



## Motueka Coastal Bus is coming! Motueka – Tasman – Māpua – Richmond

Remember the Community Transport Project Survey that was in the paper last June?

Nelson Tasman Community Transport Trust (NTCTT) aims to create sustainable transport options for Tasman communities.

The NTCTT runs the Wakefield Community Bus and helped to set up and run our Māpua Willing Wheels voluntary drivers' service. Following the results of the resident survey the NTCTT is now setting up a Coastal Corridor Bus Service; a minibus link between Motueka and Richmond, via Tasman and Māpua.



The NTCTT is currently looking for a suitable 12-seater mini-bus to purchase, to be driven by local volunteer drivers. It is hoped that the Motueka Coastal Bus will run 3-4 times a week, leaving Motueka in the morning and returning after lunch. The timetable and fares are still to be finalised but a return fare from Motueka to Richmond will be in the region of \$10.00.

Seats will need to be pre-booked.

Please contact the Service Co-ordinator, Rachel Mason, if you are interested in becoming a volunteer driver, registering interest to book onto the bus or in joining our support group.

Email: [coastalcorridorts@gmail.com](mailto:coastalcorridorts@gmail.com) / Tel: 022 6822 373

## Moutere Hills RSA Memorial Library Māpua Community Library

**Lit Fest 2021 24-26 September** Excitement is building already! The programme and more information are posted on our website. Tickets are now on sale. Cash purchases from the library or Page & Blackmore, and online purchases via the link on our website.

**Book launch** Local author (and active library volunteer) Katherine Ballantyne-Kingdon hosted the official launch of her latest children's book '*Ollie and the Olive Pressing Team*' at the library on Saturday 26 June. The library had a lovely vibe; if you missed the launch, pop along to the Lit Fest on Saturday morning where Katherine and the olive press will be there for you to meet and have a chat with.

**Exhibition** Rob and Vanessa Lynch's bird photographs on aluminium, and paintings are worth a visit to the library. A stunning display.

**Motueka Community Store** Sincere thanks to Motueka Community Store for funding the purchase of new shelves to enable a bigger display of our Non-Fiction recent purchases. Your ongoing support is very much appreciated.

**Printer cartridge recycling** Unfortunately, this programme no longer generates any funds, but we will continue 'hosting' the recycling bin as a community service. Drop off your used cartridges to the bin in the foyer.

**Help with Reading/Writing/Spelling/Maths** This free programme has got off to a great start. We have been very lucky with the number and calibre of trained volunteers who have made themselves available for these one-on-one sessions in the RSA room at the library and do have the capacity to accept more adults/school leavers into the programme. For more information, please contact Judy Vaughan ph 03 5403161 or 027 5403163 or email [bvaughan@xtra.co.nz](mailto:bvaughan@xtra.co.nz)

### Open Seven Days (Except Stat holidays):

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

**Facebook:** Māpua Community Library.

**Major Sponsors:** Rātā Foundation, The Lion Foundation; Network Tasman, Tasman District Council.

# Being mindful with your money

Over thirty people braved the cold in Māpua to hear Barry Coates, Founder and CEO of Mindful Money, talk about ethical investing; *Money Matters - Making money a force for good*, an event organized by Local Matters, Motueka Greens.

Many people may think they do not need to worry about where their savings are being invested as they may have no savings anyway. But in reality, every individual who has a KiwiSaver account has savings, and can make an informed choice about where those funds are invested.



Coates has come from a background of working with World Wildlife Fund UK and being part of the British delegation as an NGO observer at the 1992 Earth Summit Conference in Rio de Janeiro. He cites this time as being really important to him:

*"...it was a formative time, a period when environmental issues, development issues, human need, ecological integrity came together in a way that they hadn't before...when developing countries were saying 'we can't deal with the environment unless we have some help', and the UN Framework Convention on Climate Change and the Convention on Biological Diversity were signed",* Coates said.

Coates went on to work for Oxfam NZ for a decade, primarily in the Pacific, and worked at Auckland University Business School setting up the Sustainability program. He received the Sustainability award from Sustainability Business Network and has been active on trade policy for many years.

After his year in parliament as a Greens Party MP (2016-17), Coates decided to set up an initiative on ethical investing. *"There'd been an ethical investment movement for years, but it had never really taken off into the mainstream, like it's time hadn't yet come... My idea on setting up Mindful Money was to say can we push this into the mainstream and make it popular here while still including a kind of repudiation of green washing and the lack of integrity that is often present",* Coates said.

Mindful Money, a programme of Sustainable Initiatives Aotearoa - a registered charity, is set up to empower New Zealanders to be responsible for how they invest their savings. The website provides objective information and research about KiwiSaver funds and other investment funds so people can know where their money is being invested.

A survey conducted in 2018 showed that most New Zealanders expected that their KiwiSaver funds would be managed *responsibly and ethically*. The survey identified barriers to responsible investing: lack of objective information, not enough time to research and compare the options, and the lack of credibility for ethical claims. *"Financial advisors will tell you about the returns you'll get from an investment but won't tell you about the impacts of your decisions on ecosystems or on people..."* Coates said.

The Mindful Money site is user-friendly. It has a Fund Checker that shows where your KiwiSaver or Investment Fund invest, and a Fund Finder to choose the funds that match your values. It gives an independent comparison of your options for investing.

A company is considered active in an investment sector (such as gambling or weapons) if at least 10% of the company's revenues come from that sector. Mindful Money's approach is to find the best match for the criteria of the investor, it is not about identifying the best or worst funds. Their methodology can be seen on their site.

Mindful Money does not own or manage funds and does not directly invest your money. It earns fees from the funds when investors use the platform to invest in those funds. The service is free to use and as a registered charity tax-deductible donations can be made to continue the campaign for responsible investment.

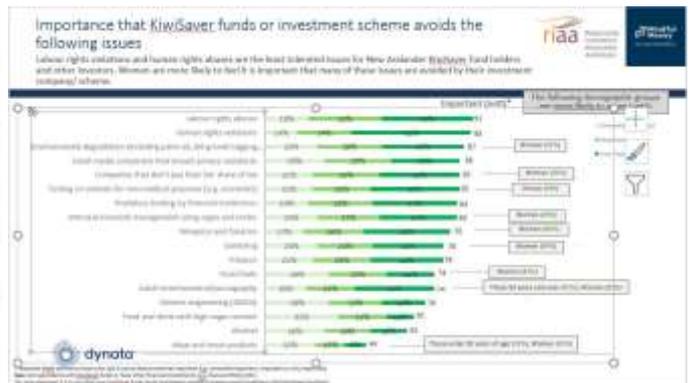
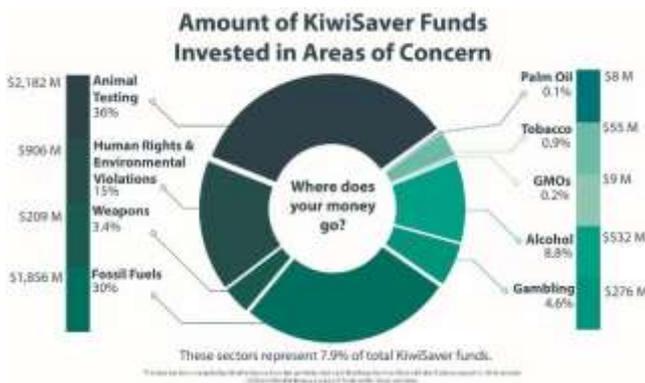
As Coates stressed: *"Of course the way you invest has consequences. We need to take notice of the impact of our financial decisions, the impacts our financial decisions have on sustainability ..."*

Mindful Money is a member of Sustainable Business Network and the Responsible Investment Association of Australasia.

Reporter, Fiona Nelson



*"Yes, the planet got destroyed. But for a beautiful moment in time we created a lot of value for shareholders."*



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## Pastel Artists Nelson

The winter months are a quiet time for our pastel artists, but some members were looking forward to having a weekend away to attend an Art Expo in Greymouth. Judy March had worked hard organising accommodation booking and places at the expo to display artwork.

On Thursday 15th July three cars were packed with lovely artwork and four of us were really looking forward to the break away. Unfortunately, when we saw the weather forecast on Thursday evening with red alert warning for heavy rain and winds for Greymouth and Westport a difficult decision had to be made and our trip was cancelled. It turned out to be a good decision.

We are lucky that we can still meet in our lovely hall and carry on with our artwork. If there is anyone in our local area who might be interested in trying pastel artwork, I asked some of our members why they like working in pastel to give a little insight to this art form:

Pastel is forgiving; make an error and it is lifted off with a brush or putty rubber. It can even be washed off with water.

I find pastels easy to set up on the kitchen table and clear away at the end of the day with minimal fuss.

I love the array of colours. It can be messy on your hands which get full of colour, but your picture appears through layers of colour.

Pastel pencils provide me with the ability to do highly detailed drawings in colour which no other medium can offer. Ideal for animal portraits.

I like to put my fingers in the pastel and move it around. Pastels can be layered to blend colours and achieve interesting textures.

I like to use pastels as my painting medium because they are so vibrant, versatile, tactile, instant, non-smelly and you don't have to wait for them to dry. I also enjoy being part of our Tuesday group as everyone is so friendly and happy to share their knowledge. Help is always on hand.

I love the choice of pastels to work different techniques e.g., hard pastels, soft pastels, pastel pencils, oil pastels and pan pastel that can be applied like paint using a foam sponge. Their use is never ending and so versatile.

*Julie Booth*

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# Book Reviews

## Unorthodox – the scandalous rejection of my Hasidic roots by Deborah Feldman

## The Music Advantage by Dr Anita Collins

### Unorthodox – the scandalous rejection of my Hasidic roots by Deborah Feldman

After watching and enjoying a series on Netflix called 'Unorthodox' a year or two back, I was keen to read Deborah Feldman's book on which the series was based.

My opportunity came recently, and I found the read as engrossing and interesting as the visual series; maybe more so due to the greater detail and insight into the author's thinking and feelings as she grew up in the very repressive environment of an Orthodox Hasidic Jewish community in Williamsburg, New York.

She tells her story in a clear and direct manner describing how her inquisitive mind and questions were constantly shut down by the restrictions in all aspects of her life imposed by the many rules and laws of the community. Like other fundamentalist religions, there were similarities in the experience of women and children – to remain hidden and submissive.

For Deborah, books although banned became her salvation and through them she learned of other worlds and ways of being in the writings of Jane Austen, Louisa May Alcott, Charles Dickens, and others.

The experience of an arranged marriage at 17 years and birth of her son at 19 years reinforced for her the need to escape from the confines of the community to enable both herself and her son the freedoms of education, belief, ideas, and life choices. She did this with the realisation it would result in loss of all family and community connection but courageously made the break and formed an 'alternative' supportive family through friends and colleagues.

She currently continues her writing career whilst living in Germany with her son.



### The Music Advantage by Dr Anita Collins

How learning music helps your child's brain and well being.

Dr Anita Collins is a music teacher and conductor at Canberra Grammar School and also an Associate Fellow of Music, Mind and Wellbeing at the University of Melbourne. She is an award-winning educator, researcher and writer about brain development and music learning and recognised for her work in translating the scientific research of Neuroscientists and Psychologists for parents, teachers, and students.

This book is essentially written to do just that. Aimed at the everyday reader, parent, teacher or student, Dr Collins helps to explain the world of Neuromusical research and how its findings can both reinforce and challenge what we already know and understand about music and music learning.

As with other Neurological or brain research, Neuromusical research has been greatly enabled by the technology of MRI, PET and EEG scans allowing the study of human brain function in real time.

Some researchers found that music processing set off more activity in the brain than anything else they had seen at that point. Also, when comparing a group of musically trained adults with a non-musically trained group, the musically trained group were able to complete a task with less brain activity and greater accuracy.

This raised questions about what came first: did music learning train the brain to work more effectively or did people with already efficient brains find learning music fulfilling and enjoyable?

Regarding babies and small children, understanding their auditory processing system and its importance in being the largest information gathering sense in the brain was quite transformative. This process was crucial in speech development and was learned by studying the effect of music on the developing brain. Children who learned to play a musical instrument also showed improved ability for learning to read and focus on task.

I found this to be an easy to read, informative and interesting book and would recommend it to anyone who not only has an interest in how the brain works, particularly regarding music, but also for the development of attention and resilience.

From parents who are wondering what clapping hands and singing to their babies does, to the teacher who may be searching for best ways to aid a young student struggling with reading. I think they would all find this read helpful.

Both the above books are held at the Māpua Community Library.

*Rachel Boon. Library Volunteer*

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## Māpua Craft Group

**A**t the Senior Moments lunch on 14th July, we were able to offer some of the cards we have made. \$110 was raised for Māpua Kai Collective which again gives to the community.

Elizabeth showed us some of the dolls and knitted animals that were made for the Operation Europe. These will be sent to Eastern Europe. To continue this worthwhile project, we would be grateful for any donations of Barbie dolls or wool.

Our August meeting dates are 6th and 20th of the month. You are most welcome.

*Barbara Halse 5403901*

# COMING UP AT



Fri 6th Aug:  
Anna's Cancer Cabaret  
fundraiser

Sat 7th Aug:  
Blues Music  
Day at The Granary

Fri 13th Aug:  
Nelson Big Band

Sat 21st Aug:  
Heart Kids Fundraiser  
90s Riot dance party

Fri 27th Aug:  
Craig Allot:  
Elton John, Crowded House

Fri 10th Sept:  
Paul Madsen  
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Mapua Boat Club

# Port Māpua Maritime Museum

The Maritime Museum was opened in 2002. It also serves as a multipurpose room and the information boards can be folded back against the walls leaving the space free for floor talks and other community and social events.

The Museum is managed by Māpua Boat Club volunteers who give their own time to ensure the smooth running and day to day management. The Māpua Boat Club, together with outside funding enabled the initial static displays to be built but unlike other local Museums, we do not ask for any annual council grant and our donation box ensures that we have enough finance to pay for various small upgrades.



The museum is located in the original Māpua Wharf building, one of the few historic working wharves remaining in New Zealand. It is the only place in the district which demonstrates the nautical history of our past; where the wharves, landings and jetties were, and the boats associated with the area. It is a pictorial presentation made possible by having the best early photographic record of any settlement in New Zealand.

The displays are a walk through the rich maritime history of Nelson and its coastline of Tasman and Golden Bay illustrating the early role Maori played, the trading and passenger vessels of the region and the cargo they carried. Worthy of note are the detailed panels of the Māpua region including the foundation of the village, the export

apple industry, and the history of the wharf. A collection of maritime memorabilia is also displayed.

The museum actively encourages voyages of discovery for children and seeking their engagement with interactive displays where they can learn about ropes and pulleys, how to tie knots and see the tide go in and out. Our latest installation is a ship which rotates on a false platform mimicking a ship's deck with a wheel and bridge. By turning the wheel, the compass also turns showing how ships navigated before satellites were invented.

The museum is open 7 days a week, 9am-4pm. Entry is free, but donations are welcome.

## Preliminary Notice of Annual General Meeting

7.00pm Wednesday 15 September

Māpua Boat Club rooms  
Māpua Wharf

Enquiries to Katrina Ballantyne, Secretary  
mapuabcsecretary@gmail.com  
0211393945

### Become a Māpua Boat Club Member

and become involved in our regular events for members and the community:

Boating Regatta, Photograph Competition, Kids Fishing Competition, Fishing Trips, Club Nights, Guest Speakers and most importantly - custodians of the wharf so kids and families can continue to enjoy what is the cornerstone of what makes Māpua such a great place to live.

PS You don't need to own a boat!

Enquiries: mapuabcsecretary@gmail.com

### Join us on Thursday night at our clubrooms

as our guest. Cash bar and free nibbles start at 5.30pm every Thursday night.

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★★★★★

**military wives**

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**Military Wives**

**Showing @ Māpua's famous 'Packhouse Cinema'  
 6:30pm Sunday 15<sup>th</sup> August**

"Military Wives" follows a group of women who're left behind on the home front in England while their partners are serving in Afghanistan. Using the joy of music to help them cope with the absence of their partners, Gareth Malone a world-famous choir master assists the women to organise the very first military wives' choir.

Managed by Kate (Thomas) and Lisa (Horgan), who possess extremely conflicting personalities and objectives, the choir steadily acquires widespread media attention that results in the formation of an influential global movement.

Cattaneo's film focuses on the relationship shared between these women, each of whom have their own burdens to bear in the face of such uncertain adversity. Much of the film's strength comes from the sincerity of the performances, particularly leads Kristin Scott Thomas and Sharon Horgan, who clash repeatedly throughout the film.

Tunnard and Flynn's screenplay accomplishes a combination of both humour and tragedy in a way that never feels superficial, and although it is clear to see where it is all going to go, it's difficult not to become invested in the journey.

Military Wives is a heartfelt film that is both uplifting and emotional, with standout performances and a truly brilliant final song. I think you are really going to enjoy your night at the movies.

# Ruby Coast Running Club

This past month saw quite a few new members join our merry band of runners and walkers. Welcome!

Not a lot of events on offer during the winter months but the Monaco Midwinter Marathon held on the winter solstice (or nearest weekend date) saw several of our gang putting their best feet forward.

Some ran in teams of two: Matt Brock and Sarah Lane, Gus Scott and Mark Lane, and Karen Welsford and Steven Stewart.

Others took on the full marathon: Gus Scott (also leg one for a team) and Faye Greer. Well done to Faye on her first ever marathon. I don't think she has stopped running since.

Of course, there are the weekly 5ks held every Thursday night. We meet at the Māpua Domain with walkers starting at 5:15 and runners at 5:30. You would think with the dark and the cold and sometimes wet that very few would turn up, but we are a determined bunch and have had a nice turnout each week.

I want to thank the Sprig & Fern for hosting us afterwards each week. The best curly fries and pint going!

So, if you fancy a test run with us, rock on up on Thursday; it is a lot of fun. For more information find us on Facebook Ruby Coast Running Club or contact Debbi on 027 327 4055.

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 & the Rata Foundation & Lotteries Commission



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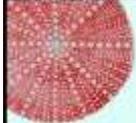




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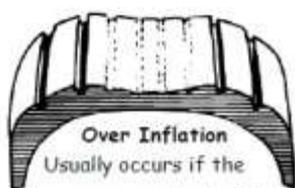
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## Tyres - How to read tread wear

The way your tyres wear is a good indication of what's happening in other parts of your vehicle. Abnormal wear patterns are often caused by the need for simple tyre maintenance or a wheel alignment. Learning to read the early warning signs can prevent wear that shortens the tyre's life or indicate the need to have other parts of the vehicle serviced.

Tyres should be inspected in three ways:

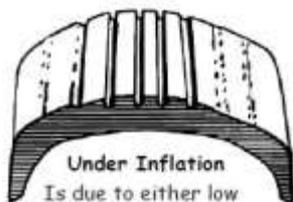
1. Visual examination of all four tyres.
2. Feeling the tread by hand to detect wear such as feathering.
3. Checking all four tyres with a tyre pressure guage.



### Over Inflation

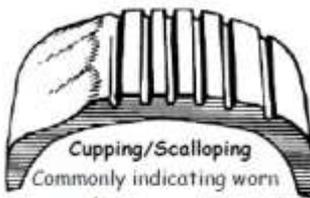
Usually occurs if the

Air pressure is too high but can occur if a tyre is too wide for the rim.



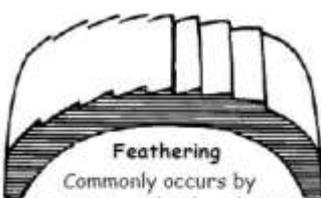
### Under Inflation

Is due to either low air pressure or incorrect wheel alignment which could be due to bent or worn steering components.



### Cupping/Scalloping

Commonly indicating worn or bent suspension components that require replacement followed by a wheel alignment.



### Feathering

Commonly occurs by incorrect wheel alignment which may be the result of worn suspension bushes.



### One Sided Wear

This can be due to excess suspension camber causing the wheel to lean inwards or outwards and requires a wheel alignment to correct.



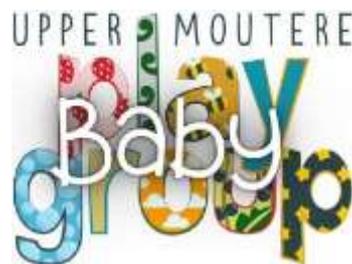
### Bald Patches

Appear when a wheel is out of balance. If left unattended the life of the tyres, bearings, shock absorbers and steering components will wear prematurely.

If you suspect your tyres are wearing abnormally, do not delay to have it checked by a professional.

Happy & safe motoring  
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From July 28th, Upper Moutere Playgroup is expanding its hours of operation to incorporate a new Wednesday session between 10am and 12pm catering specifically for parents and babies.



Early this year, leaders of the playgroup identified a need in the Moutere community for somewhere that could hold a space for new parents to feel nurtured, valued and supported during this time of great physical and emotional transition.

In 2020, mothers birthed their babies in various stages of lockdown, social distancing and closed borders, which presented new challenges for rural families who may already have felt isolated from the opportunities available in Richmond and Motueka. The baby play sessions aim to provide the missing 'village' of support that is often said to be needed to raise a child.

We have engaged Sophie Jackson, who has many years' experience working with babies and mothers in early childhood settings. She will support families by inviting them to share their birthing, parenting and breastfeeding experiences with others.

The baby sessions aim to enrich the life and development of infants by providing high quality, age-appropriate toys and activities. It is a safe place where everything is provided for free, where families will be encouraged to connect with others and relax in a trusted space.

"Support to mothers in the first 1000 days (after birth) gives families better capability to raise secure, resilient and adaptable children" \*

Playgroup believes that healthy families are the foundation for our future, and we are committed to investing time and money into improving the wellbeing of our local community.

\*'Who Hold our Mothers?' Booklet released by Mothers Matter NZ

Upper Moutere Playgroup also holds regular Friday sessions, which enjoy newly upgraded toys and furniture and have use of the community centre's sports hall. Preschoolers are offered a range of opportunities to explore in their own way and at their own pace and of course, to have fun with others.



## Suzie Brosnahan Celebrant

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# MDCA Meeting July 12th, 2021

**DRUG AND ALCOHOL ADDICTION/ABUSE IN 2021** was this month's 'Hot Topic' which was ably led by Carla Lane, Specialist Addictions Clinician at Nelson Marlborough Health, and Community Constable Grant Heney. This concern had been raised by a member last year and we wanted to know what the facts were and as a community what to look out for and what we could do.

Grant Heney shared that in his 24 years as a Community Constable, alcohol has proven to be the worst drug around our region given how easy it is to access and how it continues to cause a high number of personal and family harm incidents.

Cannabis, although easily grown and inexpensive, does not usually have the same aggressive side effects, and behaviours are more mellow. It is however more detectable given its pungent 'smell' and we might detect a dealer through an increased number of cars/visitors coming and going from a property.

He believes however, Methamphetamine [Meth], is a growing issue in our community. Dealers usually work from home and via cell phones, arrange fleeting meetings in public places like cafes or carparks to hand over supplies – mostly in small crystalized ['ice'] or powdered amounts. Concerningly it is easier to purchase in NZ than cannabis and some dealers are lacing cannabis with 'Meth' to 'hook' users.

Although hard to detect, 'Meth' changes the way people's brains function; they may become fearful, paranoid, lose weight, have mood swings, and are often frenetic and awake long hours.

Carla Lane explained she reports to the Court around offending and noted that substance abuse underlies many of the cases now heard. Alcohol affects the amount of underlying violence but with the rapid increase in 'Meth' use, the behavioural implications are wider.

### **So why is 'Meth' so addictive?**

Any stimulant increases the amount of dopamine produced by the brain; [*Dopamine gives us the drive to do things*] whether it be through exercise, coffee, comfort food, sex, alcohol or opiates. 'Meth' produces 1200 times more dopamine than normally produced by the brain and because it is neuro-toxic has the effect of also shutting down the frontal lobe of the brain – the thinking part which makes decisions - and instead, enhances the risk-taking, emotional, middle part of the brain increasing the risk of violence and suicide.

It is often harder to detect visible signs of 'Meth' users but because the drug is so expensive in NZ, and given the addictive nature of 'Meth' it leads to associated crime such as dealers taking users vehicles, mobile phones etc. Sometimes signs are subtle; things going missing, borrowing but not returning items, or fabricated stories re the need to borrow money.

Carla informed us that NZ's usage of 'Meth' sits 2<sup>nd</sup> or 3<sup>rd</sup> in the world but not all substance abuse users are obvious; it is affecting all strata of society. Current research has found that 9/10 users have experienced significant trauma in the past and their brains are more susceptible to

drugs and especially if they start using before 14/15 years of age.

Because of the addictive nature of 'Meth', A&D services find approximately a third of patients keep 'using' while others often take five years of treatment before the brain returns to normal functioning.

Workplace drug testing was supported by our speakers who commented that it has in some cases been found to encourage a 'user' to give up their habit with the fear of losing their job, while others who have been caught, being successfully referred for treatment.

Their advice? Keep aware of our community and especially our families. They are often targeted by dealers who cannot get payment from the user. The impact on them is often the best indicator of usage and when we see families are struggling, check if we can help. How might we do that? The 24-hour Alcohol & Drug Helpline on 0800 787 797 is a good place to start.

*The full recording of this presentation is available on MDCA's Facebook page.*

### **MDCA QUICK UPDATES:**

**Mayor Tim King** Attended the early part of the meeting and spoke briefly on the LTP adoption and the pending Future Development Strategy. Consultation expected before Christmas.

**Māpua Growth** Following on from Jan Heijs's '*Māpua Growth*' presentation to the MDCA and his article in the Coastal News last month, Councillor Ogilvy invited him to consider delivering his presentation to the wider Council and TDC staff. Jan will also prepare a motion of support for the MDCA meeting in August to consider.

**Playground** Although still to be completed, positive feedback received with observations of increased use.

**Community Hub** The extensive Community Directory is now posted on the MDCA website. To ensure currency of the 120+ listings the Community is asked to inform MDCA if/when information or contact details change.

**MDCA social media 'engagement'** Each month usage continues to grow, e.g. 113 had engaged to find out more about this month's A&D presentation and 233 had engaged with the site after '*Younger Person's Views of Māpua*' panel in June.

**TDC briefing/report** This month's report includes an update on the Waimea Dam and climate change initiatives. These reports are posted on the MDCA website each month.

**Community Service Awards** TDC are calling for nominations of our unsung heroes who often work under the radar and in the background keeping the wheels of numerous community groups and organisations turning. Nominations are available on the TDC website: [www.tasman.govt.nz](http://www.tasman.govt.nz) and close at the end of August.

MDCA Constitutional changes to be voted on at AGM.

Check out the MDCA website and to make sure your vote counts, ensure your annual membership is current by

*Continued on page 11*

Continued from page 10

simply paying \$10 to NBS account 03-1354-0356471-00 with your name and phone number as reference.

**AGM: August 9th, 2021.** New members welcome.

Have you been thinking this is your year to join your local community association? Maybe the Exec team? New members are always welcomed.

Email: [info@ourMapua.org.nz](mailto:info@ourMapua.org.nz) to gain either a membership or nomination form.

Full minutes of the meeting are available on MDCA website [www.ourMapua.org.nz](http://www.ourMapua.org.nz)

*Esmé Palliser, MDCA Exec*



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## Māpua Fire Brigade



### June to July 2021 call outs

9 June 19:31 Smoke filled house Coastal Highway near Robinson Rd; turned back. Smoke from cooking.

19 June 22:51 Alarm activation Bronte Rd; no action needed.

21 June 18:23 Alarm activation Upper Moutere Community Centre; no action needed so turned back.

30 June 13:44 A car, motor bike and a dog accident SH60 near Dominion Rd. Minor injuries. Dog ran out onto highway.

2 July 16:43 Possible house fire Motueka; just a big fire in fireplace so turned back.

12 July 12:57 Vegetation fire, Moutere Highway near George Harvey Rd; controlled burn so turned back.

13 July 11:30 Missing child near Kina; stood down as child found.

**Calls this year: 35**

### Safety Tip – Be safe.

Clean ice off vehicle windows, travel slowly in known icy spots.

Never leave cooking unattended.

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

**For fire permits** go to: <http://www.checkitsalright.nz>



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# Our latest adventures...

JULY / AUG 2021



## Planting project brings generations together at Waimeha Inlet

As part of the July Holiday Programmes, tamariki spent the afternoon planting with members of Rotary at the Waimeha Inlet. The holiday programme aimed to weave nature connection activities throughout a week of fun outdoor adventures for 7-12yr olds, as part of the wider Kaimahi for Nature Project at WIO funded through **Jobs for Nature**. "When tamariki enjoy getting their hands in the whenua (land), and can see that their mahi for the environment is valued by our local community, they are developing into strong citizens who will love and care for nature into the future", says project lead, Dana Carter. Thanks to the **Waimeha Inlet Resoration Group** for their help, and to the **Tasman Environment Trust** for their support in making this special day happen. It was a highlight for many of the tamariki & the instructors too!

## Fun Adventures had on July Holiday Programmes!

We had lots of fun with the tamariki who attended our July Holiday Programmes. There were days caving, exploring the beach, kayaking on the inlet at high tide, collecting of kai moana, story-telling, damper-making & tower climbing! The clear days meant for crispy cold mornings but beautiful fine days. A big thank you to the **Rātā Foundation**, **Sport Tasman**, **Department of Internal Affairs**, **McKee Charitable Trust** & the **Māpua Ruby Bay Community Trust** for supporting these opportunities for our local tamariki!

## Thanks to UMO Fire Brigade for helping our Trades students

It is fantastic to have the support of the local volunteer fire brigade on our Uniformed Services Programme. They welcomed students along to their training nights which included making portable dams, running pumps & waterways. It's a real highlight for our students that they get to connect with volunteers & active members of the community to develop real skills that can be used towards Civil Defence, Police Force, Fire & Emergency & Paramedic/First Aid pathways. If you're keen to find out what other Trades Programmes are on offer through WIO, check out our website: [www.wio.org.nz](http://www.wio.org.nz) or chat to your Trades Coordinator at school.

## Our Gear Shed is getting a Makeover

Thanks to the **Tasman District Council** we now have another section of our gear shed tidied up with a brand new concrete floor - it makes the world of difference! Not only to instructors, but also to students, as the shed allows us to store outdoors equipment and personal gear needed on our programmes. We often provide packs, jackets, boots & thermals to ensure there are no barriers to participation.

## Outdoor Wanderings: Mt Arthur Hut

Often overlooked as a winter trip, this is such a neat walk to do on a clear winter's day. Starting from the high elevation of Flora car park, you are quickly in the mountains and not far from snow! The uphill walk will quickly warm you up, and if you're lucky there might be icicles to snap off on the way. For those prepared for a winter adventure you could even overnight at Mt Arthur Hut.



Tamariki on our holiday programmes planting with Rotary club members



Having fun abseiling the tower on the Kaitiaki Kids Holiday Programme

*We'll see you out there!*

    
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## Tasman Church - Wonder

'Tongues in trees, books in the running brooks, sermons  
in stones, and good in everything.'

*Shakespeare*

When you spend a fair bit of time out in the hills, amongst the trees and mountains or alongside rivers, you cannot help but begin to wonder about all of life. There is so much of life going on all around and I think that was what Shakespeare perceived when he wrote of the forest of Arden in the above quote.

The Māpua Literary Fest is coming up in September and, as one of the local authors sharing at that event, I thought it might be timely for this Pastor, and 'hunter-author', to share something from one of my books as part of the usual piece on behalf of local faith-communities.

This from "Hunting Adventures" Chapter 12:  
Favourite Things

(The writing had come around to thoughts concerning how I deliberately factor in decent chunks of 'time-out' when out in the wild places and the need for 'checking-in' and keeping alert to the things that really matter, while re-charging my personal enthusiasm and energy.)

*"I think the reason I like this personal or solitary time and the ridge-top experiences mentioned in this chapter, is that they are times and places where I am more 'still' and my mind wanders naturally to special moments with God.*

*When I was young, my parents used to sing a song with some lyrics that have stuck with me.*

*"The stars are the candles, and they light up the mountains; mountains are Alters of God. Oh, the place where I worship is the wide-open spaces . . . built by the hand of the Lord."*

*I have found mountains and the wilderness to be spiritual places for me. I cannot ignore God while I'm out there. He is everywhere.*

*The Bible says in the book of Romans, Chapter 1 verse 20.*

*"From the time the world was created, people have seen the earth and sky and all that God made. They can clearly see his invisible qualities, his eternal power and divine nature. So, they have no excuse whatsoever for not knowing God."*

*I became a Christian because of the time I spent amongst all this magnificent creation; seeing the design, the intricacies, the artwork and grandeur of it all . . . and at times mulling over life's Big Questions as well. God was closer than I ever thought, waving out almost. A view of all things settled into place. There seemed to be a God-shaped 'vacuum' in me that has only ever been addressed by this relationship with the Creator."*

In Mountains of the Mind: Adventures in Reaching the Summit, Robert MacFarlane wrote 'By speaking of greater forces than we can possibly invoke, and by confronting us with greater spans of time than we can possibly envisage, mountains refute our excessive trust in the man-made. They pose profound questions, about our durability and the importance of our schemes. They induce, I suppose, a modesty in us.'

I have no doubt that we all need this proper sense of proportion and who we should be in awe of instead. And such a 're-set' will flow into the dynamics of our life, our grateful worship, and our service within these local Ruby-Coast communities.

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# MĀPUA HALL NEWS

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## Regular Weekly Activities at the Māpua Hall



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9.15 am</b> Yoga with Charlotte	<b>9 am</b> PANZ Pastel Artists of NZ	<b>8.30 am</b> Aerobics with Lynda	<b>9.30 am</b> MAG Art Group <small>Māpua Art Group</small>	<b>9.15 am</b> Aerobics with Lynda
<b>9.30 am</b> Superb Dance <small>with Hilary</small>	<b>9 am</b> Sioux Line Dance	<b>9.15 am</b> Yoga for Healthy Aging <small>with Nikki</small>		<b>9.30 am</b> Superb Dance <small>with Hilary</small>
<b>3.30 pm</b> Ballet 3-4yrs <small>with Kerry</small>	<b>10 am</b> Mapua Creative Fibre <small>2nd Tue of Month</small>	<b>9.30 am</b> Pilates with Lynda		<b>10.15 am</b> Pilates with Lynda
<b>4 pm</b> Ballet 5-7yrs <small>with Kerry</small>	<b>2:00 pm</b> Chair Flair with Hilary			<b>10.45 am</b> Yoga with Martin
<b>5.30 pm</b> Broga Men's Yoga <small>with Nikki</small>	<b>6 pm</b> Aerobics with Lynda	<b>1:30 pm</b> Tai Chi	<b>3:30 pm</b> Fun Creative <small>with Rachel</small>	<b>2 pm</b> Friendship Group <small>3<sup>rd</sup> &amp; last Friday of the month</small>
<b>6:30 pm</b> Māpua Hall Society Committee meeting <small>Meeting 3<sup>rd</sup> Monday of month</small>	<b>5.30 pm</b> Yoga with Martin			<b>6.30 pm</b> YOUTH GROUP <small>Most Fridays</small>
<b>7.15 pm</b> Māpua & District Community Assoc. <small>Meeting 2<sup>nd</sup> Monday of month</small>	<b>7 pm</b> Pilates with Lynda		<b>7.00 pm</b> Māpua Community Choir	
	<b>7.30 pm</b> Swing Zing			

### This month

- Wednesday 11th August Sprig & Fern Quiz
- Saturday 14th August FOMS Clothing swap

### Packhouse Cinema

- Sunday 15th August

Come along on the third Sunday of every month: Tickets \$12 at the door: BYO chair and snacks: Doors open at 6.15pm.

### E-Newsletter

For monthly updates from the Hall community sign up to our E-Newsletter Just visit our website and click on 'Newsletter' on the home page.



## Hall Society News August

The Friends of Māpua School (FOMS) are hosting the ever popular **Clothes Swap** on **Saturday 14th August**. As a joint fundraiser for the School and the Hall, the Māpua Hall Society will run the bar so please come along and show your support. Entry is \$10 with minimum of 3 quality garments, tickets and clothes drop-off at Māpua School (under the tree) 2.45pm on 2, 6, 9, 12 & 13 August or email foms@mapua.school.nz

The winter **Māpua Market** at Māpua Hall is on **Sunday 29th August** from 10am-2pm, rain or shine this is a lovely day out with plenty of our favourite stalls.

On Sunday 8th August Restorative yoga with Nikki returns and new to Māpua "Swing Zing" continues for another season!

Check our **Facebook** page for August Packhouse Cinema details as soon as they are released and follow us for all our event updates.

[www.MāpuaHall.org](http://www.MāpuaHall.org)





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# Māpua Health Centre news

We are very fortunate to have Dr Antonia Mead joining the practice; she is working half days on Wednesdays and Fridays and all day on Thursdays. Antonia is originally from nearby Golden Bay and has spent time working at Nelson hospital and as a GP in Richmond. She has a special interest in women's health having completed a postgraduate training in this area via University of Otago.

We also welcome India who is a final year medical student undertaking a four-week GP attachment.

We have recommenced our evening clinics with Dr Andre Bonny, and these are held on Tuesdays from 6 – 8.45pm, by appointment only.

We also have the option of telephone or video/zoom consultations available with all the GP's, which can be useful in terms of saving travel time and inconvenience, as well as helping to avoid coming in to contact with or spreading infectious diseases.

Dr Tim Phillips is temporarily holding minor surgery clinics at the health centre on Wednesdays and Thursdays while preparing to move into private rooms beside Māpua pharmacy.

We are starting a free COVID-19 vaccination programme from the beginning of this month which will initially focus on those over the age of 60 and continue over the next few months to include younger age groups. Registered patients will receive notification to arrange appointments.

If you have registered and activated your access to our patient portal (ManageMyHealth) you can now view most of your consultation notes dated after 1 July 2020. This is a great way to refresh your memory about any instructions or advice that you have been given by your GP, changes to your medication doses, plans for ongoing treatment, etc. You can also arrange for prescription renewals, make your own appointment, check your lab results, and send messages.

The August calendar includes Iron Awareness Week. Iron deficiency is not necessarily the consequence of low intake but can also be the result of various medical conditions (from chronic renal failure to coeliac disease, gastrointestinal blood loss), heavy periods and excess intake of zinc (which hinders iron absorption). Iron-deficiency anaemia is a serious problem in the developing

world due to a limited food supply, while in Western countries it can occur in people who follow restricted calorie diets to lose weight.

Iron intake is most easily achieved with eating meat but can also be managed by consuming healthy iron-rich vegetarian foods in combination with vitamin C-rich foods (such as citrus, broccoli, bell peppers etc.) in the same meal will improve iron absorption. The bio-accessibility of iron from whole-grains (such as brown rice, quinoa) can also be increased by garlic and onion. As little as one thin slice of onion can significantly increase iron absorption.

Drinking tea and coffee with meals can impair iron absorption so try to avoid those, however, the good news is that vitamin C can overcome the effects of iron inhibitors such as phytic acid, polyphenols, calcium, and milk proteins.

It is also Daffodil Day this month in support of the Cancer Society. A recent review of studies and meta-analyses found "convincing evidence" of a lowering of colon cancer risk with less alcohol and red meat and eating diets high in dietary fibre, including adherence to a Mediterranean diet, a pesco-vegetarian or semi vegetarian diet. (*JAMA* February 16, 2021).

An earlier study found that highly processed foods may raise overall cancer risk and that even a 10% increase in the proportion of ultra-processed foods, such as dehydrated soups, processed meats, biscuits, and sauces, in the diet was associated with an 11% increase in overall cancer risk. Conversely, a diet consisting mostly of fresh or minimally processed foods, including fruits, vegetables, pulses, rice, pasta, eggs, meat, fish, and milk, was associated with a reduced risk for overall cancer and breast cancer (*BMJ*. February 14, 2018).

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

- 1-7 World Breastfeeding Week <https://worldbreastfeedingweek.org>
- 9 International Day of Indigenous People [www.un.org](http://www.un.org)
- 12 International Youth Day [www.un.org/en/events/youthday](http://www.un.org/en/events/youthday)
- 28 Daffodil Day – CancerSociety NZ [www.cancersociety.org.nz](http://www.cancersociety.org.nz)
- 23-29 Iron Awareness Week [www.ironweek.co.nz](http://www.ironweek.co.nz)



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# Hills Community Church

Over the past five years Hills Community Church and the Māpua Community have been blessed to have Mark Waweru with us as church and community youth pastor.

Mark came from Kenya for this role and five years later is now married, and is dad to a beautiful baby daughter Subira, which means patience in Kiswahili.

Mark's role with us, has recently come to an end, and he has taken up a youth role with another Nelson based church.

Mark has been an amazing mentor and support to the youth of our community, and his presence will be greatly missed. As a church, and as a community we want to wish Mark, and family, many blessings in the next steps of their journey.

We also want to thank the community for supporting the Friday night community youth club at the Māpua Community Hall, and the Monday after school club for intermediate age youth. We are committed to continuing to offer these or similar programmes and are currently advertising a part time youth leadership role. The Friday night youth club will temporarily pause while we fill the position.

## Hills Community Church

"Creating a community of Hope Compassion Courage"

### Sunday Morning Services

9 am Traditional service

10 am Morning tea

10:30 am Contemporary service and children's programme

**Every 1st Sunday-5-7pm Whānau Space:** All ages with food, fellowship and fun

**After school kid's club:** Years 6 to 8 Mondays at Hills Community Church 3-4pm

[www.hillscommunitychurch.org.nz](http://www.hillscommunitychurch.org.nz) or phone 540-3848

*Rev John Sherlock 021 0707 276*

## MAPUA COMMUNITY LIBRARY

TASMAN ADULTS: NEED SOME EXTRA HELP WITH READING, WRITING OR MATHS?

We are offering a free, private space within our library to be used for helping adults with 1:1 teaching. We will assist with matching up students with trained tutors.

Please call Judy Vaughan for more information on 027 5403163 or email [bvaughan@xtra.co.nz](mailto:bvaughan@xtra.co.nz)

## August. EVENTS TO LOCK IN

### LUNCH & LEARN—AUG 4, 12—1.30pm

We are excited to welcome Frank Witowski who is the founder and CEO of Stoke based Hybrid Bikes. Frank is a serial start-up entrepreneur. Hybrid Bikes is his third start-up. The German engineer who describes himself as a strategic thinker will talk to us about clever marketing. Join us for a lunchtime of great networking, inspiration and support with Frank Witowski. SPACES LIMITED.

Book through [www.ntbt.co.nz/event/lunchlearninmapua](http://www.ntbt.co.nz/event/lunchlearninmapua) for this free event or email Kirsten at [mdba@mapua.co.nz](mailto:mdba@mapua.co.nz).

### BUDDY UP BUSINESS —AUG 18, 6pm – 7.30pm, The Playhouse

MDBA, Nelson Tasman Business Trust, Nelson Chamber of Commerce, NRDA, Our Town Motueka and Richmond Unlimited are co-hosting a superb networking event for like-minded business people to network, share stories and work together in these unprecedented times so we can become a strong, healthy business region that flourishes for years to come. Book your space to this great FREE event by Friday 13th August.

If you would like your business profile showcased contact Kirsten today by email at [mdba@mapua.co.nz](mailto:mdba@mapua.co.nz).

Till next month, keep warm and see you at the Lunch & Learn event on the 4th.

## HYBRID BIKES



Enquiries about becoming a member of the MDBA, email us on [mdba@mapua.co.nz](mailto:mdba@mapua.co.nz). **Stay Local—Support Local—Shop Local—Eat Local**

## NEED MORE LOCAL MAPS OR DIRECTORIES?

Contact Kirsten via email [mdba@mapua.co.nz](mailto:mdba@mapua.co.nz) and she will organise distribution to you. If you are a member and need more you can have up to three copies at no charge, then just \$9 a copy for more.

## NEW MEMBER UPDATE— NEW MEMBER UPDATE



Here at Better Bodies we believe Everybody is Better with Bowen! Better Bodies helps those living with pain and other stressors using the Bowen Technique. Bowen helps ease pain, relax the body and restore balance. Bowen can assist with many ailments including back & neck pain, tennis elbow, foot issues, stress and chronic pain to name a few. Many people are drawn to Bowen because of its gentle approach. Check out our website for further details [www.betterbodies.nz](http://www.betterbodies.nz). Better Bodies is owned and operated by Suzanne Clark and located in a lovely rural setting on Chaytor Rd, Upper Moutere. She is a professional member of Bowen Therapy NZ. Appointments can be booked online via website or by phoning Suzanne.

Follow Suzanne on Facebook @betterbodiesmapua. P: 021 141 4937

E: [bowen@betterbodies.nz](mailto:bowen@betterbodies.nz) W: [www.betterbodies.nz](http://www.betterbodies.nz)

Opening hours: Mon & Wed 8am - 5pm, Tues & Thurs 7.30am - 7pm, Friday 8am - 2pm

**Supporting Local Businesses since 1992**

# Noticeboard

**Storage** wanted for vintage car. Only occasional access required. Bruce 027 375 7590

**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. All the info you need can be found at [www.tasmandippers.nz](http://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

**Māpua Craft Group:** Meetings may change this year so please contact Julie Cox 0277418575 or Barbara Halse 5403901.

**MATHS TUTOR** - Experienced High School maths teacher available for individual tuition. \$30 for 45 minutes. First lesson free. Jane 021 02972934

**Stamp Collectors** - anyone interested in forming a group or having their collections evaluated – contact Nick Ferrier 021 688243

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

**Māpua Friendship Club:** a young-at-heart group meet 3rd and last Fridays, Māpua Hall for indoor bowls & bring-a-plate tea, + occasional outings. \$3 door fee, 20¢ raffle. Contact Valeri 540-3685. Lunch at the Apple Shed Māpua on the 20th

**Māpua Art Group** meets Bill Marris Room Māpua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media. \$5 incl morning tea. Tables, chairs, easels provided. Barbara Glass 027 443 1121

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

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

**Kidz 'n' Koffee playgroup:** Wednesdays 10-noon, Hills Community Church (during term time). All parents & carers welcome, we cater for 0-6 yrs. \$2 don/family. Make new friends. Info: Verena 027 435 1932.

**Taoist Tai Chi:** gentle meditative-style movements improve flexibility, balance and relax the mind. Wednesdays 1.30-3.00 pm, Māpua Hall. All welcome. Enquiries 027 443 1121

**Women's Recreation Group** - meets outside Māpua Mall Thursdays. Leaves 9.15am for 1½hr walk. Route varies. Join us whenever you can. Some members cycle. Lynley 540-2292.

**Re-cycle Printer Cartridges** at the Library. Printer & Photocopying cartridges accepted. Reduce waste, raise funds for the Library. Two good reasons!

**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

**Toy Library:** extensive selection of toys, puzzles & videos for children 0-5yrs. Māpua Hall every 1st & 3rd Tuesday, 10-11am & 6.30-7.30pm, 1st & 3rd Friday 3-4pm. [mapuatoylibrary@gmail.com](mailto:mapuatoylibrary@gmail.com)

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

**Ruby Coast Walking Group** meets 9.30am Wednesdays by Tasman Store. Walk 1½ hrs then coffee & muffins back at the Store. All welcome. Fiona: 021 232 6089 for more info.

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

**RSA:** Anyone interested in joining Moutere Hills RSA is welcome. No former service history required. Great platform to catch up & meet new members. Nic Poultney 021 220 3920 or 548-4420

**Daytime Book Group:** Meets first Tuesdays 9.45am. New members welcome. Gaye 03 526 6827

**Toastmasters:** Like to speak with more confidence? Motueka Toastmaster Club meets every 1<sup>st</sup> & 3<sup>rd</sup> Weds, 6.45–8.30pm, 15 Courtney St, Motueka. Please come along to a meeting, no obligations. Info: Dave 027 538 0059.

**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](http://Seniornetmotueka.org.nz)

**Tasman Golf Club** welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Info: Jim 022 096 6067 & Lyndal 03 526 6819, [teeup@tasmangolfclub.com](mailto:teeup@tasmangolfclub.com)

**Coastal Stringers** Ukulele group: beginners welcome. Fridays, 1.30~4pm Boat Club rooms on the wharf. Just turn up & join us for some fun! Info: Colleen 540-3010, Diane 540-2627.

**Coastal Garden Group** meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 970 0565

**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

**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 526-6707

**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](http://www.tasmancommunity.org.nz)

**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](mailto:secretary@nelsontroutfishingclub.com)

**Friends & Neighbours:** Varied programs of interest, friendship & good morning tea. Third Fridays 10:30 - 12:30pm at Tasman Bible Church. Info: Jane 526-6709.

**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.

**Coastal News:** to see it in colour download the pdf from [www.coastalnews.online](http://www.coastalnews.online)