



The Only Constant in Life is Change

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

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

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

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

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

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

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

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

So remember this: www.coastalnews.online

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

Tradition of Matariki Explained

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

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

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

Roads and Pathways

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

TDC Long Term Plan submission, summary and correspondence

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

Waterfront Park

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

Environmental Issues

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



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

Civil Defence

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

Resignation

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

AGM Reminder

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

Next Meeting

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

Richard Ewbank

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

Arbor Day Success for Mapua School

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

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

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

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

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



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

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

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

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

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

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

David Mitchell

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Lynda's Exercise Classes in the Mapua Hall.

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

Note winter start times.

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Tuesday	7.05pm – 7.55pm	Pilates <i>(all levels, beginner to advanced)</i>
Wednesday	9.15am – 10.05am	Aerobics <i>(the old-fashioned dance-around and sing-along kind)</i>
Wednesday	10.15am – 11.05am	Pilates <i>(all levels, beginner to advanced)</i>
Thursday (Wakefield)	9.15am – 10.05am	Aerobics <i>(the old-fashioned dance-around and sing-along kind)</i>
Thursday (Wakefield)	10.15am – 11.05am	Pilates <i>(all levels, beginner to advanced)</i>
Friday	9.15 – 10.05am	High Intensity Interval <i>Training, rotating with Step-based toning & Strength training or Pre-Exhaustion training every now & then.</i>
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The Wakefield Apple Fair organising committee wishes to thank the following local businesses who generously provided sponsorship and support, and the many volunteers and community groups who gave up their time to make our 2018 event possible.

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Replanting Takes a Break

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

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

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

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

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

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

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

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

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

Gill Bartlett

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

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

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

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

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

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

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May to June call-outs

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

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

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

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

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

Calls this year - 37

Safety Tip: Don't Drink and Fry
Take care when cooking, especially when using fat or oil, and always keep the pot lid handy. Never use water to put out a fat fire
Never leave cooking unattended
Avoid cooking after drinking alcohol – dial for a meal instead.

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

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Mark Theobald, SO/Secretary

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PANZ

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

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

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



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

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

Gloria Anderson



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Mapua Health Centre

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

There are several important national events this month, including:

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

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

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

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

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

The patient portal service ManageMyHealth has been up and running for over two years and we encourage you to make use of it if you are not already familiar with it. This is a web programme that allows patients to have access to their own medical notes. The information-sharing system has been carefully designed to ensure full privacy and security. At present registered patients can review their lab results, request repeat prescriptions and make doctor appointments, although more functions will be added over time. If you want to know more please check with the receptionists.



Postal Delivery

We can post you the *Coastal News*. Post \$20 with your name and address to *Coastal News*, PO Box19, Mapua Store, 7048, or email coastalnews@mapua.gen.nz

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

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



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Member of Skin Cancer College of Australasia



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Mapua Craft Group



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

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

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

Barbara Halse, phone 540-3901.



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11am - 3pm 28th & 29th July

Moutere Hills Community Centre

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fill out a form on our website:

www.mapuahall.org

'Hall Info' tab — Membership

It's only \$15 per person annually

*Additional donations gratefully
received!*

Mapua Hall Committee 2018/19

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

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

So the hall committee for 2018/19 is:

Executive:

Chair: Su Smith

Vice Chair: Ross Lovell

Treasurer: Reinhard Gebhard

Secretary: Sue Lockhart

Committee:

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

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

What's On at the Hall In JULY

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



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SUMMIT ^{JUNE}
PROPERTY UPDATE

WHY SELL IN WINTER

Are you worried about selling your home in winter?

Worried about bad weather putting buyers off?

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

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

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



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Mapua Community Library

(Moutere Hills RSA Memorial Library)

AGM

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

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

Winter Book Sale

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

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

Pre-sale—On Now

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

Displays

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

Magazines

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

Movie Night

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

Lynley Worsley

Library Hours (closed Statutory Holidays)

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

mapualibrary@xtra.co.nz; Facebook: Mapua Community Library; mapuacommunitylibrary.co.nz
Major Sponsors: Rata Foundation; Lion Foundation; Tasman District Council; Lottery Grants Board.

Book Review

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

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



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

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

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

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

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

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Local Vet Launches Pet Food Company

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

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

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

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

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

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



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

content of the diet to be really yummy!

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

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

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

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

Paula Short

A poster for 'Dovedale School Presents... LIFESTYLE BLOCKER'S SKILLS DAY'. The text includes the date 'Saturday 18th August 2018', a list of workshops such as 'Butchery, Fencing, Farm Management, Pruning & Grafting, Beekeeping, Animal Health, Calf Rearing & many more...', and pricing: 'EARLY BIRD \$95 BY 18TH JULY \$120 AFTER 18TH JULY'. It also mentions 'Includes morning tea, lunch & afternoon tea' and 'Register at www.dovedale.school.nz or visit Dovedale PTA Facebook'. The Farmlands co-operative logo is at the bottom left, and there is an illustration of farm animals (chicken, pig, cow) and a tree.

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

Sometimes you have to reach into someone else's world to find what's missing in your own.

Sunday 8th July

Entry at 6.15pm
Movie starts at 6.30pm
\$12 Door Sales Only

François Cluzet Omar Sy

Intouchables

MAPUA HALL
 THE PACKHOUSE CINEMA

BYO Camp chair snacks & drinks
 Proudly supported by architecture studio | mapua

The Intouchables

Reviewed by Mapua Movie Mogul'

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

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

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

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

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

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

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The Playhouse Cafe

What's On Guide

JULY 2018

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2

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Stoke
Tahuna
Probus
Lunch

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

16

17

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19

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Celebrity Wedding Theme

Los Galanes

Closed for
Private
function

Latin night and band
\$10, band from 8pm
A funky night of music
dance and fun

Closed for
Private
function

\$10 return bus Nelson

23

24

25

26

Ben Hurley
10th August
Comedy hero
as seen on TV

27

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

28

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

29

Closed for
Private
function

29

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

30

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

1

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

6

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Queen, Eagles
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7

Pump Up
The Jams
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730pm
Hiphop, Grunge
Brit pop
and cheese

8

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13

14

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

15

Open for
Private
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only

21

22

Closed for
Private
function

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WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

Alternatives to Plastic Bags

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

Here are some of the alternatives:

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

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

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

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

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

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

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

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

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

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

Lesla Heaton



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A Call to Animal Lovers

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

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

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

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

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

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

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

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

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



enforced control of animals, it puts humans in a much more dangerous position than if they worked with the spirit of the animal and mutual cooperation. It is highly unlikely that any animal treated fairly and with respect would deliberately hurt its owner but if they feel threatened they will use what is at their disposal to defend themselves. I believe not enough information about how to work cooperatively with animals, whether it is a fluffy pet dog to a big animal such as a horse, has been made available. Whips to control horses are still the most sold item.

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

I am always happy to answer any animal behaviour questions.

Sue Mott, Animal Behaviourist,

SENIOR MOMENTS

Hills Community Church

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

10 AM to 12:00



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Hills Community Church



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

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

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

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

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

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

In Christ, Rev John Sherlock

Sunday Worship

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

Youth Groups

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

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

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

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Winter Salads

By Sarah La Touche

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

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

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

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

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

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

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

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



Spinach X Orange Salad with Walnuts

Serves 6

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

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

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

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

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

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

Dress with the vinaigrette, toss and serve.

Dressing

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

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

What is Pain?

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

Here are a few things you need to know:

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

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

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

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

Psychology plays a part in how the body interprets pain.

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

Pain can be persistent or chronic.

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

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

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Playcentre

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

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



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

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

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

Come and check Mapua Playcentre out. We offer a term of free sessions for first-time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. You can find us at 84 Aranui Road (behind the tennis courts by the scout den). Alternatively, please contact us with any questions you have either by phone: Kathryn on 021 253 4264, email: mapuaplaycentre@gmail.com or find us on Facebook.

From the Mouth of a Playcentre babe:

Miss 4: Delicious dinner Mummy. Is it poisonous?



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Going Home

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

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

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

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

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

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

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

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

Richard Drury

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

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Another Ski Season is nearing -Are you ready-

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

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

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

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



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

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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

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

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

Mel Stringer—Administrator MDBA



WE NEED YOU!

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

Please contact Mel with any changes ASAP.
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Noticeboard

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

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

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

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

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

MDCA: Mapua & Districts Community Association meets Feb-Dec, second Monday of each month, 7pm Mapua Hall; contact: info@ourmapua.org

Taoist Tai Chi Beginning class Tuesdays 1- 2.30pm. Continuing class Wednesdays 12.30 - 2.30pm. All welcome. Enquiries 545-8375

Tasman Golf Club welcome new golfers to Kina Cliffs for local golf experience at realistic cost, the best in Nelson. Coaching available. Info: Gary 540 3885.

Mapua Boat Club nights Thursdays 5.30-7.00 at the Club rooms, Mapua Wharf. Visitors and guests welcome. For more info: mapuabcsecretary@gmail.com

Mapua Social Cycling Group: "Wheels 2 Meals". Approx 30 km ride, coffee break halfway, no racing! Mapua Wharf each fine Thursday 9:30 am. Just turn up with your bike, HiVis top & coffee money. wheels2meals@gmail.com

Mapua Fellowship Group (formerly Probus): Mapua Hall, first Fridays 1.30pm. A social group with interesting speakers and a monthly social lunch. Contact: Club Pres: John Sharman, 540-3642.

Ruby Coast Walking Group meets 9.30am Wednesdays outside Tasman Store. Walk ~1½ hrs, then coffee & muffin back at the Store. All welcome. Just turn up. Fiona 526-6840, fiona.oliver@xtra.co.nz

Kidz 'n' Koffee playgroup: Wednesdays 10-noon, Hills Community Church (during term time). All parents & carers welcome, we cater for 0-6 yrs. \$2 don/family. Make some new friends. Info: Esther 540-2177.

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

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

Ruby Coast Run Club meets 7.30am at Java Hut most days of the week. Info: Debbi 027 327 4055.

Daytime Book Group: Meets first Tuesdays 9.45am. New members welcome. Anne 540-3934

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

Coastal Garden Group meets 1pm first Thursdays, Tasman Bible Hall (opp. Jesters). Men and women most welcome to share their love of gardening. Guest Speakers, Workshops, Garden Visits. Ph 03 528 5405

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

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

Fair Exchange: Apple Shed restaurant 8.45am 2nd & 4th Wednesdays to exchange home grown and home-made produce & goods. We welcome everyone! Info: Judith Holmes 021 072 8924 / 544-0890.

Ruby Coast Newcomers Social Group: meet new people, make new friends. Coffee 10am last Fridays at Tasman Store & occasional social events. Just turn up. Vivien/Richard 526-6707, vpeters@xtra.co.nz

Tasman Area Community Association (TACA): 7.30pm last Wednesdays (not Dec) at Tasman School. All Ruby Bluffs to Tasman & Kina residents are welcome. Info: tasmancommunity.org.nz

Croquet Mapua: Come join us Sundays 1:30pm & Fridays 10am at Mapua Domain / Iwa Street end. All abilities welcome. Inquiries Myra Boyd 021 146 0234.

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

Mapua Art Group meets Bill Marris Room Mapua Hall Thursdays, 9-noon. Paint, draw, help each other in a social environment. All levels & media welcome. \$5 includes morning tea. Tables, chairs & easels provided. Cushla Moorhead 03 528 6548.

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

Yuan Gong: Improve your health and life by daily Yuan Gong practise. Info: Marianne 0220 828 559

Mapua Friendship Club: 3rd Thursdays & last Fridays, Mapua Hall, for indoor bowls & bring-a-plate afternoon tea. New members enthusiastically welcomed. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

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