



New Logo Incorporates Local Features

Selected from more than 10 entries, Adi Tait's logo entry took home first place in the Mapua & Districts Community Association's new logo competition and took home the \$150 prize at the 2017 AGM on 14 August.

Adi's logo "utilises the image of the three old coolstores on the wharf, and a stylised version of Hamish the heron. The coolstores not only gives the impression of a mountain range which is a backdrop to this region, but of houses within a community."

Adi is an acclaimed local graphic designer, sculptor and multi-media artist who has participated in more than 30 solo and group exhibitions in New Zealand and overseas. Other fine logo images were submitted by Ben Mills, Simone Jarmai Gill, Jeff Morris and eight-year-old Milla Moon Waters. The MDCA thanks all entrants for their creative inspiration.

The results of the AGM's officer and Executive Committee member elections saw Elena Meredith and Wayne Chisnall returned as chair and vice-chair, and Mary Garner as secretary and Aileen Connell as treasurer. Returning Exec Committee members are Helen Bibby, Colin Walker and Tim Hawthorne. New to the Exec Committee will be Mike Kininmonth, Trish Smith, Marion Satherly and Naomi Aporo.

The following members were approved for existing subcommittees and liaison:

- Waterfront/Wharf Advisory Forum - Martyn Barlow & Trish Smith
- Waimea Inlet Forum - Gillian Pollock
- Footpaths and Roads - Wayne Chisnall
- Dominion Flats - Helen Bibby and Neville Bibby

Elena noted in her AGM chairperson's report: "As an Association we have made submissions [in 2016-17] on the Mapua Wharf/Waterfront TDC land development and proposal and The TDC Long Term Plan. We recognize that there is no "Association viewpoint" on most issues and have encouraged robust discussions and presented multiple suggestions to reflect the diversity within our community. A wide range of speakers have formally presented at our monthly meetings. Input from individuals and other community groups keep our membership abreast of current thinking, strategies and affairs.



Projects covered this year include:

- Hosting the "Meet the Candidates" Meeting for the local authority elections
- Relocating the Boat Ramp (ongoing debate and consultation, including a poll of the membership)
- Restoring and caring for wetlands and estuaries in our rohe
- Mapua Waterfront developments with a particular focus on providing input to the TDC review of future developments of their land in the area
- Subdivisions, new and planned, including impacts on neighbours - with a strong focus on water
- Footpaths and roading, safety and landscaping
- Establishing and extending a website and Facebook presence
- Updating our Constitution
- Taking responsibility for monitoring the AEDs in our area

Aileen Connell noted in her treasurer's report that we have dramatically increased our paid membership this past year from 43 to 139. "We also completed a leaflet drop in letterboxes promoting the MDCA. This was part of our agreed strategy to promote the MDCA and make sure as many people as possible were given the chance to know we exist! We now use electronic banking for as many transactions as we can, this both helps us and those that we are paying. It is also making it easier for people to pay their membership. As of the 30th June 2017 we have \$13,757.45 in our bank account, \$10,000 of which is earmarked for Dominion Flats plantings."

Helen Bibby reported in her Dominion Flats year-end update: "We have been successful with grant applications again and have received another \$10,000 from Rata Foundation and another \$4,500 from Pub Charities." And that since this project started, we have received over \$43,000 in grants from Rata Foundation, Pub Charities, Network Tasman Trust, Deloitte, Sargood Bequest, Greenwood Trust, Mapua/Ruby Bay Trust, MDCA, Fonterra Grassroots Fund, JS Watson Trust, World Wildlife Fund, Waimea Intermediate School and *Coastal News*. We thank all these organizations for supporting such an important ecological cause.

Tim Hawthorne updated the progress the MDCA has achieved in social media: "MDCA's Facebook

page (www.facebook.com/MapuaCommunityAssociation), launched in February, 2016, continues to perform strongly and serve as an important communications medium for the Association. Our FB page is now "liked" and followed by 676 people, a high number for a Facebook small community page. We post matters of community interest on the page on average two times a week and reach an average of 500 to 1000 people for each post. In 2016-17, we posted 119 items and were viewed over 50,000 times. Our June, 2017, posts alone were viewed over 12,000 times. Some of our posts reached over 3000 people in the Top of the South. Further distribution of the Association's message is via posts on the local social media network "Neighbourly." Our most successful post ("Please Vote on How to Honour the Mapua Aquarium") reached over 9600 people."

A reminder to all: a comprehensive training on how to use the three public AEDs (Automatic External Defibrillator) in Mapua will take place at 7pm on Thursday, 21 September at the Mapua Hall. Everyone is welcome.

Want to comment or join the Mapua and Districts Community Association? Just email MDCA secretary Mary Garner (info@ourmapua.org) or go to the "About" tab at www.facebook.com/mapuacommunityassociation.

Tim Hawthorne, MDCA Executive Committee

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Planting Continues: Plenty of Work for More Helpers

We have already started to plant the generous donation of plants from the Trees That Count/Z Service Stations and the gaps are beginning to fill. We have manuka, kahikatea, totara and matai, all of which will look fantastic in years to come.

We so appreciate the group who come regularly on Tuesday mornings to help plant or weed and they will be kept busy over the next few weeks as we get these plants in to the ground. There are now 15 of us although we have yet to all be there together. Numbers make a difference.

I must say it is definitely gumboot territory at present after all the rain we have had, but everyone always has a sunny smile and is prepared to put in a morning of hard work, even though sometimes it has been a really frosty start.

Rata Foundation has generously donated more to our cause too, some of which will be put towards plants for next autumn.

We continue with our vision of trying to complete a first planting over the whole reserve in five years. We still have a year and a quarter to achieve this. This means more applying for grants, more plants, and more planting, while still maintaining those already in the ground. Needless to say we welcome anyone who is prepared to help.

Helen Bibby



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Applications for Grants

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

Forms may be obtained from the secretary (John Sharman Ph 540-3642) or downloaded from <https://mapuacommunitytrust.wordpress.com> Applications should be emailed as a single attachment to:

mapuarubybaycommunitytrust@gmail.com
or mailed to P O Box 19 Mapua.

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




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Electioneering Often ‘Crashingly Boring’

It's election time! Doesn't it come around often! The billboards pop up with happy, smiling politicians beaming down on us, only too keen to help us be happy and wise like them. Having now experienced many elections, they do have certain sameness to them. The only real pleasures are the surprises, where things go awry and get severely off-script.

I thought the last election's whole "Kim-Dotcom-Internet-Mana-Party" thing was hysterical. While the big "revelation" (7pm, that's about the only thing I remember about it) was actually crashingly boring, the quote of the election must have been that PR woman calling the media "a puffed up load of s***", while she was in what appeared to be a tired and emotional state. It's what passes for TV gold nowadays and often repeated because everything else was so bland.

And how bland can it all be? A press release is made, people and media people assembled and a prepared statement read out. A couple of half-hearted questions and then it's on to the next event.

I went on a seminar a couple of months ago—I need all the help I can get with regard to marketing—and the presenter talked about digital marketing. He said the average person is exposed to over 2000 advertisements every day. TV, billboards, newspapers, letters and especially the internet. From memory (having lost my notes), about 80 or so ads vaguely register in the mind and maybe half a dozen "engage" us.

The way to break through this morass, I was told, is authenticity. We always see the immaculate actress or retired celeb talking about their bowel problems and promoting some over-the-counter pharmaceutical solution, but do we believe them? Very rarely, I reckon. Authenticity is about making it believable or, dare I say it, being true. Hence the bloggers dominating the internet are people in their homes talking unscripted about something they actually believe in. They may be talking total rubbish in most cases but we know at least they believe it.

And this brings me back to the election. How often do you feel that the politician talking earnestly to the journalist is talking (a) from the heart and (b) in their own words? If there's anything that recent

political events in the USA, Europe and the UK show, it's that we the voters do actually respond to authenticity. We hate to feel we're being managed and fed a series of lines.

That dreadful phrase "always stay on message" is drilled into people during media training. I appreciate the need to stick to the subject you're trying to get across, but why don't they inject some personality into it? I came across two quotes recently that engaged me. The first was Benjamin Disraeli talking about his arch-rival, William Gladstone: "If Gladstone fell in the Thames, that would be a misfortune. But if someone fished him out again, that would be a calamity."

The second one is more recent and is Boris Johnson talking about Tony Blair: "He is a mixture of Harry Houdini and a greased piglet".

In both cases, you can imagine the glee in their voice when they said them and the mischievous twinkle in their eye when they saw the audience react. We know there is something of themselves in their quotes. The quotes are memorable because they are funny and they open our minds to another perspective. And once a mind is opened slightly, the message can seep in.

Let's hope this election sees slightly more intelligent campaigning and discussions, ones that engage us in the debate. Or that things continue to go massively off script and entertain us.

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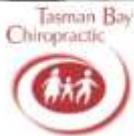
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Mapua Health Centre

Unfortunately, due to family commitments, both Jenny James and Robin Barraclough are not returning from the UK to be with us as had been planned. They had greatly enjoyed their time with us and wish to pass on their best wishes to the community. On the positive side, we have just interviewed a highly skilled and very pleasant female GP who is looking at the possibility of working three days a week at the health centre long-term and would make a wonderful addition to our team.

Also, a trainee intern, Julie Whittaker, will be joining us for three weeks in September. This is a great opportunity for final-year medical students to get some insights about general practice and health care in the community setting.

We've been dealing with lots of coughs, colds and a number of flu cases. It's really helpful if you or your child are becoming unwell and would like an appointment that you let us know early in the day if possible as it can be quite hard fitting in extra patients towards the end of the day. Thankfully, we will soon be emerging from the challenges of winter into the gentler climes of spring. This can be a good time to check out options for health and lifestyle. A famous health advocate, Dean Ornish (<http://ornishspectrum.com>), has shown that the main factors that can improve our risk for heart disease (the number 1 cause of death in our society) are:

- Stress management
- Exercise
- Nutrition
- Social/Spiritual interaction

Education (including non-smoking, etc) [*Ornish, D. et al. (1998) JAMA, 280(23): 2001-7*]

So what is happening in or around Mapua to help develop our common SENSE? You might be surprised to know that the following are some of the activities and classes available:

Pilates, Tennis, Walking groups, Tai chi, Meditation, Aqua aerobics (Richmond), Stop smoking, Healthy lifestyles + green prescription, Girotonics.

The practice nurses at the Health Centre can help you find out more about any of these. Please let us know if you are aware of other healthy lifestyle activities or groups happening in the area.

Every year around 600 men die in New Zealand of prostate cancer. Blue September is about getting the word out about prostate cancer. If you buy a blue ribbon, paint your face blue, donate money to the Prostate Cancer Foundation or even tell people, you will be helping to lower the death rate and reduce the suffering from this disease.

- Here are some of the local & world health initiatives for September
- | | | |
|------|---|--|
| 1-30 | Cervical Screening Awareness Month | www.nsu.govt.nz/ |
| 1-30 | Save Our Sight month | www.nzao.co.nz/ |
| 1-30 | Breathe Better September (asthma) | www.breathebetterseptember.co.nz |
| 1-30 | Blue September, prostate cancer awareness | https://blueseptember.org.nz |
| 1 | Gamble Free Day | www.gamblinghb.co.nz |
| 8 | World Literacy Day | http://internationalliteracyday.org |
| 9 | Fetal Alcohol Awareness Day | www.fan.org.nz |

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REINZ CALLS FOR LVR REVIEW AS NUMBER OF SALES ACROSS NZ FALLS SIGNIFICANTLY

The number of properties sold across New Zealand in July fell by 24.5% when compared to the same time last year, and the number of properties sold in Auckland fell by 30.6% (for the same period) according to the latest data from the Real Estate Institute of New Zealand. This slowing of the market has prompted calls from both the CEO of REINZ, Bindi Norwell and Prime Minister, Bill English for a review of the Loan to Value Rates, which could be good news for first time buyers and those wanting to increase their property ownership. Price wise, we have still been seeing some noticeable increases around the Motueka area especially in new builds and sections and REINZ statistics show that for the month of July, the average sale price for the region was \$583,283 up 2.3% on June.

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Book Review

Selection Day by Aravind Adiga. Reviewed by Penny Brown. This book is available in the Mapua Community Library.

Who better to write a novel about cricket than an Indian author writing about India's sporting obsession, I thought. This story, about two talented brothers whose father is determined that they will be the 'number one and number two batsmen in the world,' turns out to be as much about the Indian national character and the state of politics in that nation as about achievement for two slum-dwelling boys in Mumbai.

Radha, the older of the two, is regarded by his father as the more talented, the better looking and the more likely to be the passport out of poverty than his brother Manju. Nevertheless, their father, Mohan, a failed chutney salesman, has ambitions for them both.

The boys are drilled, disciplined and bullied by their ever-present and tyrannical father. When young they find solace in each other but never dare to defy their father or the over-bearing talent scout, Tommy Sir. Anand Mehta comes on the scene as an investor in the potential earnings of the talented batsmen but his financial support traps Mohan (and by association, the boys) in a cycle of debt and fear.

The whole programme is run off-course when Manju, by now the more successful son, meets a wealthy Muslim boy, Javed, who has both the social standing and confidence to challenge the status quo. Manju finds himself in a conflict about his own sexuality, creating tension in their relationship.

The only woman in the novel is Sophia, a beautiful but always unreachable temptress. The boys' mother is conspicuous by her absence – it seems she has abandoned her sons and run away to escape the clutches of her oppressive husband.

If you imagined you were going to read about the gentleman's game of beautifully executed cover drives and fair play, you might be disappointed. But the book does not disappoint. Adiga skilfully reflects on the moral and political corruption rampant in India and the role of vicariously ambitious parents and ruthless and persistent side line behaviour.

Adiga's three novels have each been about challenging the establishment. The first, *White Tiger*, is about the son of a rickshaw driver who becomes a successful entrepreneur. In the second, *Last Man in Tower*, a group of long-time residents attempt to defy the authorities' determination to demolish a tower block to make way for lucrative development (with scant regard for community interests or impending homelessness). In *Selection Day* the challenges are parental ambition and bullying, official corruption and social oppression. It is an interesting commentary about the state of society, politics and sport in India in the post-colonial era.



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Mapua Community Library

(Moutere Hills RSA Memorial Library)

Tui Feeder

The team from the Mapua Dawn Chorus project has chosen the olive tree near the library fence to position one of their tui feeders. Volunteers will help keep the feeder clean and full. Thanks to Neil Page for setting up our feeder.

Magazines – a new subscription

We are now subscribing to *Good* magazine. Featured in the current issue: Wellbeing Guide; yoga retreats; relationship tips; making your own Ko Buddha

We also subscribe to *New Zealand Gardener* which this month features: Growing spuds in pots; kowhais—12 different varieties; 12 design tricks to pretty up your veggie garden; make an implement shed out of four old doors.

New Zealand House and Garden: The September 2017 features: Spanish style house in Mt Maunganui; a Marlborough garden created on a one hectare blank canvas; growing up green—a sculptured garden in Christchurch

Website

Have you visited our website? Since its re-launch we have added a number of new sections and pages. We invite you to have a browse.

Displays

During early September our displays will feature the theme and work by authors and illustrators of our literary festival. This display will be followed by pastel work by the talented Sue England. Tasman Bay

Christian School children have created the art in the children's area for us.

Donations and Bequests

The ever-present need for funds is frequently discussed at committee meetings along with ideas on generating new sources of income. We are a registered charity and as such, donations over \$5 to us entitle you to obtain a tax credit of 33.33% of your donation. If you would like to do this, please contact the library to be sure that we can organise a full receipt for you that you will need to make your claim.

Journeys Literary Festival

Please see below a full report on this exciting event.

Lynley Worsley

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



'Journeys' Mapua Community Literary Festival 15 — 17 September 2017

Mapua Community Library's fourth Literary Festival will be held during the weekend of 15-17 September. Tickets are now available for a festival that is designed to appeal to as wide an audience as possible and is guaranteed to be both entertaining and informative.

Among the eleven featured authors, Fleur Beale, Joe Bennett, Fiona Farrell, Gerard Hindmarsh, Fiona Kidman, Elizabeth Knox, Sarah Laing, Veronika Meduna, Jenny Patrick, Paddy Richardson and Duncan Sarkies, are novelists, non-fiction writers, travel writers, graphic artists, scriptwriters and poets.

In addition to the author talks, there will be a fun quiz, with Joe Bennett as quizmaster, on the Friday evening. A poetry event featuring Nelson Live Poets, Fiona Farrell and Fiona Kidman, will be held on the Saturday evening. Tickets to both of these events in-

cludes one drink, wine, beer or juice, and light refreshments.

On Sunday afternoon The Top of the South Branch of the New Zealand Society of Authors will hold a session to let authors know the resources and services they can provide to both new and established writers.

Events featuring local author Emma Stevens and Nelson theatre group *Birdlife Productions* will be held for students from Mahana, Mapua, Tasman and Tasman Bay Christian Schools on Friday afternoon and story teller Roger Sanders will entertain younger children on Saturday morning.

Most festival events will be held at the Mapua Community Hall, 72 Aranui Road, Mapua.

The programme and the booking form for the Festival are available in the library and on the library's website: www.mapuacommunitylibrary.co.nz

Bookings are essential for the quiz evening as no door sales will be available. Limited door sales may be available for events on Saturday and Sunday but bookings are advisable.

Anne Thompson

Sunday 10th September



GOODNIGHT MISTER TOM

"Do you think said Will, gazing over the wall at the oak tree, do you think you can die of happiness?"

BVO
Camp chair
snacks & drinks

Entry at 6.15pm
Movie starts at 6.30pm

\$12 Door Sales Only



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Goodnight Mr Tom

Reviewed by Mapua Movie Mogul

This is a truly wonderful story about a wartime evacuee and a curmudgeonly old carpenter called Tom Oakley.

The boy (William Beech) is billeted with Tom and it is immediately apparent that he has serious issues when he wets his bed on the first night. William is illiterate and frightened, but somehow the pair find solace in each other's loneliness.

It transpires that William has a talent as an artist and we also see Tom's talent as a choirmaster in an amusing rendition of *Jerusalem*. William is then befriended by Zacharias Wrench, a young Jewish lad also from London and along with both Tom and Zacharias William finally learns to read and write and to feel a part of this small close-knit village community.

Just as William is settling down he is recalled back to London by his mother and it is here we discover why he is so screwed up. His mother is clearly mentally disturbed. When Tom doesn't hear anything from William he travels to London to look for him. He finally finds him tied up in a cellar holding his dead baby sister.

The climax is a bitter-sweet ending which I won't reveal here. But for me, one of the most moving scenes was when Tom was talking to an official from the Home Office:

"I just love 'im, an' for what it's worth I fink he loves me too."

It just doesn't get better than that does it?

Goodnight Mr Tom will screen at Mapua's famous "Packhouse Cinema" on Sunday 10 September at 6:30pm.

When a clock is hungry it goes back four seconds.
The chap who fell into an upholstery machine is now fully recovered.
When she saw her first strands of grey hair she thought she would dye.

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Hills Community Church



Recently I have been rereading one of my favourite novels, Yann Martel's *Life of Pi*. It was also made into a pretty successful movie, but as with many books turned to movies, the book is so much better. It is the story of Pi Patel, the son of an Indian zookeeper, who along with his family and various zoo animals set out on a cargo ship bound for a new life. It is a story of the path from childhood to adulthood. It is also a story of faith in God.

And like many stories of life and faith it involves an epic storm, one that sinks the cargo ship, along with Pi's entire family, to the bottom of the ocean. Everything that Pi has known as familiar is taken away. Well not exactly everything. He finds himself 'saved' on a lifeboat, with the company of a zebra, hyena, orangutan, and a Royal Bengal tiger. Pretty soon the five become two, and Pi is left with a tiger, a lifeboat, and the Pacific Ocean.

It is a curious novel that can be read on several different levels. On the one hand it is about survival, on another it is about 'story' itself. The story is so unbelievable that Pi, upon washing up in Mexico, tells an alternative version to please the agents of the Japanese shipping company, who don't believe the version with the tiger.

But to me the book most profoundly speaks of the journey of life and faith. If we are willing to grow in

both, we will find that everything that we once thought so secure and comfortable, accepted as 'given', will be stripped away. If we are courageous, we will accept this, and if we seek him, we will also find that God is there with us. But we will also discover that we are in the company of a tiger that would destroy us, lest we learn to live with it and tame it.

Our path to fullness in life, to wholeness, and ultimately to God, must reckon with the parts of our soul and being that left untamed would destroy us; our greed, selfishness, our various addictions, and pride that prevents us from letting us be rescued by the God who has us in the palms of his hands.



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Jun 25: Tanker to fire at Ngawhatu old hospital building

Jul 18: House fire In Motueka, short crewed. No tanker

Aug 7: Shed fire Old Coach Road. Shed and contents destroyed. Help from Upper Moutere, Appleby, Richmond and Nelson.

Calls this year – 52

Safety Tip:

Heaters and Chimneys – keep objects at least one metre away. Sweep chimneys and flues once a year. Ashes can take up to five days to cool, place ashes in a metal bucket to cool, place bucket on concrete or hard ground.



Hills Community Church Presents
Mapua's
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Prizes for best costumes - Please avoid scary costumes
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Community Costume Carnival in 10th Year

Hills Community Church is holding its annual Costume Carnival at Aranui Park, Mapua, on Monday, 31 October. The carnival has been running for more than ten years and is a highlight in the calendar for families in Mapua and the surrounding districts.

It is run as a free gift to the community, a positive trick-or-treating alternative at Halloween. Children, (and adults too if they like) are encouraged to come dressed as fairies, superheroes, princesses, animals, All Blacks, etc. (No scary costumes please).

Prizes are given for the most creative costume to boys and girls in each age group (preschool, primary and teenagers, and adults). There will be a range of fun-filled games and activities to participate in.

Bring your children for a fabulous, fright-free evening of old-fashioned games, sled rides, jumping on the bouncy castle, and a free sausage sizzle. Each time you have a go; earn a silver token to swap at the prize tent.

<http://www.hillscommunitychurch.org.nz/>



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National Art Awards Move to Mapua

This year's Impressions National Art Awards is moving from Nelson to the Mapua Hall. A new venue for the well established exhibition and awards, in Mapua, will mark a significant milestone for the Impressions National Art Awards. Ten years old and thriving, the exhibition has been well supported by artists across the country, and has been enjoyed by visitors and Nelson residents.

Recognising the creative vitality of the Tasman Bays area and in particular the attraction of Mapua now for visitors and art lovers, the organising team made the decision to base in Mapua. The Mapua Hall will be host to a wide range of New Zealand artists' work. It is expected that many local artists will take part too.

The hall, which was fully transformed in a big rebuild in 2013, is a great site for exhibitions of this type. Last year's PANZ national exhibition was a great success here. People and art arrived from all over the country. The awards are open to all original 2-D art excepting photography and will be held over two weeks from 6 to 20 October.

Impressions spokesperson Lewis Della Bosca says:

"From their humble beginnings in 2006, with the support of Arts Council Nelson, the awards developed into a major event on the Nelson visual arts calendar. Now it is time for them to become a truly independent stand-alone entity aimed at giving recognition to the entire region and its artists on the New Zealand visual arts stage. We are pleased to announce the awards will now be based in Mapua with the help of Ruby Coast artist Graeme Stradling, and Glenys Forbes, organiser of the successful 2016 National PANZ Convention, also hosted at Mapua."

"Mapua has strong interest and history in the visual arts" adds Graeme Stradling, "So it is exciting to be able to share this place with artists and visitors from around the country."

The awards exhibition will include paintings, hand-made art and graphics, drawings and printmaking. It will be on for a week, including two weekends, from 7th October to 15th October and will be held at the Mapua Hall.



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Letters to the Editor

Heartfelt thanks

Bill Hamlen-Williams: A heartfelt thank you to all that sent cards, flowers and attended Bill's service. Mapua was Bill's happy place.

Karen Williams

Bill Williams and Community

Now, there was a spirited old battler that had it right in terms of benefit for the greater good of his adopted community. Selflessly, Bill toiled with remarkable energy and focus to greatly enhance our community's facilities and environment; we are eternally indebted to the "memorials" left behind him.

It was a pleasure to work with Bill. During my mid-90s tenure as chair of the Community Association and, the now defunct, Reserves Board, I learnt much from Bill's ability to engage with decision and action-makers. Bill's many life experiences made him socially and politically adept. This accumulated wisdom was often called upon when negotiations became difficult, He was always resolute and never accepted 'No' as an answer.

Seems like only yesterday that Bill proudly invited me to go out in the clinker boat he built. Sadly we have lost not only Bill but our boat ramp! Bill would never have envisaged Port Mapua without a boat ramp and would have championed community support to have the facility re-instated. We are missing you, mate!

W K Darling, Ruby Bay

Thank you from Dovedale

A warm shout out to all of those who attended the recent Lifestyle Blockers Hands-On Farm Skills Day held recently in Dovedale. Participants were so thrilled to learn how to build a fence from scratch, how to crutch/shear a sheep, how to manage their pasture, how to use and maintain a chainsaw, how to carve up their home kill, how to weld, just to mention a few!

Others learnt how to make amazing compost and vege gardens. Not to mention the mass of information gleaned from our local vet with regards to animal health and husbandry!

If you missed out this time, Dovedale School PTA will be organising another fund-raiser event on these and other topics in the not too distant future. If you wish to be kept in the loop please email your interest to dovedale.pta@gmail.com. We will also continue to advertise in support of this community newsletter.

Odette Wards

Amalfi-Inspired Rice and Fish Dish

By Sarah La Touche

In 2015 we spent an inspiring few weeks walking the perfumed hills of Italy's Amalfi peninsula and Capri, on one of our walking tours. It was an amazing time, spent with great people, up in the hills and amongst the villages, with that breathtaking landscape as our constant and ever changing companion, and of course the most divine food and wines.

Then a few weeks ago, while I was researching some recipes for one of my cooking classes, I came across this superb dish from the Amalfi, that sadly, I did not discover on our trip but certainly wished I had.

When I first explored that region over 25 years ago, I fell in love with the cuisine, not just because it was predominantly fish-based, but also for its simplicity, integrity, the intensity of flavour, and sheer ingenuity and creativity.

If you have ever visited the Amalfi, you will know that flat ground is rare, so everything is grown on heart-stoppingly, precipitous slopes, in terraced gardens.

The meat is mostly wild game like small birds, rabbit, and goats, and everything from the sea, naturally. The vegetables, herbs and fruits, especially the olives, tomatoes and lemons, shout out flavour, I guess from the protected climate and long hours of sunshine.

The food is friendly and approachable, as are the warm-hearted people of the peninsula, despite the ongoing flow of demanding tourists, and the challenging landscape.

This Cilento-styled casserole, while it may look like a risotto, is not. It is easy and quite quick to put together, and delicious for either lunch or dinner. I think all countries, which lie with their feet in the Mediterranean basin, have a dish similar to this. For the Spanish, it is the characteristic paella or Arroz Negra (black rice with squid), or the Italians and their infamous risotto. I'm sure the Turks and Albanians will have their versions too.

I made this dish for a simple dinner with friends the other night. I used monkfish and prawns but next time I'm going to try it with braised rabbit and prawns, such a tasty combination. I didn't bother making the stock from the prawn shells as I already had some homemade fish stock but it's not hard to do, so I would encourage you to give it a try.

We drank a chenin blanc from Sea Level Wines, a local Tasman vineyard. The fresh, crisp flavours worked perfectly with the saffron, tomato and seafood but you could equally serve a dry pinot gris, or buttery chardonnay.

Tiella Alla Cilentana

Serves 6 – 8. Prep time: 45 minutes. Cooking time: 35-40 minutes

500g raw prawns, peeled and shells reserved
Scant 200mls water
Generous pinch of saffron
½ cup olive oil
1 white onion or leek, thinly sliced
1 stalk celery, chopped finely
1 kg monkfish, cut into smallish medallions
1 yellow pepper, sliced
250g canned chopped tomatoes in their juice
Salt to season
½ cup dry white wine
1 ½ cups carnaroli or Arborio rice
2 tablespoons butter
2 tablespoons roughly chopped roquette

To prepare the seafood broth, combine the prawn shells in a saucepan with the water. Bring to the boil and simmer for 45 minutes. Strain and reserve the liquid.

In a small bowl, dissolve the saffron in a spoonful of hot water, and a spoonful of the hot broth.

Pre-heat the oven to 200 degrees Celsius.

Heat the oil in a cast iron casserole or casserole with a lid. Add the onion (or leek) and celery and sauté for five minutes. Add the monkfish and prawns, followed by the pepper and tomatoes, and season with salt.

Add the wine, and stir to combine all the ingredients. Add the rice and saffron mixture, stir gently again to combine and cover with the lid. Once it has just come to the boil, transfer the dish to the oven and bake for about 25-30 minutes.

When cooked, remove from the oven, add the butter and shake the dish slightly. Sprinkle with the roughly chopped roquette and serve immediately into warmed bowls.

Sarah La Touche is a qualified Clinical Nutritionist. A registered member of the New Zealand Clinical Nutritionists Association and New Zealand Guild of Food Writers, she also runs B&B and self-catering accommodation in Mapua, Plum Tree Cook School, and walking and gastro-nomic hosted holidays in France and Spain. She is available by phoning 027 315 1165.

sarah@livingnutrition.co.nz or www.holidaystaymapua.nz.



Put a Bit of Spring in Your Step

Spring is just around the corner. Is your body ready for it? The sunshine and warmer weather can be strong motivators for people to go out and play. They bring the benefits of natural Vitamin D, fresh air, longer days and the potential to do more. It can also offer changes to your fitness routine as you become more active and do what you dreamed of when the cold kept you indoors.

As your energy and activity level rises, your body will be tested in many new ways. Gardening, walking, running, bike riding, organized sports and pick-up games become part of your routine, and all of these activities will be more enjoyable if your spine and nervous system is functioning properly.

Our lifestyle often becomes more sedentary during the winter months and this leads to deconditioning within the tissues, including the nerve pathways responsible for maintaining our posture, balance and control of the bones that make up our spine. And it is this functional deconditioning that leads to mishaps and creates the pain and problems so many people experience as they increase their activity levels.

If you started a new fitness routine recently or have become more active in preparation for summer, don't wait for a crisis to get your spine and nervous system checked. Furthermore, if you are injured a chiropractic check-up can help you heal quicker. Why not be proactive and prevent a hiccup to your momentum before an injury occurs?

If you've had allergies, you may find relief or disappearance a positive side-effect of your care. Researchers have discovered molecular connections between the nerve system and immune system which explains why so many people with allergies respond to their care.

A healthy nervous system is essential for you to be able to adapt to your environment. Dr Robert Zieve states, "We live in a toxic world. The great majority of chemicals we now take in daily were not on the planet 30 years ago. These toxins become neurotoxins, damaging the nervous system."

You can control exposure to many toxins by making healthier nutritional choices and avoiding the environmental toxicity found in fertilizers, insect repellent and commonly used household cleaning supplies. Keeping your own and your family's nervous system healthy with regular chiropractic check-ups can make a difference in your body's ability to resist and adapt to these toxins, pollen and irritants.

If you're an athlete who's increasing your mileage, research has shown that tissue damage can exist without pain and your bones and joints can begin to deteriorate on a microscopic level within a few weeks. This can slow your reaction time and lead to unnecessary injuries.

A child encounters many physical stresses during their growing years. The resulting problems in children's spines can occur at almost any point in their development and growth. Children are learning all the time by running, jumping, falling, tackling and sitting and this is usually magnified during the long summer school holidays. Getting children and teenagers checked can help prevent little problems from becoming long term problems.

Now that warmer weather is arriving, it's time for you to blossom. Don't sidetrack your desire to enjoy this beautiful time of year. Here at Coast & Country Chiropractic, we will help you to have the nerve to enjoy every season as fully as you want!

Dr Ron Howard



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Truth-Telling

“Do you swear to tell the truth, the whole truth, and nothing but the truth, so help you God?”

In the sixteenth century Christian Anabaptists (and a few others) sought to tell the simple, unadulterated truth. They refused to take a legal oath on a stand. Truth-telling was ignored or perverted and yet Jesus taught, But I tell you, do not swear an oath at all: either by heaven, for it is God's throne; or by the earth, for it is his footstool....And do not swear by your head, for you cannot make even one hair white or black. All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one.” (Matt. 5:34-37)

A simple outward word reflected a faithful and congruent inward motivation. Simple truth-telling was not just an issue prior to the first century and before – it is an all pervasive one today. Last month was a thought about ‘fake news’. In the light of the upcoming election, it is worth remembering that news does not occur in a vacuum – it requires personnel to promote it, faithfully record it, and to interpret.

And so, the politicians of our nation have shut down their parliamentary duties in order to give themselves to canvassing for a vote – for themselves. How can we trust them? Are they truly representative of their electorate? Whose interest will they ultimately serve? Will they keep their promises?

An older litmus test, ‘your word is your bond,’ was meant to reflect a person’s character – their word and actions were authentic and integrated. Does that

still win votes? It depends also, of course upon the character we are considering.

In the Bible, God swears by himself about key matters that only he can achieve. It is reflective of God himself in the dock making a promise based upon his own unique revealed character. It is just as well – the text makes plain that the matters concern those things that God alone can achieve. The promises made are many and varied but they are a kind of eternal canvassing.

Jesus’ words too have this kind of weight and appeal. He continues to explain himself and continues to canvass for (eternal) life-long votes in the words...“I am the way and the truth and the life. No one comes to the Father except through me.” (Jn. 14:6 NIV)

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Richard Drury

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Playcentre

We're running a series of family profiles over the coming months to introduce some of our Playcentre families and what they love about Playcentre. This is from Mel and her son James:

"James is about to turn five and head off to school. When I look back he couldn't walk when we first started Playcentre at the tender age of 14 months. Playcentre has assisted him in developing his confidence, exploring in a safe environment while teaching him the social skills of playing with others. The 'mess' and fun activities (gym visits, baking carpentry, painting, sandpit) all stay there too!

As a new mum to Mapua it was also my first social outing to the area and I have developed some strong friendships as a result. Both James and I will miss our Playcentre sessions but as a parent I am happy knowing he has learned many valuable skills which he will now take to school."

Our new veranda blinds are now up and look very smart. A big thank you to Pub Charity for their contribution of \$750 towards the blinds.

Playcentres are Ministry of Education-registered, the difference being parents' input into their child's

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

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



We offer a term of free sessions for first-time families and all children under two are free. Session times are Mondays and Fridays 9:30am – 12 noon during school terms. We are at 84 Aranui Road (behind the tennis courts

by the scout den). Alternatively, please contact us with any questions you have either by phone: Liz on 021 998 899, email: mapuaplaycentre@gmail.com or find us on Facebook.

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PANZ

We are not alone in the world. Pastel Artists of New Zealand is a member of a much wider organization. We belong to the International Association of Pastel Societies (IAPS) which has member societies from all around the world; England, Scotland, France, China, Canada, the United States and many more. There are 71 in total. That makes for a very large representation of pastel artists using pastel paints to create some amazing pieces of art. We were fortunate to have two of our PANZ members representing us at the IAPS convention in Albuquerque, New Mexico, USA, this year. They were Glenys Forbes, our Nelson Area Rep and Judith White, former President PANZ from the Taranaki region.

We have had a few successes in our local region recently. Congratulations to Sharon Platt who won our most recent National Pastel Online Challenge for her painting *A Good Catch*. Also, many of our locals will remember Tony Allain, a former resident of the region but still a member of PANZ, now living back in England. Tony has achieved the level of Master Circle Pastelist with the International Association of Pastel Societies. This is a very high achievement and a first for New Zealand. Well done to our members!

A reminder of coming events—Mark your calendar! Impressions National Art Awards 2017 is coming to the Mapua Community Hall from 7 October to 15 October. This is for paintings (wet and dry media), drawings and original prints. The Exhibition opens at 1pm on Saturday, 7 October with the Awards Ceremony from 3 to 4:30pm. Starting from Sunday, 8 October, the Exhibition will be open from 9:30am to 4:30pm and entry is free. All artworks will be for sale. Hopefully you will have time to come and enjoy this national art exhibition sponsored by Impressions Picture Framers & Art Supplies retail shop in Richmond. Artists interested in entering this exhibition can contact Impressions directly by email: impressions@actrix.co.nz.

We welcome you to come on a Tuesday morning between 9am to 12pm at the Mapua Community Hall on Aranui Road, to chat with our members and see what interesting pieces of art they are working on. We hope you might become inspired to give pastels a go. Many of our members had never held a pastel in their hands before and are now hooked.

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.



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Boat Club Appreciates Community Support

Submissions closed on the Waterfront Options for Mapua on 14 August and the Mapua Boat Club would like to thank all those in the community that supported the club's proposal for a replacement ramp at the Waterfront Park



We have been overwhelmed by the level of support from you and the passion you have expressed has given some real hope of getting a positive outcome for all in the community.

Whether you made a personal submission or put your name to support the Boat Club's submission this will convey to the Tasman District Council that there is widespread community support for a replacement ramp to provide main channel access for the Tamaha Sea Scouts and boaters, ensuring a lifelong tradition for boating can continue in our seaside village.



Mapua Boat Club

NOTICE OF AGM 2017

7 pm Wed 20 September
At the Club rooms
Mapua Wharf

All welcome, financial members only holding voting rights. Following the close of the meeting supper and refreshments will be provided.

Enquiries to: Clare Kininmonth, Secretary
mapuabcsecretary@gmail.com or 0221771186



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				1 Closed For Private Function	2 Stevie K Presents Johnny Cash Tribute \$20, 8pm A great night dedicated to the man in black	3 Closed For Private Function
4	5	6 Meet The Candidates Westcoast/Tasman Mapua event 7pm, Dinner available FREE ENTRY	7 NCG Night	8 70's vs 80's Dance Party FREE ENTRY, 730pm Get the best of both decades.	9 TITANS OF TUNES \$5, 7pm. \$15 with bus Battle of the bands	10 Rock'n The Roll 1pm till 7pm Free Enroll to vote Loads of bands
11	12 Garin College Drama Nights	13	14	15 BOOGIE TRAIN \$20, 8pm Best blues in town	16 POLESTARS NZ COMP See Eventfinda for tickets Call us for table bookings	17 POPOP WEDDING DAY Great idea for an affordable wedding
18	19	20 MODERN MAORI QUARTET Head to MMQ.NZ for tickets Row seat event	21	22 ELVIS RETURNS! Che Orton with PAUL MADSEN performing BEEGEES, QUEEN and more! \$25 show, 8pm plus \$35 2 course buffet	23 Closed for Wedding	24 Closed during day Trudys Dance Night
25	26	27	28 Closed For Private Function	29 ROCKY HORROR SINGALONG NIGHT \$20, 8pm	30 CRUISE CONTROL Free entry Music 730pm Rock and Roll style music	1 Eb and Sparrow Great band 630 start \$15 presale \$20 on the door

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Under The Bonnet with Fred

Arnie's Jaguar



A Jaguar always inspires thoughts of a sophisticated British sports car with an oak wood grain dash and a long bonnet and after driving it I think Arnie's XKR is everything you might want in a sports car.

It was designed for the American market and roads so it has some muscle car in its size and design, but powered by a 4.2 litre V8 supercharged British engine producing 370 bhp, with a five-speed automatic transmission. It can do 0 – 60mph in 4.8seconds and has a computer-controlled suspension and an aluminium body.

The XKR body is almost a retro E-type in design and is very good to look at. I liked the detail of the vents on the bonnet and the look-alike front lights especially. The bonnet is longer than an E-type's but it needs to be as there is a lot more going on under there. The paint colour is smoky silver and the car has seven-spoke mag wheels.

Arnie always wanted a supercar so he sold his Porsche 968, which was also a seriously fast car, and imported the 2003 Jaguar XKR himself as the Porsche was too hard for him to get in and out of.

The car arrived from Japan with only 43,000 kilometres on the clock and it was in pristine condition. Arnie says the only thing wrong is it's hard to find easy parking, being so long and being seated so low down. With parking big cars these days the problem is the parking spaces are set for small cars only but I have had that problem myself.

After interviewing Arnie I said, "Are you going to take me for a drive?" Arnie replied, "No, you take it. Have it for the day if you like." I couldn't take someone's very expensive motor car for the day as that boy racer in me might suddenly emerge, but I did take it for a short drive.

Seated very low in the car surrounded by a smell of leather and more buttons and tricks on that woodgrain dash then I could ever comprehend, you can see why you could fall in love with this car. I drove past the 4 Square Shop hoping one of my mates might see driving a Jaguar XKR but unfortunately no one was around.

Out on the by-pass I turned right and accelerated up the hill towards Old Coach Road and in the rear

view mirror was a black ute with FORD across the front, one of those F350 SVT super utes. Suddenly he was right on my tail. "Bloody show off," I said to myself. Was he trying to start something? So on the next passing lane I throttled the Jag up and passed a truck in a flash. Feeling smug about this powerful beast of a car I was driving I looked in the rear-vision mirror and the black F350 was still hard on my tail.

This is when my boy racer almost came out knowing that Arnie's Jaguar XKR would leave him for dead, but this was not my car and I should not risk getting caught speeding as Arnie's car would be impounded for a month. The black F350 cruised past me as I slowed and turned down Aporo Road. He waved but I hope that was not some smug way of saying, "I got you." Driving back around the Bluff to Ruby Bay the Jag did not buck or flex on the corners.

The computer-controlled suspension was excellent with little or no movement on corners and a perfect ride. There was a bit of road noise from the low profile 245/45/19 Yokohama tyres that seem to rumble a bit but this was a sports car. Steering perfect with no under or over-steer and

all controls were within easy reach.

Good cars are easy to drive and too often car makers make you adapt to their cars. But the Jag was easy to drive with good controls, good vision, good rear-vision in the mirrors and easy to see speedo and rev counter. It was so quite I had to check the rev counter to see if the transmission had kicked down. A gentleman's sports car. Thank you Arnie for letting me drive; it was a blast and a privilege

If you buy one of these cars do not lend it to your teenage son.

Fred Cassin



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On the hard at Grossi Point



Where have all the trees gone?



Hamish knows, but he isn't telling

Want to look awesome training?

Everything that comes around goes around and it seems that lifting weights is once again popular for women. The fitness fashion mill has brought lifting back into the spotlight—the benefits are so great it should never have left. If you still feel uncomfortable about the words ‘weight training’ just call it ‘want to look awesome training’ instead. There, doesn’t that feel better?

So, why is weight training good for us?

Helps burn calories throughout the day—not just during exercise

Fights osteoporosis

It builds confidence, self-esteem and a positive body image

Burn the calories all day

Lifting weight increases our lean body mass, a metabolically active tissue, unlike fat. This increases the number of calories you burn through the day. ¹ It’s impossible to spot reduce fatty areas (sadly!) but weight training helps trim down the places on women’s bodies where we are pre-disposed to carry excess fat—tums, bums and thighs.

Fight osteoporosis

Bone mass is maintained when you make weight lifting part of your regular workout, research shows that it can even help new bone grow. Post-menopausal women should be including some weight training in their fitness regime as a matter of course, not just for a few weeks or months. It’s part of the mix for a healthy life.

Cardio versus weights - calorie consumption

While you may burn more calories with an hour of aerobic training, weight training increases the number of calories your body consumes for the rest of the day, and the effects go up as the weights go up! ²

Strength for life

Getting stronger builds confidence, self-esteem and a positive body image. Having a solid base of strength helps improve your abilities in all other areas, speed, agility, endurance, even just dealing with life!

If you would like to know more in detail or join a guided Weight Training Class then get in touch with Karyn Holland, of Catalyst Fitness on 027 223 9561 or pop in – the attended hours are on the website at www.catalystfitness.co.nz

Sources: 1. *American Council on Exercise*. 2. *Journal of Medicine & Science in Sports & Exercise*



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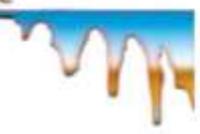
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Edited by Andrew Earlam (advertising) 540-2845, and Terry Smith (editorial) 540-3203. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1st of the month. The deadline for emailed items to coastalnews@mapua.gen.nz 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.

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-Spring is upon us-

Spring is a vibrant time of the year.

- It is a time when new life begins (lambs are born; daffodils bloom; trees blossom; and the grass and weeds grow)
- It is a time when the days are starting to lengthen and one starts to feel those fun filled summer days and evenings are just around the corner.
- It is a time of unpredictable weather, when one minute we are being bathed in warm sunshine, showered with rain or reaching for an extra layer to fend of the cold.



Spring is also a time when some of us may start to think about that special piece of equipment to lessen the work load of maintaining a property.



The seasonal use of mowers, chainsaws, weedeaters, hedge trimmers, quad/ATV bikes and the like makes it very easy to forget that they need to be serviced and maintained regularly.



I am sure you will agree, there is nothing worse than planning a property maintenance day only to find that your lawnmower, weedeater, hedgetrimmer, yard vac, chainsaw etc will not start, or even worse, if it breaks down halfway through the job.



Our advice is to plan now for a pleasant and problem free property maintenance experience.



Wishing you happy and safe motoring....

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MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Administrator:
Mel Stringer
027 943 2469
mdba@mapua.co.nz



This is the last MDBA Coastal News profile I'll create in my role as MDBA's Coordinator and it is my pleasure to introduce Mel Stringer as the new Administrator for the Association.

Mel and her family have lived in Mapua for the last five years. She comes from a varied working background that includes accounting and administrative roles. Mel has three young children who keep her busy and involved in school and community activities. She is looking forward to meeting members and supporting the Association.

I believe this Association adds so much value to our region and I wish Mel and the committee all the best for its ongoing development.

Once again, sincere thanks to all who have supported me in this role over the past 10 years - its been great and I will continue to be local! All the best, *Janet Taylor*

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We moved to Ruby Bay ten years ago. However, due to Rick's father's ill health, we returned to Christchurch for a period to look after him and have been working on the Christchurch rebuild. Now that Dad is back to full health we are very excited to be back working locally and look forward to being able to assist builders , painters and residents with their building projects.

For your plastering needs please contact:

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Tasman Golf Club Kina Cliffs



Tasman Golf Club is a nine-hole course situated on the Kina Cliffs near Tasman. It boasts outstanding views across Tasman Bay from Nelson City to D'Urville Island and Able Tasman and Kahurangi National Parks.

An active development programme over the last 10 years or so has resulted in an average country course becoming an outstanding local golfing destination which routinely elicits 'wows' from visitors, particularly those from overseas who can't believe they can play all day for only \$20 greenfees.

There is plenty of space and time for social golfers with tee bookings rarely necessary, and there are also regular competitions varying from the more social to the serious for those with a competitive instinct. Expect to get some good exercise traversing our undulating terrain, and after you've enjoyed the varying views across the course you can relax on the deck at the Club-house looking out across the Bay.

The Club offers a wide range of membership options for those who would like to play the course regularly, or concession books of greenfee tickets are a cost effective option for occasional golfers. Come and check us out – you won't be disappointed!

Contact details are:

Email: teeup@tasmangolfclub.co.nz
Phone: **5266819**

Tasman Golf Club
128 Cliff Rd
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Noticeboard

Meet the Candidates: Weds 6 September 7-9pm. Playhouse Café is the venue for the General Election Candidates' Meeting.

Bellydance Basics for beginners and not so beginner. 5 week course from Wed 6 Sept, 6-7.15pm Mapua Hall. Contact: Raewyn 029 775 1853

Nelson Tasman **Health & Wellness Expo**, Riverside Community Hall. 10am-4pm Sunday 3 Sept. Free work shops throughout the day, \$5, kids free.

Mapua Community Youth club. Year 9 -13 youth. 6.30-8.30 most Fridays at Mapua Hall. Contact: Andy Price 540 - 3316, Marv Edwards 027 312 6435. A community-based youth project for Mapua and district, funded and coordinated by Hills Community Church.

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

Fair Exchange: A small group meets at Appleshed restaurant 9am 2nd & 4th Wednesdays to exchange home grown and home made produce & goods. We welcome everyone! It's the sharing that counts. Info: Judith Holmes 021 072 8924 / 544-0890.

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

Motueka Senior Net. Technology for mature adults. Monthly Members' meetings with guest speakers. Help sessions twice monthly. Courses & workshops change each term. Special interest groups meet regularly. De-mystify technology in a fun and friendly forum. Clubrooms 42 Pah St Motueka. More info: Senionet motueka.org.nz, Neighbourly or call Annie 540-3301.

Mapua Art Group meets Bill Marris Room Mapua Hall Thursday mornings, 9-noon. Like-minded artists get together to paint, draw, help each other in a social environment. All levels & media welcome. \$5 /session includes morning tea. Tables, chairs & easels provided. Cushla Moorhead 03 528 6548.

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 first Thursday of the month in the Tasman Bible Hall (opp. Jester House) at 1pm. Men and women most welcome to share their love of gardening. Guest speakers, workshops and 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 every Monday, Tokomaru Rooms, Te Awhina Marae, Pah Street, Motueka. Pip 0274 282 693

Mapua Craft Group meet Fridays 10-noon, supper room, Hills Community Church. Simple craft work including: paper craft & card making, sewing, knitting, small upcycling projects. Occasional guest speakers, demos & outings. A social, a cuppa, some easy craft along the way. \$2 for room rent, koha for materials. Info Rowena 543-2400, Marian 540-2427

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 9am Mondays at Mapua School parking lot. Info: Debbi 027 327 4055.

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

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

Mapua Friendship Club meets twice a month, 3rd Thursdays & last Fridays at Mapua Hall for indoor bowls and bring-a-plate afternoon tea. New members enthusiastically welcomed, no prior bowling experience needed - non-competitive, lots of laughs. \$3 door fee, 20¢ raffle. Contact: Val 540-3685.

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. Come join us, we can help you learn the game! 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! Depart Mapua Wharf each fine Wednesday @ 9:30 am. Just turn up with your bike, HiVis top & coffee money, or email wheels2meals@gmail.com

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

Ruby Coast Walking Group meets 9.30am Wednesdays outside Tasman Store. We walk for about 1½ hours, then enjoy coffee & muffin back at the Store. Walk according to your ability and speed. All welcome. Just turn up. Fiona 526-6840, fiona.oliver @xtra.co.nz

Kidz 'n' Koffee playgroup: Wednesdays 10-noon, Hills Community Church, Aranui Rd (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.

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