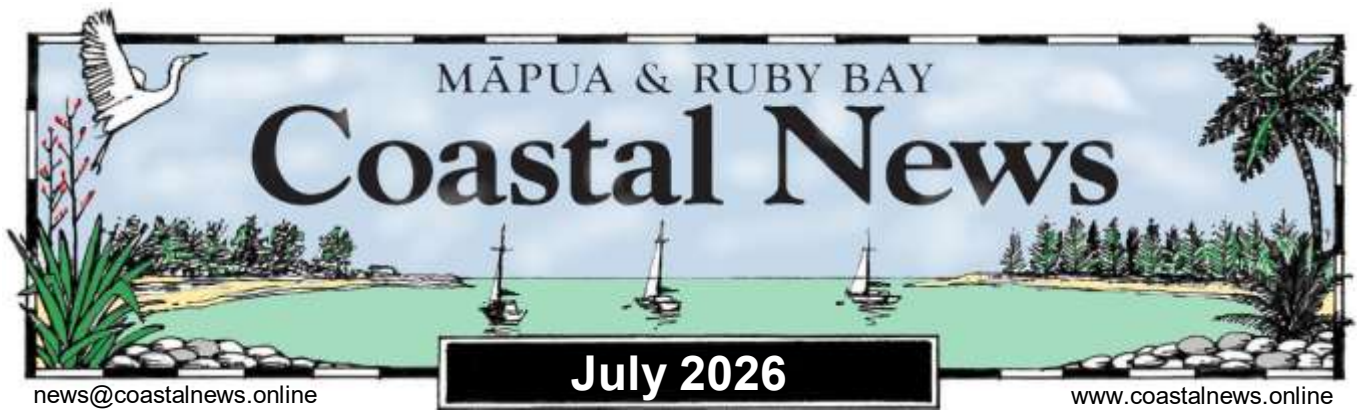




Be part of Māpua's Emergency Preparedness Team!

Can you spare a little time to help strengthen our community's emergency preparedness?

This new group is about being immediate responders in an emergency in our community and establishing an evacuation centre, if it's necessary.

There are several roles that may suit your skills. Civil Defence will become involved if an event becomes a declared State of Emergency.

No special skills or emergency experience required—just an interest in helping our community to be ready for emergency events such as storms, floods, power outages, or earthquakes.

If you think you may like to be involved, we'd love to hear from you.

**For more information, please email
mept.org.nz@gmail.com**

MDCA



Māpua & Districts Community Association meets monthly at the *Māpua Community Hall*, 7-9pm 2nd Mondays from February through December.

Website Survey

You may have noticed that the MDCA website is in definite need of an update. The MDCA committee has acknowledged this for some time and now has a group tackling this project along with fully reviewing wider aspects of MDCA's use of technology.

Refreshing the website is one of the major components of this project. In order to understand what our members - past and present - as well as the wider community, would value most for inclusion in our website, we have designed a survey.

Access the survey by scanning the QR code, or via the link on the front page of the website: ourMāpua.org.

The survey will take 5-10 minutes of your time and closes on 20 July. We look forward to your contribution which will help us build a relevant and useful resource for our Association and the wider community.

Thanks for your time and contribution.

MDCA Technology Review Team



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Māpua Fire Brigade



May to June 2026 call outs

13 May 16:51 SUV in ditch off Aporo Rd, no action by brigade.

30 May 13:25 Beach fire at Pinehill reserve, put fire out.

30 May 16:11 2 burn pile fires Kina Peninsula Rd, left with owner.

4 June 14:48 Car in ditch on Aporo Rd. Motueka fire help remove a person from car.

5 June 15:23 Cardiac arrest, stood down before leaving station.

12 June 11:05 Log on fire at end of Kina Beach Rd. Put fire out.

14 June 07:08 A burn pile on Nile Rd, left with owner.

16 June 14:25 Alarm activation Māpua Mall, nothing found.

Call outs for the year = 45

For fire safety info go to - <https://fireandemergency.nz/>

For rural fire go to - <http://www.checkitsalright.nz/>

Safety tip

Keep things more than a metre from heaters and fires.



Winter Promotions and July Specials

This July, we are pleased to offer special

promotions on selected top brands and super sale prices on selected stock. These offers are available on existing stock only and while supplies last.

1. WMF cookware

WMF is a world-renowned, award-winning brand in the kitchenware and tabletop industry. We are proud to stock a wide selection of this high-quality European range.

- Please see in-store and our flyer for details on these specials, along with additional in-store offers on cutlery and cookware sets.

- 15% OFF all other WMF items not already on sale. This is a great opportunity to upgrade the kitchen essentials.

2. Le Creuset

- 25% OFF all Signature cast iron, stainless steel, and TNS cookware in stock.

- 15% OFF all other Le Creuset stock, including dinnerware and stoneware.

Another great opportunity to purchase this sought-after brand and elevate your table settings.

3. Bordallo Pinheiro - our beautiful Portuguese pottery.

Featuring stunning pottery available in both artistic and practical tableware pieces. Choose from our latest collections, plus we still have stock of some older, trusted favourites. They are very special and prove to be wonderful giftware for any special occasion.

- 25% OFF all stock.

4. Pip Studio Fine China tableware from Amsterdam.

- 25% OFF all stock.

5. Manawatu Knitting Mills

- luxurious Possum and Merino Knitwear and accessories, including scarves, gloves, socks and hats.

- 10% OFF all men's, women's, and children's wear.

6. Scoot & Ride -

Our award-winning line of premium 2-in-1 children's scooters and ride-ons. We want to introduce this new and exclusive range of Norwegian first ride-ons and scooters for our little ones. Super smart and famous for their innovative and tool-free convertible designs - these brand models adapt as your child grows. Scoot & Ride also offers kids' helmets and protective gear.

Take 10% off the entire Scoot & Ride range for the month of July. Perfect for spoiling the grandies.

Also available for our special little ones - gorgeous and beautifully made Arthur Avenue Children's wear

- take 20% off all stock

And for our ladies - get ready for that upcoming holiday and Summer with our Arabella Ladies Nightwear and Dresses - 20% off all stock

All sale prices and discounts apply to existing stock only and while supplies last. We look forward to seeing you in-store soon. Thank you for shopping local.

Jenny and the Delicious girls - Lin, Adrianna and Katrina

Photo Competition

Great prizes to win!

These school holidays are the ideal time for children to capture images to enter in the 2026 **Māpua Maritime Museum Amateur Photographic Competition** which has some wonderful prizes in the children's section, thanks to our generous sponsors, especially The Coolstore Gallery Māpua and Wharf Shack.

Entries, open to children under 15 and to adults, close on **Friday 17th July**. An exhibition of photos will be at the Port Māpua Maritime Museum from Monday 20th July to Sunday 2nd August when prizegiving takes place. Photos can be taken on cell phones or digital cameras.

Categories include the new Māpua Dawn Chorus Bird category, sponsored by Java Hut and Rabbit Island Coffee Co. The other categories are: Boats, People, Nature, Landscape/seascape (photos for these five are to be taken from Golden Bay to Cable Bay, inland as well as coastal areas). The Travel category is for photos taken anywhere in New Zealand.

All proceeds from the competition and calendar are in support of the museum.

Thanks to our generous sponsors: CopyArt; Coolstore Gallery, Wharf Shack, Māpua Dawn Chorus, Java Hut, Rabbit Island Coffee Co, Bruce Batty of Summit, Delicious Homewares, The Smokehouse, Jared's Fruit and Veg, Apple Shed and Jellyfish, Split Apple Rock Cruise, Earth & Sea Jewellery, Darby & Joan Māpua, Māpua Ferry, Sprig & Fern, Hamish's Māpua, The Indian, Māpua and Māpua Chemist.

Entry forms are available from Delicious Homewares at the Māpua Wharf or by emailing:

mapuaboatclubevents@gmail.com



Jasmin Downey's photo won the Children's Nature section of the 2025 Amateur Photographic Competition.


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Disaster Recovery — Opinion from Jan Heijs

Local and central government fail.

TDC's lifting rates to pay for recovery is a 'disastrous' approach.

Severe weather events are now part of life on these islands. This means we will face ever-increasing rates and private costs to recover from them. Our region appears more vulnerable than many others in Aotearoa, along with the north and east of the North Island.

An extra 2.3 percent will be added to your rates to pay for recovery costs of public infrastructure damaged in last year's severe weather events. Those costs are currently estimated at \$14.6 million and rising. The council plans to spread this burden over five years.

This approach suggests this is a one-off, but is it? More severe weather events are coming and one or more will hit us before these five years are up. We will be paying for the next disaster before we have finished paying for the last one. Ad infinitum.

I have a problem with this, though less so with Council. Council has no choice but to pass on the costs to us. The real problem sits with central government, which for decades has added to councils' workload without providing funding. That is part of why we now face such huge rate increases.

Now with disaster relief this problem has become worse. In 2023, the previous government introduced the \$6 billion National Resilience Plan to help rebuild infrastructure damaged by floods and cyclones. It was often called the 'building back better' programme because it also aimed to support more future-proof solutions. The newly installed government scrapped it almost immediately.

Since then, central government support after recent disasters across the country has been close to negligible, certainly compared with what the National Resilience Plan was meant to achieve. Of course, councils have to put on a brave face and say, "Thank you so much," when any help is

offered after a disaster, but really? After last year's floods, our Prime Minister offered us a rain radar. That helped a lot!

This government has also withdrawn most meaningful climate change mitigation and is contributing very little to climate adaptation (building resilience and more expensive cleanup).

According to Treasury, the cost of not meeting our targets is estimated at \$5 billion. Only a few years ago this government stated they would do everything they can to meet the targets – it turned out they've done the opposite. We are making fools of ourselves.

Something has got to change!

And central government won't be there for you either.

The current government has stated that in the face of unprecedented risk, the state should withdraw. I find that position deeply unacceptable. One of the state's core functions is to deal with risks beyond the capacity of individuals and local communities. That was the thinking behind the EQC levy, now run by the National Hazards Commission. The state is there to protect us from risks that are far beyond what any individual can effectively manage. The current government is turning its back on us.

Avoidance is critical and always cheaper than the reactive approach we now have, for example by not building in floodplains or in areas with unstable land prone to slips. I can confirm this from my personal experiences as an infrastructure planning manager. The current approach will lead to an ever-growing social disaster.

There is a strong economic and moral duty for central government to address these issues. Any future arrangement will need caps, checks and balances paid for from multiple funding sources. The process needs to be carefully designed and would be difficult to design. But walking away from this challenge is wrong. Other countries have done it, including France, Switzerland, and Spain.

Part of the approach would be to extend the scope of the National Hazards Commission, with an increased levy. If we act proactively, we can provide people with practical tools to reduce risk. A lower risk should in time reduce long-term insurance risk and premiums.

Doing nothing is not an option for government

Something has got to change. Fast.

Jan Heijs, Retired Infrastructure Planning Manager



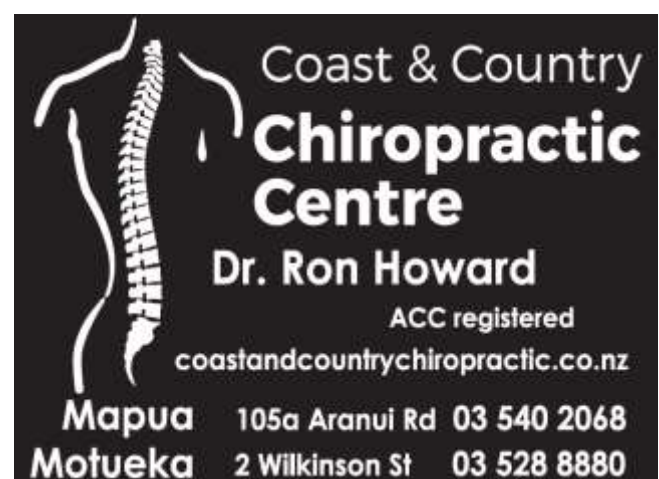
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Māpua Community Wellbeing Trust

District Health Nurse:

Health Nurse clinics are continuing, with sessions twice a week on Tuesdays and Fridays by appointment. Health NZ/Te Whatu Ora renewed this contract late last year and the service continues to be popular as well as providing an essential need in our community.

Youth Initiatives:

The Kid's Club Programme, begun in term 4 last year by Hills Community Church Minister Rev Emily Holmes and Governance member Robyn Weller, is proving very popular with students, parents and volunteers, the latter willingly sharing their considerable range of skills. Since the programme restarted in February numbers have had to be capped at 25 and currently there is a waiting list. The Wellbeing Trust continues to support this wonderful initiative, including ongoing plans to connect and support youth of all ages.

Click & Connect:

Our technical support sessions at the Māpua Library continue to be popular. We have a number of volunteers helping with the various mobile phone or computer issues which come in. It currently runs on Thursday from 3 to 4pm as well as every Saturday from 2 to 3pm. This service aims to help new and existing residents alike; helping you get the settings on your phone right, working through issues on your laptop etc.

We also have local information available via the C&C sessions or the online Found Directory. This directory is a

great resource for people new to the area or trying to find out if an existing group, club or sport exists locally.

Talking Cafés:

These are based around a discussion session with a focus topic. Topics are advertised in advance, and we always welcome suggestions from the wider community.

The Talking Cafés are targeting community members of all ages, with a focus on health and wellbeing topics. Please get in touch using our email: mapuawellbeing@gmail.com if you have any suggestions.

The Wellbeing Trust has facilitated two Talking Cafés so far: The first, in April, saw Dr Jim Vause facilitating with the focus topic: "dicky ticker." This was to a gathering of the Senior Moments group based at Hills Community Church and was very well received.

The second, was a focus on "starting school" for the Kids'n'Koffee group which meets every Wednesday morning. Bridget and Fiona from Māpua School spoke with and answered questions from parents and caregivers. This starting school session was very well received also.

Planning is underway for our next Talking Café, in July, focussed on teenagers and healthy eating: helping them to filter all the advice on their social media, with feedback and input from local specialists.

Teens and their parents will both be welcome.

John Botting



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Māpua Community Library

Reminders:

- Winter Opening Hrs: **June, July, August, 2-4pm daily**
- Book sale **Sunday 5th July 10am - 1pm**

If you would like to check out some of our new books, go to our website at www.mapuacommunitylibrary.com

Every month we publish a list of all new books for the month. You can also place a hold on any book that you wish to read.

Large Print Books:

We have a new set of LP books onboard. These are exchanged every six months from the Richmond library. They seem to be getting better and better, so if you know of anyone who requires LP books encourage them to come and check ours out.

Check out the Judy March Exhibition in the Library

- from 7th June through to 16th July

Judy was born and brought up in the village of Ponteland, Northumberland, England.

She spent 10 years in South Africa where her love of wildlife inspired her to study animal portraiture, and she was introduced to the medium of pastels by renowned Scottish artist Margaret McIntyre. This medium lends itself to animal studies.

For 32 years Judy worked with dogs, having her own grooming business in Edinburgh. This enabled her to reveal the little magic expressions so readily recognised in her work. She has gained Awards of Merit in one of Europe's wildlife competitions – PAWS – for her pictures of elephants and barn owls, and twice has been one of 100 finalists out of 1300 competitors.



In 2006 Judy was awarded the status of "Signature Member" of the Pastel Artists of New Zealand and her work is in many private collections in New Zealand and around the world. Judy lives in Māpua.

Helen Jeffery, Chairperson, Māpua Community Library

Māpua Health Centre news



We will be farewelling our GP registrar, Dr Tom Froeling at the end of July whom we have loved having on the team for the last 6 months. However, we are very pleased to announce that Tom will be re-joining us at Māpua Health Centre on a permanent basis from February 2027.

We welcome Marnie Brown, our new Health Coach to the team. Health Coaching focuses on practical, patient-led goal setting and sustainable lifestyle changes to support improved long-term health outcomes.

Marnie brings strong skills in coordination, community engagement, and wellbeing-focused roles. She has developed a solid foundation in supporting people through change, building trust, and navigating complex or sensitive situations, all while maintaining a calm and friendly approach.

She is passionate about supporting people in our community to make informed decisions about their health through education and goal setting, and she is looking forward to working alongside general practice teams to ensure people feel heard, informed, and empowered.

If you are interested in booking an appointment with Marnie, which is free of charge, please contact our Reception team on 03 540 2211.

A reminder that flu vaccines are still available so if you would like to book an appointment, please contact one of our receptionists or alternatively if you already have an appointment with the nurse or doctor the flu vaccine can be done at the same time.

This month is "Dry July". Dry July is a fundraiser that challenges you to go alcohol-free and raise funds for New Zealanders affected by cancer. The funds raised through Dry July will help cancer patients, their families and carers in practical, tangible ways.

Dry July aims to improve the comfort, care and wellbeing of people affected by cancer. Since it launched in New Zealand in 2012, the campaign has inspired over 40,000 Kiwis to go dry, raising \$millions for people affected by cancer, and funding more than 170 projects for 15 beneficiary organisations across the country.

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 to book an appointment or speak to Kathryn, our Clinical Lead Nurse for more information.

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

- 1-31 Dry July www.dryjuly.co.nz
- 3 Term 2 ends - Primary, Intermediate & Secondary
- 11 World Population Day www.un.org/en/events/populationday
- 20 Term 3 begins - Primary, Intermediate & Secondary
- 28 Hepatitis Awareness Day www.hepfoundation.org.nz
- 30 International Day of Friendship www.un.org/en/events/friendshipday

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New classes in Māpua, perfect for beginners and experienced lifters.

Average participant age is 65+ - no age limit.
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You choose your weights, non-scary, dumbbells only, no bars. All equipment provided. Seated option available.
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Short, high-intensity training, all over in 30 minutes.
\$5.00 per session.

MONDAYS & WEDNESDAYS 8.25am Māpua Hall.
Contact Lynda 0272221491 or lyndamabin@gmail.com
PRIOR to turning up so we can discuss health issues etc.

Book Review *by Shona McLean*

Paris Echo by Sebastian Faulks.

First published in Great Britain in 2018. The title of this book caught my eye.

Years ago, I had embarked on an adventure with members of my biking group of the time. We got together and organized a visit to France, riding a well-known biking trail which follows the Canal du Midi from Toulouse all the way to Sète, which lies on the shores of the Mediterranean.

This particular bike route had been described as one of the finest self-guided biking tours in France, and yes, the cycling and the sights were terrific and unforgettable, and I will always be very pleased I did it. I parted company with my friends at the end of the ride.

They had opted for a canal boat adventure after the biking, whilst I had set my heart on going back to Paris for the remaining 8 days of the trip. I've always been glad I made that decision. I had booked to stay in a little place in one of the side streets not far from Notre Dame.

My first morning there was a Sunday, and I was out of bed early and off walking towards the cathedral, hoping to be in time to participate in a service there, which I managed to do.

I will never forget walking into that magnificent and ancient building, and my wide-eyed delight as I sat amongst the Parisians and all the other passersby who no doubt had been drawn to this place just as I had been.

The rest of my stay was similarly superb. Days of wandering in and out of galleries and shops and cafés. A wonderful discovery on the wall of a little café attached to a nunnery somewhere in my wanderings, a huge painting which had been executed directly on the wall by Raoul Dufy. He was an artist I was particularly keen on at the time. It felt astounding to be in front of it.

Then a short train ride to Montmartre, a good walk up the hill to the Basilica du Sacré-Coeur de Montmartre. It wasn't the walk up there that took my breath away but the magnificence – that word again – of the basilica which awed me into silence. And here and there, reminders of wars, old bullet holes in buildings, and the memorial plaques.

So, it was a treat to open the pages and begin this book, which according to the British Sunday Times "captures the voice of a century ... whole rivers of voices, great strands of history and historical facts and figures are woven into an extraordinary tapestry many long departed now, but some not."



I had to read it rather slowly because it's like reading a veritable torrent of knowledge, so densely packed with historical facts and happenings and different perspectives, woven in with a cast of characters some of whom actually existed, and some invented by the author.

It would be the most layered, historically rich book I've ever read. I kept stopping to take it in, because there is so much to absorb on each page.

References to French politicians and citizens who were sympathetic to the Germans and who were known to have aided the roundup and slaughter of Jews on French soil.

And lots of references to the difficulties of deciphering who was on your side or the other side, sentiments seemed to come and go and change unexpectedly and often brutally. So, it was interesting for me, as a fan of both the language and the country, to read this story woven so magnificently in with the real-life history of France during the second world war.

The two main characters come from opposite ends of the social spectrum. Hannah is a post-doctoral researcher who spends time listening to the recordings of women who witnessed the German occupation, some of which are transcribed into the book.

Tariq who has no money, or very little, whom Hannah has allowed to crash on her sofa, is a runaway Moroccan teenager looking for a mother he never knew.

Interwoven with this modern everyday big city experience, is the fascinating and sometimes horrifying history of France and its relationships with Germany, and with the Jews. As one reviewer said, in the end the book is "powered by the authors ambition to evoke that place, its ghostliness, those spectres of history, lurking around every beautiful avenue." I don't think I can better that description.

It is certainly one of the best books I've ever read, and I rather liked the fact that I had to read it slowly in order to take it all in.

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Seven Days *en Provence* with Jim Vause

That might not seem as romantic as Peter Mayle's bestselling book, but driving for a week around the winding back roads of the French countryside has certainly proven just as entertaining and vastly more hazardous. Indeed, were it not for the dulcet tones of Nancy, the voice on Google maps, we could well have ended up in more than one ditch.

While her mangled pronunciation of French names makes her efforts with *le reo* seem fluent, our trust in her local knowledge was total, up until she sent us up a one-way street against the traffic and a narrow one-way hilltop village street where a 180-degree hairpin was totally impassable.

The French are obviously vastly more skilled than Kiwis at judging car widths, for most lanes around our country Airbnb are little more than one car wide and often with a ditch on one side and lamp post right on the road edge on the other. The teeth marks on the passenger's dash are testimony to this.

But at least you can rely upon the road edge being stable, for roads are all sealed which is helpful when you have to screech to a halt to prevent a head-on with a manically driven Citroën. I now know why Sebastian Loeb was world rally champion for so many years.

Perhaps the French have a different attitude to risk than Kiwis. Road cones are totally non-existent, and we have often come around a corner on a narrow lane to be confronted, without warning, by a grass cutting tractor occupying all the road. Or the habit of truckies of stopping and parking on the road to unload at a premises.

As for signalling at roundabouts, of which there are as many as traffic cones in New Zealand, that seems an optional extra. Then there is their weird rule about giving way to the right at uncontrolled intersections which would work if you could actually figure out whether an intersection was controlled or not.

That isn't helped by the fact that many intersections seem designed for Roman chariots which means you need

an abacus to figure out which road is your exit and a phone app to identify where the traffic lights are located.

But the main roads are appreciably better than home and the surfaces simply wonderful. No wonder there are so many motorcyclists and the French, like the Italians, are very courteous to cyclists, such a contrast with NZ.

But for me, the most lasting memory has been the Romanian built Renault we have had as a hire car. In a total contrast with the road rules, it has been one of the most nanny-state vehicles I have ever driven. Worse than my Tesla, my Skoda and the Toyota, Audi and Hyundai I drove in Canada four months ago.

This Dacia has a total mind of its own and not only is it obsessed with nanny warnings, but it also has a bad dose of ADHD. It beeps incessantly if you are one kilometre per hour over the speed limit, something often not actually signposted on the road and it also beeps if the speed limit changes, which is very, very often.

Then there are the warnings to "take control" which can appear even on a straight road. The alert fatigue warnings are even worse. While one yawn is enough to trigger a flashing screen alert and it also often comes out of the blue without any logical reason. Wearing sunglasses seems guaranteed to set it off and I even managed to trigger it by closing one eye. Knowing the French, it probably also has a flatulence detector.

But most disconcerting is the way the car takes over steering without any warning, very much dependent on the type of road. On a narrow two-lane road with dotted lines on the side and centre, it is particularly gruesome. One moment it drags the steering to the right, then suddenly it drags back to the centre of the road, all the time feeling like the power steering has failed.

It's like you are driving on a wet road where puddles drag the car first this way, then that. Very disconcerting and it is vastly worse than any other car with nanny lane assistance, even the Tesla, which also seems to have a mind of its own at times, albeit somewhat saner than the Dacia's.

Driving the French countryside has proven interesting. A lot of challenges and new things to learn and I even had to resurrect some of my rally driving skills. But if Mr Darcia's little product is anything to go by, and I have driven two different ones this week, I'll stick with what I've got, even if the Tesla has the personality of Elon Musk.



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Motoring with Frederick—‘Build Your Dreams’

Well, that's what BYD means, and it is so versatile that you can make adjustments to the settings from your cell phone. On retirement Chris decided to treat himself to a brand-new car. After much research the Plug-in Hybrid Electric Vehicle (PHEV) BYD Sealion Premium AWD with a bigger capacity battery suited best.

The battery is coupled with a 1500cc turbo-charged petrol engine giving 900km on battery and engine. The plug in battery gives 80km for around town driving which, as per other hybrids, automatically switches to the petrol engine for longer drives.

The car comes with a BYD App to download to your phone where you can personalize it. From the App Chris is able to sit by the log fire and start the heater and heated seat all warmed up ready. The height of the tailgate has been adjusted to 88% to suit an easy reach for Chris and again can be operated remotely.

A three-pin multi-board is provided whereby the battery can be used to power up appliances should that be required. Chris used it to power the house water pump during a power outage in Māpua. At Christmas time with a house full of guests, it powered the house water supply and small appliances. I have lived in Māpua for 20yrs where power failures are not unusual. The BYD is a great piece of equipment for living off grid. There are many other adjustments you can make to the car.

Specs on the BYD Sealion. Range on battery 80km, then if the battery is getting low it automatically starts the 1500cc petrol turbo motor to charge the battery.

All wheels are driven by electric motors, so the battery powers the wheels for around town, and if the battery is low the engine starts and charges the battery which powers the electric motors on the wheels. There is no drive shaft with the BYD, all energy is powered electrically.

Weight 2120kg, length: 4.775m, width: 1.890m, height: 1.70m. 225/60x18 tyres which is good, as you get a quiet, soft ride. I have found 20" rims with low profile tyres are noisy and give a hard ride, so good tyre choice BYD.

The test drive: Silent and smooth was a way to describe the ride. We drove down Māpua Dr to the

intersection, turning right towards Motueka. Chris said "floor it!" then "no, floor it!" So on the owner's instructions I floored it and wow we barrelled past the Dominion Rd turn off at 105kmph. I had to button off climbing the rise for fear of going way over the speed limit.

Cruising along then I noticed the speedo projected on the windscreen. I've seen this on other cars, but this was done right, it was in your up-eye level vision but halfway on the bonnet. Don't how they do it but good for road safety as your eyes are always on the road not glancing down at a speedo.

Chinese cars are not new on the block. There are many makes and brands like the MGs, LDV, Saasong and others made under ghost brands but are really made in China.

Good rule of thumb for NZers, if they buy our products we will buy their cars. Mr Trump's war is

really about oil, but I think he has boosted the sale of electric vehicles for ever.

Chris – good choice on buying the BYD. Economical, fast, with all the modern extras. After adjusting functions in the car to suit you, you have made it your car. The thing I really liked was the 'heads up' speedo display on the windscreen. Chris can tap the drivers wing mirror with his phone and the car unlocks, touch the centre consul and the car is ready to drive, magic.

If you buy these modern hybrid cars don't ask how many gears or about the engine, you won't understand what's going on under the bonnet. If it suits your lifestyle, just drive and enjoy the comfort and economy of a BYD.

Frederick Cassin



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Our latest news & adventures



WIO turns 40

This year Whenua Iti Outdoors celebrates an incredible milestone. Way back in 1986 our visionary founder, Hazel Nash, founded the WIO Trust with several community leaders which went on to develop the facilities and programmes you see today.

We're planning a whole range of activities and celebrations for later this year when things warm up. In the meantime, we're keen to hear from anyone who attended a WIO programme, especially in the 80's, 90's and early 2000's. If you'd like to share your story please get in touch - info@wio.org.nz

Finalist in Sport NZ Awards

WIO's Stump & Limb Difference camp developed in partnership with the Amputee Federation NZ and Amputee Society Top of the South was nominated as a finalist in Sport NZ awards. The national awards recognise excellence in programme design, delivery and positive impact on a local community. We were honored to be nominated in such a hotly contested category.



CEO Mark Bruce-Miller at Sport NZ's national conference.



2027 Trades Academy courses available

Limited places are available on trades academy programmes, including Adventure Tourism Leadership, Manaaki Tāpoi and Uniformed Services. Programmes are fully funded by the Ministry of Education at zero cost to students from TOTSTA and WCTA partner schools. Trades Academy programmes give students a pathway to employment or further academic study.

Talk with your trades coordinator at your school or head to our website to find out more. Be quick, the funded places are limited and these programmes often fill up quickly.

NBS provides support for local primary schools

Local primary schools are set to benefit from generous funding from NBS. The programmes are aimed at primary schools from Motueka, Moutere and the wider Tasman community. If you know of a primary school that would love to have a Whenua Iti experience in the outdoors please get in touch with the team - info@wio.org.nz

We'll see you out there!

wio.org.nz





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PANZ - Pastel Artists NZ

We held a 2-day workshop in the Māpua Hall with visiting US Tutor Susan Kuznitsky. Eleven members attended (unfortunately two had to withdraw due to illness and one due to a double booking) and found themselves using pastels like they were on the first day of school.

The second day found them with more confidence and able to produce a reasonable painting with their newfound skills.



We are currently working on possible day trips and an overseas Tutor for next year's Convention and Art Awards to be held here in Māpua, April school holidays. Our national body will be celebrating 25yrs and our Nelson Area will be turning 21 so a double whammy celebration.

Our pastel group meets **every Tuesday morning (Feb-Nov) 9-noon at Māpua Hall** and we welcome visitors and prospective pastel artists. We offer the use of pastels and paper for you to "try before you buy" for you to find out if you would enjoy using pastels as a painting medium. Teas, coffee, biscuits are provided.

For info: Nelson Area Rep, **Margie Bramley** on 027-257-1857

Otherwise we have a Saturday morning session at Greenmeadows (Stoke) on the 3rd Saturday of every month. For further information, contact **Lyse Beck** lyse@lysebeck.com

Yoga with Martin

Mapua Hall

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Tuesday, 6.00 – 7.00pm

General: Friday, 9.15 – 10.30am

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Ruby Coast Running Club

We had a relatively small number of runners take part in the Harris Hill Top Challenge this year. This 7km or 10km fundraising event starting from The Summer House on the Atawhai hills. Although the distances are not particularly long it is a challenging event due to the amount of elevation gain and the rugged farm tracks on the course. Well done to Christine and Graeme who took on the 10km course in this event.

We had a much larger group enter the Kaiteiteri Gold at King's Birthday weekend. This is a trail-running event in the Kaiteiteri Reserve that makes use of the trails in the Kaiteiteri Mountain Bike Park. There are 8km, 16km and 21km course options as well as a 3.2km course for young runners. We had runners entered into the 16km, 21km and the kids 3.2km.

Unfortunately the event coincided with a rainy day so as well as missing out on the views, we were all soaked through by the time we crossed the finish line. Everyone did well to navigate the slippery conditions on the trail without incident. Particularly well done to Graeme who was placed first in his age category in the 21km event and to Lucy, first in her age category in the 3.2km event.

Some of our runners have been attending the 5km Motueka Beach Reserve Parkrun on Saturday mornings. We also arrange our own regular longer runs most Saturday mornings, generally from around 10-12km up to a half marathon distance of 21km. So we have plenty of options for starting the weekend off with a run.

If you would like to join us, our regular Thursday 5km events are a good place to start. We meet each week in front of the playground by Māpua Hall. We start at 5:15pm for walkers and runners who need more than 30 mins to complete 5km. Don't forget to bring a light (a head torch is ideal) now that it is dark. Reflective clothing is a good idea too. There is no need to register in advance and no fees to pay. Just arrive a few minutes beforehand to sign in and to listen to the course briefing. Then join us for well-earned refreshments at the Māpua Sprig & Fern afterwards. We hope to see you there.

We are also on Facebook: Ruby Coast Running Club.

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Māpua Hall News

JULY 2026

72 Aranui Road Māpua

Mapuabookings@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEIGHT/PILATES CLASS WITH LYNDIA 08:30 - 9:45AM	SIOUX LINE DANCING 9:00AM-12:00	WEIGHT/AEROBICS/PILATES CLASSES WITH LYNDIA 08:30 - 11:00AM	M. A .G MAPUAARTGROUP 09:30-12:30	CARDIO/WEIGHTS & PILATES WITH LYNDIA 9 - 11:00
DELIAS DANCE DIVAS OPEN DANCE 10AM-11.00AM	PANZ - PASTEL ARTISTS OF NEW ZEALAND 9:00 - 12:00	YOGA FOR HEALTHY LIVING 09:15 - 10:45AM	PILATES/ YOGA WITH KRIS 10.00-11.00AM	YOGA WITH MARTIN 9.15 - 10.45AM
MINDFUL MOVEMENT WITH TILLY 11:30 - 12:30PM	DANCE WITH COURTNEY 15:45 - 16:45	MINDFUL MOVEMENT WITH TILLY 11:30 - 12:30PM		
BROGA MENS YOGA 5.30-6.45PM		CHAIR YOGA WITH YVONNE 14:00 - 15:00PM		
	YOGA WITH MARTIN 18:00 - 19:00PM	YOGA WITH RACHEL 18:30 - 19:45PM	MAPUA COMMUNITY CHOIR 19.30-21.00PM	
MAPUA & DISTRICTS COMMUNITYASSC 18:30 - 21:00	BOARDGAME NIGHT WITH RICHARD 19.00PM- 23:00PM	MĀPUA FOOTBALL 17.30-19.00PM		

networktasman

tasman te tai o Aorere

Fibrescapes 2026

Exhibition of Work From Nelson / Tasman / Marlborough / Buller
Creative Fibre Groups



Sat 11th July to Sun 19th July 2026
10am - 4.30pm daily Mapua Community Hall

Felting, Weaving, Spinning, Knitting and Textiles
(both Functional and Artistic)

Mini Weekend Workshops

 Creative Fibre
to explore, create and inspire with fibre

NEWS FROM THE HALL

Solar installation

Tasman District Council has given us a generous grant towards the installation of solar power. This support will help reduce our energy costs, improve the hall's long term sustainability, and ensure it remains an affordable and valuable community facility.

Installation is planned for this month!

tasman te tai o Aorere

 Pub Charity
THE HEART OF COMMUNITY FUNDING

Thank you again to Pub Charity for the grant to have our roof painted ready for our solar installation

 PechaKucha™

Thank you to everyone who helped make another PechaKucha and Curry Night such a fantastic success.

Special thanks to this years organisers:

*Adam McMillan, Judy and Steve Richards, Rose Barnes,
Jan Heijs and Kristin Harrison*

Special thanks to our 2026 Sponsors:

*Blackenbrook, McCashins Brewery, Neudorf Vineyards,
Mapua Indian Eatery, Mapua Village Bakery,
The JellyFish, The Apple Shed
and Little River*

Makers Market – a Māpua Hall fundraiser

The Māpua Makers Markets are important fundraisers for Māpua Hall. Stall holders are charged a modest fee; Koha is accepted by people visiting the market and the hall committee provides morning tea – again for a modest fee.

We are keen to promote these events as they raise valuable funds to help maintain our fabulous community hall. Here we will profile some of the wonderful craftspeople who are part of our Makers Market.

This month, we are introducing Vickie Davis.

Mary Garner, hall committee member



Vicki's Market stall

VICKIE'S ORIGINALS NELSON - Vickie Davis – retro furniture, Kiwiana inspired cushions and bags

Many people may associate Vickie with her colourful Kiwiana inspired cushion covers and bags. These are what you will see at Vickie's market stalls around the region. The cushions are very popular with AirBnB owners with their distinctive kiwi designs. Vickie tends to focus on the bags and cushions at the markets simply because they are more portable and are small enough to attract overseas visitors as gifts to take home.

But there is more to Vickie than meets the eye at your average market. Her main business – and her primary skill lies in upholstery. Vickie is absolutely passionate about upcycling 1970 retro furniture. This is the backbone of Vickie's Originals;



Vicki's retro chairs

fabulously colourful upholstered retro furniture which Vickie also upholsters by commission.

It is all very easy for the customer with a loved but old item of furniture which needs re-upholstering. Simply send Vickie a photo and she'll advise how much material will be needed, discuss samples and give you a price. Easy!



A quirky handbag

However, the most interesting thing is that Vickie is self-taught. She is dyslexic and left school at a young age. For over 30 years she taught herself not only upholstery, but most of the skills needed in her business: media publicity, customer service, sales and marketing, bookwork. Vickie is one smart cookie.

And her talents have extended into her hobby: classic cars. Vickie owns a 1970 Ford Falcon station wagon which she has fully re-upholstered herself. Truly! She and her granddaughter go on jaunts and sleep in the back of the car. However, GG has moved to sleeping in a tent as she now brings a friend since she has officially become a teen. But she still loves camping out and road trip holidays.

The retro furniture is Vickie's main occupation over the winter months. She works school hours and picks up most of her work word of mouth. But she does have a website if you want further details. As Vickie notes on her website, *"my passion is turning old, unloved furniture into pieces of comfortable functional art. Reduce, reuse and recycle is all good, but adding reclaim, redesign, refuse, recover, repair, rethink, respect, restore makes a better world! Globally people are looking for alternatives to single use and disposable items"*.

The Makers' Market is an eclectic mix of professional and amateur makers. Some new to the market scene and some old hands. As a fundraiser for the Māpua Hall, the committee tries to ensure a good mix of crafts – textiles, jewellery,

woodwork, homeware, clothing, toys – always something different to choose from. Each of the makers is selected on the quality and individuality of their products.

The very popular hall-run café overlooking the Domain, serves cakes, mini rolls and sandwiches along with Pomeroy's coffee. Perfect for a relaxing sit down and a break from the rigors of shopping.

All profits from the market stall hire, the cafe and the koha (gift) on entry go towards the upkeep of the Māpua Hall which is owned, operated and funded by the local community.

Makers in the wider area who make contemporary, quality products are welcome to apply for a place at our markets and can register their interest anytime at mapuamakersmarket@gmail.com When applications open, you will be asked to apply via an application link.

Next Māpua Makers Market

13th September 2026 10am – 2pm

Mapua

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Remedial Massage can help you feel good again.
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 Remedial/Therapeutic Massage, Myofascial Release.

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 Or contact Hanna: 027 222 3769.

Māpua Craft Group

Our meeting in the newly named Mahana lounge on 19th June showed how productive some of us have been.

Elizabeth, together with knitters from Nelson to Takaka have made and displayed 160 blankets, of which our member Ella has made 30 this year. Along with slippers and scarves, these items are sent to Eastern Europe.



Penny has made a New Zealand themed bag as a gift for friends in England (left).

Mention was made of the beautiful needlework on display at Summerset Ranges and the intricate embroidery at Richmond Library.

Meetings are planned for July 3rd, 17th, August 7th, 21st, September 4th, 18th, October 2nd, 16th, November 6th, 20th.

You are most welcome to join us between 10am and noon at the Hills Community Church Mahana Lounge. A koha is appreciated to cover the cost of room hire.

Any questions, please contact Barbara on 5403901. (there is an answerphone to leave a message if necessary)

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What's on during the week at HCC?

Sunday: Morning Service - 9:30am

Worship and fellowship followed by morning tea.

Wednesday: KidsnKoffee – Community Playgroup
10am to 12pm. *A great space for all the whanau*

Thursday: Pray and Chat – 10:00am.

An opportunity for prayer, discussion & a chat over coffee.

Senior Moments – 10:00am to 12:00pm – second and last Thursday of the month. *A place to connect. Friendship, food, events and relevant information.*

Kids Club – Every Thursday after school until 5pm.

A multigenerational fun afternoon of learning and sharing for primary school kids. Arts & crafts, drawing, painting, knitting, music, cooking & more.

Friday: Craft and Coffee – 1st & 3rd Fridays 10am to 12pm.

If you love all things "crafty" come along & join the group.

Throughout the week: Life Groups

Drop in for coffee, chat or just a quiet space.

Sunday Services through the month at HCC.

	Café Church An opportunity to worship, learn, and chat in an informal setting – while enjoying croissants and fresh coffee. 1st Sunday of every month 9.30 am
	Holy Communion A traditional Anglican Holy Communion service. Sharing bread and wine together as a church community. 2nd Sunday of every month 9.30 am
	Family Praise and Worship Come together to worship God through song, prayer, listening to and hearing the Word of God. 3rd Sunday of every month 9.30 am
	Holy Communion Based on the Iona tradition. Sharing bread and wine together as a church community. 4th Sunday of every month 9.30 am
	Celebration Sunday Coming together as a church community to celebrate the different themes running throughout the year. Followed by a shared morning tea. 5th Sundays in the year 9.30 am

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Where the Tarmac Ends – an occasional column

Pre-me, hubby – M – learned to fly. To fund his flying lessons, he became a loader driver for top-dressing aircraft. We're going back donkey's years – say around late 1960s.

Fertiliser would be trucked to various backcountry sites and the loader driven to the first site, all ready for an early morning start. Pilot and loader driver would fly to the site and spend the day – or part thereof – loading and spreading fertiliser.

The pilot would only be gone 5-10 minutes. Just enough time for the loader driver to fill his bucket and be ready to fill the plane's hopper on return. The doors on the bottom of the hoppers were called 'clam shells' for obvious reasons. The clam shells were usually left open when flying empty as they rattled around a lot when closed.

Back country strips were usually on top of a hill as the aircraft didn't have much capacity to climb with a full load. Hence, they used to land – empty – uphill and take off – full – downhill. That was the routine.

When flying, the pilots definitely had the upper hand. Practical jokes by bored or mischievous pilots were by definition always directed at the hapless loader drivers whose recourse options were limited.

Bored and Mischievous

An ag pilot known to M and his loader driver prepared to take off early one morning. There was a particularly red sunrise. He was flying a Cessna Ag.Wagon with the fibreglass hopper in front of the pilot. Configuration was therefore engine/hopper/cockpit.

So there they were, flying out, clam shells open, toward a brilliant red sunrise. Quite stunning and reflecting fabulously from the hopper. Loader driver was sitting

beside the pilot, mind somewhere else, hopper glowing red like you wouldn't believe.

Suddenly, the pilot nudged the loader driver's elbow. "Fire" he yelled.

Loader driver nearly shit himself.

My Engine is Missing.

A mate of M's told a tale of his (mate's) father, an old top-dressing pilot. He took off early one morning from the Fielding airstrip. He was flying a Cessna 180. Soon after take-off, a propellor blade fell off (reasons unknown and – truly – irrelevant to this story).

An absent propellor blade creates a huge out of balance issue for a plane and needless to say, a nano-second later, the engine fell off this one.

The plane was at such a low altitude and being so out of balance it just fluttered to the ground and fell into a quiet and relatively tidy heap.

So the pilot walked back to the aerodrome and called his engineer. Conversation went something like this:

My engine is missing.

Ok bring it in and I'll have a look at it. It's probably a bloody spark plug. I'll have a look at it.

*No, you don't understand. My engine is **missing**.*

What do mean by that?

The engine fell off. The aeroplane is in a paddock.

Not what your average garden variety aircraft engineer ever expects to hear.

Medical event in the Pawnee

In a Piper PA-25 Pawnee, the configuration is Engine/compartment with fold up hood/hopper/cockpit. Here, for the flight out to the job, the loader driver sits in the compartment area. He (they were always hes back then) can see the pilot if he turns round but can't speak to him.

Part way through the flight, the pilot decides to feign a medical event. He (ditto back then) leans over his panel with eyes seemingly closed and puts the Pawnee into a lazy, descending spiral.

This gets the loader driver's attention, and he looks back to see the pilot slumped forward, eyes shut.

The plane continues descending, down, down, **down** until finally, the pilot pulled out of the descent with the ground looming.

"Just joking" he mouthed.

When they landed, the loader driver hooked him.

About us...

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Lynda's Exercise Classes in the Māpua Hall

Classes run in 3-wk blocks with a gap week between.

There are some variations due to Hall bookings. Please get in touch to be added to the group email for notifications.

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**Sat 18th July
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Queen, BeeGees, Eagles**

**Fri 24th July
Carnivorous Plant Society**

**Sat 25th July
The Best 80s Night Ever
Free Entry**

**Sat 1st August
Fondue Night**

**Sat 29th August
Women That Rock Show**

**Sat 4th Sept
Cori Gonzalez Stand Up**

**CHRISTMAS PARTIES ARE
READY TO BOOK!**

Our Energiser Bunny

Here we all are, everyone (possibly except me) alert, chatty and rearing to go. I've slept in so to get here by 8.30am has been a challenge.

So has dressing. In the absence of time to consider, I have just thrown on my tatty dog-walking gear, a bit grubby, pilled polar-fleece jacket that has seen better days and a faded – ditto better days – tee-shirt. Note to self – must buy some presentable 'going out' exercise gear.

The chairs are all magically set up by the time I arrive so all we have to do is form a disorderly queue for the back shed.

The shed can really only fit one – two at most – at one time so to avoid traffic jams, you *should* make your decisions before collecting your gear. Hesitations cause the traffic to back up. Luckily, most are decisive and the number of 5+ kgs – with a heavy sprinkling of 10s that exit alarms me. I scurry in then try to disguise the two 2kgs I collect and, in an attempt to extend myself, uplift one 4kg and stagger out of the shed.

Back inside, there she is, cheerfully striding about, bright-eyed and bushy tailed, all the time, sharing personalised conversations with seemingly most of the nearly 30 super-fit people (except me of course) who are present. There are one or two brave men and good on them. What law decrees that exercise classes are for women only?

We take our positions behind our chairs, weights at the ready. I eye up everyone with 10kg weights and attempt to determine the outward signs of fitness that indicate such impressive numbers.

My reverie is cut short by the Dynamo Bunnie. She turns on the music, takes her place, and in her typically upbeat tone, gets us started.

"Walking, walking – softly! Move those shoulders! One, two, three, forward! I go one, two, forward, three. By the time I get the sequence right, everyone's moved on to the next routine. "Knobs together! Don't snap your knees".

Weights down. Pick up the big one. I pick up my 4kg. Everyone else picks up their 10kg. Squat two three and up. I go two, three squat then up and struggle with my foot position. "Feet apart, not parallel". I shuffle around awkwardly, all the time waving my 4kg and hoping no one notices from my position at the back. "Everyone turn around! Look at someone else's bottom for a change". Oh God. I check my feet and cross my fingers.

I'm sure that there *must* be some days she doesn't want to get out of bed and (as would be usual for a *normal* human being) times when merely being cheerful – let alone energetic *has to be* a challenge. Surely?

I wonder if she's powered secretly by AI.

Thanks Lynda. I know it's your job and you likely make useful money, but we appreciate your knowledge, energy and endless cheerfulness.

Even when it's raining.

MG

The Coastal News is edited by Andrew Earlam, Mary Garner and others. Views expressed are not necessarily those of the editors. Distributed 1st of the month.
Deadline for copy to news@coastalnews.online is **20th of the month** prior to publication.

Māpua Menzshed

After the initial meeting in March ten men came forward to form a Steering Committee to progress the founding of a Menzshed and Community Workshop.

As a next step there will be an **Inaugural General Meeting on Monday 6th July** at the Māpua Hall. This is a very important stage in getting a Menzshed and everybody is urged to attend. To become an Incorporated Society and a Registered Charity there are a number of processes that must be endorsed by a majority of members. Being an Incorporated Society and a Registered Charity will be useful in getting support from TDC and potential donors.

This meeting will also elect the first committee consisting of Chairman, Deputy Chair, Secretary, Treasurer and up to five ordinary members. At this stage, volunteers are needed to take on these roles, so if you are interested in helping to get a Community Workshop, please let the steering Committee know at the email address below.

There are now 50 names on the mailing list, including a few women who want access to a workshop. With so many of the new houses having the laundry in the garage and no place for a workbench it is no wonder there is wide interest in having a Community Workshop. If you are interested, please come to the meeting and email your name and phone number to themapuashed@gmail.com



Is Your Pet Slowing Down?

It often starts with something small.

Your dog hangs back on their usual Rough Island walk. Your cat pauses before jumping onto the kitchen bench. The tennis ball gets thrown a third time at Ruby Bay beach and, instead of charging after it, your faithful companion gives you a look that says, "Can you go and get it?"

It's easy to put these changes down to age. But what if they're not just getting older?

Pets are remarkably good at hiding discomfort. In nature, showing weakness could make an animal



Teddy and her tummy

vulnerable, so our dogs and cats often suffer in silence.

Instead of limping dramatically or crying out in pain, they simply slow down. They sleep more. They move less. They stop doing some of the things they once enjoyed.

One of the biggest contributors to this decline is excess weight. Up to 60% of cats and dogs are estimated to be overweight, yet only 17% of dog owners and 28% of cat owners recognise it in their own pets.

Even a few extra kilos can make a significant difference, placing added strain on joints, reducing mobility, and contributing to long-term health conditions.

It's therefore not surprising that around 51% of dogs, and 41% of cats, diagnosed with osteoarthritis are also carrying excess weight. A healthy weight helps pets stay happy, active and well for longer.

The challenge is that these changes happen gradually. Because we see our pets every day, we often don't notice the subtle signs. It's only perhaps when we look through photos from a year or two ago that things are brought into sharp focus.

The encouraging news is that there is plenty we can do. Weight management, appropriate exercise, nutritional support and modern pain-management options can all help improve comfort and quality of life. The earlier we identify a problem, the better the outcome is likely to be.

That's why, during July and August, our three Vetlife Tasman clinics are **offering free weight and mobility checks**. It's a chance to have a chat about your pet's weight, movement and overall wellbeing, and to identify any concerns before they become bigger issues.

So next time your dog hesitates before jumping into the car, or your cat chooses the stairs over the fence, don't automatically blame old age.

Sometimes slowing down is your pet's way of asking for help, and we're here to listen.

To make an appointment at Vetlife Māpua phone 03 540 2329
We are open Monday - Friday 8.30am - 12pm + 1pm - 5.30pm

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Travel with Becks: what 10 Days in Fiji Reminded Me About Travel

I've been to Fiji many times, but after spending 10 days there recently, I came away with the same thought I always seem to have: Fiji is so much more varied than people often realise.

When most people picture Fiji, they think of a cocktail by the pool, turquoise water and a perfect beach. And yes, that holiday absolutely exists. But what I was reminded of on this trip is that Fiji can feel completely different depending on where you go and how you like to travel.

The Coral Coast has a lovely balance of local culture, villages and things to explore beyond the resort, and it can even work beautifully for a self-drive holiday. The Mamanuca Islands are all about those classic South Pacific moments — white sand, clear water and sunsets that seem almost unreal. The Yasawa's suit travellers wanting something a little more remote and adventurous, while Vanua Levu offers a very different side of Fiji again, with eco-tourism, diving and a more rugged feel.

It really brought home to me that you could visit Fiji five times and have five completely different holidays.

That's something I'm seeing more and more in travel generally. Experienced travellers seem less interested in simply collecting countries, and more interested in actually experiencing a destination properly.

Instead of asking, "Where haven't we been yet?", they're asking, "Where should we spend more time?"

And sometimes, the second visit is the better one.

Another destination that always stays with me is **Vietnam** and **Cambodia**. There's just so much richness there. One day you're walking through lantern-lit streets in Hoi An, the next you're taking in the limestone landscapes

of Ninh Binh, and before long you're watching everyday life unfold along the Mekong.

It's the kind of region that rewards travellers who want a trip to feel layered, interesting and unhurried.

Behind the scenes

A lot of my time lately has been spent researching and developing new journeys across Asia and Europe, particularly more guided and escorted options for travellers coming from New Zealand.

China continues to surprise me with how modern, accessible and fascinating it has become. Thailand remains one of Asia's great value destinations, while Southern France and Puglia offer a beautiful mix of scenery, incredible food and a wonderfully relaxed pace of life.

Even though they're all so different, they reflect the same trend I mentioned earlier. More travellers are choosing to slow down, spend longer in fewer places and really experience destinations more deeply.

For me, that's one of the best parts of travel planning - finding the right pace, the right place and the right kind of trip for each person.

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Noticeboard

Sarau Winter Sale: Books & Clothing. Sat & Sun, July 25-26, 11-3, Moutere Hills Community Centre

Book Appreciation Group [BAG]: Māpua Library, first Wednesdays at 2:30pm. For anyone who enjoys books and talking about what they have read. Friendly and informal. Info: Rachel 027 358 6003 or just come.

PowerTalk Tasman: Develop speaking and communication skills in a friendly supportive environment. Club meets 6.30pm 1st & 3rd Wednesdays at St Johns rooms, Jack Inglis Hospital, Motueka. Supper provided. Info: Tristan 020 40994255 / Sue 021 533350

Justice of the Peace: Mary Garner, The Bluffs, 0210469626

Yoga [hatha]: Tuesdays 7.30-8.30pm, Appleby School Hall; Fridays 7.45-8.45am, Richmond Town Hall. Contact Janey, 021 979 244

Vinyasa Flow Yoga Classes. Tuesdays & Fridays 9.30-10.45am. Riverside community centre, Lower Moutere. \$15 drop-in. Contact Jo 0211709495

Tasman Area Social Walking Group: welcomes all to our Wednesday 9.30am walks. 60-90 mins walk & then coffee. Walks vary & support local cafés. Info: Fiona 021 232 6089

Nelson Branch RNZAF meets 2nd Saturdays at Phils Restaurant, Club Waimea, Richmond. ex RAF, RNZAF or others with interest in aviation. Contact: John Bethwaite, 035476634 or Trevor Squires, 039706644. Meal \$25.

Craft Group: please check with Barbara that meetings are going ahead. 03 5403901

Stamp & Coin collections in Māpua/Ruby Bay & the Moutere evaluated & purchased. Nick Ferrier 021 688243

Pastel Artists Nelson: meet Tuesdays 9am-noon, Bill Marris room, Hall. Visitors welcome. Marg: 027 257 1857

Coastal Stringers: Ukulele & guitar group meet Fridays 1-4pm at Bowling Club. All welcome, just arrive & enjoy the singing. Contacts: Colleen 5403010, Diane 5402627.

Māpua Women's Rec Group. Come and join our friendly social walking group. Meet outside Village Mall Thursdays 9.15am. Options for all fitness levels plus activities and social events. mapuarecgroup@gmail.com or just turn up.

Knit & Natter group now at Appleshed: 10am Tuesdays. Contact: Debbi 027 327 4055

Re-cycle Printer Cartridges at the library. Volunteers are happy to collect printer & photocopier cartridges and transport to recycling centre. Blue bin in our foyer.

Ruby Coast Newcomers Social Group: meet new people, make new friends. Coffee 10am last Fridays at Tasman Store and occasional social events. Just turn up. Vivien/Richard 021 526 6707 / 021 526 6700

Tasman Dippers: A casual collection of people who enjoy connecting with the open water. Year-round dips or swims in the sea at Rabbit Island. Info: www.tasmandippers.nz

Māpua Boat Club welcomes new members. No boat required. Social nights Thursdays 5.30 - 7pm at Club rooms on Māpua Wharf. Raffles, cash bar, snacks, regular guest speakers. To join, contact Secretary, Katrina 0211393945

Ruby Coast Running Club: 5k run Thursday nights 5:30pm. Also runs most mornings. Find us on Facebook or contact Debbi 027 327 4055.

Spinners, Knitters, Weavers: Creative Fibre Group, Māpua Hall, second Tuesdays 10am. All welcome.

Tasman Area Community Association (TACA) 7.30pm last Thursdays (x Dec) Tasman Bible Church. Residents of Ruby Bluffs to Tasman & Kina welcome. Info: Facebook or www.tasmancommunity.org.nz

Quakers meet at Family Service Centre, Motueka 10am 2nd Sundays. All welcome. Enquiries: Linda 027 447 6435.

Nelson Trout Fishing Club: 7pm 3rd Wednesdays, Fish & Game Rooms, 66/74 Champion Rd, Stoke. Beginner or expert. Courses, field trips, speakers. Open to all ages. Info: 03 5476432, secretary@nelsontroutfishingclub.com

Playcentre: behind the tennis courts at 84 Aranui Rd. Come & play – Mondays & Thursdays 9.30-noon during term time. mapua@playcentre.org.nz

Toy Library: selection of toys, puzzles & videos for children 0-5yrs. Māpua Hall, Saturdays 10.00-noon, 1st & 3rd Tuesdays 12.30-2.30pm. mapuatoylibrary@gmail.com

Māpua Art Group meets Bill Marris Room Māpua Hall Thursdays, 9.30am-12.30pm. Paint, draw, in a social environment. All levels, media. \$5 incl morning tea. Tables, chairs, easels provided. mapuaartgroup@gmail.com

Māpua Community Choir: 4 part harmony, no audition necessary, small koha, Māpua Hall 7.15pm Thursdays, contact: Rachel Boon, 027 358 6003, rboonnz0@gmail.com

MDCA: Māpua & Districts Community Association meets Feb-Dec, 2nd Mondays, 7pm Māpua Hall; info@ourmapua.org

Kids 'n' Koffee Playgroup: Wednesdays 10-noon during term time, at Hills Church building. 0-6 year olds. Morning tea provided. Gold coin. Info: Carolyn White 5402682

Fibre Craft Sunday. Birch Hall, Richmond A&P Showgrounds. Last Sundays 1.30-3.30pm. Learn to spin, knit, felt or weave. \$5 includes tea or coffee. All ages welcome. Richmond Creative Fibre Group: Diane 547-6517 or Karyn 544-9709

Motueka Senior Net. Tech for mature adults. Monthly meetings. Help sessions 2x/month. De-mystify technology in a fun & friendly forum. Clubrooms 42 Pah St, Motueka. Seniornetmotueka.org.nz

Coastal Garden Group meets 1.30pm first Thursdays, Upper Moutere Community Centre. All most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Info: coastalgarden.group@gmail.com

Sing Your Lungs Out! Free community singing group for anyone with respiratory issues. Morning tea. Singing improves your lung health! 10am Mondays, Te Awhina Marae, Pah St, Motueka. Pip 0274 282 693

Motueka Scottish Country Dance Club: Weds 7.30pm Lower Moutere Hall Scout den. No partner needed, dress casual, wear soft flat shoes, beginners welcome. Good exercise, lively music. Contact Fay 021 039 3559 or Alison 0220 363 891.

Club Notices are free. Others by gold coin donation to one of the distribution boxes.

Your details: Please make sure contact details on this page are up to date. Send us an email.

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