

Big Moutere Plan has Challenges

A large subdivision planned for the slopes of the Moutere Hills about 5km south-west of Mapua will provide major challenges for the developer, for the Tasman District Council and for the adjacent communities.

Challenges for council and community from the proposed 135- lot subdivision of a 227ha site will particularly affect services such as roading, schools, shops, health services, and sports, recreation facilities and even beach access. Pressures resulting from a rapidly-growing rural-residential community will have a significant impact on the surrounding communities of Mahana, Upper Moutere, Appleby and Mapua.

The Boomerang Farm Ltd development will also lead to a significant jump in road traffic on both the Moutere and Coastal highways. Mushrooming growth in traffic from the Boomerang Farm proposal and other rural-residential developments in the Moutere-Mapua-Tasman area are also likely to force a re-think about the adequacy of State Highway 60 from Appleby to Richmond.

The challenge for Boomerang Farm Ltd will be the successful development of a big and daunting site. It is almost all cleared former forestry land, with some steep and deeply incised ridges. It was earlier the subject of an unrelated and unsuccessful rural - residential subdivision.

If successful, the Boomerang Farm development will transform an area of predominantly low-grade, ex-forestry E class land into clusters of well-located homes, most of which will have commanding views towards the estuary and over gullies and lower slopes of native forest. Photos included in the application show that the subdivision will be visible from some parts of Mapua, as well as from parts of the Coastal and Moutere highways.

The Boomerang Farm site is bounded by Bronte Road West to the north, Old Coach Road and the Moutere Highway to the west and also to the south. The main access to the subdivision is from the Moutere Highway, Old Coach Road and off the Coastal Highway, via Stringer Road. The present closed-off western end of Stringer Road looks directly up to the area proposed for the subdivision.

The Boomerang Farm planning application has been filed with the Tasman District Council and is available for viewing on the council's website. Like the subdivision, the documentation for the proposal is daunting. It comprises 24 documents of text, pictures, maps, diagrams and data taking up a total of more than 110mb of computer space. Additional documents filed as responses to requests for more information add a further 14 documents with text, pictures, maps, diagrams and data that take up a total of more than 57mb of computer space.

Boomerang Farm wants consent for two alternative plans for subdivision and it seeks a big range of permissions, with the choice dependent on the outcome of requests to stop two roads, Bronte Road West and Stringer Road. Other permissions sought are consents to subdivide, land use and land disturbance, discharge consents and consents to form access and building sites.

The application also seeks a waiver of TDC engineering standards for intersections, roads, and right-of-way formation, which it is argued are more appropriate for an urban subdivision

Drainage from the subdivision flows into the Stringer Stream catchment and the company seeks consent to create a detention basin, and to do work in tributary streams. It also seeks consents to discharge wastewater and stormwater to land on all 135 sites and a building site for all sites. In short, Boomerang Farm is seeking comprehensive consents to do everything necessary for the house sites, short of final house-building permission based on a house plan.

Boomerang Farm proposes to vest as a protected reserve a beech forest remnant and a wetland near Stringer Road. It also proposes a walkway from Stringer Road to Old Coach Road and to the Moutere Highway, though the company says it does not propose to form the track, as the walkway route is "beyond the needs of the development."

No urban or rural water or sewerage services were anticipated. However, Boomerang Farm owns a bore into the Moutere aquifer and says that "water will be reticulated to as many lots as can be serviced by a consented water take." Onsite sewerage systems and waste-water disposal will be the responsibility of land





A photograph of the proposed development site taken from Old Coach Road near the intersection with the Moutere Highway and looking south-east towards Richmond.

owners, though the developer is applying for consent for waste-water disposal for all sites.

The company plans a 19-stage subdivision for groups of three to 13 Rural 3 zone lots and has applied for a 15-year timeframe to complete the development. It says that all properties will be serviced with underground power and phone lines.

Boomerang Farm's planning approach follows a similar procedure to that used by director Matthew Wratten in a recent development of the 43-lot Aporo View subdivision at Awa Awa Road in Tasman. Aporo View was also originally a cleared forestry site and has been transformed into an attractive rural-residential area. It proved a successful subdivision and is reported to have only two remaining properties for sale.

Boomerang Farm subdivision's application report proposes "a similar construction philosophy to that used before." The roading network and sections will be created in small stages and with building sites and any improvements put in place before any lots are sold. Boomerang Farm's proposal was given full pub-

lic notification and submissions close with the TDC on 5 May.

Other rural-residential housing projects are also going ahead near the Stringer Road-Moutere Hills area, including a development on the north-east boundary of the Boomerang Farm site for house sites in a range of sizes from 4000sq m to 7000sq m and also on land north of Bronte Road West which has access to Old Coach Road.

Meanwhile, on the north side of Mapua, the Harakeke subdivision by developer Alan Trent, is also likely to have a big impact on road traffic and on services in Tasman and Mapua. The 96-lot Harakeke development received planning consent just before last Christmas, after a long and complex consideration process. It went through three major amendments of the original 2015 proposal from Mr Trent for a much bigger development that involved 130 rural residential lots, 55 apartments and two commercial buildings.

David Mitchell

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Mapua Gateway Sculpture Fund-raising Launched

A one-metre model of the proposed Mapua Gateway Sculpture to be installed at the intersection of Mapua Drive and Mamaku Drive was on display at the Mapua and District Community Association's April meeting. With the completion of the bird-life themed Aporo Sculpture near Tasman Village, the Ruby Coast Initiative Trust is raising funds to complete the Mapua version. The sculpture models, covered in fish designs created by Mapua School students, are available for sale. To order your mini-sculpture, phone Janet on 540-3364 or email secretary@rcit.co.nz For more information see <https://www.rcit.co.nz/>

Trish Smith, chair of the MDCA Waterfront Park Upgrade subcommittee, gave an update of a recent decision for spending the \$10,000 Rata Foundation grant. It was agreed to spend up to \$2000 to start a children's play area by creating a play tunnel covered in earth and grass, and balancing step logs inserted in the ground nearby; and up to \$8000 to build four wood-topped, steel-framed picnic tables for installation by this spring.

Trish also spoke to a proposal to spend the \$1800 aquarium memorial fund by building a number of Perspex panels (on galvanized stands) adorned with fish and boat designs from the Mapua School children. This would be positioned in the park garden to form an "aquarium walkway" exhibit. A motion to support both spending proposals was carried by the membership. The subcommittee intends to plan further expansion of child and adult activities in the park.

Abbey Boffa and Gillian Bishop gave a short presentation about a pest/rat eradication project starting in Mapua called Mapua Dawn Chorus. The group's goal is to put a trap on as many properties as possible in urban Mapua. The group will be subsidizing two trap options: the Victor Snap Trap and the Good NatureA24 rat traps. If you're interested in supporting or volunteering with the group, please contact Abbey or Gillian at: mapuadawnchorus@gmail.com.

Tim Robinson, on behalf of the Mapua Boat Club, asked for a vote on his motion that the Mapua Waterfront Park Upgrade Group (an MDCA subcommittee)

meet with the Mapua Boat Club and the Tamaha Sea Scouts to discuss a shared vision for community use of the waterfront park in a time frame that allows this vision to be included in the waterfront development plan. Elena Meredith, MDCA chair, clarified the responsibilities of this MDCA subcommittee, noting that subcommittees do not have a remit to make decisions on behalf of the MDCA. The motion was carried.

Cr Dean McNamara spoke about the Mapua wastewater upgrade project which currently has an estimated cost in excess of \$20m.

Submissions close on 5 May to comment on Boomerang Farms Resource Consent application for a new 135 lot subdivision to be located between the Moutere Highway, Old Coach Road, Stringer Road, and Eban Road, Bronte West. If you wish to participate with a group making comments, please contact Gillian Pollock at g.pollock@scorch.co.nz

The MDCA Constitution was reviewed and received minor edits; the final version will be presented at the May 8 meeting for acceptance.

MDCA honorary Lifetime Member and longtime community volunteer, Hugh Gordon, celebrated his 90th birthday and received members' best wishes.

A new MDCA membership leaflet, designed and printed by Jane Smith of Chocolate Dog, was presented, soon to be distributed to all mailboxes. The leaflet showcases a temporary logo. A design competition for a permanent logo is impending.

The membership approved an application to Rata Foundation for a grant of \$15,000 for plantings, general maintenance and other improvements at Dominion Flats.

The NMDHB has asked if the MDCA wish to co-ordinate the location, maintenance and training to use the three local AEDs (defibrillators). It was moved that the MDCA offers to take responsibility for the AEDs in Mapua and will contact the trainer, monitor and replace batteries and shock-pads and apply for long term grants to replace them when needed.

The next MDCA monthly meeting will be on Monday, 8 May, 7pm at the Mapua Community Hall. All are welcome. For more information, please email info@ourmapua.org.

Tim Hawthorne, MDCA social media manager



Playcentre

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Sunday 21st May Bronte Peninsula North

Park on Cardno Way (off Bronte Road East)

Sun 28 May Bronte Peninsula on Stringer Embayment

Access from 92 Bronte Road E where there is parking space

Sunday 11th June Manuka Island

Follow sign to Manuka Island from Redwood Road

Sunday 18th June Research Orchard Road

Sunday 25th June Maisey Embayment

cnr Coastal Hwy/Westdale Rd. Turn in 'Fable Cottage' sign

Sunday 2nd July Hoddy Estuary Park

Off Coastal Highway near Research Orchard Road

Saturday 11th July Dominion Embayment

Park 43 Apple Valley Rd (between Bronte Rd & Mapua Dr)

Sunday 23rd July Stringer Creek

Westdale Road opposite The Playhouse Café

Saturday 29th July Trafalgar Embayment

Park in small layby off Coastal Hwy opposite Trafalgar Rd

Please bring gloves, spade and drinking water. Wear solid footwear and clothes suitable for the weather conditions. Coffee (courtesy of Pomeroy's) and tea will be provided.

Battle for the Banded Rail is a Waimea Inlet Forum project working with local communities. It aims to increase the number of banded rail and other estuarine birds on the Waimea Inlet by restoring habitat and trapping predators.

For more information email us at
bandedrail@gmail.com or phone Kathryn 544 4537



PANZ

We are proud to announce that one of our founding members, our Area Representative, Glenys Forbes has been made a Life Member of the Pastel Artists of New Zealand. She has worked selflessly to establish our group here in Mapua and in New Zealand. She has held various roles in the national and local group. She has put pastels on the map for the Nelson Region and grew our small group to the largest group in New Zealand.

Well done Glenys. "But wait there is more!" Glenys also came away from the 2017 PANZ "Purely Pastel" National Art Awards, held in Wai-kato in March, with a Merit for her beautiful portrait entitled *Jemima*, and was a recipient of a scholarship award which is granted to a PANZ member annually. Well done and well deserved!

Many who have attended our exhibitions over the years have enjoyed the artwork produced by our pastel artists. One of the most frequently asked questions is, "what are pastels?" Pastels, oil and soft, are made from powdered pigment mixed with gum, resin, oil or wax.

A bit of history: In 1499 a French artist travelled to Milan taking with him brightly coloured sticks of dried pigment. In that same year Leonardo da Vinci created his portrait of the Duchess of Mantua, one of the oldest works in pastel that exists today. Drawn primarily in black and red chalk, it also has passages of yellow and brown pastel. He called the new technique 'the dry colouring method'. Pastels are considered one of the oldest art mediums in the world. Imagine, we are still using these amazing paints to create works of art today!

You are welcome to join us on Tuesday mornings from 9am to 12 noon at the Mapua Community Hall on Aranui Road, Mapua, to see our artists in action. Who knows, you may get inspired!

For additional information please contact our Area Rep, Glenys Forbes at 03 540-3388 or by email gmforbes@ts.co.nz.

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TDC Urged to Change Focus on Mapua Wharf Area

The Tasman District Council was urged to change its predominantly commercial focus at Mapua Wharf and to support community groups there when a motion was carried at the May meeting of the Mapua and District Community Association.

Moving the motion, David Mitchell expressed concern about a TDC instruction to workers preparing a new wharf plan that community groups at the wharf might be “relocated to allow competing commercial activities to locate in that prime retail area.”

If carried through, the instruction would be likely to affect the Mapua Boat Club, the Mapua Maritime Museum and the Tamaha Sea Scout Group, all of which have been part of an important community contribution to the ongoing popularity of Mapua Wharf.

Mr Mitchell said the possible eviction of community groups was the latest development resulting from a series of council decisions made during the past five years. They had meant Mapua Wharf had been defined as only a commercial business activity, with decisions made solely on commercial criteria and objectives. He called for a change in the council’s approach.

Other concerns related to the proposed Mapua Wharf area plan he cited were:

Shortcomings in the TDC-commissioned internet based survey of opinions on the Mapua Waterfront.

A “tight and unrealistic timeframe” requiring a final plan to be on the council table for the June 2017 council meeting.

Problems and mistakes arising from conflicts between the TDC’s commercial activities and its public regulatory and service responsibilities.

The motion, seconded by Gillian Pollock, was passed on a majority vote. It stated that the community association supported and valued the community groups based at Mapua Wharf—the Boat Club, the Maritime Museum and the Sea Scout Group.

The motion urged changes in council management of the Mapua Wharf area so that the TDC supported “the cultural and historic importance of the Mapua

Wharf precinct and a balanced commercial development, with community input, presence and involvement.”

It also wanted to see protection and enhancement of a grassed area near the Mapua ferry landing area, which for about 30 years has been used as a public reserve. It has been the most popular spot for families at the wharf, particularly families with small children. The reserve area has easy access to a small beach on the estuary and a giant ngaio tree, which children love to climb.

Over the past two years, the reserve area has been reduced by additional space granted to the Golden Bear Tavern and its character changed by placement nearby of a temporary toilet for the tavern, a large, unattractive fence, placement of the wharf recycling bins nearby, a boat rack, a giant sign for the Great Taste Trail and also the scattering of coarse gravel over what was formerly a pleasant grass surface.

A related motion, calling for an extension of six months to the deadline for the proposed Mapua Waterfront Precinct Plan, was defeated after several speakers said any delay would mean the wharf plan would not be considered for the council’s next long-term plan. This motion was also moved by David Mitchell and Gillian Pollock.

The association’s motion on the TDC’s management of the wharf area came after two TDC councillors, Crs Trevor Tuffnell and Mark Greening, called at an earlier council meeting for a review of the management of the council’s commercial assets. Cr Tuffnell was reported as saying that he did not believe it was part of the council’s core business to be owning land and associated assets.



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Death at a Funeral

Reviewed by Mapua Movie Mogul

I went to this screening expecting it to be a serious movie -- you don't expect to be laughing at a movie with both "Death" and "Funeral" in the title -- but this film was hilarious! It wasn't just me -- the cinema was full of people screaming with laughter and clapping at various moments.

Alan Tudyk is hilarious every moment he is on screen. Finally this under-rated actor has got a good sized part where he can show off his comedy skills.

Most of the actors are British and I did not recognize many of them, but they were all excellent.

One I recognized was Jane Asher (she was Paul McCartney's girlfriend in the 60s -- he shoulda married her -- she's still alive and she's not a gold-digger). She plays the very composed widow. Oddly she has fewer creases on her face than her middle-aged sons (and me).

While other movies about dysfunctional families are dramatic and serious, *Death at a Funeral* makes things funnier, even at a funeral. The characters are not complex but they are hilarious and total chaotic!

This film reminded me a bit of *Four Weddings and a Funeral*, but even more those British madcap black comedies of the 60s with Alec Guinness or Peter Sellers.

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Showcasing the best of Nelson

A Thrill that is Free...and Legal

We all know New Zealand is one of the best places in the world. Most of us have a suspicion it is one of the most expensive places, too. This means free things are very welcome. Most free things in New Zealand are nature-related yet, sometimes, a bit of non-nature is good. Well, here's a real thrill that's free, totally unnatural and still legal.

It was a news clip of a moustachioed astronaut doing something with a water-soaked towel that got me thinking: I wonder if we can see the International Space Station, or ISS, from here? Off to the computer, search "International Space Station + sightings" and up came a raft of websites. One caught my eye: <https://spotthestation.nasa.gov/>. A quick click and there's a bit called "Explore and Find Sighting Opportunities." The map shows, well, the map and no actual sighting information and no obvious button to press, but a bit of trial and error saw me enter Nelson in the location menu and hit go.

And behold: 20 sighting opportunities popped up. The ISS orbits the Earth every 90 minutes which makes for a lot of opportunities. NASA's definition of a sighting opportunity is different from mine, though: anything at 4 or 5 in the morning is not an opportunity, nor is anything that lasts less than a minute way off on the horizon. I wanted over the house at a reasonable time in the evening, i.e. after dinner and not during *Coronation Street*. And the sky has to be clear.

This narrows it down a bit. The ISS is visible only just before dawn or after sunset, when the land is dark but the sun is hitting it as it hurtles along at 28,000kmh at an altitude of 415km. At that speed it doesn't hang around and is visible only for a minute or two.

Most bizarrely, there was an opportunity that very evening, 8.58pm, appearing in the SW sky, heading

NE, at 68 degrees to the horizon (i.e. nearly straight up) and visible for four minutes. With mounting excitement we watched the clock until the moment was upon us. Outside, lights off, staring south-west over the trees. Sure enough, a bright dot appeared in the sky exactly on time, presumably when the sun hit it. Unlike everything else in the sky, it kept moving and within a minute had soared to overhead. Looking through binoculars you could see it was more than a speck of light and had some sort of shape to it, but the most noticeable thing as I tracked it with the binos was the stars shooting by in the background. This thing was moving, really moving, and it was absolutely silent. This seemed strange as it was brighter than an aircraft and moving faster, so you'd expect a sort of supersonic roar or muted thunder like one of those space ships in *Star Wars*.

After four minutes it dimmed and disappeared over D'Urville Island, except I'm sure it was over Tonga or Vanuatu by then.

It was a curiously emotional experience. Something the size of the proverbial "football pitch" pushed 400km into space from lots of rockets launched in the USA and Ukraine, with a small crew living on board, orbiting at 28,000kmh. Can you imagine the challenges not just to get the thing up there, but to make sure it works? Awe-inspiring, absolutely amazing and a credit to mankind's ingenuity and persistence. And a world away from thinking about councils, planning regs and houses. I wondered what the astronauts could see of us, though: could they see Richmond's Queen Street upgrade from up there?

John Bampfylde



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Mapua Craft Group has Future Organised

Easter saw the end of the first term and a couple of weeks' break for our wee craft group as many of us had visitors to stay or headed on out to be visitors somewhere ourselves.

So, what have we in the craft group been a-doing with ourselves? Not a lot and quite a bit. We are still working on our crazy patchwork projects but took a bit of a break from that to make some lovely little Easter boxes and baskets which was all rather fun.

For our last meet before Easter we decided to take ourselves off to the High Tea/Luncheon event hosted at the Moutere Community Centre. A few of us were unable to attend what with appointments and being 'down the line' – a new phrase I have just learnt—but we still managed to make up a lively table of ten and spent a posh three hours enjoying the dainty sandwiches and cakes. We may have to up our game for our own morning teas now we have experienced this delight. A big thank you to the ladies that organised the event. It was a really good turnout and very well deserved.

For the coming term we will kick off with door stops. Not physically kick door stops, you under-

stand. Create doorstops from felt and fabric. We have made these before as a group but that was a fair while back now and everyone is keen to either give this another bash or have a go. Should be a whole heap of fun and will be great to see all the differing results.

We will also be attempting to make a card as lovely as the ones Ella creates. Good luck to all of us with that. The benchmark and standard will be very high but the challenge will be more than worth it. Thank you Ella.

As always: Anyone that would like to just pop on by and have a look-see, we will be happy to see you. No need to join in. Just have a cuppa and a nosey.

Marian Bevan



Playcentre

Did you visit us at the Easter Fair? What a great day it was! We were all excited to be able to share our Playcentre grounds with fair-goers, allowing them to see our special place. It provided a quiet space for younger children to play and adults to relax in, away from the hustle and bustle of the main areas of the fair. We had great success and enjoyed meeting lots of new people.



Coming up we have an Open Day on Monday 15 May—with a fire truck coming! This will be followed by an excursion to McKee Reserve on Monday 22 May (along with families from Motueka, Appleby, Richmond and Brightwater playcentres).

On a sadder note, our long-term president Anita Green is leaving as her youngest son heads off to school shortly. We would like to take this opportunity to thank her for all her hard work and passion over

many years. We are truly grateful for all she has done and we will miss having her with us each week.

Playcentres are Ministry of Education-registered, the difference being parents' input into their child's learning, development and fun. At Playcentre, we follow the Early Childhood Curriculum 'Te Whariki' which is unique to New Zealand with an emphasis of child-initiated play and parent education. It's a great way to really have hands-on play with your child, while you also get the benefit of having social interaction with other adults.

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

We offer a term of free sessions for first-time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Liz on 021 998 899, email: mapuaplaycentre@gmail.com or find us on Facebook.

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Easter Fair 'Great Success'

Wow, what a day everyone had! We had an amazing turnout with more than 300 stalls and an estimated 9000 people through the gate, raising lots of funds for Mapua School and Mapua Playcentre. As always, we were blown away by the support shown by our local community and the wider region with supporting our event.

While the organising committee had several new concerns they had to work through this year, including the parking changes, date change and in the final days the wet weather! On the day, everything came together to provide great fun for all.

There are so many people that we need to acknowledge, a small number of which are: the Mapua Volunteer Fire Brigade for spending hours on the Saturday pumping a lot of excess water off the Domain; the Maori Wardens who helped with traffic management throughout the day and started our day with a karakia; Sarah Glazebrook, the Yelvertons and David and Judy Mitchell who allowed us the use of their private land for parking and Tasman District Council who gave us the exclusive use of the Domain and various parking options in the village. We also want to acknowledge our amazing sponsors, Nelson Building Society, Chocolate Dog, Print House and More FM. Without all these individuals and organisations and many more the day would not have happened and for this the Easter Fair Organising Team and wider school and Playcentre communities are very grateful.

There is already excitement about next year's fair so watch this space! Thirty-five years and still very much going strong.

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Mapua Health Centre

Congratulations to Vicky, one of our nurses who recently competed in the Godzone event and came third in the pursuit category. What an amazing achievement not only by Vicky and her team but everyone that competed. The next Trainee Intern to join our practice is Julia Marchand who will be with us for three weeks near the end of May.

A reminder that this year's flu vaccine is now available. The vaccine is free for those over 65 years and for anyone with respiratory problems requiring regular use of inhalers, heart disease, stroke, diabetes, kidney disease, cancer, certain neurological conditions and auto-immune disease. If you would like to receive immunization please pop in or you can call one of our receptionists to arrange an appointment.

This month includes asthma awareness day and a review of integrative treatment approaches suggests that nutrition modification, mind-body medicine, physical activity, and certain dietary supplement interventions can be helpful (*Current Allergy and Asthma Reports* Oct 2014). For instance, children who eat fast-food three or more times a week had a much higher likelihood of severe asthma, as well as more hay fever and eczema; whereas eating extra fruit appeared to be protective (*Thorax* 2013).

Vitamin D, "the sunshine vitamin," has been in the news quite a bit lately, including its use in asthma.

A recent meta-analysis suggested that taking vitamin D reduced the frequency of acute exacerbations,

namely emergency department visits, hospitalisations, or the need to administer corticosteroids, by over 60% (*Cochrane Database Syst Rev.* 2016).

Cured meat intake has been linked to worsening asthma symptoms and probably relates to its high-nitrite content which may lead to nitrosative stress-related airway inflammation (*Thorax* December 20, 2016). Cured meats have already been identified as a risk factor for cancer, all-cause mortality, and several chronic diseases, including chronic obstructive pulmonary disease.

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

Our patient portal service is up and working really well. It gives you access to your own medical notes, providing that you are a registered patient. Manage My Health™ - www.managemyhealth.co.nz - is a web site that uploads patient information from our computer to a secure web server so that only you can access your own health information and manage aspects of your health care where ever you may be. It also allows us to communicate about test results, appointments, etc. If you would like to register for Manage My Health™ please contact Caroline on 03 540-2211 or talk with our receptionists when you next come in.

This month's health and school events include:

1-7	World Iron Awareness Week	www.ironweek.co.nz
1-7	NZ Immunisation Week	www.immune.org.nz
1	Term 2 begins	
5	International Midwives Day	www.midwiferycouncil.org.nz
5	World Hand Washing Day	www.handhygiene.org.nz
5	World Asthma Day	www.ginasthma.org
8	World Red Cross Day	www.redcross.org.nz
8-14	Road Safety Week	www.brake.org.nz
8-14	Sign Language week	www.deaf.org.nz

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Out and About with Hugh

“Out” meaning “absent,” “out of action,” or to put it another way, “Don’t go around breaking your leg and cracking your hip joint.”

However, the result was not all negative because it introduced me to some things I didn’t know about our New Zealand health system.

Please take note:

Firstly, St. John Ambulance service. A 111call. They were soon on the scene. Into the ambulance, attended to by the onboard medic. The ride was rough and bouncy. The ambulance is on a truck chassis with truck springs. Enough said about that. I was well shook up upon arrival at the hospital.

Secondly, our Nelson District Hospital; I could write a separate column about it. My only comment here: We, (meaning all of us), should be so lucky. Yes, I know, I know. I’ve read and heard the comments here and there. I reckon they mainly originate from people who have never been there as a patient. Or, if they have, the meals didn’t suit. Easy to criticize. Well, whoever you are, stand up, get yourself onto the Hospital Board and discover how it all works and then let’s have your remarks and see what you come up with.

The *New York Times* reports that there is a diminishing supply of water worldwide. Why is that? Too

many people? Too many cars? Just plain old “too much.” Yet we drill deeper wells for water and continue to seek and develop more sources of oil.

From an international aspect, New Zealand is fast becoming a desirable location for those wanting to escape the crowded and polluted conditions of the Northern Hemisphere, and we are attracting immigrants by the numbers. Not to mention our quota of displaced persons.

Here at home the television news presents us with pictures of people with nowhere to lay their heads for rest and having to sleep (so to speak), in the streets.

Will these issues be addressed in the next election?

Meanwhile, I’m staying local and talking about Mapua. New houses! New residents! The dynamics of local growth! Where’s the water going to come from?

It’s all about the infrastructure, isn’t it? Look up that word (infrastructure) for the definition of how our society tries to organise itself and you begin to understand what we are lacking in the Tasman District. “Infrastructure” What a nightmare guessing game it must be for the town planners. How are our Tasman District Councillors addressing these issues?

Hugh Gordon

Fire Brigade

March 17- April 17 call-outs

Mar 17: False alarm Thawley Orchard.

Mar 3: Smoke in area of Moore Road. Turned back Tanker to Moore Road. Fire in gully

Mar 27: Motor vehicle crash) SH60 near Ridgeview Road.

Motor vehicle crash Aporo Road outside Tasman School.

Mar 21: Assist ambulance with getting male with dislocated hip off roof.

Apr 15: Alarm activation at Mapua School. Nothing found.

Apr 19: Medical assist at Kina.

Calls this year – 30

Safety Tip: *Have your chimney cleaned and fire place checked for cracks.*

This year we are celebrating Chief Fire Officer Ian Reade’s 25 years’ service to the Mapua Volunteer Fire Brigade.

We are low on daytime/Mapua area fire fighters. If you live or/and work in the Mapua urban area and think you would like to or could get away to do fire call-outs then come and see us at 7.30pm on a Thursday.

Police Report

Great to see the weather came right for the annual Mapua Fair. Was another good event that is a wonderful fund-raiser for local schools and pre-schools.

The whole district has certainly had its fair share of rain. We notice an increase in vehicle accidents in bad weather, so try to be extra careful in the wet and allow extra room for braking and don’t corner too fast. These are two of the main things that catch people out.

There have been a few thefts and burglaries over the last month. Remember that just because you live in a nice small village doesn’t mean that other people won’t come and take advantage of anything you don’t lock up or have secure.

*Grant Heney, Motueka Crime Prevention team,
03 970-5271*

Mapua Occurrences:

Mar 25: Drink-driver Aporo Road

Mar 28: Male trespassed from a licensed premise

Apr 1: Damage on Dawson Road

Apr 6: Commercial burglary Iwa Street

Apr 12: Domestic incident

Apr 13: 14ft Cyclone gate stolen Tasman View Road.

Burglary at Les Wakefield Road (off Seaton Valley). Hydraulic auger stolen.

Book Review

Dry Ice: The Story of a False Rape Complaint. Reviewed by Annette Sivak. Available in the Mapua Library? —see reviewer's last paragraph.

Imagine for a moment that – you, or a person you love – your partner, your husband, your son, your brother – were falsely accused of rape. More to the point; how would this innocent and law-abiding person, feel, and how would he cope with the turmoil of the ensuing uncertainty and dread as the investigation proceeds?

In crime novels, when a victim is discovered, “the detective inspector assembles her team. She snaps out tasks to the detectives. The detectives hurry out to gather facts.” They return promptly with details that build the case or that are set aside as unlikely. The truth of the matter takes shape. Suspects are questioned. Theories are compiled and analyzed. The suspects are either charged, or ruled out and released, all in a timely fashion. This is not, however, the way events unfold for Peter Joyce in *Dry Ice: The True Story of a False Rape Complaint*.

Rather, Joyce discovers that in the “real world” of his home locality, an ordinary person can suddenly be blindsided by an accusation, years after the original complaint has been lodged with the police. He soon learns that an accuser’s “personal truth” of “recovered memories” carries more weight than facts; that there is little respect for the dignity of a person suspected of this crime; and that investigations can be interminable.

Peter Joyce’s settled life was disrupted when a woman he had never met accused him of historic rape. With a unique brand of angry humour, his diary plots the stages of his despair and traces his attempts to find justice in the face of the current insistence that we must believe the victim.

Dry Ice is a compelling memoir, but much more. The accusation made the writer a reluctant expert on similar cases from all over the world. He throws light on everything that limits public knowledge of false sexual allegations, from dangerous counselling, to flawed statistics, and he exposes police investigation methods as blinkered, inefficient and insensitive.” ((from the blurb on the back cover).

What should have been resolved by a quick and efficient checking of facts and tangible proof that placed Joyce far from the scene of the alleged crime on the dates in question, instead became an unremitting agony of uncertainty which stretched over many months.

Joyce’s response was this diary which helped him cope and which he has now published. This sudden and unwelcome series of events in his life has had further repercussions, growing from the injustice of the false accusation and the lack of accountability expected from the person who perpetrated it. As Joyce mentions in the book, he wishes “to show as many people as possible that false rape accusations happen, and that perhaps telling (his) story can help in some small way to swing the onus or proof back onto the prosecution” – where it belongs – in a society where one is presumed innocent until proven guilty, rather than presumed guilty and then compelled to struggle to prove their own innocence.

It is clear from Joyce’s account that he has compassion for actual rape victims. In this book, he makes clear the damage that ensues when false accusations are not investigated in a competent and expeditious manner, and when there are no negative consequences for the false accuser.

As I finished the last page, my sense of justice compelled me to ask for *Dry Ice* to be placed in our library, and to write a review encouraging others to read it thoughtfully. The repugnance conjured by the word “rape” should be balanced by the enormity of the words “false rape accusation.”

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Mapua Community Library

(Moutere Hills RSA Memorial Library)

Question – What do these four authors have in common? Elizabeth Knox, Paddy Richardson, Fleur Beale and Sarah Laing.

See below for the answer.

Grants Committee

We have only one volunteer on this small committee and would very much like to have another. We plan to split the applications responsibility between two people. This would typically mean one large application and one small application per grants volunteer a year. Support is easily available from the other volunteer as well as from the committee, the treasurer in particular. Please contact me or a committee member to find out more.

AGM Friday 12 May at 12 noon

This will be held in the library. Soup and rolls will be supplied! Please come along – it doesn't mean that you will automatically get a job.

Anzac Displays

Our Anzac book displays were set up in the Young Adults and Children's sections, and the glori-

ous locally-made poppy displays hung around the issues desk.

Due to the phone cover art display and competition, we didn't erect an Anzac display in the library window this year.

Displays

Children from Mapua Playcentre have shared their artwork with us in the Children's area. Thanks!

Beautiful quilting by the very talented Heather Olds and Trish Bainbridge is our main display this month. Definitely worth a look.

Answer to the opening question: They are four of the ten authors who will be at our Lit Fest

We are very excited about the line-up and revised schedule we have for this year's Lit Fest. You won't want to miss out – save the date and keep an eye out for upcoming announcements. Lit Fest – 15-17 September 2017

Lynley Worsley

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; Facebook: Mapua Community Library; mapuacommunitylibrary.co.nz

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

Mapua Library

Annual General Meeting

12 May, starting at 12 noon

Light lunch provided. All welcome



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Mapua Bowling Club

The Write Bias

The Mapua Bowling Club season drew to a close a little bit earlier than usual this year. The early closure allowed urgent green renovations to begin. Volunteers have been busy despite the wet weather and already the green is responding. This bodes well for good bowling next season.

The season's championship trophies were presented on Closing Day and a traditional club BBQ followed. A number of members received trophies this year. The prized Championship Senior Singles trophies went to Dave England and Sue England.

The Mapua Bowling Club AGM will be held on Saturday, 27 May, beginning at 11am. All members are encouraged to attend.

Throughout the winter months, our green will be groomed and pampered to make sure it is at its best when the new season begins. In the meantime, Mapua Bowling Club members will be getting together twice a month (first and third Fridays) at the club rooms for social evenings.

The club's 90th anniversary occurs in July. The committee is planning a celebration lunch at the club on 16 July. More information will be next issue of the *Coastal News*.

For information about the bowling club or booking the clubhouse and facilities please call the president, Dave England, on 540-2934.

Barbara Brown



John Trotter and Glenn Saunderson at work

Planting Project Welcomes Help

The last month has been fraught with a large amount of wet weather which of course has helped the Dominion Flats plants tremendously as a large number now get above the grasses.

When we have been able, the Tuesday morning group has been hard at it freeing plants and in some areas lowering the level of the grass and weeds.

We are very lucky to have some people who walk through for exercise from time to time and pull weeds as they go. We also have some new help on Tuesday morning so there are pluses in all directions. Pests are everywhere as a recent clearing of the traps showed. There were two stoats, one weasel and two hedgehogs. Very pleasing.

We are looking to a day's planting in 5/6 weeks but are mindful of the dates the Banded Rail group have set for the wider estuary. We will advise later.

Remember a Tuesday morning with no rain will usually find someone working in Dominion Flats and if you wish to join us please do. For information contact Helen on 540-3830 or 027 459 3989.

Helen Bibby ph 540-3830.



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A Good Old-fashioned Tart

By Sarah La Touche

Suddenly it's autumn! As I sit writing this, the drizzle is falling outside, the leaves are turning a delicious gold, and I'm thinking about donning socks and a woolly pullover.

With a good friend coming for Sunday lunch, my mind has turned to warming foods because of this, so I have picked a buttercup squash from the vine by the chook house and will add to that some fresh thyme from the garden, plenty of braised leeks, and a few knobs of goat's cheese, along with some of our girls' beautiful eggs, to fill the spaces in between.

I'm not sure what it is about tarts but they have become a real comfort food for me. Easy to whip up any time of year, big on flavour, and about as versatile as anything can be.

Insert pretty much any kind of filling you want from veggies, pulses through to meats, or all of the above, cradled in a crisp buttery pastry, and held together with fresh eggs and some cream or buttermilk. What could be simpler, and yet so satisfying?

We used to call them quiches in the old days when anything French seemed exotic. I recall that very good bistro called Le Brie in Auckland's CBD, used to make an exemplary Quiche Lorraine oozing



creamy onions and garlic, dotted with smoky bacon, which they served with a simple green salad dressed up in a very fine vinaigrette.

So it's no surprise that the first I ever made was a rich, delicious Quiche Lorraine too. I remember balking at the ridiculous amount of butter and cream in the recipe but it worked. Now I just call them tarts, and often swap the cream for buttermilk or yoghurt, which seems to keep things light and tangy.

I mostly use a good Feuilleté or flaky puff pastry. Panaton make an excellent ready-rolled version that you can buy frozen and made with good Kiwi butter. Most of the pre-made puff pastry here I find disappointing but this one is hard to beat.

Otherwise I'll whip up a short crust using 225g flour to 125g butter and an egg. To this you can add

parmesan, cayenne or smoked paprika or poppy seeds, lemon zest or finely chopped herbs to add a bit of variety, if you wish.

This recipe is an old favourite that I have made with various permutations for years. Hard to better this flavour combination, it's a great brunch or supper dish. Make plenty so there's enough left over for lunch the next day, and serve with a spinach and avocado salad.

Leek and Squash Tart with Goat's Cheese & Thyme

Serves six

1 x 25cm tart tin, buttered

250g flaky puff or short pastry, rolled thin

A dab of butter to prep the tart tin

2 – 3 medium leeks, trimmed and sliced into rounds

½ buttercup squash, deseeded skin off cut into cubes

2 tablespoons oil

3 eggs

150 ml cream or buttermilk

200g fresh goat's cheese or curd

Salt & pepper to season

2 teaspoons fresh thyme, destalked

Pre-heat the oven to 200C.

Line the buttered tart tin with puff pastry and trim the edges. Place in the refrigerator until ready to fill. If using short crust pastry, you can bake blind for 10 minutes before adding the filling if you wish.

For the filling, toss the squash and leeks into a shallow roasting pan and toss with olive oil and salt and pepper, and roast for approximately 25 minutes until just lightly golden. Remove from the oven and allow to cool slightly.

Take your pastry-lined tart tin and spread the roasted squash and leeks around evenly. In a medium bowl combine the eggs and cream or buttermilk, add the salt and pepper and whisk to combine. Pour over the filling then crumble or spoon over the goat's cheese and finally sprinkle the fresh thyme on top.

Roast in the oven until the filling is firm and lightly golden—about 25 to 30 minutes. The pastry should also be lightly golden and flaky. If you are concerned that the pastry base is not quite cooked through, drop the tart to the bottom of the oven for 10 minutes more but keep a close eye on it. You don't want the pastry to catch.

Serve with a crisp green salad.

Sarah La Touche is a qualified Holistic Nutritionist. A registered member of the NZ Clinical Nutritionists Association and NZ Guild of Food Writers, she also runs B&B and self-catering accommodation in Mapua, walking and gastronomic hosted holidays in France. She is available by phoning 027 315 1165, sarah@livingnutrition.co.nz or www.holidaystaymapua.nz.

Lawnmower Business Has New Owners

Lowcost Lawnmowers has changed hands and location, but you can still rely on the same great standard of servicing and repairs from new owner, Dennis Webster.

Lowcost Lawnmowers was established in 2012 by Chris Kelly who felt the Nelson/Tasman district lacked a dedicated service and repair provider that catered to all makes and models of outdoor power equipment. Within several months the business was flourishing and has continued to grow to this day thanks to Chris's skilled workmanship, eye for detail and the support from a substantial and loyal client base.

In 2017 Lowcost Lawnmowers was sold to Dennis Webster, Dennis being a certified A-grade diesel mechanic and a fully qualified motor mechanic with a passion for all things mechanical. He has an extensive background in the motor trade industry, having previously owned and operated a large machinery sales and service business in South Otago for many years.

This well-established business held a number of national and internationally recognized machinery and equipment franchises and provided service to the local farming, forestry and fishing industries.

With this experience in business ownership, Dennis fully understands the importance of second-to-none customer service and looks forward to working

with all existing and new clientele, with plans already in place for further expansion and development within the business.

Dennis and Chris plan to continue working together at the new premises, at 144 Moutere Highway, Appleby. The relocation of the business won't stop the free pick-up and delivery service though, which will remain available twice a week, on Tuesday and Friday, although may be subject to travel restrictions.

Simply call, email, text or book online through the Lowcost Lawnmower website, then one of the team will collect the item and contact you with a quote.

In addition to servicing and repairing items, plans are well in place for Lowcost Lawnmowers to stock a great range of new and used equipment, their new items coming with a five-year warranty. They will also carry a full range of accessories and consumables including 2-stroke oil and lubricants, line for trimmers, sharpeners, safety clothing and more.

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WASP ATTACK: Having experienced the wrath of the common wasp [*vespula vulgaris*] while scything grass, when escape merely involves dropping the tool and doing a runner, I have mountains of sympathy for scrub cutter operators who have to struggle with clips and harness, and a revving cutter which excites the wasps to ever-increasing frenzied attacks.

Letters to the Editor

Mapua Waterfront Park

Mapua is a pretty little seaside village and the wharf and surrounds have become the centrepiece for family, recreational, entertainment and social activities, including fishing, boating, cycling, wharf-jumping, cafes, bars, restaurants, gift-shopping and entertainment. However, currently there are no safe children's play areas or shady picnic facilities for locals and visitors free use.

Recently there have been as many as forty cars with boat trailers parked at Grossi Point on a good fishing day. An improved boat launching facility will inevitably attract more boats and trailers (How many and where will they be parked?) Too many could very well overwhelm Mapua so we need to be very careful not to "Spoil Paradise to put up a parking lot."

We have very little green space remaining and a fast growing population in Mapua and we owe it to future generations to preserve what little there is and not waste it.

The TDC probably needs to place some limits on commercial and residential growth to ensure the magic that makes Mapua so attractive is not lost forever. A long-term development plan should be prepared which considers the alternative views of residents and tourists.

I do not want the proposed boat launching facility at the Mapua wharf because of consequent problems with providing sealed parking facilities for all of the cars and trailers that a new improved boat ramp will bring. Boaties from all the outlying areas will probably come to Mapua in preference to Motueka or Nelson. Mapua currently seems fine for launching small craft such as catamarans, kayaks, paddle boards and dinghys. Perhaps that is the way it should remain?

I have lived here for nine and a half years and most days walk my dog in the wharf vicinity. Even before the new retail complex was built I observed very few people actually launched boats from the wharf ramp as most boaties seemed to prefer Grossi Point. It would not be too difficult to provide some safe separation of swimmers and boat launching/retrieval at Grossi Point.

Because the survey conducted at Christmas is totally unreliable as data was too easily skewed and is likely to be neither unbiased nor representative. The

TDC needs to conduct a genuine 'scientific survey' of local opinion on the proposed boat launching facility. A new survey may indicate that a boat ramp at the wharf is not considered desirable and some alternative solutions might be needed to provide Boat Club patrons with a satisfactory outcome at Grossi Point or elsewhere.

Peter Ohalloran, Mapua

Funds for Hospice

Most people are aware that hospices around the country provide care for terminally ill patients. Support also extends to the family as can be seen by the following Mission Statement of the Nelson Tasman Hospice: "To assist patients to make the most of the life that remains and to ensure that patients die comfortably, with dignity and in the place of their choice. To provide support and care for the family/whānau and close friends during the patient's illness and in bereavement."

I think we can safely say that this is a valuable and important service but its continuing success relies on financial support from the Government and public generosity.

I was prompted to raise some funds for the Nelson Tasman Hospice for two specific reasons. Firstly the hospice was the place of choice for my friend and fellow bowler, Phil Booth, and his family now speak so highly of the care that they all received. Secondly, the hospice is being required to relocate from the current site in Manuka Street, Nelson to a newly acquired site in Stoke. This transition is going to cost millions.

Through your pages I would like to thank the staff at the State Cinema, Motueka, for being so accommodating with my movie night fund-raiser on Friday 21 April. All I had to do was make and sell tickets, easy peasy! But I needed the support of our community and I can tell you, it was amazing. Tickets flew out the door and gifts were donated for a raffle. Thank you everyone for the various contributions, it was a tremendous effort. We can all be very proud of ourselves as I hand over \$1270 to the Nelson Tasman Hospice.

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ANNUAL GENERAL MEETING 12th JUNE AT 2pm
at RSA Room, MAPUA LIBRARY.

Enquiries to 923-2269, Norm Thawley, President



Top: The cutting on Mapua Drive soon after the trees were cut down last winter.
Below: An ever popular activity at Mapua—jumping off the wharf.



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6pm in-store

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Hub Provides Holistic Services for the Community

The Wee Shop, The Wee Wellbeing Studio and the Tiny Tea Room collaborate to serve the community in a holistic way

Ruby Bay has a new go-to place to bring community to the community. At 155 Stafford Drive, the Wee Shop, the Tiny Tea Room and the newly opened Wee Wellbeing Studio form a cooperative hub to provide holistic services for people to connect and be well.

The Wee Shop changed its assortment of goods and now focuses on herbal medicines and specialised health products. The Wee Wellbeing Studio provides a wide range of classes, courses and individual treatments and sessions to learn new skills, get advice and find balance and well-being. The Tiny Tea Room holds a space to connect, relax and chat while having a cuppa and some organic treats.

“We wanted to create a safe and happy space for people in the community to relax and get support with whatever they need to be well,” says Seija McIntosh, owner of the property and coordinator of the Wee Shop and the Tiny Tea Room.

There is an expert team of carefully selected facilitators already offering a wide array of courses and treatments.

“There is something for everybody, young and old, and because of our size and holistic approach we are able to pick people up where they are at and tailor classes accordingly. Apart from offers for the whole community, we focus on mums and mums-to-be to give them all the support they need to fulfil their often challenging tasks. We also offer programmes and courses for young ones, from mindfulness to transition camps for young women,” explains Birgit Baader, coordinator of the Wee Wellbeing Studio. Birgit is also setting up a women’s health programme to assist and empower women with various health issues.

In order to be able to offer their services on a koha (donation) basis to people who struggle financially, the Wee team aims at keeping prices as low as possible as well as using a mix-calculation of people paying regular prices, funding and donations.

Birgit Baader – 027 71 78 578,
weewellbeingstudio@gmail.com

More information: <http://weewellbeingstudio.wixsite.com/home> and <https://www.facebook.com/WeeWellbeingStudio/>
Current offers for mums: <http://weewellbeingstudio.wixsite.com/home/mama-specials>



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It's only \$15 per person annually!

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
1 9.30am Low Impact Dance 6pm Mapua Dance Fitness	2 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 6pm Yoga 6pm Aerobics 7pm Pilates	3 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi 7pm Nelson Christadelphians	4 9am Mapua Art Group 3.30pm Karate 6pm Mapua Dance Fitness	5 9am Aerobics 9am Yoga 10am Pilates 1pm Mapua Fellowship Group 6pm Mapua Youth Group	6	7
8 9.30am Low Impact Dance 6pm Mapua Dance Fitness 7pm Mapua Comm. Assc. Meeting	9 9am PANZ 9am Sioux Line Dance 10am Mapua Creative 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 6pm Yoga 7pm Pilates	10 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi 7pm MDBA AGM	11 9am Mapua Art Group 3.30pm Karate 6pm Mapua Dance Fitness	12 9am Aerobics 9am Yoga 10am Pilates 6pm Mapua Youth Group	13 1-5pm Painting Class	14 6.30pm The Packhouse Cinema 'Death at a Funeral'
15 9.30am Low Impact Dance 6pm Mapua Dance Fitness 6.30pm Hall Comm. Meeting	16 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 7pm Pilates 6pm Yoga	17 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi	18 9am Mapua Art Group 2pm Friendship Group 3.30pm Karate	19 9am Aerobics 9am Yoga 10am Pilates 6pm Mapua Youth Group	20 9am Aerobics 10am Pilates	21
22	23 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 7pm Pilates 6pm Yoga	24 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi	25 9am Mapua Art Group 3.30pm Karate	26 9am Aerobics 9am Yoga 10am Pilates 2pm Friendship Group	27	28
29 6pm Mapua Dance Fitness	30 9am PANZ 9am Sioux Line Dance 1pm Tai Chi 2.30pm Sit & Be Fit 4.30pm Childrens Theatre Sports 6pm Aerobics 7pm Pilates 6pm Yoga	31 9am Aerobics 9am Yoga 10am Pilates 12.30pm Tai Chi	<div>What's On at the Hall In</div> <div>MAY</div> <div>  Like us on facebook </div> <div>Www.mapuahall.org</div>			



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Lynda's Exercise Classes in the Mapua Hall.

**Term 2 2017 ~ a 12 week term starts Tues May 2nd,
ends Fri July 21st - note winter start times.**

Tuesday 2.30-3.15pm Sit and be Fit
(seated exercise for Seniors/rehab - gold coin)

Tuesday 6pm-6.55pm High Intensity Interval
Training, rotating with Step-based toning
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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
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Friday 10.15am - 11.05am Pilates
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36 sessions	\$250.00 (\$6.94 per session)
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Session top ups: One: \$8, Two: \$15, 3: \$20, 4: \$25, 5: \$30

Pay for x number of sessions (minimum 12), come to ANY
class. There are FOUR extra Saturday mornings (EIGHT
sessions) May 20th, June 10th, July 1st and July 15th -
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Safe Driving as you get Older

Most older drivers are very safe and responsible. They have been driving for many years without any problems. Staying safe on the road, however, may mean making adjustments for age-related changes. Driving a car is a complicated task and you need to be in good health and be able to concentrate for long periods. As you get older you might notice some changes that could affect your driving. For example, you might notice changes in:

- Your eyesight
- Your memory
- How quickly you can make decisions, or
- How quickly you react when you are driving

Also as you get older your body is more easily injured, so the older you are the more likely you are to get seriously hurt in a crash. So it is important for older drivers to regularly check how safe they are on the road.

The most common older driver crash situations are:

Side impact crashes at intersections. The side panels of cars are weak and this combined with older road users' physical frailty, means the occupants are placed at greater risk of injury in this type of crash.

Fatigue-related crashes, especially when driving in the mid-afternoon

Driver error, such as putting the foot on the accelerator instead of the brake.

There are lots of things that you can do to help make up for the effects of getting older, for example:

Avoid driving at night or in bad weather

Drive during the day when possible and avoid rush hours.

Drive only on routes that you know well

Plan long journeys, check road maps and look for new changes such as roundabouts and one-way systems.

Use the car only when you really need to

Always have someone else with you when you drive

Here are some other suggestions and tips:

Make sure you can see well enough

Have regular vision checks, at least every two years and if you wear glasses make sure you always wear them. Anti-reflective lenses and polarised sunglasses will help to reduce glare.

Keep your windscreen, mirrors and headlights clean and make sure you can see the instrument panel clearly.

Good Hearing is important too

It is advisable to have a hearing check every three years. Don't let noises such as the radio or people's conversations distract you and watch out for sirens and flashing lights of emergency vehicles.

Staying Alert When you are driving you need to pay attention to lots of different things at the same

time. You also need to react quickly when something happens. Here are some helpful tips:

Leave enough space between you and the car in front. Use a four-second rule and increase this in bad weather.

Start breaking early when you need to stop.

Make it easy for yourself. If you hate making right turns, then plan a route that involves only left turns.

As you drive keep checking the sides of the road as well as the way ahead. Check your rear view mirrors regularly.

Tiredness When you are tired it is harder to react quickly. Tiredness can be caused by lack of sleep, stress, medications and driving for long periods. Look out for warning signs of tiredness such as blinking a lot, yawning often, daydreaming, drifting out of your lane, eyes tired and scratchy and head nodding down. If any of these happen, you should stop driving and have a 20-minute break.

Renewing your licence When you turn 75 you need to renew your licence and then again at 80 and every two years after this. You must get a medical certificate for a driving licence from your doctor.

Consider driving-refresher courses. Driving laws and techniques have changed since you first learnt to drive. Both the AA and Age Concern run courses for older drivers. They teach participants about traffic laws and driving skills that take into account age-related changes in your driving ability.

The Road Ahead. Transport Options for Seniors. I recommend reading this publication produced by the NZ Transport Agency. It can be down-loaded from the internet.

Heather Hoad, Coordinator for Senior Moments

'Senior Moments' meets every second and last Wednesday of the month at 10am at Hills Community Church.

SENIOR MOMENTS

Hills Community Church

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At Hills Community Church - 122 Aranui Rd, Mapua

10 AM to 12:00



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Under The Bonnet with Fred

The Road to Kathmandu



As we walked across the border from India to Nepal the traffic changed. There was no more continuous sounding of horns, fewer vehicles on the road and believe or not there were footpaths! We still had two hours of badly pot-holed roads to endure before our overnight stop at Lumbini near Buddha's birth place. The hotels were better and everything in our room worked with a bonus of no power failures.

The next day we bounced our way to Chitwan National Park for a safari experience in what was called a Nepalese jungle. I will admit the canoe ride down the Rapti River and then a ride through the jungle was interesting. The Asian rhino seemed to turn their backsides for the tourists every time.

Our biggest endurance test came the next day.

Nepal, being a land-locked nation and with no railway the only way to get supplies in was by road. This story is about the road to Kathmandu but is also one of the struggles for Nepal as a nation. Chitwan to Kathmandu is 138km—8 hours driving, no lie, as our Toyota van driver fought for space on this notorious road. The first three hours got us only 50km along the journey. The road snakes its way along a high, steep gorge road above the Seti Gandaki and Trishuli rivers with the unfortunate locals having to endure the traffic and delays caused by a major road reconstruction.

Vehicles were mostly the big boxy Tata freight trucks you see on travel programmes as this is the best truck route to Kathmandu. Some of the bridges would be condemned in New Zealand with hand-rails missing or broken. The tour van was behind a truck carrying an excessive amount of reinforcing and behind that an articulated truck with plate steel, both heavy loads by any standard. We came up to a bridge, hand rails missing and sagging in the middle. Whoo! The second truck followed hard behind the first. Surely our driver would pause until they had crossed but no, we were right in behind the truck as the van drove down the sag in the bridge it was whoo again! Looking out of the window down 80m to the river below I really did hold my breath.

The road cleared for a short time but we were soon grinding very slowly behind the trucks and stopping often for roadworks. Amongst all of this were the motorbikes sneaking their way ahead and even Suzuki Swift-size cars were taking every opportunity to get ahead in the traffic queue.

We stopped for a toilet stop at a roadside stall and again the fear of falling overcame me as the concrete toilet block set on the cliff swayed as the big trucks carrying gravel passed. The dust was constant with so much traffic. Despite this all drivers seem to comply to a mutual silent understanding about safety on the road. If you can endure the ride it was a great way to see the Nepal.

Unfortunately Nepal has been left behind the rest of the world. The roads could never take the size of vehicles we own, and the streets in Kathmandu were only wide enough for two small cars to pass, but not two big Aussie cars. The biggest car I saw there was a

Toyota Camry. What's missing is a good rail system into Nepal from India to transport the heavy freight. Something New Zealand discovered after the Kaikoura earthquake closed the rail link to Christchurch.

The continuous delays when flying out of Kathmandu plus two gate changes and walking across the tarmac dodging buses to climb stairs to the plane took patience.

The bad: There was always something that didn't work in your hotel, there is a lot of walking, the bumpy roads upset some people, as do the crowded streets and markets, but that's Asia. Could you see Mount Everest? Only on a \$250 flight.

The good: More Western food and beer cold instead

of sort of cold in India, shop owners a lot less pushy than in India, friendly and helpful people in Chitwan National Park, and the ladies liked the shopping.

Buying a sports car in Nepal would be a waste of money. I doubt you could do 70kmh in Kathmandu. Best vehicle: a Mahindra Scorpio 4x4.

Was it a holiday or was it an experience? I'm pleased I went but it's now crossed off my list. Maybe we did too much too quickly? A road trip never to be forgotten.





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What's On Guide

May 2017

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M	T	W	T	F	S	S
1	2	3	4	5	6	7
SPRING WEDDING SPECIAL Book in Sept or Oct FREE VENUE HIRE and a \$250 gift voucher				Available for your event or function Free Venue Hire	Medicine Woman and Coyote Blues Band Two amazing local groups \$15, 8pm	Open 11am till 4pm
8	9	10	11	12	13	14
		Waimea College Shakespeare Night	Closed	Chandrakirti Quiz Night 730pm Start This will be busy so book ahead	Back From the Dead Dance Party FREE, 8pm Dress like your favour dead celebrate	MOTHERS DAY Make sure you book Open 11 - 4
15	16	17	18	19	20	21
Motueka High School Music night				Murder Mystery Nights \$20, 8pm, \$40 buffet from 6pm An awesome night of interactive dinner theatre Friday and Saturday night		Open 11am till 4pm
22	23	24	25	26	27	28
ROCKCAMP 2017 July 10th till 14th, 9 till 4, For kids ages 9 till 14, \$375 included food and concert Learn to play in a band, gain new skills, make new friends, have a good time!			Solitude The secret life of Annie Chaffey \$15, 8pm A real life drama set in Tasman Presented by Dramalab	Paul Madsen Presents his Favourites \$25, \$10 kids 8pm, plus \$35 buffet Dinner from 6pm Beegees, Queen and more!!!	Cori Gonzalez \$20, 8pm Awesomely amazing comedian seen on 7 Days	Sunday Night Improv \$15, \$12 kids 6pm start Doors from 5pm
29	30	31	1	2	3	4
FREE VENUE HIRE FOR YOUR EVENT PARTY, BIRTHDAY, ANNIVERSARY STAFF FUNCTION...anything! APRIL TO OCTOBER Contact us today on 5402985 for dates and more details (some conditions apply)			ANDRE VEGAS MAGIC SHOW Thurs and Fri Night, 8pm \$25 presales, \$30 on door New Zealand's Best Magician Presents his amazing horror and Magic experience Massive props and amazing set pieces mixed with good laughs This will sell out, so book now!		Grandoise Burlesque \$30, 8pm start Nelson's annual big event This will sell out Best Burly artists from around the country	Open 11am till 4pm

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Hills Church



I am not sure if you have heard of Justin Duckworth, the Anglican Bishop of Wellington. He is perhaps the most unlikely looking person you would expect to be a bishop, with dreadlocks and bare feet. But it isn't only in looks that he is extraordinary; his preparation for being a bishop has largely been through working and living with the street people of Wellington, which led to the setting up of the Ngatiawa community north of Wellington.

It is, in Justin's words, a contemporary monastery, which provides a permanent home for about 20 people, but hosts around a thousand over the course of a year who come to receive healing and wholeness through a communal life of prayer. Justin describes Ngatiawa as 'a community of prayer and hospitality' and this is what it is.

I wonder if this is not the heart of what contemporary church should be about. It is of course, the way of Jesus that we see in the Gospels, a life of deep relationship with God, (prayer) and the sharing of hospitality with the marginalised and excluded. I am struck by how counter-cultural these two things are in our western, secular world.



Hospitality is all about generously sharing what we have with others, yet our society teaches us that we are individuals, and pulls us towards guarding what we have earned or accumulated for ourselves and our families. Prayer is all about living our life in a conversation with God and trusting that he is central to the events of our life and the world in which we live. Our secular culture, though, does its best to push the question of God so far away from our everyday life that for many of us God simply isn't part of our life's journey.

It is in these two things, prayer and hospitality, that each of us can be part of God's presence in our community, it's that simple. The invitation, then, is two-fold—to work on a life of prayer, or our relationship with God, and then take the initiative—invite someone around for a meal, or out for a coffee.

In Christ, Rev John Sherlock

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

Sunday Worship: 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.

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Rowing on Dry Land, Thankfully

The Catalyst Team was at the sunny and warm Mapua Easter Fair offering all comers the chance to win three months' free membership if they could achieve the fastest time over 500m on the Concept 2 Rower. 500m doesn't sound that far, does it? It feels like a very long way indeed when your lungs are bursting, legs trembling and arms straining. We had several takers step up to the challenge—including some fun sibling rivalry! We awarded three months' free membership to the fastest man and fastest woman plus an extra Trainer's Choice award for the most supreme effort regardless of time.

Our one-year membership that was given for the Mapua Easter Fair Silent Auction went to Simon Clearwater and we look forward to welcoming all our winners to Catalyst.

Congratulations to the three winners of our 'Mapua Easter Fair 500m Rowing Challenge' who all receive three months free membership of Catalyst Fitness: Fastest Female: Molly Floyd, 1.45.0. Fastest Male, Andre Bonny, 1.26.8. Trainer's Choice, Matt Stringer, 1.48.4.

While the rower looks fairly benign, and a lot of people thought they could easily beat some of the posted times on Monday, it seems they couldn't! It is a good all-round work-out. Great for warming up; a ten- to twenty-minute row really gets the blood pumping and your muscles warm and ready for exercise.

A lot of people enjoy using the rower as the cardio component of a workout. It takes a little time to get your technique sorted out, but once you are rowing efficiently and smoothly the whole experience is different, we have a short video on our Catalyst Facebook page showing the correct technique. You get out as much as you put in, literally, and a session of interval training on the rower is one of the most challenging routines you can do. You can feel every part of your body working in harmony as you push your way to a target time or cover a specified distance. It's one of our simplest but most used pieces of equipment.

Karyn Holland, 027 223 9561



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

Tasman Bible Church



Boundless hope

Post-Easter ‘blues’ are quite possible. No more chocolate to eat, the last opportunity for a break before the prospect of winter; even the firstfruits of harvest have lost their novelty!

For the first Christians, immediate post-Easter blues was the order of their day. The investment of all their hope in Jesus as a potential Messiah had been dashed by what was more than a tragic death by crucifixion—it was an open sign of God’s curse under Jewish law and an execution for the worst type of criminal under Roman law. If we have been arguing that some boundaries are necessary—useful even—over the last couple of months, death is the exception to that rule.

And then for the first Christians, in the jaws of death, victory was more than snatched. The ‘dawning’ of the culmination of Good News emerged. Initially from those who were least regarded as witnesses under Jewish law—women. And then, eventually, Jesus’ frightened male followers, and then, by degree, crowds of witnesses testified to Jesus’ bodily resurrection from the dead. That testi-

mony occurred right at the heart of the scene of events and in the face of every kind of objection to the historical claims of Jesus’ bodily resurrection.

Death—the last great taboo of Humankind, the last ‘enemy’ as the Bible calls it; the last boundary in fact to an ultimate hope was (and now is) declared as defeated. Jesus had indeed risen from the dead according to the predictions of Scripture and Jesus’ pre-crucifixion oft-repeated insistence.

Naturally, for Christians, Jesus’ bodily resurrection provides boundless hope irrespective of all that life may throw at them. There are those quite unexpected ‘curve-balls’ for Christians too. Jesus’ resurrection does not make them immune or inoculate them against their share and experience of real suffering or difficulties from the blows of a fallen world, despite some populist ‘Christian’ claims.

When Jesus said to the disciples, ‘...because I live, you also will live...’ it was in the context of a prospective death and the promise of his continued presence after his death, until his return. The last boundary, death itself, had been (and has been) broken through by the ‘author of life’ Jesus Christ.

Post-Easter has a lot to do with literally ‘no-body’ in the empty tomb. Why? Because Jesus’ bodily resurrection provides boundless hope, present life in all its fullness, and a future to really anticipate.

Richard Drury

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



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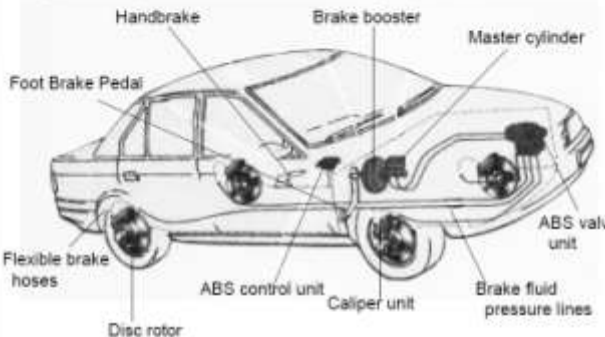
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Braking System
Did you know!

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

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

Major components of a braking system:



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

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

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

Happy & safe motoring from the team at **MAPUA AUTO CENTRE**
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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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

Nelson Tasman Business Trust

Nelson Tasman Business Trust offers free, confidential advice to start ups and existing businesses in the region. Every year consulting with around 350 businesses and welcoming many more to monthly business network meetings.

100 locals access a Business Mentor for impartial advice and support from successful business people with specialized knowledge and experience. Mentoring, available for trading businesses, startups and community groups is provided over the 6 or 12 months at the business location. Mentors are passionate about business and sharing their business know-how in a voluntary capacity to help others succeed.

The Business Trust also offers locals many opportunities to connect with others in the business scene with some practical, inspirational talks at their business network meetings.

The Trust's meetings held three times a month in central Nelson, have now extended to a Mapua meeting in conjunction with the M.D.B.A. giving businesses in the Mapua area the chance to hear a talk by a local expert and network closer to home.

Client Advisor/Manager, Sarah Holmes and Office Administrator, Alison Finlayson have many years' of experience at the Trust and also running their own small family business.



So if you are new to business or need a refresh, come and see us first to point you in the right direction and help you reach your goals and find success.

Phone: 03 539 0824
Email: sarah@ntbt.co.nz www.ntbt.co.nz
www.businessmentors.org.nz or
www.communitymentors.org.nz

www.rubycoastmouterehills.co.nz



The MDBA will hold its Annual General Meeting on the 10th of May. All members and interested local business owners are welcome to attend. For further details contact Janet by phone or email to coordinator@rcmh.co.nz

The MDBA has been operating since 1992. That's 25 years of supporting local businesses in the Ruby Coast and Moutere Hills area and its time to celebrate this milestone. There will be a celebration dinner and dancing at the Playhouse in June - if you are a current member, past member, or are interested in becoming a member you are welcome to join the party. Again, contact Janet for further details.

Gumboots Lawn and Property Maintenance New Owner - Andy Gale



Following a successful 10 years at the helm of lawn mowing and property maintenance business Gumboots, Chris Stephens has passed the mantle on to Andy Gale who has promised to carry on in the same fine tradition.

Andy has a business background and for the last decade has re-developed a property in Gardner Valley, growing olives and breeding Wiltshire sheep and Highland cattle. He now farms 40 acres on Rosedale Rd.

Gumboots sports a brace of John Deere ride-on mowers, propelled push mowers and a comprehensive range of Stihl gear with an emphasis on efficiency and quality at your property. Gumboots operates predominantly in the Mapua and Moutere areas but also has clients in Appleby and Redwood Valley, covering smaller lots and lifestyle blocks.

You can contact Gumboots at
andy@gumboots.garden or

Ph: 543 2353 or 021 688 883
to discuss your requirements.

Supporting Local Businesses since 1992

Noticeboard

Ruby Coast Walking Group meets every Wednesday morning at 9.30am outside Tasman Store, Aporo Road, Tasman. We walk for about 1½ hours around the area and then enjoy a coffee and muffin back at the Store. Walk according to your ability and speed. Newcomers to the area and everyone (including couples) are very welcome. Just turn up or contact Fiona - 526-6840 or fiona.oliver@xtra.co.nz

Wanted – your unwanted bricks – to build an entrance gateway sign for Mapua Wetland. We need about 400 bricks in total, in any condition. We can collect any offerings. Please ring Judy, 540-2873.

Notices here are free for Clubs and Groups, a gold coin donation for others. Email coastalnews@mapua.gen.nz

Ruby Coast Run Club meets Monday 6pm, Tues 9am, Sat 2pm at the Mapua School Car park. For all level of runners. Contact Debbi 027 327 4055 / DLBamfield@gmail.com or Kristin 027 598 2424 / info@kristin-harrison.com.

Social Cycling Group: “Wheels 2 Meals” Approx 20-30km ride with coffee break halfway, no racing! Departing outside Golden Bear, Mapua Wharf, each fine Thursday @10am. Anyone interested - just turn up with your bike, hi-vis jacket & coffee money or contact me pohalloran@paradise.net.nz

Ruby Coast Newcomers Social Group: meet new people, make new friends. We have coffee at 10am last Friday of each month at Tasman Store & hold ad hoc day & evening social events. Info: Vivien/Richard 526-6707, vpeters@xtra.co.nz, or just turn up.

Coastal Garden Group meet first Thursdays, 1pm, Tasman Bible Hall. Members, guests & visitors welcome. Ngaire, 540-3193

Probus Club meets first Fridays. All retirees most welcome. Enquiries to president Stan Lawn, 540-2699.

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.

Ashtanga Yoga, Upper Moutere, Tuesdays 6pm. www.angepalmer.com Ph 5530353

Spanish Tuition: Starting classes for adults and

children in Mapua. Small group or private. Reasonable prices. Experienced native speaker. Jairo: 0224 139 802, marlocoliwi@gmail.com

Mapua Art Group meets in Bill Marris Room, Mapua Hall Thursday mornings, 9 to noon. Like-minded artists get together to paint, draw, help each other in a fun, social environment. All levels & media welcome. \$5 /session includes morning tea. Tables, chairs & easels provided. Lisa Chandler 540-3933.

Mapua Friendship Club meets at Mapua Hall on the 3rd Thursdays, for a game of indoor bowls and bring a plate afternoon tea. New members are enthusiastically welcomed, no prior bowling experience needed, our game is non-competitive, just a lot of laughs. \$3 door fee and 20¢ raffle. Contact: Val 540-3685.

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

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

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.

Kidz 'n' Koffee playgroup: 10am – noon, Wednesdays during school term at Old Church Hall, Aranui Rd. All parents and caregivers welcome, we cater for 0-6 yrs. Gold coin donation for a delicious morning tea. Come and make 1some new friends. Info: Bridget, 540-2572.

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

Fair Exchange: We meet the second & fourth Wednesdays of the month. 9am at Hamish Café to exchange homemade or homegrown items. Info: Debbi, 540-2942 or DLBamfield@gmail.com.

Qi-gong, Yuan Gong form. weekly in Mapua. Info: Marianne, 546-8584 or bmtc@xtra.co.nz