 42 Pah St Motueka. More info: Seniornet motueka.org.nz

Mapua Art Group meets Bill Marris Room Mapua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media welcome. \$5 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: 3rd Thursdays & last Fridays, Mapua Hall, for indoor bowls & bring-a-plate afternoon tea. New members enthusiastically welcomed. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

Technical problems solved! - Can't set up something new you've bought? Need computer tuition? Local help is at hand! Web design and mobile app creation also available. Call Sam, 544-0737, sam@sambennett.co.nz.