

# Coastal News

email: [coastalnews@mapua.gen.nz](mailto:coastalnews@mapua.gen.nz)

covering Mapua & Ruby Bay  
run by volunteers

## Mapua Hall Rebuild Really Taking Shape

Significant progress on the Mapua hall rebuild this month is evident especially inside the hall “with most finishing materials and fittings ...now waiting with the suppliers while lining walls and carpentry goes on.” (Graeme Stradling in May Project Control Group Report). User group and committee members have taken advantage of a couple of “walk-through” opportunities to see for ourselves and imagine how it will all fit in. Lots of useful questions and suggestions arose from these events and with most hazards now eliminated, it is planned to hold more of these for the wider community to take a look.

### Fitting out and funding

We are now halfway through the costs of the total build and finances continue to be tight and a real focus for the project. While “we look like bringing the project in on budget” (according to Graeme) we really need the remaining funding now. If you are planning to make a donation, “now’s good...” (as they say!) We plan to revitalize the fundometer to track the immediate \$50,000 needed for the build and subsequently the funding for the fit-out.

The committee gratefully acknowledges the support already given in time and funds from individuals, businesses and companies. As noted before, any offers of or suggestions for potential funding sources will be gratefully received via Margaret Cotter [rmmcotter@tasman.net](mailto:rmmcotter@tasman.net).

Offers from those able to either donate or fund specific requirements such as the sound system will also be gratefully received and should also be directed to Margaret Cotter.

### Bookings

Current regular hall users are now indicating their ongoing hall requirements and considering what else will help them



to maximize their use of the space. General bookings will soon be open and details around booking information forms and access to keys are being discussed. Future major events such as exhibitions, weddings etc can be conveyed to Trish Smith at [smiffsnz@hotmail.com](mailto:smiffsnz@hotmail.com) so they can be included in the overall booking plan.

Meantime, a reminder that the tables and chairs are still available for hire – contact made through Trish.

### Fund-raising

We especially wanted to highlight the wonderful effort made by Macgregor Jones and Luis Schneider (see photo) who raised \$100 by “picking kiwifruit; gardening in the neighbourhood; selling lemonade; busking; stacking firewood; washing cars and mowing lawns.” You are awesome multi-talented entrepreneurs. Thank you so much! Any other children want to follow their example?

The next fund-raising event is likely to be the blessing and re-opening of our hall on 24 August. Already the fund-raising committee has some ideas for an evening event. Any suggestions for the ceremony and daytime activities will be warmly welcomed.

### What else can the community do?

Besides donations and fund-raising, the Hall Society needs:

1) More active members, to support both this major project and also the ongoing development of a vibrant thriving hall at the heart of our community. Membership is only \$10 a year and this enables members to have a say in the decisions made as well as ensuring a range of people available to help. Please contact Mary Lithgow [mary.lithgow@gmail.com](mailto:mary.lithgow@gmail.com) if you are interested

2) Your attendance at the AGM – Monday 17 June, 7pm at the Boat Club. Members, potential members

and anyone interested are invited to come along to help determine our directions for the next year. Offers to take up positions on the committee are also going to be needed.

3) Assistance with our website to keep the text information up to date and assisting us in the development of a more lively and contemporary interface with our present and potential users as well as the wider community. If you have skills in this area

and some available time please contact Elena at [elena.meredith@xtra.co.nz](mailto:elena.meredith@xtra.co.nz)

The committee acknowledges the intense community interest in this project and the wish to “get it right” first time. We are committed to doing the best possible task within the constraints of time and funding which everyone faces. Your ongoing enthusiasm and support is vital for us all to get through this last “big push” to make our dream-Hall a reality. Keep those great ideas coming.

*Elena Meredith, Information and Liaison Subcommittee*



# Under The Bonnet with Fred

## *Lotus Replica a Real Sports Car*

Hilton describes his car as roadworthy sports racer and he is not wrong!

The Fraser is a replica of the Lotus 7 with a long sausage body and a bonnet height just above my knee. Front mud guards are mounted on the wheels. Back wheel guards and body are a strong, thick fibreglass. The stainless steel bonnet is designed to be removed totally for easy access to the motor for fine tuning on a race day.

The car is well built and finished nicely. It has the classic English sports car look from the 1940s with a modern twist. The seating and cabin space is confined but not claustrophobic with the roof off. The driver's side is narrow and the pedals close together. Hilton wears a special pair of dive boots to make for easy operation of pedals during acceleration and gear changing. The dash has a flat black finish with gauges spread along. Speedo and rev-counter are outside the perimeter of the steering wheel for easy vision. Seats are custom-fitted to the owner and are not adjustable. The short movement gear stick is set up high for quick changes with the five-speed speed gearbox. But no heater!

A Fraser is made in Auckland and can be bought as a kitset or assembled. They are usually customised with extras, colours and seating fitted to a new owner. When Hilton bought his from the original owner he had to be measured to see whether he would suit the fixed seat position.

Under the bonnet is a 2000cc Toyota Corona motor which has had the fuel injection removed and twin Weber side-draft carburetors fitted, developing 90kw at 6000 revs. The sump has been shaved to enable the motor to fit lower on the chassis and has only a 2 litre capacity, but has another 2 litres in a reservoir outside the engine.

It is easy to get at all the engine components and you won't need a computer to do anything. The drive train has a Toyota Celica five-speed gearbox down to an A86 limited slip diff. This is amazing and well thought out, as is the rear diff which is bent with a toe-in plus has a positive camber to prevent the back wheels from over-driving the steering.

I have experienced this myself driving a Jeep Wrangler with over-sized tyres in the wet. We used to call being 'over square,' where the back axle is too close to the front axle, forcing the Jeep straight ahead instead of responding to the steering. A bit of a wake-up on wet tar seal at 100kmh in the Buller Gorge.



“Do you want go for a blast? How long have you got?” Within minutes we were making our way along Gardiners Valley Road with the full sports car experience of speed, windy open cab and noise. Yes the noise of a true sports car with the external pipes and muffler resonating to the changes of engine revs and acceleration. It took me a while to settle with this true open cab sports car experience.

We whipped around the Cemetery corner hairpin with the Fraser glued to the seal but not a squeal out of the Toyo Proxies R888 tyres and you know this is sports motoring where you are so low that you could touch the road. There was never a hint of whip coming out of the hard corners with the suspension set just right.

Hilton said to have a drive. I was initially hesitant about driving someone's much loved sports car but life should be an experience.

After driving for a while I got used to the oversteer and found 3rd gear at 6000 revs gave me best control for acceleration and braking.

Hilton said, “When you drive a Fraser all your other driving skills go out the window. You will have learn again.” He was sure right. I can honestly say it was a buzz to drive.

From my 4x4 days driving the Buller Gorge with rock slides down on blind corners, driving the Fraser with only 75mm ground clearance the thought of a rock around the corner was always on my mind. The initial reservations about no heater were dismissed as the heat of the engine entered the cab with a few minutes of “going for a blast.”

With the motor producing 90kw at 6000 revs and weighing only 600kg, it did the quarter-mile at the Motueka Drags in 13secs and reaching about 165kmh. Hilton, your Fraser is a race car made for the road. No, it's a rocket.

*Fred Cassin*

# Out and About with Hugh

**H**aving a Look. On Saturday 11 May some of the “users” of the Mapua Community Hall assembled outside the gate to the construction site at 8.30am for a preview “walk thru” inspection of the work in progress. We were greeted by Graeme Stradling, the vice-chair of the Hall Society and Colin Anderson the project supervisor.

As a member of the Mapua/Ruby Bay & Districts Community Association I considered myself a hall user, so I tagged along to see the altered innards of the building. We entered at the west side into what will be known as the “Bill Maris Room.” No porch or steps were as yet in place so a rather challenging access was by negotiating two bouncy planks. On entering, both Graeme and Colin warned us to look out for any hazards such as the odd hole in the floor etc. At that point I was thinking, “an OSH inspector would be having a fit about now.” However, not to worry. Give those present credit for their ability to watch their step and use their common sense.

With Graeme as our guide and Colin to answer the more technical questions, we toured through this amazing transformation of the “good old hall” into what will become an outstanding facility for our Mapua community—a kitchen of commercial standard, added-on toilets and changing rooms and revamped storage space. The old stage is gone. In its place is access to the Mapua Domain through sliders leading out to a very large, yet to be constructed, deck for which plans and consents are in the works.

Speaking of consents: The TDC has to apply for a consent from itself for a consent for its part of the deck, part of which will be on the domain. Sound silly? Beryl Wilkes of the TDC assures me it’s not and happens frequently.

Completion date for the “new” hall is mid to late July, a day we are looking forward to. Meanwhile, the Hall Committee is pulling out all stops fundraising for the required interior amenities to complete the hall.

**Waterfront Park & Wharf:** The landscaping, planting and walkways associated with the “flying toilet” and yellow steps along the Aranui Road side of the park are completed. Well done TDC Parks and Reserves. Now how about some trees in the backdrop? Are you listening out there? Trees please. And while we’re at it, how about some light? I come out from having a beer or a meal at the wharf; it’s now after dark and having parked my car in the car park—Viola!

It’s DARK up there. I need a torch to find the car. Surely it can’t take much for just a bit of illumination?

The Wharf Precinct Group met in April and then again on 22 May. My information is that both parking and lighting were the main items on the agenda. While it’s now agreed the wharf will be closed to parking during the summer holiday period, no-parking protocols need to be discussed by the group on how closures of the wharf to parking will be handled during other times of the year. To enforce no-parking violations, the TDC will have to enact a by-law. Costings on the lighting issue are to be undertaken. The group acknowledged that this was an important issue to the community.

**Ammonia Leak:** The owner of the former cool store property ‘fell asleep at the switch’ and allowed ammonia fumes to escape into the atmosphere at the wharf last month, resulting in a number of very uncomfortable people in the area and a call-out of the Fire Brigade (They didn’t have to go far). Because of a lack of action in disassembling and removing the long unused and inactive ammonia refrigeration unit, a potentially serious situation occurred. It was fortunately averted. However, it took this emergency to finally get some action after repeated promises to do something about it. Even the Mayor had to get into the act. Hopefully, the refrigeration unit will now be removed under proper oversight by the appropriate government authority.

**2013-2014 Long Term Plan:** Soon to be adopted and the 2013-2014 rates will be struck. Struck is the operative word here. Because we are again to be struck with the yearly increase. Inflation? Increased costs? Not entirely. More on this another time. Council elections coming up in October. Those seeking election and re-election will no doubt have something to say.

**Winter Solstice:** 21 June at 5:04am. Shortest day, longest night. How do we know the exact time? Because this is the time when the sun is at its northernmost point in the sky. It lasts only a minute and then the days will start to be longer. June 21<sup>st</sup> is also the first day of winter despite our insistence that winter starts on June 1<sup>st</sup>. Paradoxically this event is called the “Northern Solstice” in the Southern Hemisphere. Historically the Winter Solstice has been celebrated since Neolithic times. Stonehenge in Britain is an example. As for us? Have a midwinter Christmas meal and a hot toddy. Hooray, have a good time!

*Hugh Gordon*

# MAPUA COMBINED PROBUS

The guest speaker at the club's monthly meeting was Captain Murray Lister from Stoke. He talked about his various experiences over 50 years at sea. His school days started at the Riwaka School. At the age of 15 he was able to join the Royal New Zealand Navy; today the minimum age is 17. His first ship was the James Cook that operated out of Nelson. Over several years Murray was able to gain his master's certificate that enables him to sail anywhere in the world. The master's certificate gave him the opportunity to join the Cunard line that employed around 400 captains. Murray eventually achieved the position of No. 2 captain.



Murray spoke about the problems of piracy.

He experienced pirates boarding one of his cargo ships by climbing up the anchor chain. Piracy off the coast of Somalia was a present-day problem.

Murray also spoke about sea rescues he had experienced. One was a request to rescue a native woman from an island as she was in labour and needed to be transferred to the hospital at Pago Pago. She was particularly heavy and his crew had to ferry her off the island using two canoes.

Another rescue was from his ship the Newcastle sailing towards Jakarta. He was told of five people in the sea. They were Indonesians and had been hanging on to their partly sunken fishing boat for two days. They were able to survive on a bag of rice, but had no water. A rescue boat was launched and two helicopters were dispatched to pick up the survivors.

Murray has also been involved as captain of the New Zealand training sailing ships, the Spirit of Adventure, and the Spirit of New Zealand. Both ships are based in Auckland and are used as training facilities for older children. One girl he had to work with was most uncooperative. All she wanted to do was smoke. Because of her attitude she was not allowed off the boat during the sailing trip. One of his jobs was to lead a few children, including this particular girl, along the sail yards as a routine inspection. After this exercise she became more enthusiastic. Later when she was 27, Murray met her again. He was most impressed that she was able to make many achievements in her life.

The club's mini speaker was club member Barbara Halse. Barbara gave an unusual talk about some of her experiences. She began her talk by saying that each subject had two facets, one true and the other fictitious. Barbara would asked the meeting to decide which was true.

It was a good exercise to keep the club members' brains active for over half an hour. The following were some of the true facts given: -

Barbara's parents were married in 1937, as her father's job application for Farm Manager in London required a married couple. She showed a photo of her parents' wedding.

Barbara was born on a Thursday in 1939 weighing 5 ½lbs. Her friends and family in New Zealand know her by her Christian name of Barbara. To friends and relatives in Britain she is known as Mary.

Barbara's attendance at schools in the UK involved travelling by bus owned by a company called "Tally Ho Coaches", a firm still in existence today.

On her arrival in New Zealand she was greeted by a strong southerly wind in Wellington and a special interview with the local medical officer, not having had appropriate vaccinations in the UK before departure as these were deemed to be life-threatening. Barbara became relieving principal at Wai Ora School, for which she received an extra 50 cents per day. There she taught IHC children. Later, she became senior teacher of special classes at Taita Central School and was a member of the first committee for New Zealand Special Olympics.

She showed a photo of the family's bright green Ford Capri that she drove around the Manfeild race circuit in the North Island, gaining a certificate stating that she was the "Fastest Lady of the Day".

To end her talk, Barbara showed a variety of pictures including an impressive framed photo taken by her husband Michael, of Her Majesty the Queen when on "Walkabout" at Oriental Parade in Wellington in the mid 1970s.

*David Higgs*

# Animal Health File

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

## *I'm not just old, I'm sore!*

**O**steoarthritis is often seen as an unfortunate part of just getting old. Yes, it is more common in older cats and dogs BUT can occur in very young animals too. Arthritis is painful and seriously affects your pet's quality of life.

Arthritis is a chronic degenerative disease that can affect any joint. We see it most commonly in the elbow, shoulder, stifle, hip and back. It occurs when cartilage in the joint is damaged which often occurs from an increased load, eg, overweight animals and very athletic animals. Congenitally abnormal joints or those damaged following trauma are also likely to develop arthritis.

Cartilage acts like a shock absorber and once damaged, a vicious cycle of events occur, eventually leading to destruction of the cartilage and subsequent damage to the underlying bone.

### **What are the signs of arthritis?**

- Reluctance to take walks of usual length
- Stiffness (that may disappear once the pet has 'warmed up')
- Difficulty climbing stairs, climbing in the car, on the bed or a sofa
- Difficulty getting up after lying down
- Limping, sore when touched
- Abnormal gait
- Licking of a single joint

- Acting withdrawn, spending less time playing with family
- Rarely, aggression when touched or approached
- Specifically for cats – sleeping more, grooming less, difficulty jumping, aggressive when picked up

### **So what can we do about arthritis?**

- **Weight Reduction or management:** This is the most important part in arthritis management.
  - **Controlled exercise:** Low-impact exercise is best; swimming or walking through shallow water is ideal. Leash walking and controlled jogging are also acceptable.
  - **Nutraceuticals:** Synergistic combinations of nutraceuticals such as glucosamine, chondroitin and green-lipped mussel contain compounds that support cartilage structure, prevent further deterioration, suppress inflammation, and reduce free radical damage. Specific foods are now available which contain nutraceuticals including the Hills Joint Diet.
  - **Injectable Chondroprotective agents:** Talk to your veterinarian about an injectable agent that may also help to preserve cartilage in the joints.
  - **Prescription drugs:** Drugs are available that can reduce inflammation and suppress pain in animals with more advanced disease. Side-effects can be minimized by monitoring your pet's blood work regularly.
- So if you think your pet is arthritic, please come in and talk to one of our experienced members of staff – don't let your pet suffer this winter!

# Mahana School

You know that it is autumn at Mahana when virtually all the students are under the oak tree buried in leaves. Our oak tree during autumn is certainly our biggest piece of playground equipment and at this time of the year it is definitely that most fun. Planted in 1936, it has grown into a massive tree and each year it drops millions of leaves that the kids use to create homes, towns, communities and empires. At the moment they have even developed a type of currency using acorns that are hoarded and traded by kids operating from leafy 'banks'.

This type of play is crucial to children's intellectual and social development. Kids love to construct games from their environment. They need to interact with things they can touch and feel and smell, and they need opportunities to imagine and create and make-believe. Sandpits, trees, muddy banks and leafy trees are all places where kids learn engineering, social etiquette, politics, science and creativity.

Keeping with the activity theme, recently we held the Mahana School cross-country at Woollaston Estates Winery. It is a great place to hold a cross-country as it has hills to run up, lakes to run around, and lots of vantage points for parents to get a good view from. We have been encouraging the kids to really get out there and try to keep on improving their performances. The results so far have been great, and we look forward to the next event.

We finished term one with an ERO review. A team from the Education Review Office undertook this

review to measure how effective the school is in delivering education to its students. Although we are waiting on the official outcomes we have a very positive opinion of how the review went. This is largely because we are a very honest and open school anyway and we believe that self-review and self-improvement is vital, whether there is an ERO team visiting or not.

Both the BOT and staff were involved in the review and were able to point out to the review team what they thought were our areas of strength as well as our areas where some further consideration is needed. The BOT deserves a special mention here for the way they were able to accurately inform the review team of exactly what their vision for the school was and how they are working towards it. The staff also deserves a special mention for their obvious unity and cohesion, knowledge of our students' needs, and plans to bring about continual improvement in learning. We are looking forward to reading the report when it is finally published.

Please remember that families are welcome to visit us any time, or check out our website at [www.mahana.school.nz](http://www.mahana.school.nz), check out 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 have a special place and we are proud of it. Come and take a look!

*Justin Neal, Principal*

*Edited by Andrew Earlam (advertising) 540-2845, Terry Smith (editorial) 540-3203, and compiled by Barbara Mercer, 544 9689. 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](mailto: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.*

# Tasman School



One hundred down, and 100 to go. How long is the life of a school?

Now that we have celebrated our school centenary, we can look forward to the next 100 years, and I'm sure we will be around in another 100 years because our school is a community school. A community that is supportive, caring and determined.

Already our major fund-raising event, Muddy-Buddys, is behind us giving us plenty of extra money to play with. And playing is the right word as a good quantity of these funds will end up on the new additions to the adventure playground. The rest will go to the ever-increasing IT pool of computers and devices.

We have passionate BOT members who keep a tight rein on all aspects of governance, who are leaders in their own portfolios, and who also have at heart the social bonding of the school.

The principal is also a key figure in the long life of a school, and our principal, Pip Wells, has abundant positive energy bouncing off students and parents,

who has a speech for every occasion including this year's ANZAC service which is held every year at the cenotaph in the school grounds.

Then there is the teachers. We are lucky to have a teacher who is also a maths adviser, a very experienced junior class teacher, a mature year one teacher who has the courage to try new methods of teaching in self management and responsibility, and a teacher who works well in the arts of music and drama.

Then there are the two teacher aids that bring extra bubbly energy to individual students. And what school could function without an efficient office manager, and a caretaker who pre-empts the school needs?

Of course the lifeblood of the school is our 80 amazing pupils who ever amaze us with their talents and focus, which is a tribute to our parent body, who really are our community.

So how long is the life of a school? It is as long as the community cares, and with our community that could be a long time.

*Fred Robertson, Teacher.*

## BOOK REVIEW

The **Book Thief** by Marcus Zusak. Reviewed by Joyce Bullock. This book is available in the Mapua Community Library.

Published in 2006 and the winner of numerous literary awards, *The Book Thief* will be released as a film in January 2014. A large print copy is also available in the library.

Australian author Markus Zusak chooses Death as the narrator of his story and some readers noted they were bewildered by this unusual perspective early in the story. On completing the book I reread the early pages and in retrospect I wish I had returned to those pages earlier.

Set in Nazi Germany, the story revolves around the life of Leisal Meminger, a young girl who is placed with a foster family after the death of her younger brother. Her mother is unable to look after her and though Leisal writes to her, she never hears from her mother again.

A loving relationship is formed with foster dad, Hans. He calms her after her nightmares and teaches her how to read, while eventually the foul-mouthed foster mother Rosa also comes to care for Leisal very much.

Residents in the street add authenticity to this story but it is her close friendship with Rudy, a lad a year older than Leisal, that becomes a key element of the plot. He becomes her partner in crime when

they begin to steal books and food. Rudy is gifted and Leisal too, learns very quickly once she masters reading. She is able to discuss her problems with Rudy who constantly teases her and regularly suggests that she should give him a kiss. She finally succumbs when tragedy intervenes.

Max Vandenburg, a Jew whose father saved Hans during the First World War, is hidden in their basement at great risk to the family and a special relationship forms between Max and Leisal. As an older reader I do wish that Max's tale had been presented in larger print! The deprivation, the cruelty and the grim details of this period in Germany's history juxtapose the narration of 'Death.'

'Death' is portrayed as being sympathetic to humankind and dislikes all the destruction brought upon humans by war. At this time, 'Death' is over-worked but he follows Leisal's life with interest after the trauma she experienced when she lost her brother. In the final chapters the author allows the reader a ray of sunshine amidst a long winter of wartime death and destruction.

The narrator has the last sentence of the story when he states, "I am haunted by humans."

Maybe this story will haunt you as it haunted me.

# MAPUA LIBRARY



## Website

Did you know that there is a list of recent book purchases on the website? Visit [www.mapuacommunitylibrary.co.nz](http://www.mapuacommunitylibrary.co.nz) to see this list. Other items of interest on the website include book reviews and coming events. Take a look.

## Membership

Are you a member of our library? There is a short explanation of how to become a member on the website – or you can pop into the library to find out more. Membership is free and there are no borrowing fees.

## AGM

There was a great turnout at the AGM and a short meeting was held. The outgoing chairman, Eileen Dobbie, acknowledged the sterling work undertaken by all library volunteers that each contribute time, energy, knowledge, commitment, wisdom and enthusiasm – all of which combine to maintain the wonderful and unique resource that is our library.

Congratulations to the following: Chairman, Lynley Worsley, vice-chairman, Hugh Gordon; secretary, Yvonne Jardine/Penny Brown; treasurer,

Dennis Emery. committee: Eileen Dobbie, Annalee Emery, Vicky Stocker, Heather Quinn, Denise White and Anne Thompson,

A vote of thanks and appreciation was made to Eileen. As with all volunteers, there is always a huge amount of work that is done behind the scenes. Eileen contributes to the library in a variety of ways, and the additional role of chairman significantly increased her workload. Thanks so much for all that you have done, and all that you continue to do Eileen.

*Lynley Worsley*

## Library Hours:

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

# Mapua School



The most polarising event of the school year takes place over the next few weeks—cross-country. Nightly weather reports are a must-watch for all. If you are an accomplished runner you are happy with any prediction as long as the races are not cancelled. For those who absolutely dread the race, as well as the weeks of training prior to the event, thunderstorms and downpours are truly heaven-sent. I have to admit that over the years there have been several rain dances in our home.

One mother describes the tension in her family – her two oldest are usually in the top three finishers, her youngest is last or as she says, dead last. Two with ribbons and certificates and one who just wants the day to end. It truly becomes a “management issue” for this Mum.

From the teacher’s perspective the training and events are opportunities for children who might not shine in the classroom to show their stuff around Aranui Park or through the forest on Rabbit Island. cross-country allows children to learn about their individual limits physically and mentally whether it is gauging their energy levels and stamina to the finish line or mentally getting around the course.

Cross-country gives children their first taste of having to run alone for a long distance – although I have seen many a twosome chatting merrily until the last few metres when the world is watching.

The lessons from cross-country flow from the sporting event into the classroom. Students learn that

sometimes it takes a while to understand a concept. That you might start out confused, missing the point of the lesson or frustrated with your capabilities. But with training, practice and a lot of determination you can move up through the pack and achieve results you never thought possible.

My son is in his first year at college. At Mapua School he shared the second to last position in the cross-country with a classmate for many years - to put it mildly he hated cross-Country. But a funny thing happened this year. As a competitive swimmer, he has been training and swimming five to six kilometres five days a week. He has been taught the strategies of how to swim a long distance race. He has learned how to mentally prepare and trust in his fitness capabilities. Last week, without thinking, he used those same concepts when he ran during the first cross-country practice. He came in 5th, he was thrilled and he is now planning and discussing his strategies for the finals.

Transferable skills, growing confidence and a lesson that toughing out activities or subjects that you don’t like, can be rewarding. Most importantly, that it is never too late to “Be All you Can”.

*Lisa Dunn, Trustee...and accomplished rain-dancer*

# Working Bee at Park

On a fine sunny morning towards the end of April a group of willing workers calling themselves “The Friends of Aranui Park” met at the park for a hands-on working-bee.

About 300 daffodils were planted on a bank which should look glorious in spring.

We then turned our attention to the rhododendron dell where we fed and mulched every rhododendron and camellia. The majority of them have survived the long hot summer really well and will also be a sight worth seeing in spring.

Part of our team worked at a private property in Ruby Bay filling almost 200 sacks with pine needles and these were brought to the park by the trailer load.

Good team work! We finished off a good morning’s work with a grand morning (albeit rather late!) tea.

*Sheila Wilson*



## MAPUA Bowling Club

### *The Write Bias*

You will remember Sunday 21 April as the day the “weather bomb” hit the Nelson Bays area. We jolly bowlers remember it as our seasonal Closing Day with the fortuitous decision to hold the event indoors. The green resembled a swimming pool. The car park was knee-deep in water and members were seen clutching shoes and socks as bare-legged they paddled a precarious way back to their cars in the dark. I feel a short story coming on! The drawn pairs tournament became a drawn pairs quiz and we had a grand afternoon playing carpet bowls, table tennis, pool, cards and generally eating and drinking way too much. Who said bowls was stuffy?

Championship matches were fiercely contested and concluded in April. Very well done to all the winners but also to every competitor; there were some serious challenges and nail-biting finals. John Trotter, Jean Daubney and Sue England all went forward to represent Mapua at Nelson Centre Champion of Champions events. None of them were winners but the Mapua flag was proudly flown and we will be there again next year to remind the town clubs that our country club is still a force to be reckoned with.

We are indebted to all our sponsors this season: Holistic Health & Training, Harcourts Real Estate, Nelson Building Society, Super Liquor, Golden Bear, the Smokehouse, Golden Bay Motueka Funeral Services, Karpaintz, Mapua Auto Centre and Baku. Without them we have no tournaments. Thank you all.

Club members and guests meet at the club on the first and third Fridays of each month from 5pm. These evenings very much resemble Closing Day with all the indoor games, supper and an open bar. Please do join us if you have an interest in our club and are thinking of trying lawn bowls next season.

For information about bowling, our winter social events or booking the clubhouse and facilities please call the secretary, Jean Daubney (543-2765) or the president, Dave England (540-2934) or email [s1ad2as3@xtra.co.nz](mailto:s1ad2as3@xtra.co.nz)

Sue England

# Mapua Health Centre

**S**adly Jo Tooby, our GP registrar, will be leaving **Sus** on 7 June to continue her training at Tahunanui Medical Centre. It has been a pleasure to have Jo as part of our team and from the feedback we have received from patients they have greatly appreciated the care and kindness she has shown. We wish Jo all the best for the future and hope she will visit us from time to time.

As we farewell Jo we also welcome her replacement, Sarah Martin. Sarah has just finished her first placement at Tahunanui Medical Centre and is looking forward to her time at Mapua. Sarah will be taking maternity leave part way through her time with us.

Finally we would also like to welcome Nicola Shaw (a 6th year medical student) to the practice. During her time with us Nicola will be sitting in on consults (with the patient consent) as well as consulting patients under the supervision of our doctors. This is a great opportunity for medical students to obtain a greater understanding of primary healthcare in the rural community.

If you are still wish to make use of the flu vaccine, it is 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. If you have any concerns about the vaccine or are not sure if you qualify for a free one please do not hesitate to contact one of our nurses.

In June each year Men's Health Week is held around the world. Locally, it's a chance for New Zealand men to make a difference to their health for themselves and their families. The Get the Tools website ([www.getthetools.org.nz](http://www.getthetools.org.nz)) has been developed to provide the latest health and well-being information and support for Kiwi blokes, and ultimately to ensure that our men get to stick around and celebrate more birthdays with their families. It looks at a whole range of important things from checking out about cancers to sexuality, worklife balance, weight, kai & nutrition, mental health, skin, man maintenance and getting active.

As autumn moves towards winter there can be a sense of viruses and other bugs waiting to settle in the nose and, if the immune system doesn't put up a decent fight, then they may start wreaking havoc with the sinuses, throat and, if they can get their dastardly way, down into the depths of the bronchi. Well, there are a few things from recent research that seem to help thwart their efforts. Probiotics (friendly gut bugs) may help to prevent colds in kids (Cochrane Database Syst Rev. 2011 Sep), garlic can reduce the length of colds and flu's (Clin Nutr. 2012 Jan), green

tea may lessen flu (J Nutr. 2011 Oct), vitamin C and E may help prevent colds (J Am Coll Nutr. 2011 Aug), there is strong evidence that the zinc lozenges significantly decrease the duration of the common cold (Open Respir Med J. 2011) and vitamin D seems also to help prevent flu (Am J Clin Nutr. 2010).

## **There are a number of important national and global health promotions for the month, including:**

- 1-7 Autism NZ Appeal Week  
[www.autismnz.org.nz](http://www.autismnz.org.nz)
- 7 World Vision 40 hour Famine  
[www.famine.org.nz](http://www.famine.org.nz)
- 10-16 Men's Health Week  
[www.getthetools.org.nz](http://www.getthetools.org.nz)
- 16-22 Volunteer Awareness Week  
[www.ocvs.govt.nz/news-updates](http://www.ocvs.govt.nz/news-updates)
- 20 World Refugee Day [www.un.org/depts/dhl/refugee](http://www.un.org/depts/dhl/refugee)
- 24-30 Order of St Johns Appeal Week  
[www.stjohn.org.nz](http://www.stjohn.org.nz)
- 24-30 Continence Awareness Week  
[www.continence.org.nz](http://www.continence.org.nz)
- 26 International Day Against Drug Abuse  
[www.unodc.org](http://www.unodc.org)

## Coastal Garden Group

**T**he May meeting of the Coastal Garden Group was held on 2 May in the Tasman Bible Church. It was a rather wintery day and unfortunately our venue reflected that too! Be assured dear members that this month you will be toastie warm!

Our guest speaker was Desiree from "The Shed" who gave us a very interesting story of how they came to establish their business. She also described the great services and facilities that they provide for us locally.

One of our very knowledgeable committee members, Brian King, gave us an informative talk on planting a tree/shrub. Plenty of handy tips here, like making the hole square rather than round to encourage roots to spread out.

After a sumptuous afternoon tea Brian had another slot with a talk and demo on how to set up a simple irrigation system. Very informative indeed.

Our display table looked wonderful with autumn colour and, surprisingly, many flowers.

After our raffle was drawn and plant auction concluded, the the meeting finished at 4.30pm.

The next meeting will be on 6 June when Philip Hyatt will tell us "All we want to know about blackcurrants". This will be a 1.30pm start at the Tasman Bible Church.

*Sheila Wilson*

# Sam's Spam

**W**ell, after years of being a fan of the iPhone, last week I took the plunge and finally defected to Samsung! I must confess I was lured by the much larger screen of the Samsung Galaxy Note 2 which makes it much easier to read and also to make notes. Do I have any regrets about moving to Android? Not really, although there is not quite as good a selection of apps at the moment. However, the biggest 'problem has been the transferring of my data from one system to another. When buying new gadgets, even if the same brand, this does pose a problem so I thought a few tips might help with the process:

**iOS** If changing from one iOS device to another the process is fairly simple via iTunes. Connect your old iPhone or iPad to your computer and let iTunes perform a complete backup. Alternatively, you can use the slower method of backing up your device online into Apple's iCloud using the storage and backup settings.

**Photos:** As an extra precaution, use the camera import settings in Windows, or image capture application on a Mac, to copy the photos to a folder on your computer.

**Android:** Google's Android devices offer users the option to back up their device data online to Google's servers. When you set up a new Android device, it offers to restore your apps

and many of your settings from your Google account. An Android restore will cover your email, contacts and calendars, but possibly not your photos and music or your old text messages so be aware of this if you want to save them elsewhere.

In some cases swapping your micro-SD card across makes it possible to transfer important files to a new Android device but again, make a back-up.

## **Free software: MyBackup Free**

Rerware's MyBackup Pro is the easiest backup solution for your Android phone, supporting the most content and the most Android devices. MyBackup will work on all Android mobile devices, regardless if they have root access or not, and is used by over 2.5 million people!

MyBackup can make a complete backup of your Applications, Photos, Music, Videos, Contacts, Call log, Browser Bookmarks, SMS (text messages), MMS, Calendar, System Settings, Home Screens, Alarms, Dictionary, Music Playlists, APNs and more...

You can find it on the Google Play Store on your Android device or at the link below: <https://play.google.com/store/apps/details?id=com.rerware.android.MyBackup>

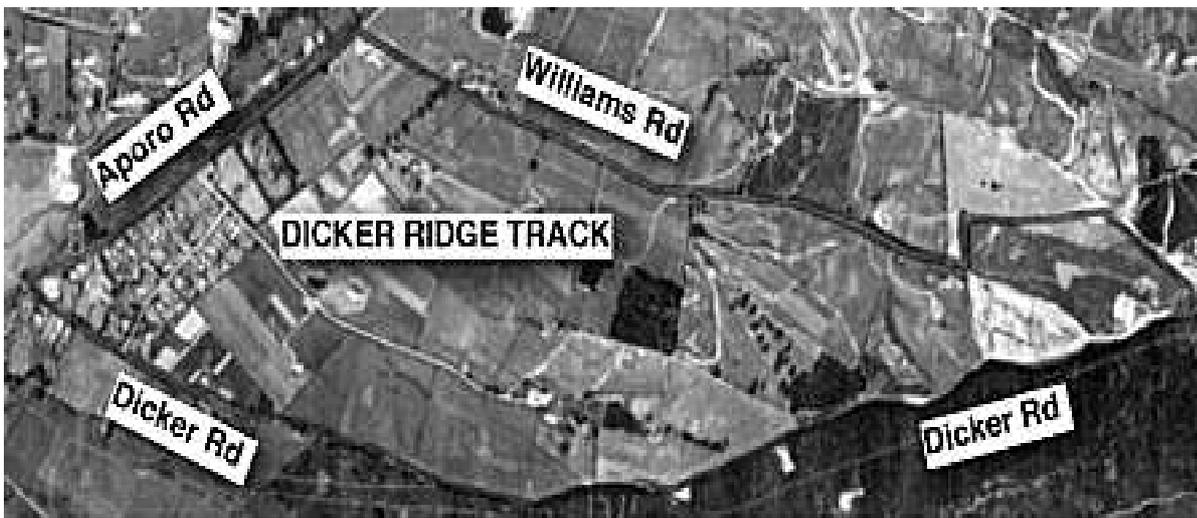
# Great Taste Trail route decided

In early May the Tasman District Council agreed to the new Great Taste Trail route from Mapua to Motueka. The route will now go out to Ruby Bay and will get to Tasman via Pine Hill Road, Marriages Road, returning to Aporo Road.

The existing underpass will be used to get to Harley Road. The trail will then follow Tasman View Road and Community Road which then connects to an existing path which runs from the Riverside Cafe, through Lower Moutere and continues to the roundabout at Motueka (near Toad Hall).

The commercial effects of the trail are already starting to be seen, for example, Corugate Accommodation is building new accommodation units and Riverside Cafe is now open seven days a week throughout the winter.

Even without this new trail, there are still lots of local routes for walkers and cyclists to enjoy. The 'Get Moving' Ruby Coast map should soon be available again in paper format. It is going to print in the next couple of weeks. As mentioned before, it is available to print from the website [www.rubycoastmouterehills.org.nz](http://www.rubycoastmouterehills.org.nz)



## Dicker Ridge walkway/cycleway

Unformed legal roads (otherwise known as paper roads) are being used for walking and cycling routes through the Tasman/Kina area, thanks in part to \$7500 funding from the national Walking Access Commission.

Local resident David Short, of the Tasman Area Community Association, says a 7.5km Dicker Ridge Track has been recently opened and is well sign-posted. The path starts near the Tasman Domain (where you can park your car or bike) and follows up Dicker Road from the corner of Aporo Road, across an unformed legal road, over lease land owned by the NZ Transport Agency, who built the nearby Ruby Bay by-pass.

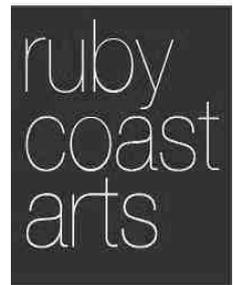
The track follows the by-pass and offers "fabulous views of Mt Arthur, plus the sea, vineyards and the Moutere.

Continuing on for 3½km along Dicker Road you reach a left-hand turning point to take you down along another unformed legal road to the top of Williams Road, following farmland and orchards for another 2½km and emerging at Aporo Road near the Jester House Café for a short 1km walk/ride back to the Domain.

Walkers and cyclists are urged to stay within the twin white posts that designate a short section of the track, where the track goes between private property. Gates, in place to control the stock, need to be left as found.

In total, the Dicker Ridge Track takes 1½ to 2hrs and is classed as "easy" to "moderate".

# Art initiative to involve the Community



**A**rt in Windows is a new initiative of the Ruby Coast Arts team (RCA), to be held in conjunction with the RCA Open Studios Trail and Creative Workshops later this year.

It will be a two-week long exhibition celebrating creativity and sustainability. Artists, and artists working with community groups, will be paired up with shops and businesses to transform Mapua into a vibrant, street-based art exhibition.

Local artists and the wider community are invited to create sustainable, imaginative and thought-provoking artworks, from many types of materials, preferably recycled.

The aim of the project is to encourage collaboration between artists and community groups, bringing people of all ages and abilities to work together, to create exciting artworks for the exhibition.

Ruby Coast Arts will co-ordinate the exhibition by teaming up artists with groups and host venues. Where possible, artwork content will relate to the venue type, for example, textile art to a clothes shop, 'text' related art to a library and so on.

The artworks will be viewed by the general public as they go about their daily business, raising awareness of art and hopefully bringing a smile, or food for thought.

The Art in Windows exhibition will run from 19 October to 3 November and will provide an 'arty vibe' to Mapua, during the build-up to the Ruby Coast Arts Weekend, 2/3 November 2013—a fabulous celebration of local art and creative talent within our community.

If you're an artist, a community group, or a potential host venue in Mapua and feel inspired to get involved with Art in Windows, we'd love to hear from you, please register your interest, by 30 July 2013

Registration is now also open for Ruby Coast Arts Open Studios and Workshops.

email: [info@rubycoastarts.co.nz](mailto:info@rubycoastarts.co.nz)

## PANZ

**N**o wonder there is a plethora of artists in the Tasman region; we have been so indulged with such a colourful autumn. Painterly scenes everywhere!

We had a weekend workshop with Australian Master Pastellist Grace Paleg about the transition of light and the effect it has on every subject we portray. It was a new concept and approach for many of us. Grace was seeing colours on our individual setups of still lifes that we were sceptical about to begin with, but we were enlightened! As on the second day we were all experimenting with much stronger colours and they worked – to our amazement!

The previous weekend we had Master Pastellist Maxine Thompson on portraiture of people and animals. Maxine has a no-pressure attitude to teaching and could quickly see where help and encouragement was needed. To get a good likeness she taught us the technique of measuring and angling which ensures one also captures the character of the subject.

Both of these courses were so worthwhile, as we all learnt so much. Many thanks must go to Glenys Forbes who arranges and organises these workshops. For further contact Glenys on 540-3388.

*Jill Reid*

# Fire Brigade

## *April 13-May 13 call-outs*



Apr 16: Permitted burn Brook View Heights, no action by brigade.

Apr 21: Flooding Aranui Rd, assisted with pumps

May 4: Car v van SH60 at Westdale Rd and Massey Rd, another unit dealing with it. Returned to station,

May 8: Ammonia leak at old Mapua coolstore, owner removing last of ammonia to remove pipes. No action by brigade.

May 12: Light truck hit guard rail near Tasman SH60. Police looking into it. Road control until road cleared by tow truck.

27 calls this year.

### ***Safety Tip – Have your chimney swept and checked***

Last week the brigade celebrated Alby Wyatt being in the brigade and Fire Service for 25 years. Alby is the second member to receive the 25-year medal in the Mapua Volunteer Fire Brigade after ex Chief Ted Perry. About 100 people helped Alby to have a great night. For the last few call-outs we have been a bit short of person power. If you work in the Mapua area and are fit and think you could be a fire fighter contact us or visit the Mapua Fire Station on a Thursday night. We would be happy to see you.

# Police Report

Hi to you all. Good to be able to report that there hasn't been any major crime trends over the last month. With the end of the fruit season upon us a lot of people will be moving on and in some years there has been an increase in thefts when this happens...not so far.

With the days shorter and colder the roads will be wetter and frosty. We need to allow more time to get places.

I am due to do a six-month newsletter to all the neighbourhood support groups in the area and will be doing so soon. Take care.

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

### **Mapua Occurrences:**

May 22: Theft from vehicle Seaton Valley Road

Apr 25: 54-year-old female arrested for breach of bail and trespass

Apr 26: Mapua person warned for minor drugs matter

May 1: Domestic argument in Mapua

May 4: Vehicle did burn-outs on grass Tahī/Aranui Road corner. Vehicle collides with cattle Gardner Valley Road

# Hills Community Church

This year I have been reading Tolkien's *The Hobbit* to our eight-year-old. This has prompted me to re-read, again, *The Lord of the Rings*. Together they are a remarkable work of fiction, but as with all great fiction, they point to some profound truth.

In the *Hobbit*, Bilbo Baggins sets out on a great adventure; he joins a party of dwarves on a treasure hunt. In the course of this journey he picks up a lost ring, Gollum's 'Precious'. Little does he know the power now held in his hand, and little does he know the quest that it sets in place. Far more perilous than finding treasure, the real quest of the entire story is that of throwing away the corrupting power of the ring.

Together the books tell a remarkable story of the journey of life. We all set out in so many and varied ways on a quest for treasure, searching for what our hearts desire, it could be material wealth, but we also search for intangible treasure; things like: acceptance, love, power or meaning.

As we live out this search it is inevitable that we will pick some unwanted baggage on the way. Things that seem small and inconsequential, like a ring slipped into a pocket, but over time grow to become things that dominate and control our life; things like: long-carried hurts, or the various addictions we carry.

Perhaps the most important step in our lives' journey comes in the realization that our most important task in life isn't found in the accumulation of that which we desire, but rather in discovering the courage to let go of that which has the power to destroy us.

I think this is the heart of what Jesus speaks of when he says: 'For whoever wants to save their life will lose it, but whoever loses their life for me will find it.' (Matthew 16:25)

It is in the learning to let go of that which has become most precious to us that we begin to allow God to give us the true life he desires for each of us.

My God bless you in this greatest quest.

*Rev John Sherlock*

**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 9am, 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



Tena koutou, today I want to talk a little about tuakana-teina. Tuakana- teina refers to the relationship of an older (tuakana) and a younger (teina) person and has originally been specific to the teaching and learning in the Māori context. Nowadays, this term as well as the term 'ako', which means both learning and teaching, are widely used by a lot of early childhood educationists in Aotearoa.

At Harakeke we see examples of these concepts on a daily basis and as educators are actively supporting children's development in these competencies, that are strongly related to the concept of responsibilities as well.

It is fantastic to see our five-year-olds taking on the responsibility to familiarise and guide our new children, the young three-year-olds who are just beginning their learning journey with us, before they themselves are moving on to 'big school' where hopefully they also find great buddies to support their transition.

Lots of learning, teaching and sharing of knowledge happens around activities our children are involved in at present, ie, the exploration with magnets, the dismantling of old electronic equipment and machines, with the screen-printing set up, at the

carpentry table and pirate ship building site where the appropriate and safe use of tools and equipment, the development of theories of the how's and why's are formulated, shared and discussed. It is a delight to listen to children's theories about the world around them and while they most likely are far from scientifically correct, they still mirror children's increasing engagement in higher-level thinking.

Within this emphasis on responsibilities lies also the 'taking responsibility', this is about risk taking, courage, having a go, trying new things, setting goals.

As kind of a first step towards self-directed learning we have begun to ask our older four and five-year-old children what they are really good at, what they really love doing and what they would like to learn, do or be better at. So far this has been a really successful new step and already took us to an unforeseen place, a session at Damara Sylvester's circus classes at the Riverside Community. The trip to support one child's desire to learn aerial acrobatics ended up igniting other children's interest as well, encouraged participation and giving new things a go.

*Ka kite ano, the Harakeke team*

# Hello from Singapore

I am in Singapore for two months on my first international artist residency. Supported by the Asia New Zealand Foundation, the residency at Instinc Gallery provides accommodation, studio space, curatorial support, an exhibition, promotion to the Singapore media and introductions to the local arts scene.

I have been here just over two weeks now and I am settling in well. As you might expect, changing from the Nelson autumn to the heat of Singapore has been a challenge, particularly given that I am painting here. There are other differences as well, my studio at home is just a hop and skip down to the bottom of the garden, whereas in Singapore I commute via two trains and one bus to an 8th floor studio. This had given me some ideas about what to paint for my end of residency exhibition, but more about this shortly. There is a great food court on the ground floor where I can buy a delicious lunch for only \$3. One of my favourite dishes is nasi padang, which is Malaysian-style curry, rice and a choice of vegetables.

The first thing that struck me during my first few days out and about in the city was the verticality and scale of the public spaces. Due to a lack of land (Singapore is about the size of Lake Taupo, but has over five million people), urban development has gone both underground and into the sky. Most shopping malls have four or five basement levels and the deepest train station is the equivalent of 15 stories underground. In the atrium spaces, looking up or looking down, you can view many levels at once. The number and length of the escalators to navigate all these levels and the way they cross over each other creates very dynamic spaces. The paintings for my exhibition at the end of June will be an interpretation on different “slices” of these levels.

Another thing that has been of interest to me is that shopping is a major pastime here! There is a huge number of malls and some run into each other so you can spend all day underground getting lost in the maze-



like walkways and levels. The rhythm of Singapore life is start late and finish late; most shops don't open till 11am and the shopping malls are humming come 9pm and later. Depending when you go out and about these vast spaces can be chaotically noisy and crammed full of people, or eerily quiet, like the end of the world.

When I had my application accepted for the residency I thought that two months would be a long time but now that I am here, I can see that the weeks will fly by. I am enjoying visiting local galleries, going to art openings and also visiting the studios of local painters. Last Friday I gave an artist talk at the gallery, explaining the ideas behind my art practice and my process and discussing my experience in Singapore to date. After my talk we had an interesting chat about urban planning in Singapore and various ways of exploring the city on foot. Next in my schedule, I am presenting at the Pecha Kucha night (Pecha Kucha is where different presenters talk to 20 slides, for 20 seconds each slide) on the 29th May and also by the end of May I need a press release, images and invitations ready to start promotion of my exhibition. So it is a busy time but I am loving every minute of it!

You can follow my progress on my blog at [www.lisachandler.co.nz/blog](http://www.lisachandler.co.nz/blog)

*Lisa Chandler*

# Noticeboard

**Rangers Rugby Club:** New players are welcome to play in the senior 3rd Division for the 2013 season. Team trainings Tuesday 6pm at Mapua Domain. Mark 0274229949.

**For Sale:** 5kg bags of top quality non-treated kindling wood. It is dry, burns great, it will get any fire started. \$10 per bag. Free delivery locally. Call: Cameron Jones, 540 2992

**Calling all Gardeners:** Moutere Plant Swap, Sunday 16 June, Moutere Hills Community Centre car park 11am. Bring potted seedlings, cuttings, split perennial's –seeds –bulbs –tubers. A great Free way to add to your garden and to share the Love of plants.

**Coastal Connections Social Group.** This month's luncheon will be held at the Riverside Cafe, Moutere Hwy, Riverside, on 13 June. Look forward to seeing you there. Julie H.

**Need technical help?** Bought a new smartphone / tablet /computer and can't set it up? Can't connect your Blu-Ray player? Don't know how to transfer photos from your camera? Local help is at hand! Average job price only \$30! Basic web design also available - pages start from just \$35. Call Sam, 544 0737.– [sam@sambennett.co.nz](mailto:sam@sambennett.co.nz)

**Fair Exchange:** We meet the second & fourth Wednesdays of the month. 9am at Hamish Café to exchange homemade or homegrown items. Info: Debbi, 540-2942 or [DLBamfield@gmail.com](mailto:DLBamfield@gmail.com).

**Ruby Coast Newcomers Coffee Group:** meet new people, make new friends. 10am last Friday of month, Tasman Store. Info: Richard & Viv, 526 6707, [rsclément@xtra.co.nz](mailto:rsclément@xtra.co.nz) or just turn up. Everyone welcome.

**Mapua Art Group:** Painting/Drawing Thursdays 9-12.30, Old Church, Aranui Rd. 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

**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.

**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 MDBA with thanks to Tasman Bay Vets.

**Toy Library:** extensive selection of toys, puzzles & videos for children 0-5yrs. 136A Aranui Rd every 1st & 3rd Tuesday, 10-11.30am & 6.30-7.30pm. Phone Anja, 544 8733, about membership or casual hire.

**Coastal Garden Group** meet first Thursdays, 1.30pm, Tasman Bible Hall. Members, guests & visitors welcome.

**Probus Club** meets first Fridays. All retirees most welcome. Enquiries to Pres. Letty Thawley; 540 2876, Secr. Margaret Butchart 540 2686

**Moutere Hills Rose Society.** Are you a gardener with a special love of roses? We meet monthly - contact Margaret 03 5288477 or Cynthia 035288664.

**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

**Daytime Book Group:** Meets first Tuesdays at 9.45am. New members welcome. Phone Mary 5402450 or Anne 5403934

**Yoga in Mapua:** Mapua Scout Den during School Terms, Tues & Thurs 9:15-10:45am, Tues 6-7:30pm. Contact Anna Timms, 027 540 3944 or [atimms68@gmail.com](mailto:atimms68@gmail.com)

**Mapua Friendship Group** meets once a month to socialize. We play a game of indoor bowls, and enjoy afternoon tea together (please bring a plate). We are presently meeting at Tasman Bible Church hall. There is a small door fee and a raffle. Info: Valerie 03 540 3685.

**YOGA with Robin** - Classes weekly. All levels welcome. Call 540 2113 for class times & information. [www.rubybayyoga.com](http://www.rubybayyoga.com)

## Advertising Costs

Ads go by the size in column cms, columns are 8.5cm wide and costs are as follows:

\$2.50 per cm up to 6cm

\$3 per cm up to 10cm

\$4 per cm over 10cm

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

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

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