



MAPUA & RUBY BAY
Coastal News
 April 2015

coastalnews@mapua.gen.nz

www.mapua.gen.nz



Summer Scenes at Mapua Wharf

(Clockwise from top) High tide brings the floating jetty nearly level. What! No ice cream for the dog? The ferry can't get much closer!. Ready, set, jump! A regular activity at the wharf. Nose down! A yacht about to take a dive too?



tasman
homeopathy

Linda Morgane Classical Homeopath - dip. hom

ph 03 540 3653 • 027 4510 178

peatfamily@xtra.co.nz 211 Westdale Road, Mapua
Redwood Valley 7081

JELLYFISH
CAFE AND BAR

Shed 1, Mapua Wharf

Hours: 9am-late Tues - Sat
9am to 3ish Sunday & Monday

We are closed Sunday and Monday Nights.

Tuesday curry nights start 28 April.

Ph (03) 540 2028
www.jellyfishmapua.co.nz

architecture studio | mapua

new homes & renovations
residential & commercial architecture

simone wenk
registered architect (germany) - lbp design 2 (nz)

(03) 540 3282 136 aranui road
0211 049 039 mapua 7005
simonewenk@xtra.co.nz www.architecture-sw.co.nz

Postal Delivery

We can post you the *Coastal News*. Post \$20 with your name and address to *Coastal News*, PO Box 19, Mapua Store, 7058, or email coastalnews@mapua.gen.nz

WAKEFIELD QUARRY
Pig Valley, 6km from Wakefield



FOR: Basecourse 70mm
Topcourse 40mm
Topcourse 20mm
Drainage metal 40mm
Landscape Rock
Lime

Truck Available

Limeworks 541 9093
Tony Dick 541 8392 a/h
Philip Dick 541 8666 a/h

OPEN:
MON - FRI 7 am - 5pm
No longer open Saturdays

Pastel Artists of NZ

Our pastel year was off to a flying start with our first 'Top of the South' Art Exhibition in the refurbished Mapua Community Hall. Thank you to everyone who came to view (and buy) our work; your support for the pastel artists from the Nelson and Marlborough areas was much appreciated. The 'People's Choice' award went to Karen Neal for her beautiful animal portrait.

Tuesday morning sessions are quietly industrious at the moment with several members of the group away on trips or engaged in other projects. The change in the weather is apparent and once autumn is well and truly with us, our painters will be back at their easels with renewed gusto!

The annual national PANZ convention is held alternately on North and South islands. This year the hosts are the Wellington group with the convention scheduled for early May in Porirua. And next year, the honour is ours! Be prepared, artists from around the country will be flocking to Mapua, an opportunity to showcase our beautiful area. And of course, some hard work ahead for our members as we plan and prepare for the best convention ever.

If you want to find out more about pastels and the PANZ art group in Mapua visitors are always welcome. Just call into the Community Hall on a Tuesday morning between 9am and 12 noon when you see the PANZ board outside. Or contact Glenys Forbes on 540-3388 for more information.

Sue England

Electrical Laser ANTIDOTE APPLIANCE REPAIRS

Laser Electrical Motueka and Antidote Appliance Repairs

Proud to be 100% Locally Owned and Operated

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



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

KAREN DEAN DESIGNS

CURTAINS, SOFT FURNISHINGS, BLINDS AND TAILORED EVENING WEAR
MADE TO MEASURE

1391 MOUIERE HWY, RD2 NELSON | 0212929294 karendeannz@gmail.com

Mapua Health Centre

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

For younger patients and teenagers there is a fully confidential medical service available throughout the working week and that medical costs may be covered by a special PHO fund. You can check this out by simply turning up at the practice or phoning 540-2211 or email info@mapuahealth.com. There is also a new service available through the local primary health organisation called WAVES. This a grief education programme for those over 17 years old who have been affected by the suicide of someone they know. Phone 03 539-1170 for more information.

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

Also, a reminder that we have set up a 'Prescription' email address site—prescription@mapuahealth.com— to give another way to get

hold of repeat prescriptions. You simply need to send an email and you will receive a return email with instructions about the details we need to organise your prescription. It's as simple as that, although still important to give 24 hours notice.

One of this month's health events is about autism. Children and adults who have an autism spectrum disorder (ASD) look the same as other people, and due to the invisible nature of their disability it can be much harder to create awareness and understanding. Autism and Asperger syndrome still remain relatively unknown disabilities among the general population, yet it is estimated that they are about four times as common as cerebral palsy and 17 times as common as Down's syndrome, touching the lives of over 40 000 people and their families throughout New Zealand. ASD affects language, social skills and behaviour, and those affected are often unable to interpret the world and what is happening around them in the same way that others do. There are now many different ways of trying to potentially prevent and help improve this disorder. For more information see www.autismnz.org.nz

This month's health/school events include:

2	Term 1 ends	www.minedu.govt.nz
2	World Autism Day	www.autismnz.org.nz
6-12	Order of St John Appeal week	www.sjohn.org.nz
7	World Health Day	www.who.int/en
20	Term 2 begins	www.minedu.govt.nz
20	National Immunisation Week	www.who.int/campaigns/en
24	NZ Poppy Day - RSA	www.rsa.org.nz
25	Anzac Day	www.rsa.org.nz

I don't enjoy computer jokes; not one bit.
When chemists die, they barium.
Jokes about German sausage are the wurst.
I stayed up all night to see where the sun went—
then it dawned on me



THE ART OF TOUCH
"Discover Enhanced Health and Well-Being"

- BIODYNAMIC CRANIOSACRAL THERAPY
- THERAPEUTIC / REMEDIAL MASSAGE
- REFLEXOLOGY - AROMATOUCH
- ZYTO COMPASS BIO-READINGS FOR DOTERRA THERAPEUTIC GRADE OILS

MELISSA POTTER
R.T.C. 0101 R.M. 1010101 PAUL 1001101
PH: 540 2575 PH/TXT: 021-1368439
www.theartoftouch.co.nz

GORDON WEBB

NUMBER 1 2007/08/09
in **SUMMIT REAL ESTATE MREINZ**
Tasman - Nelson - Marlborough Regions



RUNNER UP
2005/06 2006/07

'A Good Deal Better'
Office: 03 544 2900
Fax: 03 544 2909
gordon.webb@summit.co.nz
www.summit.co.nz

Gordon Webb
Residential & Rural
Sales & Marketing Consultant
Mobile: 021 540 241
A/h: 540 2415



Mapua Bowling Club

The Write Bias

The early morning dew on the bowling green gives us a hint of autumn but warm sunshine still greets the bowlers as they come to play bowls on Tuesday, Thursday and Saturday.

During March there were two events which saw many keen bowlers at the Mapua Bowling Club. The first was the special roll-up on 14 March to farewell Frank and Joan Gibbison (*pictured*) who have been popular and active members of the club for over a decade. Frank is currently serving as patron of the club. Members of the Riwaka, Motueka and Ngatimoti bowling clubs came to Mapua for an afternoon of entertaining bowls and to bid a fond farewell to Frank and Joan, who are moving to the North Island. The bowling was followed by a lovely afternoon tea with a table laden with savouries and delicious baking, including a special farewell chocolate cake for Frank and Joan.

Normally the club's prize-giving is held at the end of the season but because Frank and Joan would not be here for it, an early presentation of two trophies was made at the farewell. Frank and Joan were presented with this year's Thomas Trophy (mixed pairs) and Frank along with partner, Michael Busby, re-

ceived the club championship trophy for the Men's Veteran Pairs.

The second event which attracted a number of bowlers to the club was the Elston Blain tournament held on 17 March. Sponsored by Elston Blain and the Golden Bear Brewing Company, it was a 2-4-2 tournament with teams drawn on the day. After a competitive afternoon of bowls the team of Dave England and Rex Page were declared the winners and were presented with the first-place prizes and the impressive Elston Blain Trophy.

Coming up on 22 April is Giggle Day sponsored by The Jellyfish Café and Holistic Health. This will be a fun day of bowls (triples) for ladies and it is open to all the clubs in the area.

For information about bowling, coaching or booking the clubhouse and facilities please call the secretary, Jean Daubney (540-3281) or president, Michael Busby (544-6325).

Mapua Youth Club

All Mapua secondary school students and Year 8s are invited to come along to the opening night of the brand new Mapua Youth Club on Friday 1 May.

It will be based at the Mapua Hall

It will take place on Fridays 6.30pm-8.30pm starting on 1 May

Hang out and enjoy options such as table tennis/ indoor tennis/pool/ X Box/cooking/craft/softball under the flood lights and much much more. Don't miss out! A gold coin donation is all you need to bring.

The HCC Mapua Hall Youth Project is a community-based youth project for Mapua and district, for the benefit of secondary-aged students in our community and is funded and coordinated by Hills Community Church in partnership with the wider local community. Wethank the Anglican Care Charitable Trust for their generous help with funding.

For more details call Andy Price on 540-3316 or email him at swimschool@mapuachalets.co.nz, or call Marv Edwards on 027 312 6435 and leave a message.

Andy, Activekidz Facebook page. Phone 354-03310, web www.mapuachalets.co.nz



Frank and Joan Gibbison

lisa chandler | artist

www.lisachandler.co.nz

evocative paintings of urban life

studio visits by appointment

021 461 148 • lisa@lisachandler.co.nz

Mapua Community Library

(Moutere Hills RSA Memorial Library)

Wednesday Closing Time

We have decided to continue the later closing for Wednesdays during the Daylight Saving period but revert to the 4.30pm closing outside this period. Please note the new closing time of 4.30pm from Wednesday 8 April to 23 September inclusive.

Poppy Display

A Patriotic Call to Yarn, <http://www.armymuseum.co.nz/> I am really looking forward to this display. I am sure it will be worth your while to pop in and see the creation that so many local people have contributed to.

Wednesday Sales Table

We generally have a second-hand book sales table on Wednesday afternoons, either outside the library or just inside the doors. Do pop in and have a leisurely browse and find a treasure for yourself, or others!

DVD – Society of Authors

The local Society of Authors has put together a DVD highlighting many of the books published in recent times by local authors. You are welcome to borrow it—a special invitation to book groups who may be interested. And talking of book groups...

Book Groups Register

A number of requests are received in the library for information about local book groups. We would like to compile a register of local groups with a brief statement about how they work, where they are based and contact details of a member from each group. This will be used only to disseminate information and relevant event details. Book groups would also be welcome to let us know if they have any spaces for new members.

If you belong to a Book Group, please consider joining our register and email the details as per the above list directly to the library.

If you've ever wanted to join a book group, or your current book group is looking for inspiration, we have some information in the library about the non-profit organisation Book Discussion Scheme (BDS).

Dot Moriarty

The library team was so very sad to hear of the passing of Dot Moriarty. A previous committee chair, she was also the champion and leader of the huge computerisation project. When the notion of a three-day Literary Festival was proposed in 2010 it was Dot who had the courage to say, "Yes, let's do it!" And from that bold beginning, Dot continued to be involved with all of the festivals until her relocation a few weeks ago to Wellington. Dot gave so generously of her time, energy and knowledge and was a wonderful person to work with and to have in our team. She will be missed. Our love and best wishes to Tim and family.

Lynley Worsley

Library Hours (closed Statutory Holidays)

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

mapualibrary@xtra.co.nz

www.mapuacommunitylibrary.co.nz

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

Book Review

Blackout, by John Lawton. Reviewed by Terry Smith.
This book is available in the Mapua Community Library.

What a relief it was to read a well-written book that made sense. I had just read a ridiculous and badly written pot-boiler where the goodies fired off countless rounds of ammunition while on the run and never seemed to have to reload; they suffered the grossest injuries but could keep climbing ladders and swim underwater while carrying a ton of equipment. It was totally beyond belief.

Perhaps to allow the author more scope with his imagination, it was set several years into the future. I'm sure when that part of the future becomes the present it will still be seen as a load of nonsense.

And of course it was an "international best seller," a label probably put on it before the first book hit the shelves.

Back to *Blackout*. It features Detective Sergeant Frederick Troy, a member of London's Scotland Yard. The time is 1944 when preparations for D-Day are in full swing and the Luftwaffe is making a last desperate attack on London. Some streetwise boys find a body which turns out to be a German and it soon becomes obvious (to Troy at least) that it is not a simple murder.

Lawton paints a convincing picture of wartime London and its people, seeking protection in the underground stations and coping with the loss of facilities and loss of life. Troy drives around in a Bullnose Morris and struggles to get enough petrol for even the shortest trip.

I don't think I have come across Sergeant Troy before, but this is Lawson's seventh Sergeant Troy novel, according to the publisher's note. Incidentally the note called him "Inspector" Troy; perhaps it let slip that a promotion is on the way?



GENTLE TREATMENT, effective and safe, long term results, improved performance and function
PAIN: Effective long-term pain relief for many conditions, treating the source of your pain
STRESS: Depression, Anxiety, Insomnia, PMS, Menopause, Tiredness, Digestive Issues
FERTILITY: Increase pregnancy rates, reduce risk of miscarriage and ectopic pregnancy of IVF, ICSI and IUI

ACC & NZRA Registered International Experience
 Children very welcome and animal acupuncture available

DIANA WILKS ACUPUNCTURE

Diana Wilks BSc RN *Journey Practitioner*
 (over 10 years experience) *Acupressure Massage for immediate muscular relief*
 Ora Health Centre, *Deep tissue massage*
 69 Aranui Road, Mapua

Phone: 021 0464 887

email: dianashantiwilks@gmail.com
 website: www.1world1lovenow.com



www.TheAlternativeEnergyCompany.co.nz

Solar that works at Night!

Solar Box

- Fits to your existing hot water cylinder
- Supplies ALL your hot water 24 hours a day, 365 days a year
- Saves 80% on hot water bill
- Eco friendly
- Only one lightweight solar panel
- Easy to install (in a day)



Special locally installed price only \$3,900
 + GST (conditions apply)

ENERGIE

☎ 03 540 3003
 info@thealternativeenergycompany.co.nz

Richard Ewbank

Garden & Property Maintenance

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

Phone Mapua (03) 540 3881
 Mobile 027 540 3881



KAITIAKI

O NGAHERE LTD
 ECOLOGICAL RESTORATION & BIOSECURITY

INVASIVE PEST PLANT CONTROL SPECIALISTS

- Is your stand of native bush, young plantings or garden being smothered by unwanted invasive species such as Old man's beard, Banana passionfruit, Japanese honeysuckle, Climbing asparagus, Tradescantia etc etc?
- QEII blocks, Significant Natural Areas and other sensitive areas our speciality
- GrowSafe certified, dedicated and experienced staff
- Contractor to NCC, TDC, MDC, DOC and others
- Call me to discuss a solution for you

Andy Wards (Operations Manager) Phone 027 687 0014
 www.kaitiakirestoration.co.nz

Always Looking For Great People

Thinking of a career in Real Estate or would like a change?
 We are looking for someone to join our busy boutique office in Mapua.
 Contact Amanda James in the strictest confidence.
 03 544 4441
 027 472 1960



EMPLOYMENT SAFETY SPECIALISTS

Staff conflict issues?
 Need employment agreements?
 Want a Health and Safety Manual?
 Disciplinary & poor performance?

Call 0274296344 for a confidential complimentary discussion of your business needs.

We work with local Tasman businesses and keep things real (including costs).



KEEP IT SIMPLE SOLUTIONS

From bookkeeping services to sales, consultancy, training and anything in between.

Dee Workman
 Ph: 03 553-0633
 Mobile: 021 46 00 82
 Email: dee@keepitsimplesolutions.co.nz





Mapua Playcentre and Obstacle Courses

We had a successful open day at the start of the term and we welcome the new families that have joined us. The focus for the last month has been obstacle courses. The children have been setting up their own courses and fine-tuning them over the morning. We have seen lots of climbing and jumping and we have watched as they have worked on their gross motor skills. We will be at the Easter Fair this month so come and see a little of what we have on offer. We will be in the children's area in the NBS tent.

About Playcentre

Do you ever drop your child off at their day care and wonder what they get up to in their day? Have you considered coming down to Mapua Playcentre and spending some precious hours with your child while they play and explore what we have to offer?

Mapua Playcentre has been a prominent place for families in the Mapua community for the past 60 years. It is an undervalued resource in the centre of our community for you and your children to use in a

fun-social learning environment and is really worth having a look at.

Playcentre is Ministry of Education-registered centre, the difference being the parents' input into their child's learning, development and fun. Come and stay and meet other parents from the area. It is a great way to have your hands-on day with your child, while you also get the benefit of having social interaction with other parents.

We are not just a playgroup. We follow the Early Childhood Curriculum Te Whariki which is unique to New Zealand. We have one supervisor on each session, whose experience and knowledge is awesome. You get to see first-hand what your children do in a social learning environment and for you as a parent having that input can be extremely rewarding.

Any enquires please phone Anita on 021 1265 357. Or come down on our opening hours of Mondays and Fridays 9.30am-12noon (School term time) we are on Aranui Road behind the tennis courts by the scout den.

Mapua Unicycle and Family Fun Day

This item got overlooked for inclusion in the March edition of the Coastal News, for which we apologise. Even though it is late, we think it will still be of interest to our readers.

The Editors

Mapua's inaugural unicycle day in February was organised by the Mapua and Districts Business Association, following an invitation to be part of the month long Konica Minolta Bikefest Nelson.

We decided on a unicycle day as a way of offering something unique on the Bikefest programme. It was also appropriate to offer something that was popular with our local kids.

Unicycle workshops and displays added to the unicycle theme for the day. There was also an on-the-day art competition, balloon modelling by Flossie the fabulous Balloon Lady and beautiful face-painting by Mel. Music from young musicians Alexei D'Ath and local, Isaac Worsley was much appreciated by those who came along.

The obvious venue was the Mapua Waterfront Park and it proved to be a great location. All in all it would seem that this location has great potential to host other community events—(MDBA's or others).

The day went really well and it was great to see everything from a small child making his first ride on his unicycle, to seasoned 10-year-olds displaying high levels of skills as they raced around the time trial course. 'Kids' of all ages also turned a circle on a white sheet of paper into amazing works of art, some

spending hours involved in decorating! Jane Smith had the most difficult job of the day, choosing the winners. The weather wasn't so conducive for picnics in the park, however it was great to see locals turning up to watch the competitions. The MDBA committee members contemplated adding unicycling to their skill base, but on the day they enjoyed watching others giving it a go and having a good time.



The day would not have been possible without the support of MDBA committee, members and several businesses who generously donated prizes. These included Proper Crisps, Animal Farm, Forest Fusion, Bounce Early Learning Centre, Village Cycles, Jellyfish Cafe and Bar, Health Basics, The Playhouse, Rob Sutton and Summit Real Estate.

A big thank you is also due to Wheelie Fantastic Cycle Tours for organising and coordinating the Time Trial's event. Thanks too to Trail Journeys, Sport Tasman and Marty Clark, Music Planet, Cake Cougar Caravans, Paul Nankivell and Waimea Intermediate for their support. The day would not have been the success it was without the tireless input of Marty Richards and Julian Daily teaching the skills of unicycling and Garth Shivers entertainment while riding a unicycle—inspiring!

Nicky McBride and Janet Taylor

STUMP GRINDING SERVICES



- ◆ Stump Grinding
- ◆ Tree Felling & Removal
- ◆ Site Clearance

Andrew Workman
Phone: (03) 553-0633
Mobile: 021 081 82 123
E-mail: stumps@orcon.net.nz

Insurance Work • Welding Plastic And Steel • Small Panel Repair Shop



Panel 'n' Paint

Unit 14 Warren Place Mapua
Karpaintz@xtra.co.nz
Graham and Julie Cox

Courtesy car available

the wine
the cuisine
the art
the views

the destination



CELLAR DOOR AT MAHANA

www.woollaston.co.nz

243 Old Coach Road, Mahana

03-543-2817 ext. 8

open all year round, seven days a week

11am till 4.30pm

Endurance Spraying Ltd

Pete Hughes Owner/Operator

Ph (03) 544 2654

Cell 0211 942 654

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

Coastal Garden Group

Barbara Hosie introduced the guest speaker for the March meeting of the Coastal Garden Group—Don Grant of Tasman Bay Herbs. Don, a talented and entertaining speaker, gave a very funny story about Cinderella, a great way to break the ice.

Don's story starts with setting up a small business some 19 years ago with his wife. They bought a kiwifruit orchard at Riwaka and put up a 350 square metre greenhouse and from there started growing herbs hydroponically.

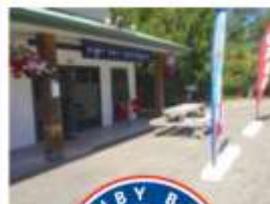
To get under way they phoned 77 restaurants and caterers; 70% said they would use fresh herbs if Don could supply them. So he started with the restaurants, giving them free samples of herbs such as rocket, mizuna, lamb's lettuce, miners' lettuce and French tarragon etc.

They continued to expand their business and in August 1997 put up a second greenhouse, growing all their herbs by seed except mint, which they grow from root stock. This mint is rust-free. There are two different sized pots filled with pumice which they have in their system. The hydroponics have lids on the gullies which cuts down on the cleaning. The seedlings are grown in what are called rockwall slabs; when the roots come through the slab decomposes and goes out into the main system. Nutrients are put into the top of the gully with a 1 in 40 slope at a litre a minute. An NFT—Nutrient Film Technique—is reticulated with water around the roots. About 200,000 plants take 500 to 600 litres of water a week. They have 200 varieties of herbs such as Thai basil, sweet Genovese basil, kale, rocket and watercress. Mint is packaged in halved asparagus punnets.

They don't use harmful sprays so the herbs are not put through a washing process but are packaged straight from cuttings in breathable bags, which allows oxygen to leave and CO2 to go into the bag.

They are now supplying New World Supermarkets both in the North and South Islands, and have recently joined forces with the Marlborough Thyme Bank which expands their growing systems to 7000 square metres.

Judy Sisam



Ruby Bay Takeaways

172 Stafford Drive
Ruby Bay

www.rubybaytakeaways.co.nz

Tel: 03-540 3530

JUST THE BEST....

Fish and Chips

Burgers (homemade)

Ice Creams, drinks and more.

For the full menu and opening times visit our website or please give us a call.

OPEN 7 DAYS





“Thank God It’s Friday”

For the fewer and fewer people whose traditional working week is a “nine-to-five” and, who look forward to the weekend, the above phrase is quite common.

Particularly at Easter many are thinking that the season is fast approaching when the weather affords a last chance for a break or a holiday. The notion of a “break” or “holiday” has its roots across many cultures in the observance and practice of what is called in Old English, a “holy” day. At certain points in history, the day meant and offered an opportunity to attend to one’s religious duty and, it was literally a “day off” from mundane work.

It’s likely that even in a so-called sophisticated and developed Western culture, such notions of “holiday” are far from the minds and practices of a goodly portion of society—time “off” is valued for a number of other than religious reasons. Or, is it?

Easter, for Christians, still has a central place signifying two wedded key events—the death and resurrection of Jesus Christ. Each of these provides and reminds in its own way, hope for the present and the future. Often, someone might ask why the Friday of that weekend is referred to as “Good” Friday? It

seems strange to pause and remember, to celebrate and reflect upon the excruciating suffering and death of the individual, Jesus Christ! Moreover, why do so if he was one of tens of thousands to suffer and die in such a fashion? For Christians, “Good Friday” is a focal point in real history when God initiated and completed something that

Only God could. In the explanatory words of the Bible, “God was reconciling the world to Himself in Christ, not counting men’s sins against them.”

It was “good” then because of the one who died and, because of the purpose of that deliberate death. It was “good” because it anticipated the monumental event that followed on the Sunday—the resurrection. Such then is good reasoning to genuinely say, “Thank God It’s Friday!”

Whatever your Easter Holiday or “holy” day period might look like, before there were Easter bunnies, eggs, and chocolate, the origin and celebration of Easter gives good and profound reasoning to enjoy the rest, recreation, and reflection that might and hopefully will take place this year.

Thanking God for Friday—might it be different for you?

Richard Drury

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

cleaning
domestic & commercial

- Interior and exterior
- Pre/post rental cleans
- House washing
- Window cleaning
- Water blasting
- Roof and gutter cleaning / repairs
- Mould and fungal removal
- Waterproofing / leak repairs
- Joint resealing
- Venetian blind clean /repairs
- Painting and touch ups
- Tile refixing

call us today...

P 03 528 0918 M 0273752941
www.ecservicesmotueka.co.nz

Shanti Massage Therapy
Relaxation and Deep Tissue Massage

Kim Saunders Stevenson
Certified Massage Therapist

178c Old Coach Rd, Mahana 540-3911

Richmond Physiotherapy
Active well-being
Get Moving

ACC subsidised treatments still available
when you visit our clinics

Lower Queen St Health Centre
355 Queen St, Richmond 544 0327
69 Aranui Rd, Mapua 540 2216

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.

Boost Your Immunity to ward off Colds and Flu

As we enter autumn and head into winter, we also enter the cold and flu season.

Your immune function should always be at the top of your list of health priorities at this time of the year. A healthy immune system doesn't just keep sniffles away—it is also the body's best defence against any other illness.

Your daily habits, including the foods you eat and your exercise and sleep routines, have a significant effect on your immune function. Even if your lifestyle choices are exemplary, environmental toxins, emotional stress, and the wear and tear of aging all conspire to weaken your immunity.

Your immune system never rests—24 hours a day, every day of your life, your immune system is working hard to keep you healthy. To support and protect your immune system, try these lifestyle suggestions:

Choose immune-boosting foods.

- Eat a diet containing plenty of fresh vegetables and fruits, which provide a wide range of essential antioxidants and nutrients. (Have a lemon and honey drink at the start of each day. Not too much honey).
- Eat high-quality protein foods. (Fish, chicken, red meat, eggs and legumes).

- Consume healthy fats as they repair tissues and create healthy immune cells. (Consider coconut oil, ghee or olive oil).

- Our gut is responsible for most of our immunity so it is time to re-populate it with good bacteria. Consider beginning a three-month course of a probiotic now.

- It's also important to reduce your intake of sugar because sugar significantly lowers immunity.

- Exercise—but not too much. It is known that 20-30 minutes of exercise each day increases immune function. But interestingly, excessive exercise regimes can hinder immune function.

Reduce stress.

- Luckily, there are several easy ways to reduce stress in your day-to-day life. In addition to its immune-boosting effects, regular exercise is a potent stress reliever. So is meditation, deep relaxation exercises and massage. The simple process of writing a journal can aid in reducing stress and therefore improving immune function.

I am happy to recommend immune boosting supplements should you wish to take a natural approach to staying well this autumn and winter.

*Jude Twin, Mapua Natural Health Clinic,
www.mapuanaturalhealth.co.nz 021 202 0339*

**MAPUA
NATURAL HEALTH CLINIC**
BodyTalk Reiki AromaTouch®Massage
Counselling Nutritional and Supplement Advice



Jude 021 2020339
www.mapuanaturalhealth.co.nz



It's time to get cycling

Bike Hire and Services at the wharf

- Feel comfortable on your own bike or learn how to change a puncture. Book a short session with us.
- Let us help you plan a day trip. So many routes, so many options.
- Many of our services are available to locals using their own bikes.
- Small to tall, we've bikes for all.

For further information, to book a session or reserve a bike call 0800 2 CYCLE or 03 5432245

you decide • we provide

Applications for Grants

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



Forms may be obtained from the secretary (John Sharman, phone 540-3642) or downloaded from <https://mapuacommunitytrust.wordpress.com/> Applications should be returned to P O Box 19 Mapua 7048 or emailed as an attachment to mapuarubybay-communitytrust@gmail.com

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

**MAPUA & DISTRICTS
COMMUNITY ASSOCIATION**

General Meeting
Monday 13 April @ 7pm
Mapua Community Hall
Everyone welcome

Trail Journeys and the Mapua Ferry

The summer has seen some fantastic weather which is great for tourism, accommodation providers and business in Mapua. We have seen an increase in one-way traffic on the ferry which tells us the trail is being well used to Kaiteriteri. The number of cycle tours seen this summer is fantastic with 100% of clients amazed by what they have experienced.

Numbers on the ferry have been up slightly with January being the exception. Compared with last January we had an increase of 2000 people which I put down to the contrast in weather for both years.

Erosion: You may be aware that on big tides or storms the bank and the big tree by the ferry landing gets eaten away. The storm on 7 March was particularly bad; the tree limbs dropped by nearly 600mm over the walkway. The TDC has recognised the need to do some work here quickly and we had a catch-up with the engineers. Figuring out a way to retain these areas and still be able to land the ferry on a high tide without hitting rocks is a work in progress.

Our shop has been open for the summer and has been great talking to many people from all over the world. Our workshop has been busy with servicing bikes and it comes to the end of the season where we can offer our custom-designed comfort trail bikes and mountain bikes for sale. Come and see us and grab yourself a bargain; even our new bikes are heavily discounted.

Our Kaiteriteri bike hire operation was opened just before Christmas. This has been well used by people exploring the mountain bike park and the trail.

Winter timetable: The ferry and shop operate every day until the end of the school holidays (19 April). Please note: as of 5 April Daylight Saving finishes and we go back to operating until 4pm. For this winter we will be operating every Friday, weekends and all school and public holidays. For any services outside these hours please feel free to give me a call.

Many thanks for your support.

Andrew Schwass



Stopping-distance demonstrations were run across Tasman and Nelson last month to help remind drivers to slow down. In total 30 were run, with just under 2500 people attending. Thirteen schools across Tasman took part, with two in Mapua, where 300 members of the public and Mapua School pupils and teachers attended.

During each demonstration, a driving instructor showed how speed affected stopping distances.

There were three runs with the car travelling at a different speed each time, but always starting and applying the brakes at the same time. The three different speeds were 20kmh, 50kmh and 60kmh. The last run at 60kmh showed how just an extra 10kmh affected a driver's ability to stop in time for a pedestrian (using cardboard models). The demonstrations were also intended to remind children of the dangers of stepping out in front of a moving

vehicle and that the road was not a playground.

It was pointed out that speed was a major factor in crash statistics and that travelling just 10kmh above the speed limit could make the difference between life and death.

The demonstrations were run by the Tasman District and Nelson City councils, with support from Fulton Hogan, Mediaworks and many others.

Out and About with Hugh

Last month I ended this column with: “Suburbia: Are we losing the concept of being a village?” Repeating what I previously wrote: A village is a clustered human settlement; has a church and a population ranging from a few hundred to a few thousand. We are a village.

Live and learn. I looked up “suburbia” and discovered that it is a descriptive word used in relation to suburbs the world over. So Mapua must be rural suburb in the Tasman District’s suburbia of the that same area. And ourselves? We are “suburbanites” who live here as residents in suburbia. Suburbanites? A new word? No, it is not. Suburbia has been described as “the biggest waste of land on earth.” Low density residential areas, zoned so that the only way you can get to a commercial area is by motor vehicle. There is more than a measure of truth in that statement. We love our cars, don’t we just.

While doing this searching around, I discovered that *Suburbia* is the name of a 1984 film (also known as *Rebel Streets* and *The Wild Side*) about suburban punks who run away from home and take up their punk lifestyle by squatting in abandoned suburban tract homes near Disneyland in Southern California. Abandoned? What does that imply?

More snooping: I looked up the definition of Out & About. According to Wordreference.com, Out & About is used to refer to the free time one spends outside the house (generally). That means, essentially, frolicking: passing time with friends, driving around etc. I found that it was also the name of a defunct newsletter founded in 1992 especially tailored for gay and lesbian travellers.

As for “frolicking,” The word is from the 16th century Dutch vrolijk and from Middle Dutch vro. Happy, glad, joyful and is related to Old High German.

So there you are: Now go out and about and have a good time doing a bit of frolicking.

On 6 March our Prime Minister John Key came to Mapua for morning tea at the Jellyfish Café where he spoke to a large audience of very enthusiastic cyclists and cycle trail supporters. He intimated that there would be a further financial input to the trail from the government in the next budget. I say that will be money well spent.

Later in the afternoon he and his wife Bronagh attended the annual meeting of the Nelson Hospice volunteers held at Gardens of the World. He handed out several long-service rewards and complimented the volunteers for their selfless donation of time to this worthy cause.

Whether you like John Key and his politics or not, in these situations he comes across as honest and sincere in what he says. He has a very good gift of the

gab and he sure knows how to look you in the eye and press the flesh.

Our Member of Parliament, Damien O’Connor, came out early in March raising the issue of reconsidering Tasman amalgamation with Nelson City, and said how inept the Tasman District Council is in handling consents, procedures and processes. He took issue over the late application for a liquor license for the Mahana School Fair that was turned down. It was submitted too late.

The school committee dropped the ball. Nothing to do with the council or its procedures. The School Fair was a success, blessed with good weather and a good attendance.

The Waikato District Council has enriched the Kopua Domain in Raglan by installing a unique exercise and recreation facility for both children and adults. Peter O’Halloran of Ruby Bay visited and photographed the equipment. He intends to introduce and promote the concept before the Tasman District Council and the Community Association. The equipment will become a part of the Mapua Waterfront



Park domain area and to include a petanque piste and a free of charge gas-fired BBQ. An excellent proposal, worthy of the council and local support. This very under-utilised area could then become a facility our community and visitors could use and enjoy.

I’ve been scolded, corrected and my hand slapped and told I’m out of line. Tourism at the Wharf area is not up 30%. That pertains only to the cycle activity. I apologise if you feel misled. However, the Wharf Precinct Group and its proceedings is not privileged and private until meeting minutes are circulated. This group was initially proposed to Tasman’s mayor, Richard Kempthorne, by the Community Association in a letter in September 2010. It was not until January 2012 that the Mapua Wharf Precinct Group was formed. It was to consist of several groups and individuals; ie., the tenants (lessees) of the commercial property owned by the council or privately, local Iwi, ward councillors and TDC staff.

Tasman long Term Plan: The TDC *Newsline* mailer presents the plan briefly. There will be a public presentation at the Mapua Hall on 1 April, afternoon and morning. Rates increase of 3% plus growth allowance. Submissions deadline is 20 April.

Peter Frye, of Spring & Fern, tells me Sprig & Fern Mapua is on schedule to open late April. I took a peek at what they are changing in the interior. I was pleasantly surprised.

A sad goodbye to Dot Moriarty. She gave so much to our library and community.

Hugh Gordon



Second generation Kiwi builders with 25 years experience.

BUILDING PROJECTS

**Extensions, renovations, kitchen remodels, alterations
bathroom upgrades, sleepouts, re-cladding,
project management.**

LANDSCAPING PROJECTS

**Fences, decks, retaining walls, pergolas,
entrance gates, landscape design,
lifestyle block development, landscape construction**

BUILDING MAINTENANCE

**Insurance work, plasterboard repairs,
rotten timber replacement, building demolition,
lifestyle block maintenance,
general repairs, rental property repairs**



FOR A FREE QUOTE CALL JONNY: 021 757 444

**info@rubycoastbuilding.co.nz
www.rubycoastbuilding.co.nz**

The Probus Club of Mapua and District

Local artist Janet Marshall told the Probus Club of Mapua and District at its March meeting about her lifelong dedication to her work of painting birds, plants and portraits

Janet was interested in painting birds from her childhood days, and has enjoyed over 40 years of dedication to and enjoyment from her art work. She has produced four field guides to New Zealand birds, producing 120 paintings, or 40 paintings per book. She had to give up painting for a period because of a serious accident that put her in hospital. While in hospital she began painting again. That gave her inspiration to get over her injuries.

During the early 1980s Janet painted a variety of native birds that were used on our stamps. She has also done paintings for such groups as the New Zealand Ornithological Society, NZ Forest and Bird, NZ Treasury and the NZ Milk Board.

Another interesting project was during her time living in Stratford, Taranaki. She and her husband built their home (Te Popo Garden) on a large section and were able to plant a variety of native shrubs and trees. This attracted a good variety of native birds.

Janet produced a series of five children's books such as *Bell Birds' Birthday Party* and *K is for Kiwi*.

She also wrote and illustrated a garden diary called *Images of a Garden*, published in 1993. This

book was a study of Te Popo Garden over two years, with many of her paintings.

She is a member of the New Zealand Botanical Art Society and does watercolour paintings of the development and growth of specific plants, as well as butterflies and other interesting insects. Janet will hold a Botanical Art workshop at her studio at Shamar Gallery, 293 Seaton Valley Road, later this year.

Her email address is: janet@janetmarshall.co.nz and her web site is www.janetmarshall.co.nz

After the talk the club had its annual general meeting. The outgoing president, Stan Lawn, gave his annual report, thanking his committee and the various club members that gave mini talks during the year. Rita Mitchell read the minutes of last year's AGM and Jackie Buckland gave the club's financial report. The new committee was elected with Janice Higgs as president, Don Hodgkiss vice-president, Rita Mitchell as secretary and Jackie Buckland as treasurer.

David Higgs

Andrew London Trio
 AN EVENING OF SATIRE, SWING AND MISCHIEVOUS MUSICAL COMEDY FROM THE VOICE OF 'HOT CLUB SANDWICH'



FRIDAY 10TH APRIL 8.00PM:
 PLAYHOUSE THEATRE, MAPUA 171 WESTDALE RD
 DINNER FROM 6PM
 ENTRY \$20.00 BOOKINGS: 540-2985 OR VISIT:
WWW.PLAYHOUSECAFE.CO.NZ

Anisy's
Tasman Funeral Home

(03) 544 1129 www.tasmanfunerals.co.nz



Natural Burials – Direct/Simple Cremations – Traditional Funerals



JESTER HOUSE
 cafe & tame eels

NEW ZEALAND CAFÉ OF THE YEAR 2013-14
 NOW OPEN 7 DAYS A WEEK 9AM – 5PM
 FOR DELICIOUS BREAKFASTS AND LUNCHES
 BOOKINGS HIGHLY RECOMMENDED
 320 APORO ROAD, TASMAN.
 03 5266742 LUNCH@JESTERHOUSE.CO.NZ
 BRING YOUR FRIENDS TO EXPERIENCE THE DELIGHTS OF TASMAN'S BEST CAFÉ (SINCE 1991)

MOUTERE INN



THE CENTRE OF THE MOUTERE SINCE 1850

- Craft Beer
- Local wines
- Bar meals
- Lounge bar
- Real Ale
- Live music
- Evening Dining
- Rooms

EST^D 1850

All welcome
Available for functions and private bookings

COMING EVENTS AT THE MOUTERE INN

- ❖ **FINE DINING EVENING SAT 18th April 7pm \$45**
We will be offering a relaxing evening, of fine dining over five courses. Focusing on produce from the Moutere Artisans we will also be matching local wine with each course. Bookings essential, check our website for menu details.
- ❖ **LIVE MUSIC 7 PM SAT 25th APRIL "Del Thomas"**
Del Thomas has been playing guitar since the early 70's when he was bitten by the singer songwriter bug. With a record collection filled with Cat Stevens, Sutherland Brothers and Richard Thompson albums, he then heard Fleetwood Mac and Eric Clapton and discovered 'the blues'. That mix of blues and melodic folk has always featured heavily in his music. He released his first solo album 'Driving Home Alone' in 2013, with his second due mid 2015.
Call it what you will, blues, country, folk rock, I think you'll enjoy the ride.....
- ❖ **DON'T FORGET**
Raffle every Wed 6pm with Chase the Ace and Steak Wed.
1st Thurs Folk Night. This month the 2nd.
2nd Thurs Quiz Night. This month the 9th.
Last Thurs \$20 Ribs Night. This month the 30th.
Sorry, Closed Good Friday.

THE MOUTERE INN
THE CENTRE OF THE MOUTERE

Phone 543 2759
www.moutereinn.co.nz



Ora Reflexology &
Craniosacral Therapy

- Maternity packages
- Senior citizens discount
- Evening & weekend appointments

Mother's Day Special
\$40 Gift Voucher

Phone Kate Mander on 021 101 9226
Ora Health Centre, 69 Aranui Rd, Mapua

WOMAN GARDENER

Very experienced
Maintenance, makeovers
or restoration
Fiona Ph: 03 528 7653

THE GRIND

Espresso Bar & Roastery

@The Tasman Store
Just up the road on the Great Taste Trail
Award winning coffee, real fruit ice creams, pies,
sandwiches, home made cakes & cookies.
Open 7 days
Aporo Rd, Tasman ph 526 6275



tasman tree fella
LIMITED

Do you have a tree problem?

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

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

falling, height reduction, trimming,
chipping, firewood splitting

Specialist Septic Tank Services ♣
Hard jobs our specialty ♣
Most powerful sucker trucks in the region ♣
Free quotes ♣
Locally operated & proudly NZ owned ♣



ASTRO
ENVIRONMENTAL LTD

Call Free 0800 435 874

info@astroenvironmental.com www.astroenvironmental.com



Gavin Lambert

Master Painter



**CRAFTSMAN PAINTERS &
DECORATORS**

GAVIN LAMBERT (OWNER)

Ph: 03 540 2748 Cell: 021 476 318

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

Lynda's Exercise Classes in the Mapua Hall.

Term 2 - an ELEVEN week term starts Tuesday April 21st, ends Friday July 3rd.

Winter term start times for day-time sessions (note later finish times as well).

- Tuesday 2.30-3.15pm Sit and be Fit
(seated exercise for Seniors/rehab - gold coin)
- Tuesday 6pm-6.50pm Cardio/Strength
rotating with Step-based toning and High Intensity Interval training every 3rd week (no coordination required)
- Tuesday 7.00pm-7.50pm Pilates
(all levels, beginner to advanced)
- Wednesday 9.15am - 10.05am Aerobics
(the old-fashioned dance-around and sing-along kind)
- Wednesday 10.10am - 11.00am Pilates
(all levels, beginner to advanced)
- Thursday 9.15am - 10.05am Aerobics
(Wakefield) (same class as Wednesday Mapua)
- Thursday 10.10am - 11.00am Pilates
(Wakefield) (all levels, beginner to advanced)
- Friday 9.15am - 10.05am Cardio/Strength
rotating with Step-based toning and High Intensity Interval training every 3rd week (no coordination required)
- Friday 10.10 - 11.00am Pilates
(all levels, beginner to advanced)

FOR THE TERM:

11 sessions	\$90.00	(\$8.18 per session)
22 sessions	\$165.00	(\$7.50 per session)
33 sessions	\$225.00	(\$6.81 per session)
44 sessions	\$275.00	(\$6.13 per session)
55 sessions	\$320.00	(\$5.81 per session)

Please email lynda@hht.co.nz, or ph 543 2268 or 027 222 1491 to reserve your place. You can attend any session if there is space; when you book a particular session you are guaranteed a place, any extras are dependent on availability, first in first served. There will be SIX extra FREE Saturday sessions which you can use to make up for classes you might miss, dates TBA. No casuals sorry. Newcomers welcome. No special gear or talents required ☺, you don't have to be "fit" to come.

This girl said she recognised me from the vegetarian club, but I'd never met herbivore.



PROPERTY SALES (NELSON) & REAL ESTATE LTD MEMBER LICENSED AGENT FROM 2016

Harcourts Mapua

"The Big Little Office"



Wendy Perry
027 249 1701



Gavin Barlow
027 559 1993

Harcourts Mapua - 2A Iwa Street - 03 540 3425
www.teamtasman.co.nz

GROOVY HOOVES PONY PARTIES



Make your child's party unique and unforgettable

- invite Harry and Sally for cuddles, grooming, decorating and riding!

Contact details: Caroline Lusty
03-543 2277 027 520 1285
 email: caro.lusty@xtra.co.nz



Find us on facebook.



enhanceskin *Are you suffering from unsightly, aching varicose veins?*

COSMETIC, MEDICAL & VEIN CLINIC *Find instant relief and wear shorts again!*

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

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

Payment Options Available - Now Accepting Q-Card

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



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

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

Hills Community Church



One of my favourite places to be in Mapua is at the wharf looking across the inlet towards the Richmond Ranges. It is always a changing view depending on the weather. But is it also a changing view as the tide flows continually one way or the other. I love the contrast between the movement of the surging tide and the immovable mountains in the background.

The tide is a reminder to me of the ebb and flow of life and how much of the time we really have to just ride with the current of what life brings us. But the mountains are a reminder to me that through all the changes of life we long to find something solid to put our trust in. The reality is though that there are very few things in life that are truly solid. Changing circumstances can alter the shape of our life drastically: we can lose our wealth, we can lose loved ones, and we can lose our health.

The celebration of Easter is all about God's way of bringing the secure promise of new life and resurrection to an uncertain world. Easter is about God turning what looked like defeat, the crucifixion of Jesus, into the promise that in Christ our future is secure. The Apostle Paul says it like this: "For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, not any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Blessings, Rev John Sherlock

Easter services at Hills Community Church

Maundy Thursday 7:30pm. Bring a coat and torch!
Good Friday 9:30am. Contemplating the Cross
Easter Sunday 7:30am. Celebrating Easter – The Dawn of Hope

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.

March 29th Combined service at 10:30am and shared lunch

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 & 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.



HIGH PLACES
www.highplaces.co.nz



Greenland Wild Walks

AMAZING ADVENTURES!

Iceland - Greenland - Spain
Patagonia - Peru - Ecuador - Bolivia
Bhutan - India - Nepal
Kenya - Kilimanjaro

Tel 03 540 3208 treks@highplaces.co.nz

MEDITATION CLASSES WITH GESHE JAMPA THARCHIN AT RUBY BLUE STUDIO

Sat 11 April & Sat 9 May - 11am to noon
Pot Luck Lunch after the class –
please bring a vege plate
Cost: \$10 per session

Geshe Jampa Tharchin is a Tibetan monk who has completed the Sera Je Monastic University Lharampa Geshe Degree - PhD in Buddhist philosophy in South India. He has a degree from Gyume Tantric College and taught at the Kopan Nunnery in Nepal. He is the resident teacher of Chandrakirti meditation Centre in Upper Moutere and now we are extremely fortunate to have him teaching at Ruby Blu Studio.

The meditation class will be for beginners and encompasses religious and non-religious methods to calm the mind, suitable for anybody interested in meditation and improving the mind. Breathing meditation techniques are explored and discussion on how we can improve our mind and relationships.

Ruby Bay Studio

155 Stafford Drive, Ruby Bay
For bookings call Seija 540 2657 or
rubbyblustudio@gmail.com

All About



Chocolate

The world's best chocolate bars
now available in New Zealand.

www.allaboutchocolate.co.nz

Free delivery 20km radius of Mapua
Enter Code SHOPMAPUA at checkout

Advertising Costs

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

\$2.50 per cm up to 6cm

\$3 per cm up to 10cm

\$4 per cm over 10cm

With 20% discount for long-term advertising (3+ months) and prompt payment.

The deadline is the 20th of each month with each issue coming out on the 1st. Email coastal-news@mapua.gen.nz for full terms and conditions.

MyMove

Property Management

Mapua



Protecting your investment

Maximising your return.....

Also looking after your requirements in Richmond & Motueka

03 544 2065

Amanda James - 027 472 1960

Brendon Taylor - 022 384 9791

Harcourts

Harcourts

Postal Delivery

We can post you the *Coastal News*. To take advantage of this post \$20 with your name and address to Coastal News, PO Box 19, Mapua Store, 7058, or email coastalnews@mapua.gen.nz

Community Invite

... to share in a heartfelt goodbye to Dot Moriarty.
Shared finger food tea on Thursday 2nd April

5.30pm-7pm at the Mapua Hall.

Tim will be there to join us.
BYO bubbles or your choice for a toast.



SELLING YOUR HOME?

UNBEATABLE LOW FEE

capped at **\$10,000** +GST

Debbie Watson 021 462 629 / 03 543 2629

debbie.watson@tallpoppy.co.nz www.tallpoppy.co.nz



Fire Brigade



Feb 15-Mar 15 call-outs

Feb 21: Fire on side of road Moutere Hill, helped to put out with Upper Moutere, Appleby and Brightwater.

Mar 6: Assist Tasman School with shade cloth loose in high winds. Assist Perry's Auto with canopy

Mar 9: Permitted burn Ruby Bay and one at Kina, no action by brigade.

Mar 13: Permitted burn Pomona Road, assisted owner to put out.

Safety Tip – Do you have a smoke alarm? Check and clean, and replace batteries. NZ Fire Service recommends long-life photoelectric alarms. Also make a plan to escape a house fire

Visit as at [http:// www.mapuafire.org](http://www.mapuafire.org) Or Google Mapua Fire.

"LOOKING FOR A GENTLE DENTIST?"



Dr Keith Beasley D.D.S.

- Family and cosmetic dentistry
- Same day emergency care
- Competitive rates
- Hygienist

66-68 Aranui Road, Mapua (Behind Hokedjuun Cafe)
03 540 3440 office@onedental.co.nz **one dental**

Mapua ELECTRICAL

JIM BROWN
Registered Electrician

Phone 540 2271 Cell 027 540 7060
 RESIDENTIAL – INDUSTRIAL – COMMERCIAL

First-Rate Flooring

Phone Brian
027 439 9038
 Email: brianalexander@xtra.co.nz

- Quotes & Advice
- Floor Preparation
- Sheet Vinyl
- Vinyl Plank & Tile
- Garage carpet
- Boat carpet
- Outdoor carpet (for verandas & around pools)

Supply and installation of

Shed Fellas

It does not matter if the member

Is a girl fella or a boy fella

A brown fella

Or a white fella

Or a yellow fella

Or a black fella

It does not matter what colour fella, so long as she/he is a good fella.

It does not matter if the fella is a writer fella

Or an artist fella

Or an actor fella

Or a music fella

So long as that fella shares his/her enjoyment of their skills with us fellas.

It does not matter if their skills have been learnt in trade, so long as they will share those skills with us fellas.

It does not matter what level of so-called education they had so long as they keep the grey matter open to the teachings of that big fella called life.

This fella writing this would like the fella of the Mapua newsletter to wake-up to the fact that brain-power was not handed out by the Education system.

This fella has learned stuff as teacher fella to infant fellas through to adult fellas who were training to be teacher fellas.

I am sorry that you fella of the *Coastal News* missed out all the way through.

You must be very sad fella watching other fellas doing stuff, learning stuff, and teaching stuff while enjoying the company of other cool fellas (girl/boy).

*Grant Winter – Happy Fella
 (artist member of Menzshed Motueka)*

I'm reading a book about anti-gravity. I just can't put it down.
 I did a theatrical performance about puns. It is a play on words.

OASIS PRESCHOOL MAPUA



Early Childhood Education
 that is Safe, Nurturing
 & Fun with a
 Christian Philosophy

Ages 6mth – 5yrs

(03) 540 3668

Oasis Preschools www.oasispreschools.co.nz

MAPUA PODIATRY

Justin F Powell NZDip.Pod. SRPod.

- ◆ for immediate relief of painful feet



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

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



Tasman Bay Contracting Ltd

Contact Peter Collins
Phone: 027 513 5588
Freephone: 0800 891634
www.tasmanbaycontracting.co.nz
tasmanbaycontracting@gmail.com

Servicing Tasman and Nelson Regions

Tractor, Ride on, Lawn Mowing Services, We also mow steep properties

Lawn Care, Tree care, Winz Quotes Gardening services

Shelter Belt trimming and topping any size even roadside trimming permit

Tree Reduction Orchard Mowing Lifestyle blocks,

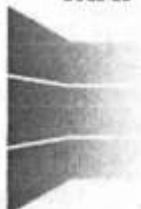
Commercial properties Water Blasting,

Property Maintenance, Landscaping and material deliveries,

Digger work Fencing, post ramming, farm fencing

Onsite inspections made for all jobs

MAPUA CARPET CLEANING



QUALITY FRIENDLY SERVICE
CLEAN FRESH CARPETS & RUGS
UPHOLSTERY HOUSE & CAR
FREE ON SITE QUOTES

JANINE HEPBURN PH 540 3730 / 027 6700061

The Yardsman.

Gardening & Property Maintenance.

The Yardsman offers full property maintenance services for both small & large sections.

Including:

- Lawn mowing and turf management
- Gardening maintenance
- property clearing & pre-sale clean-ups
- holiday home & rental property caretaking
- full handyman services

0223947662

+ Mapua Pharmacy

Special offers

25% off all bags

Go Healthy Fish Oil 1500mg, 210 Caps \$18.00

Go Healthy CO-Q 10 300mg, 30 Caps \$22.00

Go-Healthy Magnesium 500mg, 60 Tablets \$29.90

Services:

INR testing available for people taking Warfarin.

Located in the
village mall behind
The Naked Bun

Tel 03 540 3735
Fax 03 540 3741

Opening hours, Mon – Fri 9AM – 5:30 PM
Closed Sat and Sun.

Mapua 540 2068
105a Aranui Road
Motueka 528 8880
2 Wilkinson Street

coast & country

CHIROPRACTIC CENTRE

Cool Store Gallery



THE COOL STORE GALLERY

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

*Come & browse & chat with our
friendly staff.*

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

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

"God's Word For Today's World"

Tasman Bible Church

Part of the Tasman
Community for over 80
years, our desire is to
help young and old
alike come to know the
God of the Bible.

mainly
music

4G
youth

— Church Service on Sundays @ 10:00 —

SIT AND BE FIT

In the Mapua Hall (Bill Marris Room)

2.30 - 3.15pm Tuesdays during school terms.

Seated exercise is great for:

- anyone with impaired mobility or balance;
- strengthening the bits that don't get used much in "daily life" (especially upper-body muscles);
- injury rehabilitation, or anyone with a dodgy back, hips, knees or ankles;
- seniors.

We play great old-school sing-along music.

Using small hand-weights and mini-Swiss balls improves strength, flexibility, range of movement, joint mobilization, blood pressure and circulation, all from the safety of a chair.

Gold coin donation.

Hamish's



- award winning coffee
- family affordable
- friendly service
- birthday parties catered
- gluten free choices

ICE CREAM PARLOUR & CAFÉ

Mapua Wharf

real fruit ice cream & rolled ice creams, old fashioned milk shakes, pies, cakes, croissants, paninis, iced chocolate and more!

Open 7 days 9am - 4pm www.mapuawharf.co.nz
Adele Calteaux Ph 540 3861 /hamishs

Kevin Brown

Chartered Accountant



22B Brooks View Heights, Tasman
 RD1 Upper Moutere
 Tel: (03) 526 6263
 Cell: 021 029 87087
 Email: kevin.brown@clear.net.nz



Riverside Café

- * Wild Meats, Organic & Seasonal Specialties
- * Fantastic Coffee, Delicious Cakes & Brioche
- * Awesome kids playground, tranquil garden
- * On the Great Taste Cycle Trail

OPEN 7 DAYS A WEEK

9.30am to 4.30pm for brunch, lunch, coffee
 Saturday evening from 6pm for dinner



289 Main Rd Moutere Hwy. Ph 526-7447

 Riversidecafe&CommunityNZ

RUBY COAST ACCOUNTING

*Providing the bare essentials
In Accounting Services*

- Administration • Bookkeeping
- Data Entry • Typing

Bernie Kaczon
Tel: (03) 526 6263 Cell: 021 0298 7087
 22b Brooks View Heights, Tasman
 Email: bernie.kaczon@clear.net.nz

SMA

Stephan Meijer Architecture Ltd

Enhancing people and places...

820 west bank rd. RD1 Motueka 7196
 ph.03-5268557 mob.021-2606780
 e-mail:stephan@smal.co.nz

www.smal.co.nz

Home Tiling Ltd

Local tiler

**Trade Qualified
with 19 years experience**



Contact Eric

(03) 540 3821

OR

027 226 8194

hometilingltd@hotmail.com



More bikes and boats

Mapua has always had boats. In the early days they were working boats; nowadays they are mostly for pleasure. A more recent activity has been cycling, and in the last few years it has grown tremendously. It has been boosted by the many dedicated cycling tracks and the advent of the Mapua ferry running between the wharf and Rabbit Island.

The top picture of a bike and boats is at Grossi Point, and a yacht being prepared for sailing at upper left. Lower left is one of the bike firms at the wharf with bikes of all types and sizes for riders of all ages. Below is a group of cyclists relaxing at the Jellyfish Cafe before embarking on the Mapua ferry.



ANZAC Day Services

Saturday 25th April

Mapua	10.45am	Parade from Mapua Hall
	11am	Service at Memorial Grounds
		Guest speaker: Richard & Michael Hoddy
		Officiating Minister: Rev. John Sherlock.
Tasman	10am	Service at Cenotaph.
		Guest Speaker
		Officiating Minister: Chaplain Peter Bean
Upper Moutere	10am.	Service at Memorial
		at Upper Moutere Community Centre

The RSA would appreciate offers of food for morning tea on the day.

Norm Thawley, president.

MAPUA PLAYCENTRE



84 Aranui Rd, Tel: 540 2386
(We're behind the tennis courts)
A staff/ parent run Early Education
Centre for 0-6 yr olds.

- Individual learning plans
 - Te Whariki Early Childhood Curriculum
 - Many different activities, including outings, with emphasis on play.
 - Large indoor and outdoor areas.
 - WINZ subsidy available (1st 3 visits free)
 - New families always welcome
- Mon & Fri 9.30am-12.00noon**

GAP
GAP ARCHITECTURE

A D N Z

Multi-Award winning designer

New Homes and Alterations



Competitive Rates

Call Terry Duff



Phone 027 280 1378 P.O. Box 3847 Richmond Nelson 7050
terry@gap-architecture.co.nz

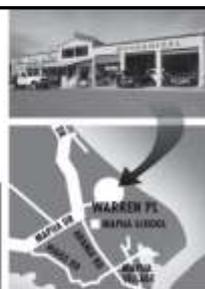
MAPUA
AUTO CENTRE

"YOUR AUTOMOTIVE SPECIALIST"

Fully Equipped
Automotive
Workshop

All Makes
& Models

6 Courtesy Cars
W.O.F.



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

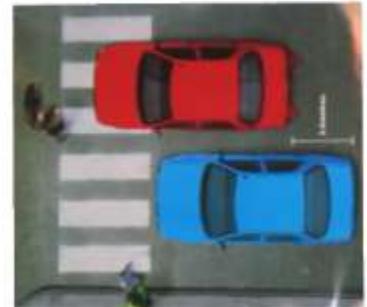
Motoring

with

MAPUA
AUTO CENTRE
"YOUR AUTOMOTIVE SPECIALIST"

April 2015

Would you stop in time?



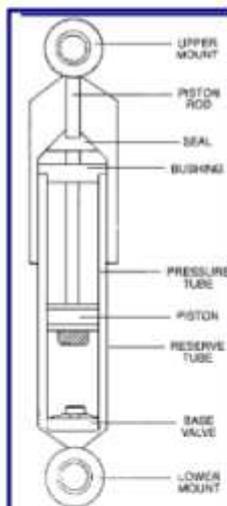
Worn Shock Absorbers - the hidden dangers

Shock absorbers keep your vehicles wheels in constant contact with the road - without them your brakes and tyres simply can not do their job.

At rest or in motion, the bottom surface of your tyres is the only part of your vehicle in contact with the road. When contact with the road is broken or reduced, safety is severely compromised. For example, tests have shown:

- Braking distance may be increased by 2.3m when driving at 55km/h.
- The maximum safe speed on dry roads should be reduced by 10% if shock absorbers are 50% worn ie. travelling at 90km/h instead of 100km/h.
- Skidding and aquaplaning can begin at a speed 10% lower on roads with 6mm of water and shock absorbers that are 50% worn.
- Driver fatigue occurs 26% faster.
- Reaction time can be delayed by 26%.

A shock absorber is basically a pump located between the frame of the vehicle (via the upper mount) and the wheels



(via the lower mount). The Upper mount, piston rod and piston are all connected, with the piston surrounded by hydraulic fluid. As your wheel and suspension travels up and down, the lower mount moves, forcing hydraulic fluid through tiny holes inside the piston. These tiny holes only allow a small amount of fluid through the piston which slows its movement, in turn slowing the movement of the spring and suspension, therefore reducing wheel bounce.

Shock absorbers should be thoroughly tested on a mechanically induced rebound bounce tester (as shown) at least every 12 months. At Mapua Auto Centre this is done with every WOF



Happy & safe motoring
from the team at

MAPUA
AUTO CENTRE
"YOUR AUTOMOTIVE SPECIALIST"



The Playhouse Cafe

APRIL 2015 What's On Guide

Open Fridays to Sundays from 11am

Mon to Thurs Open only for
Events, Functions and Group Bookings

Free Pick Up and Drop off to Mapua, Moutere, Appleby, Tasman
Call 5402985 for bookings

M T W T F S S

**New Winter
Trading Hours**
See above

1 Open for lunch 11am till 4pm	2 Open 11am till late	3 Boogie Train Easter Special \$50 Dinner and show bookings essential Dinner from 6pm Band from 8pm	4 The Big Bike Quiz Night \$5 per person Teams of 2- 8 730pm start Dinner all night	5 Open 11am till late No surcharge		
6 Annual Easter Egg Hunt 1pm, free Open 11am till 4pm	7 Closed	8 Closed	9 Jason McIver Band Music 8pm Dinner from 6pm \$10	10 Andrew London Trio Amazing Jazz \$20 Music 8pm Dinner from 6pm	11 Closed to public for Wedding	12 Open for lunch 11am till 4pm Private Function evening
13	14	15	16 The Great North Folk pop \$10, 8pm Dinner from 6pm	17 Paul Madsen Presents CCR + QUEEN Tribute act at its best! \$25, add \$35 for 2 course buffet Dinner from 6pm, show 8pm Same show both nights	18	19 Open for lunch 11am till 4pm VARIETY CONCERT 4pm,\$10
20	21	22	23 Closed	24 Hannah Curwood and band Folk pop \$10, 8pm Dinner from 6pm	25 THE JEWS BROTHERS Balktic Jazz \$20, 8pm Dinner from 6pm	26 Chandrakirti Quiz Night Quiz starts 630pm \$5pp Dinner all night
27	28	29	30	1 Damon Ward presents Clay Tallstories more details to come	2 Trina Starr presents Pole Performance show more details to come	3 Open for lunch 11am till 4pm
<p>MIDWINTER FUNCTIONS: June 13th: Mapua Charity Ball June 19th & 20th: Paul Madsen's CCR and Queen Tribute June 25th till 28th: Last Man Standing A Play by The Tasman Coastal Players</p>				8 TBA	9 TBA	10 Mother's Day Book Ahead!

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

THE SHED MAPUA

MAPUA ENGINEERING

11 Warren Place.

For all general engineering, fabrication work,
welding and hydraulic engineering

Call in and see Ray

Mon-Fri 7.30 - 4.30

Phone 540 2898

Hours Monday though to Saturday 8.30 - 5.00pm

Sunday 10.00am - 1.00pm

15 Warren place, Mapua

P 540 2898 E theshedmapua@xtra.co.nz

F/B the shed mapua

"LET US CREATE THE LOOK THAT YOU WANT"

Wooden Fencing ** Steel Fencing ** Driveways ** Trenching ** Landscaping
Ready Lawn ** Footings ** Site leveling ** Lawn mowing and Hire Centre.

GIVE US A CALL **540 2898.**

YOUR LOCAL FOR:

Bark, Gravel, Compost, Irrigation,
Chook food, Rabbit food, fertilizers,
Weed killer, Gardening tools. Our
courtesy trailers are here to help

TO HELP YOU WITH YOUR GIFT IDEAS

Gift vouchers ** Plants ** Garden furniture ** Candles ** Chopping Boards ** Crystals.

***** Laundromat *****

For all you're washing and drying. Self service.



MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Coordinator: Janet Ph 540 3364



Do you own a business in the Mapua, Tasman, Upper Moutere area or live locally and operate a business else where? If so, have you thought about joining the MDBA? As well as many member benefits (such as free advertising on the [rubycoastmouterehills](http://rubycoastmouterehills.com) website, the opportunity to advertise in the local community Directory and free member events) the Association also supports local community events and organisations in many different ways, for example supporting the updating of local civil defence kits with batteries. If you would like to know more about membership contact Janet and feel free to attend the Association's 23rd AGM, starting at 7pm on 20 May in the Mapua Hall.

MEMBER PROFILE

MELISSA POTTER

THE ART OF TOUCH - Holistic Therapy's
...DISCOVER ENHANCED HEALTH
AND WELL-BEING!

Melissa Potter grew up locally in Appleby as a child and then went overseas travelling where she did most of her Therapy and Body Work Training from 1989. So after 25 years experience she is both excited and passionate to share her knowledge combining several different therapy's according to your individual and specific needs of any symptoms/ailments. She has had a therapy room in Motueka since 2003 and grateful for a busy clinic!... Now offering, after recent 2 year training, BIODYNAMIC CRANIOSACRAL THERAPY, (after practising Upledger CST since 2000), and now starting to specialize in this Therapy and doing Post-Graduate Paediatric level next! This technique is based on Osteopathic Science and is getting great results for many ailments and is now being taught in 34 cities globally and setting a strong precedent in the Natural Health/Bodywork field!

Melissa also offers THERAPEUTIC /REMEDIAL MASSAGE including Deep Tissue/Sports, Swedish/Relaxation, Acupressure/Trigger Points and/or Hot Volcanic Stone techniques, plus Pregnancy and Mehta Indian Head Massage. She also offers REFLEXOLOGY including a foot massage. And now, more recently Melissa does ZYTO COMPASS BIO - READINGS for DOTERRA THERAPEUTIC GRADE ESSENTIAL OILS which have set a world standard in potency and vibration... higher than any other in the world!

My clinic is at TUI HOUSE,
57 Greenwood St, Motueka
all details on:

WWW.THEARTOFTOUCH.CO.NZ

or ph: 5402575 or ph/txt: 021-1368439



MEMBER PROFILE

Simone Wenk



There is a spark to Simone Wenk's personality which is welcoming and inspires creativity.

Having moved from Germany to New Zealand in 2009 Simone has been in Mapua for 6 years now. She has established roots and a strong community connection, both personally, and within her business.

While eco friendly architecture is the basis of her ethos, Simone caters for many types of architectural projects from:

- Residential to Commercial
- Modern to Sustainable
- Large to Small 'tiny homes'
- Diverse to Iconic

Simone welcomes all architectural enquires, and based in the heart of Mapua on Aranui Road, she is easy to find.

architecture studio | mapua
sustainable design with nature in mind



03 540 3282
021 1 049 039
simonewenk@xtra.co.nz
www.architecture-sw.co.nz



www.rubycoastmouterehills.co.nz

Supporting local businesses since 1992

Noticeboard

Motueka Social Dance Group is holding a dance at Mapua Hall 7:30pm 18 April. Admission is \$6 plus a supper plate. Live music, dance prizes & raffles. All welcome. Gary 03 528-5363

Creative Meditation: An experiential workshop on Sunday 12 April, 10am -1pm, at Riverside Community, Lower Moutere Highway, facilitated by mentors of the International Group for Creative Meditation, Anne Verity, Trish Lynch & Julie Ewer. Cost \$30. Also an opportunity to join Creative Meditation groups in Nelson & Mapua or develop on-going meditation skills through an online meditation training course, if people wish to take the learning further. www.creativegroupmeditation.org or ph 03 540-2705.

Probus Club meets at Mapua Hall, 1.30 pm, first Friday of each month. Guest speaker at each meeting for about an hour's talk on various subjects. After afternoon tea a club member will give a short talk of their interest. Now in its 15th year, new members always welcome. President: Janice Higgs, 03 528-8883, secretary: Rita Mitchell, 03 528-8097

LOST quality red dog collar attached to woven red lead. In Mapua area. Reward. Phone 540-2873

Motueka SeniorNet: Get tech savvy and share more family experiences. Community computer support for 50+. Training courses for iPads, Phones, Tablets, PC and Mac. Members meeting 10am first Monday of month. 42 Pah Street, Motueka. www.seniornetmotueka.org.nz

Mapua Mosaic Project: Workshop sessions starting again soon, open to all from around 12 year olds to adults. Most Mondays, Thursdays and Saturdays from 2 - 4 pm, but please contact Bridget Castle on 540-2461 or bridgetpcastle@gmail.com, to register your attendance and check on details as times might vary depending on participants.

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@kristinharrison.com.

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

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

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

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 some 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

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, 1.00pm, Tasman Bible Hall. Members, guests & visitors welcome. Ngaire, 540-3193

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 553-0353

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. Cushla Moorhead 03 528-6548.

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.

Mapua Social Cycling Group: “Wheels 2 Meals”. Approx 20 – 30km ride with coffee break at halfway point and no racing! Departing from outside the Golden Bear, Mapua wharf. When? Each fine Thursday @ 9:30 am. Anyone interested - just turn up with your bike, “Hi Vis” top and coffee money, or contact me by email wheels2meals@gmail.com

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

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