

July 2012

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www.mapua.gen.nz

Coastal News

email: coastalnews@mapua.gen.nz

covering Mapua & Ruby Bay,
run by volunteers

New floating jetty opens Sunday 22 July

Twenty-five years ago the Mapua Wharf was derelict and threatened with demolition. The Mapua Boat Club was formed to save the wharf from destruction and over the years the club and volunteers have built, enhanced and maintained the area for the public to enjoy.

Fourteen years ago the club decided that the wharf would be enhanced by building a floating jetty, affectionately called "The Floater" by the boating community. It enabled boats to tie up and easily gain access to the wharf by way of a ramp at any time of the day and state of the tide. Loading and unloading gear and passengers was so much easier and safer than climbing ladders at the wharf and it was especially made easier after launching runabouts from the boat ramp which the club had built some years previously. Moreover, as the community grew, it served a useful function as a fishing platform.

However, our floater finally gave up the ghost when, after a severe jerk to its side, the end post snapped off on the seabed floor and we were left without a floater. This was in February 2010. The club was aware of mutterings from the council about health and safety risks of the very steep angle of the old ramp at low tide and, as it was considered such an asset to the community, Cr Trevor Norris suggested that this time the council would pay to replace it.

After two years and much discussion between the council and the boat club a design was agreed upon and



we have a brand new floater. It was built by Anchorage Pontoons of Auckland who are experts in pontoon design, Dusty Diggers of Nelson fought the tides and sank two of the big poles from the shore, using a vibrating hammer, and when the tides proved too much to work from the shore, Abel Tasman Sea Shuttle's barge loaded the digger on board and with some skill, the end post was sunk from their barge.

The old "Floater" cost the boat club about \$10,000; the larger and more technically sophisticated aluminium pontoon and the associated work cost the Tasman District Council about \$150,000.

Age had also crept up on our old set of lead lights in the channel which were wobbling about in their holes and a danger to the two houses close by. Steve Hainstock, our Harbour Master, had the brilliant idea that the council should make use of the barge while it was in port, and with some considerable skill and difficulty, two leading lights have been placed at the entrance to the sand bar and our "inner leads" have been pulled out.

Thank you, Tasman District Council, for all the work you have done on behalf of the community.

The Mapua Boat Club plans to celebrate the new floater by organizing a day for the community at the wharf which will include an official opening on Sunday, 22 July. Given that it will be in the middle of winter and cold, we have arranged a series of events on the



water (but not under the water) for young and old which will include a model boat/raft race from the Leisure Park to the wharf, a drifting dinghy race (with the tide) from the wharf to Grossi Point and back again, and a dinghy race to Rabbit Island and back to the wharf.

Even Hamish the Heron, who unfortunately does not visit us any longer, will have a role to play. He has a place reserved for him on the high end post of the floater and he may just appear at the opening. There will be a sausage sizzle and afternoon tea available. So start making your models and dragging your old dinghies out from behind the sheds. Come down to the wharf and have some fun.

Keep your eye out for notices posted up in the village and the wharf on details of the activities throughout the day.

Annette Walker, president, Mapua Boat Club

Police Report

Well, winter is upon us and the roads are wet and often icy. The Motueka police attended a spate of accidents in the Motueka Valley one particularly bad day, so be careful. In Mapua the winter so far has been fairly crime-free thankfully. There are some rural drink-driving operations going to be held soon so if you are planning a night out drinking organise your ride home before you go. Simple I know but it is amazing how many people don't!

*Grant Heney, Rural Community Constable, Motueka.
Ph 528-1226 (direct)*

Mapua Occurrences

June 13: Assist intoxicated people at an Aranui Rd address

June 12: Car crash near Permin Road. Woman with 18-month-old child. All OK.

June 8: Mapua youth warned for trespassing

June 7: Mailbox damaged Coutts Place

June 5: Domestic argument Aranui Road. Stihl leaf blower stolen from a Tahī St address, open shed

May 26: Domestic argument Toru Street

May 23: Local garage identified woman who drove off without paying for fuel. Money paid. No further police action

May 20: Assist mentally unwell man at Tasman

Cycle & Walkways

Mapua & Districts Cycle & Walkways Group
Robin Simpson (Robin Simpson Design, <http://www.robinsimpsondesign.co.nz/>) will present a talk on "Contemporary Urban Design for Provincial NZ; the Aranui Rd Case Study"

Venue: Mapua Boat Club, Mapua Wharf

Date: Thursday July 5, 2012

Time: Talk starts at 7:30 PM

Gold coin donation requested to offset Club rental cost; all welcome.

The MDCWG applauds the decision in late May by TDC to reinstate funding for the Great Taste Trail by committing just over \$4 million over seven years to complete the 175 km trail. This is a significant boost for the region and the MDCWG looks forward to collaborating with the Nelson Tasman Cycle Trails Trust and other Cycling Groups in the area in progressing the trail northwards from Mapua Wharf towards Motueka.

Issues that the Group are pursuing or monitoring include:

Access to the beach walkway from Mapua northwards

New boardwalk for the Higgs Reserve

Widening of the Seaton Valley Stream

A proposal for a Reserve on Dominion Stream

Cycle trail & walkway in the proposed Awa Awa Road Subdivision

For any additional information, please contact James Macdonald (Tel: 03 540 3520; eMail: C2Skye@gmail.com)

PANZ

It is the season for chilly starts to our painting days but once the heaters are on and we have all had a workout setting up tables and chairs, we're warm enough to start work.

Our two new members, Mikey and Carrol, have fitted in so easily and are producing colourful and confident paintings. I missed last week's in-house challenge, but I'm sure it would have had the group thinking outside the square and producing something that they wouldn't normally do.

On the 18th of June we had another stimulating time with Catherine Russ creating paintings with all sorts of mixed media. We played "getting in touch with the child within" and once again our finished works were pleasing and quite colourful. It's amazing how nine people doing the same thing interpret it differently. A good month with lots of learning going on.

Mahana School

It has been a tumultuous month in education with a great deal of focus on class sizes, teacher ratios and school funding. There is more to come as the prospect of performance pay and change to the structure of teacher training arises. Perhaps the most remarkable outcome from all of this has been the response from families and people from outside the education sector in support of schools and teachers. For a time it seemed like every conversation involved criticism of the proposed changes. The message was clear—New Zealanders do value education and they do value their schools. Every parent wants the best possible education for their child in an environment that gives them the opportunity to succeed.

This message should serve to remind educators of the awesome responsibility they have. Expectations of teachers and of schools should be high, because so are the expectations of people for their kids. Schools need to be reviewing what they do continually, and they need to regularly ask questions such as, “What do our kids need to be learning?” “How do our kids actually learn most effectively?” “How can we address the needs of each student at our school?” Whether this process is performed informally through conversation, or in a more formal system, it is part of the culture of effective schools.

Asking what it is that students need to be learning is a very interesting conversation starter. At Mahana we have this conversation regularly, and inevitably for most people the first things mentioned are reading, writing, and maths. Without question, one of any school’s main key tasks is to help students read, write and count effectively. This has been emphasised to an even greater extent with the advent of national standards, which was proposed as a method of allowing students who were falling behind to be recognised and provided with additional help and assistance.

But it is important to remember that it was only in 2007 that we were introduced to a new curriculum in New Zealand that was intended to give schools a greater degree of flexibility and choice. Schools were given a mandate to teach to the needs of their students and to embrace what is great about the job; helping kids to learn in all sorts of contexts.

Central to this curriculum are the key competencies, ‘Thinking’, ‘Using Language Symbols and Texts’, ‘Managing Self’, ‘Relating to Others’, and ‘Participating and Contributing’. They seem to have gone unmentioned amidst more recent changes but it is competence in all of these areas that help our kids have rich and fulfilling lives. Reading, writing, and maths are crucial but so is everything else. No one

competency should have prominence over another, they are all important.

It is great when kids succeed in any of these areas. As an example, at Mahana we are proud of our competence in ‘Participating and Contributing’. We want our students to be involved, and the feeling of achievement is even greater when they achieve well in activities that they are new to or unfamiliar with. Helping a student pull off their first really quality hand-stand or backwards roll at the gymnastics competition, or speak clearly when running the school assembly, or succeed in a writing competition is extremely rewarding. It is also important that kids are encouraged to face their own insecurities and to overcome them. We want resilient people who can adapt and change and improve. At Mahana you take part, no matter what your ability, as we believe that you can’t get any better if you don’t get involved.

So what do your children actually need? What areas of the Key Competencies are your kids already successful with? Are they good self-managers, or are there areas for improvement? How is your school helping them to be problem solvers? Are they being encouraged to get involved in activities? Do they keep on trying even when it’s hard? The Key Competencies are an excellent base for thinking about and talking about how we can help our children become great kids now. They are the heart and soul of our New Zealand curriculum and they mustn’t be forgotten.

Justin Neal, Principal, Mahana School

For all those parents with pre-schoolers, we are running a fantastic new music programme at Mahana School. You and your child will get to play, sing, dance, and giggle together. Your child will learn and grow through activities that stimulate brain growth, build motor skills, enhance social - emotional development, and much more. Our trained Kindermusik educator, Kath Munn, will guide the class as well as help you understand what your child is learning. The first free demo class ran Thursday 14th June in the Mahana School library. There will be another soon. If you would like to learn more or are interested in taking part, contact Kath Munn, 03 5289685 or ring Justin at Mahana School, 03) 543-2887.

Please remember that families are welcome to visit us any time, or check out our new website at www.mahana.school.nz, or our class blogs, or follow us on Facebook and Twitter. We have an excellent school that is not far away. We have a student-teacher ratio that allows us to put kids learning first. We are a special place and we are proud of it. Come and take a look!

Out and About with Hugh

Winter solstice-our shortest day – June 22nd – dawned clear, bright and crisp. Crisp, Mapua crisp. Brings to mind Terry Smith's article in June's *Coastal News*, "Does Mapua Have the Best Weather?" Interesting stats about rainfall and the Wells family dedication keeping the records for the past 90 years. As the NIWA spokesperson said, "temperature, sunshine, wind and rainfall affect climate". So, the answer to the question is, "YES' Mapua does have the best weather AND a better climate than other parts of the Nelson district. It's a relief to know this so I won't ever have to think about moving to Nelson. Ha!

Winter started officially on the 22nd. Not on June 1st as some would have it. The winter and summer solstices and the spring and autumn equinoxes are the true climate change dates as they relate to the position of the sun in the scheme of things.

Enthusiastic and Positive! Definitely the theme of the June 18th Mapua Hall Society AGM. AGMs can be boring and tenuous affairs. Not this time. A wet, cold night did not discourage enough hardy souls turning up. The usual formalities were quickly disposed of. The chair's Annual Report highlighted details of the progress made this past year towards the hall rebuild. The ensuing discussion led by Graeme Stradling of what is ahead for the coming year was positive and encouraging. The project's TDC consent process is close to being approved. After that approval, efforts to solicit more substantial funding contributions will be possible. By the way, have you purchased your Mapua Community Hall Revamp 'YES' badge? \$2 at Juggles Boutique or the Mapua Community Library. Buy one! Wear one! And help support the Hall Re-Build Project.

Been down to the Mapua wharf lately? The new pontoon in place is a testimonial of Big Boy's Lego in action. Well done! At the end Aranui Road, a big hole and a big mess, gradually metamorphosing into the new Mapua sewage pumping station. Hopefully to be completed on schedule July 9th, despite the recent wet weather.

Anything else? What about the ex-aquarium site? The TDC has called for "expressions of interest" in the site from the public. Meanwhile the council is considering establishing a commercial sub-committee to oversee the governance of the council's forestry, camping grounds, aerodromes and commercial property portfolio. A proposal went to council on June 21st and was returned to staff for revising and re-consideration this month.

I suggest you go to 'Nelson Mail Stuff' on Google and bring up the article, *Call for Creativity to Drive Economy*'. The comment by Golden Bear Brewery's Jim Matranga is of particular interest to Mapua. Maybe we need to know more?

We should all be gratified our councillors took heed of the flood of submissions that financial support for the cycle loop project be reinstated into the 2012-13 Budget. While the direct economic benefits of this decision will be considerable, the health and social benefits of this decision will also be considerable and of equal importance.

"Clean-up Safety Flawed." If the sluggish and look-the-other-way actions of the New Zealand ministries involved in the FCC clean-up weren't upsetting enough, the time-line report on the clean-up just released to the public by Sherry Prauner may upset you more. Titled "The FCC Cleanup – A Dangerous Experiment," not a good look but this is a must-read. Unfortunately it is not yet available through a website. Until it is and if you want to read it, please send an email to hush@quik.co.nz and I will forward you a copy. Or a phone call 540-3858 and I will see that you get a copy through the mail.

Sea Spray store at Ruby Bay. Now closed; the victim of what we perceive as progress. It had an interesting beginning as the Blue Horizon tea rooms. It was opened in 1948-49 by Pat Harris just as a tea room, then it became a shop with a few grocery items for sale at the front door. Suddenly, perhaps unexpectedly, competition arrived when Lockie Jeffries opened the Sea Spray store at 166 Stafford Drive, just a stone's throw away from the tea rooms. The house with its distinctive veranda is still there. Lockie delivered groceries with his two-cylinder Bradford truck.

However, by 1980 the tea rooms were no more and the Sea Spray Ruby Bay Store took over its location. That's a very brief rundown of what for many years was a special place on State Highway 60. Special to the locals, special to commuters, truckies, and in fact all who passed by and chose to stop and patronize the shop. My special thanks to those who have responded with history and many anecdotes. Possibly enough for something more.

Hugh Gordon

Tasman School

Warm inside and warm outside!



With mid-winter upon us we are very grateful that the classrooms at Tasman School have wood burners blazing. The caretaker piles the wood in the classrooms and the first students help the teachers set the fire, and by 9.30am we have a warm start. The windows are open by lunchtime as another clear frosty day thaws out. So we are warm inside.

Outside, we soon warm up here too, as we practise cross-country running most days, doing the 1km circuit around the school, (some students do four or five circuits!) or rolling on the gym mats ready for the gymnastics event, and even lunchtime netball and miniball practice. Our school is never inactive!

We are very pleased with the government's decision to reverse the proposed ratio of teacher-to-student (1-27) as we are a small four-teacher country school and time for the quality personalised teaching we are known for would have suffered.

Tasman School recently entered two teams in the Motueka Library Quiz with 16 other schools, and enjoyed winning third overall placing with one group and the prize for best-dressed team, "The 39 clues", with the other. This was a great finale to our "Mad about Books" week full of fun and learning. We have great book detectives at our school.

Rooms 3 & 4, the senior classes, have begun practicing the songs for the performance "Rock da House" which will see 10 local and Motueka primary schools singing together in a mass choir in late August. The 14 songs have two parts and have been chosen and directed by John Phillips from Garin College. They

are contemporary songs so have instant student appeal. This is a great addition to the instrumental, band and classroom music opportunities that Tasman has become renowned for.

We look forward to the myriad of activity leading to the end of term with enthusiasm and some sadness, as we prepare to farewell one of our teachers, Sue Shand, and her children Bella, Lochy and Albie. Sue has been teaching the senior class at Tasman for almost five years. Sue is an inspirational teacher who will be sorely missed by the whole community. We wish her, Paul and her family well in their adventures in Malaysia.

Fred Robertson



Lily, Olivia, Ogun and Cody ready for the Motueka Library Quiz.

Animal Health File

Dr. Paula Short, Tasman Bay Vets, 69 Aranui Road, Mapua, ph 540-2329

Animals don't like taking pills

As veterinary medicine and animal nutrition progresses our pets are living to ever increasing ages. With the increased lifespan of our companion animals comes an increase in the diseases of old age such as hyperthyroidism. Now veterinary medicine is just like human medicine in that the pharmaceutical companies are constantly trying to outdo one another with new and improved versions of drugs with better efficacy and fewer side effects. This, of course, is good as it leads to ever improving animal health.

However, in reality no one really enjoys medicating their pets. Cats can be particularly difficult to medicate especially if the medication comes in a pill form. So developments in veterinary medicine focus on making drugs that animals will eat – this is no mean feat!

We now have worm pills that taste like liver and arthritis drugs that taste like beef. However at the end of the day they are still pills and you quite often see clients visibly pale when you blithely tell them that their cat has such and such a disease but don't worry it's totally treatable, you just give them a pill twice a day!

Such is the case with feline hyperthyroidism. This is an increasingly common disease in old cats. When the thyroid becomes over-active the affected cat generally begins eating ravenously and losing weight. Some also become quite vocal and demanding. Until

recently the treatment was “a pill twice a day”. Many cats would not accept that so we could actually get this drug formulated into a liquid that could be applied to the inner ear and absorbed into the bloodstream through the skin. Now, I thought that was pretty innovative but Hills Science Diet, one of the large premium pet food companies, has trumped that by producing a food that can treat hyperthyroidism.

Hills has a long history of producing pet food to treat disease conditions, as those of you with pets with kidney disease or arthritis will know. Hopefully the new Y/D food for hyperthyroid cats will be just as successful. The food treats hyperthyroidism by having very low levels of iodine. The thyroid gland needs iodine to produce the thyroid hormones and so with lower levels of iodine in the diet thyroid hormone production can be decreased back to within normal levels.

The results of their studies overseas have been very good and this food is going to be available in New Zealand very soon. As vets we are very excited by this new development and look forward to offering this solution to our patients and their owners!

MAPUA LIBRARY



These longer nights are great for reading curled up comfortably by the fire or just cosy with the heat pump. There is nothing much on tele!

We have just selected another 100+ books for our LARGE PRINT section. I hope that those of you who prefer this option can find some good reading here. There are both fiction and non-fiction. We are grateful to the Richmond library for this opportunity to supplement our own selection each six months.

We also have an ongoing monthly buying programme for new books. Check the shelves to the right as you enter the body of the library for these. They are available for checking out.

Parents and children please remember the BEAR holiday reading programme at the library 10am to 11am on Monday, Wednesday and Friday in these

school holidays. Paddington Bear will be waiting at the door to meet you.

The BEAR programme (Be Excited About Reading) encourages children to love books and a wish to read independently. Enquire at the library and just come along.

We have an opportunity to get talking books from the National Library Service. We need to assess the need for this facility in Mapua. If you would use this service, or know of anyone who might, please contact me, a committee member or the library.

Eileen Dobbie

Library Hours:

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

BOOK REVIEW

Life on Wheels, by Graeme Sinclair. Available in the Mapua Community Library. Reviewed by Terry Smith. (The incomplete review was inadvertently run earlier this year)

This author will be known to many New Zealanders as the front man for the popular *Gone Fishin'* television show who developed muscular sclerosis in his 40s and carried on presenting from a wheelchair.

As a fellow wheelchair-user I was interested in how he coped. Also I used to watch the fishing show and appreciated his easy manner and good humour. Apart from the fact that he was brought up and educated in Christchurch I knew nothing about him.

It was a surprise to learn that he had a dreadful childhood. His parents were alcoholics and he used to get regular beatings. Their Redcliffs house was "the worst one on the street" and he often dreaded going home, taking refuge for as long as he could at a friend's place or outdoors.

As a youngster he was often told he was stupid, but in high school (Linwood) he was put in a top class. He was an early fisher thanks to the nearby estuary and when his father was sober Graeme went on hunting trips with him—brighter spots in longer periods of unhappiness. However, it was sport that saved him—rugby, hockey, athletics and even

weightlifting, where he used the same gym as Graham May and Tony Ebert. Later diving, hunting and spear-fishing became passions.

Graeme entered Teacher's College, mainly because he didn't know what he really wanted to do. He left just before graduating and had a go at selling insurance; that was not a good fit. He was taken on as a pharmaceutical rep and achieved considerable success until the company set out to "plan his future" which didn't go down well with him, so he left. He set up companies connected with outdoor activities and team-building and these led to him being a front person for TV productions.

The book is packed with anecdotes and is an entertaining account of a life filled with many different occupations and personal upheavals which would have stopped other people in their tracks. Some personal events are harrowing.

It's a good read, but marred by poor or perhaps no editing, with too many punctuation, grammar and style errors. Also the word "incredible" is used too often; a change of adjectives is needed.

Hills Community Church

Changes in our Lives

By the time you read this article I will be sitting on a little porch in Lake City, Minnesota overlooking the Mississippi River and counting the bald eagles flying by. My husband will be down on the dock and with any luck catching our dinner.

Yes, folks, the times they are a-changin'. After six wonderful years as minister at Hills Community Church I'm moving on to a new phase of life—retirement—at least for the moment. However, one thing won't change—our place of residence. We will still live in Mapua after a brief winter escape. So with change in mind I looked up a few quotes about change and would like my personal reflections with you:

"Your life does not get better by chance, it gets better by change." —Jim Rohn

Rod and I have certainly discovered this to be true. We've experienced many changes in 20 years of church ministry, each one has been a blessing and we have been better for it.

"All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another." —Anatole France

With every change, every 'letting go' there has indeed been sadness. Over the years we've left behind many good friends and our move to New Zealand was one of the greatest 'letting goes' we ever experienced. But, we've gained so much in the process.

"Sometimes the slightest things change the directions of our lives,

the merest breath of a circumstance, a random moment that connects like a meteorite striking the earth. Lives have swivelled and changed direction on the strength of a chance remark." — Bryce Courtenay

A few years before moving to Mapua we encountered a lovely couple when we were here on holiday who rented us their self-contained unit in Motueka. The proverbially one thing led to another, they shifted to Mapua and via email told us Hills Community Church was looking for a new minister. Without that chance contact we'd never have been here. Thanks, Helen and Nev!

"Christians are supposed not merely to endure change, nor even to profit by it, but to cause it." —Harry Emerson Fosdick

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." — Mother Teresa

My district superintendent in the US once called me a 'change agent.' He said I'm not happy unless I am changing things (hopefully for the better and not merely

for the sake of change). I hope in the past six years I've been able to bring some positive changes in not only in the church but also the community. Hills Community Church truly cares about the citizens of Mapua and the Upper Moutere region and our hearts are open to all. I have enjoyed the many opportunities to partner with the wider community in various ways—including contributing this monthly article.

"The changes we dread most may contain our salvation." — Barbara Kingsolver, *Small Wonder*

Life is full of big and little 'leaps of faith'. Some of the greatest satisfaction I've had in ministry has been helping people take that step and seeing their dread turn into joy. And, my favourite "change" quote:

Listen, I tell you a mystery: We will not all sleep, but we will all be changed—in a flash, in a twinkling of an eye, at the last trumpet." 1 Corinthians 15:51
Changing with the tides, Marilyn Loken, Minister, Hills Community Church

Hills Community Church is a community-based church with historical roots in the Anglican, Presbyterian, Methodist and Pentecostal traditions. We offer traditional and contemporary worship in an informal and relaxed style. Visitors and newcomers are most welcome.

Sunday Worship: Traditional service 9:00am, Contemporary service & Children's programme including crèche 10:30am; Holy Communion celebrated at both services on the 2nd and 4th Sundays with morning tea in-between. 1st Sunday of each month: one family-style service @ 10:30am followed by a shared lunch.

Weekly Calendar:

Wednesdays: 10am-noon—Kidz n Koffee Open to parents-caregivers-pre-K kids—a great way to make new friends!

Fridays: 10am-noon—Craft n Coffee—learn a craft & share a laugh! Open to all, crèche provided

Drop-off For Area Food Bank – Bring your non-perishable food items to the church (122 Aranui Rd) on Friday mornings between 9am & noon.

We offer numerous activities throughout the week. Contact 540-3848 for more information on our ministries.

Postal Delivery

We can post you the Coastal News. To take advantage of this post \$20 with your name and address to Coastal News, PO Box 19, Mapua Store, 7048. or email coastalnews@mapua.gen.nz

Under The Bonnet with Fred

Good cheap cars—buying your teenager their first

If you haven't already you will one day have to buy your teenager a car. Cheap—\$5000 or less—speaks for itself. But good for a teenager has lots of requirements to be considered before deciding which car. Your teenager will want to have a lot to say about which car, so you will have to learn to steer all decision-making your way.

Cheap still means dad's paying so don't be squeezed past your budget as there are so many older cars for sale in New Zealand. The dealers don't want them so sit on the fence and you will be able to buy a well-maintained vehicle with higher mileage that will last. Petrol engines only, small engines no bigger than 2000cc. High mileage diesel engines can cost more than the value of the car to fix.

If this list of cars has been well maintained they should be good with one condition; it must have a petrol engine and preferably four-door. A Toyota such as RAV4, Starlet, Corolla or Corona, Suzuki, Nissan, Daihatsu, Honda, Ford Focus or similar would be good. I recommend a radiator flush and if it has a cam belt, change it. An auto technician friend of mine says cars before 1998 are the best.

A "good cheap car" for a teenager has many meanings:

1) Parts will be available from wreckers. New parts are often used in similar model for years so are still affordable.

2) The small diameter tyres are cheap.

3) They are easy to repair as older small cars are not usually cluttered with electronics.

4) They are cheap to run. Small Japanese car engines give good fuel economy, suitable for a student income.

5) Small cars with small engines won't go fast with four or five people in them, so the teenage party wagon will be safer.

6) Insurance, the bogie of owning a car, will be cheap as the excess for a under 18-year-olds will be



the same as the value of the car. So third party insurance will do.

7) If there is major damage or engine failure it's cheaper to just buy another one.

I brought my daughter Rebecca a Daihatsu Rocky. From my 4x4 days I had seen these little vehicles go places the bigger 4x4s would not go and they always survived tough work. With a standard 200mm ground clearance and strong 4x4 suspension, it can be driven over a concrete kerb should there be any mishaps. The 4x4 system makes safer winter driving on snow-covered roads in Dunedin. Rocky is the word for the car but it makes the car safe in a different way. As it does rock back and forward and has a lean on when it coming it makes the driver cautious. Daihatsu is made by Toyota and the Rocky has a 1300cc Starlet carburettor petrol motor which is economical.

Rebecca had the car for four years, we paid \$5000 for it and sold it again for \$3600 before she left on the big OE. It looked as good as the day we bought it.

One day Dad was out working out on a cold Mapua building site and he got a phone call from Rebecca. "Dad, I've got a flat tyre." Dad's reply, "I thought you were in Dunedin." Rebecca replied, "I am, but I've got a flat tyre!"

Fred Cassin

Mapua Hall

Nearly at the starting line..!

Despite the deluge, the AGM was held on 18 June with a small but dedicated attendance – special thanks to Tasman District Council staff and councillors for their support!

The acting chair, Graeme Stradling, described the past year as “challenging” and anticipated the year ahead when “we are confident that our aspirations will become a reality.”

Committee and community members were thanked for their support and contribution over the previous year with special thanks to:

Mary Garner who is stepping down from the position of secretary after many years; Dot Moriarty and Kim Bowie for their contributions to marketing and facility development respectively; Hanne Bjorklund for her time as treasurer and contribution to the kitchen design and Jim Bryse for his ongoing management of the hall.

The committee for 2012/13 is: Chair, Tord Kjellstrom; deputy-chair, Graeme Stradling; treasurer, Mary Lithgow; secretary, Trish Smith; members: Jim Bryse, Margaret Cotter, Mary Garner, Elena Meredith, Dot Moriarty and Andreas Niemann.

Particular appreciation was noted for those allied committee members who so strongly support specific projects and aspects of the committee’s work. It was noted that “this was an exciting year ahead and a good one to be on the committee”

Updates on hall development

Project Construction Manager: The appointment of Colin Anderson to this position was confirmed by the committee and we anticipate his taking up the position in the immediate future. A big step ahead!

A suite of documents including a Business Plan; Marketing Plan and Feasibility Study was adopted which will support future funding applications and underpin further development of the facility and its usage.

Security: Four security cameras are now mounted on the hall to make the facility more secure

Funding and fund-raising

It was noted that \$50,000+ has been fund-raised to date and that once building consent has been granted, major funders can be approached to come on board

The confirmation of the allocation of TDC funding is expected at the end of June.

The acting chair noted that the combination of these will mean that “Mapua will gain a \$1million facility, debt-free. Amazing in these financial times”.

It was agreed that Hall Society members should be approached and asked for an annual \$10 membership fee which will support our administration systems.

The Queen’s Birthday weekend Diamond Jubilee Tea Party raised \$1230 for the hall with the raffle being won by a visitor from Christchurch. See Terry Smith’s article in this *Coastal News* for more detail.

Planned fund-raising events include: July-Mapua School Social event. August-a Fashion Parade. October/November-a Long Lunch

Any offers of support and/or ideas for other possibilities please contact Margaret Cotter at mcotter@ts.net

The committee also noted that it is essential to maintain and increase the numbers of regular hall user groups and welcomed a new group which will be teaching children computer competence.

The committee and community look forward to the refurbishment of our public hall over the next year as “one of the most exciting and positive events to happen in our community” (Hugh Gordon), and will be appreciative of the ongoing interest and support offered by so many to ensure that this happens.

Elena Meredith, information and liaison sub-committee.

Letters to the Editor...



Phone Woe Follow-up

Further to my tale of woe published in the June *Coastal News*, things may improve. My complaints to the phone company resulted in a half-hour chat with one of their complaints managers, going through all the ins and outs of the affair. He agreed things had not been done well, and promised that his efforts would lead to reviews and improvements. Let’s hope so, and top marks for taking the problems seriously.

Anton Petre

MAPUA COMBINED PROBUS

The guest speaker at the June meeting was Katherine Cole, the Senior Relationship Advisor to the Public Trust. As a registered financial advisor she gave an interesting talk on various services of the Public Trust, including enduring powers of attorney, tenants-in-common, residential care and wills.

Katherine has been with the Public trust for 17 years, including seven years with the Nelson branch. She pointed out the need to use the legal requirement of enduring powers of attorney which covers a person's wishes for one or both their property and or their personal care and welfare. The client can choose anyone over the age of 20, and it can be more than one person. The Public Trust can supply this service as a reliable option. The legal document can be changed at the client's discretion at any time providing they are mentally capable.

Tenants-in-common is an option on buying a home with someone else. This can be as joint tenants or tenants-in-common and can benefit de facto couples or married couples in a second or subsequent marriage, or where there is a business relationship in buying an investment property. Katherine said it was important to have a will upgraded if a home was changed to tenants-in-common. The new will should cover all legal requirements for the sharing of the home. Another reason for change was if a new partner had children from a previous relationship. Their inheritance is protected by owning a home as tenants-in-common.

Katherine gave a very informative talk. Pamphlets were distributed covering the various subjects that she spoke about, including the current Public Trust estate administration costs. Katherine is available to talk to individuals in their own home on the various subjects of the Public Trust. She is available by phone at 03 989-3705 or email at katherine.cole@publictrust.co.nz.

The mini speaker was David Higgs, his subject being "A Walk in the Park." David and wife Janice joined two other couples from their Scrabble group

for a two-day cruise and walk along the northern end of Abel Tasman Park. They boarded the Wilson's ferry at Kaiteriteri and cruised up to the Tonga Quarry, with a short time viewing the famous Split Apple Rock on the way and the seals basking on Tonga Island.

The ferry dropped them off at Tonga to start the three-hour walk to Awaroa, a pleasant and easy walk through the bush, with views overlooking the coast.

Lunch was had on a large wooden deck overlooking a tidal estuary close to the Awaroa Lodge with another 40-minute walk to the night's accommodation at the impressive Wilson's Meadowbank lodge. They were welcomed with afternoon tea and the use of a Scrabble set. There was a pleasant hour enjoying a sunny afternoon at the front of the homestead overlooking the Awaroa River mouth. The lodge has many historical photos of some of the early settlers in the area. After a well cooked three-course evening meal, the staff showed a DVD of the history of the early settlers of the area.

Next day the staff supplied a packed lunch. There was about a 20-minute walk along the banks of the Awaroa River to join the track but because of the high tide there was a wait of more than an hour to wade across the river. Then it was a two-hour walk through bush, before continuing along one of several beaches. The track closer to Totaranui had four major slips that had been repaired since last December's storms.

The three-hour walk to Totaranui, was completed by a picnic lunch and a wander around a deserted motor camp, apart from a group of trampers with two tents. There was a two-hour ferry ride back to Kaiteriteri.

David Higgs

Advertising Costs

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8.5cm wide and costs are as follows:

\$2.50 per cm up to 6cm

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

Garden Notes



During July we generally see air and soil temperatures at their lowest. Wet, cold soil conspires against the most productive gardening. This month is seen as the dead heart of winter.

We are very lucky here with our mild winter compared with other regions. Frosts are tiresome but have their purpose to kill off some nasties and free up rough soil. Mainly it is not frost but bitter cold air that actually kills plant and even trees. They hate intense cold.

I notice hyacinths, tulips and daffodils are coming through the ground, so now is the time to give them a dressing of blood and bone or a bulb fertiliser which will produce larger flowers and much stronger plants. Not too much like I did which caused my daffodils to be a bit leggy.

You need to be very careful about watering at the moment. In fact plants on the dry side will be all right. If you must water then do so early morning to give the plant time to warm up a bit.

A programme of spraying is most useful now. Tree diseases such as curly leaf can be addressed. When you spray, spray the ground as well, as it is here that pests and fungal diseases rest over winter.

Scale is a big problem here in warm gardens such as mine. Lime sulphur will kill scale but don't use it at full strength as grave damage will be done. Copper-

based sprays are most useful in the ongoing job of keeping the garden free of fungal diseases..

Tasks for July are: Prepare beds with compost and a general fertiliser. Prune your hydrangeas and fuchsias, Trim hedges from now on. Spray fruit trees. Plant rhubarb crowns. Give the vege patch a good dressing of lime. Plant out garlic, and as usual select that new rose now and get it planted.

Towards the end of this month it will be safe to prune your roses as well, as you see the sap starting to rise.

The feature plant for July is the daphne (Odora), quite common in most gardens in New Zealand. Truly lovely scent and flowering so early to herald in the spring. Unfortunately it can be short-lived, suddenly up and dying, as mine has. Just buy another one as it will reward you for doing so. Remember they are acid-lovers, so no lime on them and if yours has yellow leaves then give it a dressing of Epsom salts.

Only two months left, past the shortest day. We will see longer daylight soon, then we are on our way to those lovely spring blossoms and scented flowers. So take heart.

Barry Highsted

Mapua Health Centre

Our recent whooping cough upsurge has reminded us that parents and grandparents need to ensure their own immunity is protected as often adults can be the ones passing this into the small children in our community. If you would like more information about this then please contact one of our nurses. In case you are still wanting to make use of the flu vaccine, it is still available for free to those over 65 years or if you have a chronic medical condition such as asthma requiring regular medication, heart disease, diabetes, etc. Also, MOH guidelines recommend all adults have a tetanus booster at ages 45 & 65 years. We are in the process of updating our records however, if you would like to have a booster, check your status or update your records (because you have had it elsewhere) then please give us a call.

If no-one in New Zealand smoked, the lives of almost 5000 New Zealanders would be saved every year. Quitting smoking is hard work, but you don't have to do it alone, we are more than willing to help. If you want to take that first step and are not sure what to do or just need some support please contact any one of our nurses on 540-2211

WE NEED YOUR HELP:

From time to time we have patients who for one reason or another have difficulty getting to their appointments at the hospital. We would like to reinstate our Volunteer Driver Service. If you think you may be able to help please call our receptionists.

July includes "forget-me-not" week which highlights the problem and needs of those with dementia. In New Zealand the number of people with dementia is doubling every 20 years. Currently, over 43,000 New Zealanders have dementia and it's estimated that by 2026, the number will be 75,000 and by 2050, it will have increased to over 145,000. For every one person with dementia, it takes seven pairs of hands to help care for them. That means that around 300,000 people nationwide are affected by dementia.

Although there aren't any cures there are some potential ways to decrease the onset and improve outcome. The latest study suggests that coffee intake may be helpful in preventing progression of memory

loss although the amount of coffee needed to reach the right protective level appears to be quite high at 3 to 5 cups of daily (*J Alzheimer Dis.* June 2012).

A look through some of the recent research suggests that having a Mediterranean diet decreases the risk and slows ongoing memory loss (*Arch Neurol* 2006) along with increased fish oil (*J Neurochem.* 2010), fruit and veges (*Am J Geriatr Psychiatry,* 2009), vitamin D (*Neurology,* 2009), avoiding trans fatty acids from heated oils and some junk food (*Arch Neurol.* 2003), not getting overweight (*Arch Intern Med.* 2003) and avoiding excess iron and aluminium (*Brain Res Bull.* 2001).

People who exercise, participate in intellectually stimulating activities, and remain active in social networks appear to be at lower risk for Alzheimer's (*Lancet Neurol.* 2004). There is also some evidence for taking supplements such as a multivitamin (*J Alzheimer Dis.* March 2012) chromium (*Nutr Neurosci,* 2010), Ginkgo biloba (*Pharmacopsychiatry* 2010), vincopine (*Eur J Pharmacol.* 2009), B vitamins – especially B12, B3 and folate (*Neurol.* 2010, *Proc Natl Acad Sci USA,* 2008), and thankfully it looks as if chocolate, tea and wine in moderation may be helpful (*J Nutr,* 2009).

There is also some evidence that hyperbaric oxygen therapy (HBOT) may be able to help some neurological conditions including memory impairment associated with cerebrovascular disease (*UHM* 2005). HBOT is about using 100% oxygen at higher than normal pressures in order to speed up the recovery from certain injuries and to improve the body's ability to heal from a variety of conditions. The helpfulness of HBOT lies in its ability to produce much greater amounts of oxygen in the tissues of the body. It is this increased saturation of oxygen in our body tissues that can accelerate the natural healing process. Contact Bridget if you want to find out more about our facility at the health centre – bridget@mapuahealth.com.

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

July 1-7 Amnesty International Week
www.amnesty.org

July 23-29 Māori Language Week
www.tetaurawhiri.govt.nz

Jubilee Party a Resounding Success

Many of us will have sat through hours of TV showing the Queen's Diamond Jubilee celebrations in London at the beginning of June, but Mapua had its own piece of pageantry complete with a letter from Her Majesty.

The Mapua Hall fund-raising committee put on a "Right Royal Variety Show" at the Playhouse to launch what it is calling the "Hall Apple Purchasing Donation Promotion" on a Sunday afternoon and what a show it was! It earned \$1230 towards the rebuilding fund and was the idea of Barbara Halse.

Fred the Policeman was there to make sure all was orderly and happily he made no arrests, although he should have arrested himself for the jokes he made in a later skit. There was even a piper (David Skinner) to accompany guests arriving and to set proceedings going. Everybody was seated at tables set with fine bone china cups and saucers provided by Olwyn Mulligan and later filled with tea or coffee.

After singing, of course, *God Save the Queen*, everyone was welcomed by Margaret Cotter on behalf of the fund-raising committee then the first of several impressive items were given by young folk ably introduced by Stella Affleck. They included a guitar piece by Izaak Beheringer, songs by Alana Beheringer and Jake Robinson and a piano piece by Louis Lucas-Perry. After a Royal Quiz more items were given by Aimee Robinson and Mabel Affleck then a group of youngsters—Mabel, Stella, Oliver, Aimee and Jake—read an AA Milne poem, *The King's Breakfast*.

The response from the Queen was thanks to Hillary Gregory of Mapua who worked on the Balmoral Estate in Scotland 20 years ago as part of her OE and described as a "human dynamo" on the organising committee. She was also the pianist. She wrote to the Queen, saying ... "if you happen to be in Mapua on the afternoon of the 3rd of June you are welcome to join us..." Unfortunately she couldn't make it.

But she did write, as can be seen in the letter held by Fred, and her lady in waiting, Jennifer Gordon Lomax, wrote expanding on the Queen's response. The text was:

"I send you my grateful thanks for the words of loyalty and support which you have so kindly sent on the occasion of the Sixtieth Anniversary of my Accession to the Throne. Elizabeth R

The final main item was a performance by the Mapua Goons—Nick Chandler, Rob Lynch and Fred Robinson—with the *Dreaded Batter Pudding Hurler*.

Apologies were tendered to Spike Milligan and the audience. It was completely Goonish and everybody enjoyed it.

Terry Smith



Sam's Spam

A recent case in Nelson about a nurse who had her identity stolen online has prompted many people to think about increasing their computer security, so I've decided to write some tips in this month's article.

New Zealand cyber security initiative NetSafe recommends the following five steps which you can take to improve your computer's security: 1. Update your computer. 2. Back-up your files. 3. Secure your wireless network. 4. Use strong passwords. 5. Avoid online scams.

1. Update your computer

For Windows 7 users, setting your computer to update automatically is easy. Simply go to the Control Panel and on the top right make sure it says "View by: Category"

Click on the System and Security category and underneath "Windows Update" click "Turn automatic updating on or off". Under "Important updates", make sure your computer is set to "Install updates automatically (recommended)".

2. Back-up your files

Windows 7 also comes with a built-in back-up utility. Back in the System and Security category in your Control Panel, click on "Back-up and Restore", then click on "Set up backup". Windows will then guide you through the process of setting up a back-up for your files.

3. Secure your wireless network

If you have a wireless network, the chances are that it already comes with a security key pre-set. If not, or if you are unsure, refer to the manual that came with your wireless modem, as each brand of modem requires a different process to set up security.

4. Use strong passwords

When selecting a password, it's a good idea to use a mixture of letters, numbers, and symbols to ensure that your password is very difficult to guess. An example would be "Th1sl5a5tr0ngP@ssw0rd!" You should also never give out your password to anybody.

5. Avoid online scams

New Zealanders are known for being very trusting, so they're prime targets for internet scam artists. Scams often come in the form of suspicious emails offering you money or informing you that you have won competitions you don't remember entering. If an email even makes you slightly suspicious of its validity, it's best not to reply. It's estimated that over \$625 million flowed out of New Zealand last year alone due to people falling victim to these types of scams!

Free software of the month:

Following all of these steps will greatly reduce your risk of being infected with viruses or spyware, but nobody can be completely secure. It's also a great idea to install anti-virus software on your computer, too. The three that I most often use are:

1. AVG Free Anti-Virus – <http://free.avg.com/>
Great Anti-Virus software which scans your computer automatically.
 2. Spybot Search & Destroy – <http://www.safer-networking.org/>
Spybot is targeted specifically at removing spyware
 3. MalwareBytes Anti-Malware – <http://www.malwarebytes.org/>
MalwareBytes is useful for removing malware and many types of severe virus infections.
- You can download them all for free at the links above.

MAPUA Bowling Club

The Write Bias

The annual general meeting on Friday 1 June was well attended and not too controversial! A committee to see the club through next season was elected as follows: President, Dave England; vice-president, Judy March; secretary, Jean Daubney; treasurer, Margaret Busby; Club Captain, Michael Busby; greenkeeper, Don Sixtus; ladies' co-ordinator, Sue England; property manager, Maurie Daubney; catering convenor, Nancy Coeland; bar manager, Don Sixtus; centre delegate, Ron Charles.

In the absence of patron Murray Welsh, Dave England presented trophies won during the past season. Well done to everyone who achieved success in the Club Championships and to those who went on to represent Mapua at the Centre Champion of Champions events. No winners but some closely contested games. Mapua bowlers can be proud of their efforts.

Friday evening socials are swinging along nicely on the first and third Fridays of each month at the bowling club. Anyone with an interest in bowling would be most welcome to join us for supper, indoor games and to meet the bowling crew.

Any committee member will happily talk to you about lawn bowls and detailed information is available by calling the secretary, Jean Daubney (543-2765) or the president, Dave England (540-2934).

Sue England



What a fantastic month it has been here at Bounce. Our wheels days, that happen monthly, are always very much enjoyed by the children. These provide a chance to bring your wheels and take advantage of the wide open space we have in our huge car park.

Last month we combined our weekly sports session with Lee Corlett and the wheels day. We were also lucky enough to have Sally, who is a top BMX champion in New Zealand and competes overseas, with us at this session. She shared her skill, knowledge and safety equipment with us, then the children had slow races with the winner coming in last.

If you have ever had to ride a bike slowly you will understand the mammoth challenge this presented. They also learnt to stand up while riding and to slalom between poles. We (the teachers) were extremely proud of the children and blown away by how well they did.

We have had some other visitors here at Bounce in the form of a praying mantis one day, which laid eggs, and then the next day a large spiny stick insect which also laid an egg. We learnt (among other interesting facts) that stick insects drop their eggs to the ground whereas the praying mantis lays around 20 eggs in a case. If you have a wooden fence and see some strange formations on it these are probably praying mantis egg cases.

The children also discovered that the praying mantis eats flies, so for the first time ever we found a use for the flies in the centre as children and teachers went around with paper cups catching them for her.

On that note, we look forward to catching you next month. Ka kite ano

Cheers from the Bounce Team, 86 Aranui Rd, ph 540.3330



Edited by Andrew Earlam (advertising) 540-2845, Terry Smith (editorial) 540-3203, and compiled by Barbara Mercer, 540-3022. Views expressed are not necessarily those of the editors. We aim to have the newsletter out by the 1st of the month. Deadline for paper copy at the Mapua Store and e-mailed items (preferred) to coastalnews@mapua.gen.nz is the 20th of the month. Small ads are by gold coin donation in the collection boxes, club notices free. Printed by the Tasman District Council.

Fire Brigade

May 12–June 12 call-outs

May 30: Tanker to fire on stop bank, Motueka. Turned back.

June 12: Assist with MVC Aporo Road and Permins Road. Car hit stump.

June 14: Smell of burning Stafford Drive, possible heater malfunction. Advised occupant to call electrician.

19 calls year to date.

Safety Tips – Do a night fire check, stub out cigarettes, never smoke in bed. Keep heater no less than one metre away from other objects. Keep keys in their deadlocks when at home and especially at night.



Kia ora koutou. Already we are in the midst of frosty mornings and cooler days, a perfect occasion to have fun rolling out our own pizza dough and piling them up with our favourite healthy toppings. With all kinds of delicious smells wafting through the building it was finally lunchtime and an unusual peace and quiet descended as the children appreciated their efforts!

For Matariki and winter's solstice we prepared for our Matariki Festival which was held on the evening of 22 June. Children attending Harakeke enjoyed creating lanterns and stars on wands for this celebration of the Maori New Year.

In last month's comments we wrote how the cooler weather was enticing our children to enjoy the warmth indoors for longer in the mornings and how we have noticed an increased interest in playing board games. Along with this we have observed children enjoying the opportunity to explore more complex construction play for sustained periods of time. Putting together marble runs, train tracks and block sculptures gives children plenty of occasions to problem-solve and work through challenges both from a design perspective as well as their social development.

Creatively children were inspired by a recent visit from an Argentine couple who presented their circus act focusing on reusing and recycling our resources. Since then our collage area has seen children experimenting with glue guns and materials creating impressive works of sculpture.

Your Harakeke team

Noticeboard

Cycle and Walkways Group: Robin Simpson (Robin Simpson Design) will present a talk on "Contemporary Urban Design for Provincial NZ; the Aranui Rd Case Study". Venue: Boat Club, Mapua Wharf; 7:30pm Thursday 5 July. Gold coin donation requested to offset Club rental cost; all welcome. Enquiries: James Macdonald, 540 3520; C2Skye@gmail.com)

Rose Lovers: Moutere Hills Rose Soc. will be pruning the Mapua Hall roses 10am Saturday 7 July (Sunday if wet) and welcome anyone interested in learning more about the maintenance of roses, practical help and advice for free!

Coastal Connections Social Group: Please note venue change for our July lunch-time gathering. It is at "Jellyfish Café", Mapua Wharf, on 12 July. It is guaranteed to be a cosy get together. Julie Haliday, 540 3533

Home swap: Is anyone interested in swapping a house in Mapua or Ruby Bay for a very nice two bedroom apartment in the middle of Bangkok from around Xmas until Jan 4 or 5? Must be children friendly. Contact Annie for more details at amillard@nist.ac.th.

Children's gymnastics: improves strength, balance, coordination, and more by letting children climb, swing, jump and roll. They use hand apparatus, songs, and gym equipment to achieve this in a fun, positive learning environment. Older children get to learn cartwheels, handstands, walkovers and flic-flacs. Thursdays @ Old Church Hall, Mapua. Mondays @ Moutere Hills Community Centre. Sessions for 1-14 yrs. Booking essential. Classes start from \$55, Sport Start funding available. Term 3 starts Monday 23 July. Info: Sam, 543 2512

Zoom Salon hours: Mon through Sat, late nights Tue & Thur. www.zoomhair.co.nz 540 2333

Recycling: Printer & Photocopier cartridges can be left at Tasman Bay Vets, 69 Aranui Rd, 8am-noon & 3-6pm. Consider reducing landfill and support fundraising. Managed by the MDBA with thanks to Tasman Bay Vets for their support.

The Great Taste Trail. Show your support - you can 'virtually own' a piece of the MDBA's 1km of cycle trail. \$40 will purchase 2mtrs of 'virtual trail'. We have a 1000m for sale! Call into Perry's Auto Services or call Janet on 540 3364 for more information.

Friendship Club meets third Thursdays 2pm, Supper room at the Hall. Indoor bowls followed by afternoon tea (please bring a plate). \$2 door charge and 20¢ raffle. We are a group of friendly people who enjoy a good laugh (some of us are not good bowlers). We welcome new members. Val Roche 540-3685

Toy Library: extensive selection of toys, puzzles & videos for children 0-5yrs. Behind Mapua Hall every 1st & 3rd

Tuesday, 10-11.30am & 6.30-7.30pm. Phone Anja, 544 8733, about membership or casual hire.

Probus Club meets first Fridays, Mapua Hall 1.30pm. All retirees most welcome. Enquiries to Pres. John Sharman; 540 3642, Secr. Margaret Butchart 5402686

Spinners, Knitters, Weavers – Wool Gatherers meet at Mapua Hall, second Tuesdays, 10am. All welcome.

PANZ (pastel artists of NZ) meet each Tuesday, Mapua Hall, 9am-noon. If you are interested in trying pastels as a painting medium, please join us. Glenys Forbes 540-3388.

RSA Meetings: RSA room, Mapua Library, 2pm, second Mondays, refreshments served at the close.

Ruby Coast Newcomers Coffee Group: come and meet new people and make new friends. 10am last Friday of every month, Jester House Café, Tasman. Info: Fiona, 526 6840, fiona.oliver@xtra.co.nz or just turn up. Everyone is very welcome.

Kidz 'n' Koffee playgroup: 10am – noon, Wednesdays during school term at Old Church Hall, Aranui Rd. All parents and caregivers welcome, we cater for 0-6 yrs. Gold coin donation for a delicious morning tea. Come and make some new friends. Info: Debbie, 5432915

Fair Exchange: We meet the second & fourth Wednesdays of the month. 9am at the Smokehouse to exchange homemade or homegrown items. Info: Debbi, 540-2942 or DLBamfield@gmail.com.

Coastal Garden Group meet first Thursdays, 1.15pm, Supper Room, Mapua Hall. Members, guests & visitors welcome. Barry Highsted 540 3139.

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

Zhineng-Qigong: an effective system for self-healing, now in Mapua. For obligation free introduction session and further information phone Marianne 540 3058

Sewing: Don't put it in the clothing bin yet! Sewing repairs & alterations. Phone Marijke Lups: 03 5403498, 5 Perry Way, Mapua

Mapua Art Group: Painting/Drawing Thursdays 9-12.30, Supper Room, Mapua Hall. Like-minded artists get together to paint and help each other in a fun, social environment. All levels & media welcome. \$4 session includes morning tea. Tables, chairs provided. Lisa Chandler, 540 3933

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