



## Summer Scenes at Mapua Wharf

(Clockwise from top) High tide brings the floating jetty nearly level. What! No ice cream for the dog? The ferry can't get much closer!. Ready, set, jump! A regular activity at the wharf. Nose down! A yacht about to take a dive too?





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## Pastel Artists of NZ

Our pastel year was off to a flying start with our first 'Top of the South' Art Exhibition in the refurbished Mapua Community Hall. Thank you to everyone who came to view (and buy) our work; your support for the pastel artists from the Nelson and Marlborough areas was much appreciated. The 'People's Choice' award went to Karen Neal for her beautiful animal portrait.

Tuesday morning sessions are quietly industrious at the moment with several members of the group away on trips or engaged in other projects. The change in the weather is apparent and once autumn is well and truly with us, our painters will be back at their easels with renewed gusto!

The annual national PANZ convention is held alternately on North and South islands. This year the hosts are the Wellington group with the convention scheduled for early May in Porirua. And next year, the honour is ours! Be prepared, artists from around the country will be flocking to Mapua, an opportunity to showcase our beautiful area. And of course, some hard work ahead for our members as we plan and prepare for the best convention ever.

If you want to find out more about pastels and the PANZ art group in Mapua visitors are always welcome. Just call into the Community Hall on a Tuesday morning between 9am and 12 noon when you see the PANZ board outside. Or contact Glenys Forbes on 540-3388 for more information.

*Sue England*



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# Mapua Health Centre

We are coming up to autumn and the likelihood of various viruses starting to creep in and test our immune systems. The cold viruses tend to cause a runny nose, head congestion, cough and general feeling of being under the weather. A full-blown influenza attack is a much more severe illness with some of the 'cold' features plus generalised aches, temperature and sweats, often a severe headache and feeling very unwell. This can be quite difficult to diagnose as it shares some of the symptoms of meningitis and therefore it is important to seek medical help if you are at all unsure.

For younger patients and teenagers there is a fully confidential medical service available throughout the working week and that medical costs may be covered by a special PHO fund. You can check this out by simply turning up at the practice or phoning 540-2211 or email [info@mapuahealth.com](mailto:info@mapuahealth.com). There is also a new service available through the local primary health organisation called WAVES. This a grief education programme for those over 17 years old who have been affected by the suicide of someone they know. Phone 03 539-1170 for more information.

This year's flu vaccines will be available during this month and we will be sending out reminders to those who have previously been immunised. If you would like more information about the vaccine or to book an appointment for immunisation please contact the practice nurse on 540-2211.

Also, a reminder that we have set up a 'Prescription' email address site—[prescription@mapuahealth.com](mailto:prescription@mapuahealth.com)—to give another way to get


hold of repeat prescriptions. You simply need to send an email and you will receive a return email with instructions about the details we need to organise your prescription. It's as simple as that, although still important to give 24 hours notice.

One of this month's health events is about autism. Children and adults who have an autism spectrum disorder (ASD) look the same as other people, and due to the invisible nature of their disability it can be much harder to create awareness and understanding. Autism and Asperger syndrome still remain relatively unknown disabilities among the general population, yet it is estimated that they are about four times as common as cerebral palsy and 17 times as common as Down's syndrome, touching the lives of over 40 000 people and their families throughout New Zealand. ASD affects language, social skills and behaviour, and those affected are often unable to interpret the world and what is happening around them in the same way that others do. There are now many different ways of trying to potentially prevent and help improve this disorder. For more information see [www.autismnz.org.nz](http://www.autismnz.org.nz)

This month's health/school events include:

2	Term 1 ends	<a href="http://www.minedu.govt.nz">www.minedu.govt.nz</a>
2	World Autism Day	<a href="http://www.autismnz.org.nz">www.autismnz.org.nz</a>
6-12	Order of St John Appeal week	<a href="http://www.sjohn.org.nz">www.sjohn.org.nz</a>
7	World Health Day	<a href="http://www.who.int/en">www.who.int/en</a>
20	Term 2 begins	<a href="http://www.minedu.govt.nz">www.minedu.govt.nz</a>
20	National Immunisation Week	<a href="http://www.who.int/campaigns/en">www.who.int/campaigns/en</a>
24	NZ Poppy Day - RSA	<a href="http://www.rsa.org.nz">www.rsa.org.nz</a>
25	Anzac Day	<a href="http://www.rsa.org.nz">www.rsa.org.nz</a>

I don't enjoy computer jokes; not one bit.  
When chemists die, they barium.  
Jokes about German sausage are the wurst.  
I stayed up all night to see where the sun went—  
then it dawned on me



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# Mapua Bowling Club

## *The Write Bias*

The early morning dew on the bowling green gives us a hint of autumn but warm sunshine still greets the bowlers as they come to play bowls on Tuesday, Thursday and Saturday.

During March there were two events which saw many keen bowlers at the Mapua Bowling Club. The first was the special roll-up on 14 March to farewell Frank and Joan Gibbison (*pictured*) who have been popular and active members of the club for over a decade. Frank is currently serving as patron of the club. Members of the Riwaka, Motueka and Ngatimoti bowling clubs came to Mapua for an afternoon of entertaining bowls and to bid a fond farewell to Frank and Joan, who are moving to the North Island. The bowling was followed by a lovely afternoon tea with a table laden with savouries and delicious baking, including a special farewell chocolate cake for Frank and Joan.

Normally the club's prize-giving is held at the end of the season but because Frank and Joan would not be here for it, an early presentation of two trophies was made at the farewell. Frank and Joan were presented with this year's Thomas Trophy (mixed pairs) and Frank along with partner, Michael Busby, re-

ceived the club championship trophy for the Men's Veteran Pairs.

The second event which attracted a number of bowlers to the club was the Elston Blain tournament held on 17 March. Sponsored by Elston Blain and the Golden Bear Brewing Company, it was a 2-4-2 tournament with teams drawn on the day. After a competitive afternoon of bowls the team of Dave England and Rex Page were declared the winners and were presented with the first-place prizes and the impressive Elston Blain Trophy.

Coming up on 22 April is Giggle Day sponsored by The Jellyfish Café and Holistic Health. This will be a fun day of bowls (triples) for ladies and it is open to all the clubs in the area.

For information about bowling, coaching or booking the clubhouse and facilities please call the secretary, Jean Daubney (540-3281) or president, Michael Busby (544-6325).



**Frank and Joan Gibbison**

## Mapua Youth Club

All Mapua secondary school students and Year 8s are invited to come along to the opening night of the brand new Mapua Youth Club on Friday 1 May.

It will be based at the Mapua Hall

It will take place on Fridays 6.30pm-8.30pm starting on 1 May

Hang out and enjoy options such as table tennis/ indoor tennis/pool/ X Box/cooking/craft/softball under the flood lights and much much more. Don't miss out! A gold coin donation is all you need to bring.

The HCC Mapua Hall Youth Project is a community-based youth project for Mapua and district, for the benefit of secondary-aged students in our community and is funded and coordinated by Hills Community Church in partnership with the wider local community. Wethank the Anglican Care Charitable Trust for their generous help with funding.

For more details call Andy Price on 540-3316 or email him at [swimschool@mapuachalets.co.nz](mailto:swimschool@mapuachalets.co.nz), or call Marv Edwards on 027 312 6435 and leave a message.

*Andy, Activekidz Facebook page. Phone 354-03310, web [www.mapuachalets.co.nz](http://www.mapuachalets.co.nz)*

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# Mapua Community Library

(Moutere Hills RSA Memorial Library)

## Wednesday Closing Time

We have decided to continue the later closing for Wednesdays during the Daylight Saving period but revert to the 4.30pm closing outside this period. Please note the new closing time of 4.30pm from Wednesday 8 April to 23 September inclusive.

## Poppy Display

A Patriotic Call to Yarn, <http://www.armymuseum.co.nz/> I am really looking forward to this display. I am sure it will be worth your while to pop in and see the creation that so many local people have contributed to.

## Wednesday Sales Table

We generally have a second-hand book sales table on Wednesday afternoons, either outside the library or just inside the doors. Do pop in and have a leisurely browse and find a treasure for yourself, or others!

## DVD – Society of Authors

The local Society of Authors has put together a DVD highlighting many of the books published in recent times by local authors. You are welcome to borrow it—a special invitation to book groups who may be interested. And talking of book groups...

## Book Groups Register

A number of requests are received in the library for information about local book groups. We would like to compile a register of local groups with a brief statement about how they work, where they are based and contact details of a member from each group. This will be used only to disseminate information and relevant event details. Book groups would also be welcome to let us know if they have any spaces for new members.

If you belong to a Book Group, please consider joining our register and email the details as per the above list directly to the library.

If you've ever wanted to join a book group, or your current book group is looking for inspiration, we have some information in the library about the non-profit organisation Book Discussion Scheme (BDS).

## Dot Moriarty

The library team was so very sad to hear of the passing of Dot Moriarty. A previous committee chair, she was also the champion and leader of the huge computerisation project. When the notion of a three-day Literary Festival was proposed in 2010 it was Dot who had the courage to say, "Yes, let's do it!" And from that bold beginning, Dot continued to be involved with all of the festivals until her relocation a few weeks ago to Wellington. Dot gave so generously of her time, energy and knowledge and was a wonderful person to work with and to have in our team. She will be missed. Our love and best wishes to Tim and family.

Lynley Worsley

## Library Hours (closed Statutory Holidays)

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

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**Major Sponsors:** Canterbury Community Trust; Lion Foundation; Tasman District Council; Mapua and Districts Business Association.

## Book Review

**B**lackout, by John Lawton. Reviewed by Terry Smith.  
This book is available in the Mapua Community Library.

What a relief it was to read a well-written book that made sense. I had just read a ridiculous and badly written pot-boiler where the goodies fired off countless rounds of ammunition while on the run and never seemed to have to reload; they suffered the grossest injuries but could keep climbing ladders and swim underwater while carrying a ton of equipment. It was totally beyond belief.

Perhaps to allow the author more scope with his imagination, it was set several years into the future. I'm sure when that part of the future becomes the present it will still be seen as a load of nonsense.

And of course it was an "international best seller," a label probably put on it before the first book hit the shelves.

Back to *Blackout*. It features Detective Sergeant Frederick Troy, a member of London's Scotland Yard. The time is 1944 when preparations for D-Day are in full swing and the Luftwaffe is making a last desperate attack on London. Some streetwise boys find a body which turns out to be a German and it soon becomes obvious (to Troy at least) that it is not a simple murder.

Lawton paints a convincing picture of wartime London and its people, seeking protection in the underground stations and coping with the loss of facilities and loss of life. Troy drives around in a Bullnose Morris and struggles to get enough petrol for even the shortest trip.

I don't think I have come across Sergeant Troy before, but this is Lawson's seventh Sergeant Troy novel, according to the publisher's note. Incidentally the note called him "Inspector" Troy; perhaps it let slip that a promotion is on the way?



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# Mapua Playcentre and Obstacle Courses

We had a successful open day at the start of the term and we welcome the new families that have joined us. The focus for the last month has been obstacle courses. The children have been setting up their own courses and fine-tuning them over the morning. We have seen lots of climbing and jumping and we have watched as they have worked on their gross motor skills. We will be at the Easter Fair this month so come and see a little of what we have on offer. We will be in the children's area in the NBS tent.

## About Playcentre

Do you ever drop your child off at their day care and wonder what they get up to in their day? Have you considered coming down to Mapua Playcentre and spending some precious hours with your child while they play and explore what we have to offer?

Mapua Playcentre has been a prominent place for families in the Mapua community for the past 60 years. It is an undervalued resource in the centre of our community for you and your children to use in a

fun-social learning environment and is really worth having a look at.

Playcentre is Ministry of Education-registered centre, the difference being the parents' input into their child's learning, development and fun. Come and stay and meet other parents from the area. It is a great way to have your hands-on day with your child, while you also get the benefit of having social interaction with other parents.

We are not just a playgroup. We follow the Early Childhood Curriculum Te Whariki which is unique to New Zealand. We have one supervisor on each session, whose experience and knowledge is awesome. You get to see first-hand what your children do in a social learning environment and for you as a parent having that input can be extremely rewarding.

Any enquires please phone Anita on 021 1265 357. Or come down on our opening hours of Mondays and Fridays 9.30am-12noon (School term time) we are on Aranui Road behind the tennis courts by the scout den.

## Mapua Unicycle and Family Fun Day

*This item got overlooked for inclusion in the March edition of the Coastal News, for which we apologise. Even though it is late, we think it will still be of interest to our readers.*

*The Editors*

Mapua's inaugural unicycle day in February was organised by the Mapua and Districts Business Association, following an invitation to be part of the month long Konica Minolta Bikefest Nelson.

We decided on a unicycle day as a way of offering something unique on the Bikefest programme. It was also appropriate to offer something that was popular with our local kids.

Unicycle workshops and displays added to the unicycle theme for the day. There was also an on-the-day art competition, balloon modelling by Flossie the fabulous Balloon Lady and beautiful face-painting by Mel. Music from young musicians Alexei D'Ath and local, Isaac Worsley was much appreciated by those who came along.

The obvious venue was the Mapua Waterfront Park and it proved to be a great location. All in all it would seem that this location has great potential to host other community events—(MDBA's or others).

The day went really well and it was great to see everything from a small child making his first ride on his unicycle, to seasoned 10-year-olds displaying high levels of skills as they raced around the time trial course. 'Kids' of all ages also turned a circle on a white sheet of paper into amazing works of art, some

spending hours involved in decorating! Jane Smith had the most difficult job of the day, choosing the winners. The weather wasn't so conducive for picnics in the park, however it was great to see locals turning up to watch the competitions. The MDBA committee members contemplated adding unicycling to their skill base, but on the day they enjoyed watching others giving it a go and having a good time.



The day would not have been possible without the support of MDBA committee, members and several businesses who generously donated prizes. These included Proper Crisps, Animal Farm, Forest Fusion, Bounce Early Learning Centre, Village Cycles, Jellyfish Cafe and Bar, Health Basics, The Playhouse, Rob Sutton and Summit Real Estate.

A big thank you is also due to Wheelie Fantastic Cycle Tours for organising and coordinating the Time Trial's event. Thanks too to Trail Journeys, Sport Tasman and Marty Clark, Music Planet, Cake Cougar Caravans, Paul Nankivell and Waimea Intermediate for their support. The day would not have been the success it was without the tireless input of Marty Richards and Julian Daily teaching the skills of unicycling and Garth Shivers entertainment while riding a unicycle—inspiring!

*Nicky McBride and Janet Taylor*

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## Coastal Garden Group

Barbara Hosie introduced the guest speaker for the March meeting of the Coastal Garden Group—Don Grant of Tasman Bay Herbs. Don, a talented and entertaining speaker, gave a very funny story about Cinderella, a great way to break the ice.

Don's story starts with setting up a small business some 19 years ago with his wife. They bought a kiwifruit orchard at Riwaka and put up a 350 square metre greenhouse and from there started growing herbs hydroponically.

To get under way they phoned 77 restaurants and caterers; 70% said they would use fresh herbs if Don could supply them. So he started with the restaurants, giving them free samples of herbs such as rocket, mizuna, lamb's lettuce, miners' lettuce and French tarragon etc.

They continued to expand their business and in August 1997 put up a second greenhouse, growing all their herbs by seed except mint, which they grow from root stock. This mint is rust-free. There are two different sized pots filled with pumice which they have in their system. The hydroponics have lids on the gullies which cuts down on the cleaning. The seedlings are grown in what are called rockwall slabs; when the roots come through the slab decomposes and goes out into the main system. Nutrients are put into the top of the gully with a 1 in 40 slope at a litre a minute. An NFT—Nutrient Film Technique—is reticulated with water around the roots. About 200,000 plants take 500 to 600 litres of water a week. They have 200 varieties of herbs such as Thai basil, sweet Genovese basil, kale, rocket and watercress. Mint is packaged in halved asparagus punnets.

They don't use harmful sprays so the herbs are not put through a washing process but are packaged straight from cuttings in breathable bags, which allows oxygen to leave and CO2 to go into the bag.

They are now supplying New World Supermarkets both in the North and South Islands, and have recently joined forces with the Marlborough Thyme Bank which expands their growing systems to 7000 square metres.

*Judy Sisam*



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# Tasman Bible Church



## “Thank God It’s Friday”

For the fewer and fewer people whose traditional working week is a “nine-to-five” and, who look forward to the weekend, the above phrase is quite common.

Particularly at Easter many are thinking that the season is fast approaching when the weather affords a last chance for a break or a holiday. The notion of a “break” or “holiday” has its roots across many cultures in the observance and practice of what is called in Old English, a “holy” day. At certain points in history, the day meant and offered an opportunity to attend to one’s religious duty and, it was literally a “day off” from mundane work.

It’s likely that even in a so-called sophisticated and developed Western culture, such notions of “holiday” are far from the minds and practices of a goodly portion of society—time “off” is valued for a number of other than religious reasons. Or, is it?

Easter, for Christians, still has a central place signifying two wedded key events—the death and resurrection of Jesus Christ. Each of these provides and reminds in its own way, hope for the present and the future. Often, someone might ask why the Friday of that weekend is referred to as “Good” Friday? It

seems strange to pause and remember, to celebrate and reflect upon the excruciating suffering and death of the individual, Jesus Christ! Moreover, why do so if he was one of tens of thousands to suffer and die in such a fashion? For Christians, “Good Friday” is a focal point in real history when God initiated and completed something that

Only God could. In the explanatory words of the Bible, “God was reconciling the world to Himself in Christ, not counting men’s sins against them.”

It was “good” then because of the one who died and, because of the purpose of that deliberate death. It was “good” because it anticipated the monumental event that followed on the Sunday—the resurrection. Such then is good reasoning to genuinely say, “Thank God It’s Friday!”

Whatever your Easter Holiday or “holy” day period might look like, before there were Easter bunnies, eggs, and chocolate, the origin and celebration of Easter gives good and profound reasoning to enjoy the rest, recreation, and reflection that might and hopefully will take place this year.

Thanking God for Friday—might it be different for you?

*Richard Drury*

For more information on Tasman Bible Church go to [www.tasmanbiblechurch.org.nz](http://www.tasmanbiblechurch.org.nz)




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

# Boost Your Immunity to ward off Colds and Flu

As we enter autumn and head into winter, we also enter the cold and flu season.

Your immune function should always be at the top of your list of health priorities at this time of the year. A healthy immune system doesn't just keep sniffles away—it is also the body's best defence against any other illness.

Your daily habits, including the foods you eat and your exercise and sleep routines, have a significant effect on your immune function. Even if your lifestyle choices are exemplary, environmental toxins, emotional stress, and the wear and tear of aging all conspire to weaken your immunity.

Your immune system never rests—24 hours a day, every day of your life, your immune system is working hard to keep you healthy. To support and protect your immune system, try these lifestyle suggestions:

## Choose immune-boosting foods.

- Eat a diet containing plenty of fresh vegetables and fruits, which provide a wide range of essential antioxidants and nutrients. (Have a lemon and honey drink at the start of each day. Not too much honey).
- Eat high-quality protein foods. (Fish, chicken, red meat, eggs and legumes).

- Consume healthy fats as they repair tissues and create healthy immune cells. (Consider coconut oil, ghee or olive oil).

- Our gut is responsible for most of our immunity so it is time to re-populate it with good bacteria. Consider beginning a three-month course of a probiotic now.

- It's also important to reduce your intake of sugar because sugar significantly lowers immunity.

- Exercise—but not too much. It is known that 20-30 minutes of exercise each day increases immune function. But interestingly, excessive exercise regimes can hinder immune function.

## Reduce stress.

- Luckily, there are several easy ways to reduce stress in your day-to-day life. In addition to its immune-boosting effects, regular exercise is a potent stress reliever. So is meditation, deep relaxation exercises and massage. The simple process of writing a journal can aid in reducing stress and therefore improving immune function.

I am happy to recommend immune boosting supplements should you wish to take a natural approach to staying well this autumn and winter.

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## Applications for Grants

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



Forms may be obtained from the secretary (John Sharman, phone 540-3642) or downloaded from <https://mapuacommunitytrust.wordpress.com/> Applications should be returned to P O Box 19 Mapua 7048 or emailed as an attachment to mapuarubybay-communitytrust@gmail.com

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

## MAPUA & DISTRICTS COMMUNITY ASSOCIATION

General Meeting  
Monday 13 April @ 7pm  
Mapua Community Hall  
Everyone welcome



# Trail Journeys and the Mapua Ferry

The summer has seen some fantastic weather which is great for tourism, accommodation providers and business in Mapua. We have seen an increase in one-way traffic on the ferry which tells us the trail is being well used to Kaiteriteri. The number of cycle tours seen this summer is fantastic with 100% of clients amazed by what they have experienced.

Numbers on the ferry have been up slightly with January being the exception. Compared with last January we had an increase of 2000 people which I put down to the contrast in weather for both years.

Erosion: You may be aware that on big tides or storms the bank and the big tree by the ferry landing gets eaten away. The storm on 7 March was particularly bad; the tree limbs dropped by nearly 600mm over the walkway. The TDC has recognised the need to do some work here quickly and we had a catch-up with the engineers. Figuring out a way to retain these areas and still be able to land the ferry on a high tide without hitting rocks is a work in progress.

Our shop has been open for the summer and has been great talking to many people from all over the world. Our workshop has been busy with servicing bikes and it comes to the end of the season where we can offer our custom-designed comfort trail bikes and mountain bikes for sale. Come and see us and grab yourself a bargain; even our new bikes are heavily discounted.

Our Kaiteriteri bike hire operation was opened just before Christmas. This has been well used by people exploring the mountain bike park and the trail.

Winter timetable: The ferry and shop operate every day until the end of the school holidays (19 April). Please note: as of 5 April Daylight Saving finishes and we go back to operating until 4pm. For this winter we will be operating every Friday, weekends and all school and public holidays. For any services outside these hours please feel free to give me a call.

Many thanks for your support.

*Andrew Schwass*



Stopping-distance demonstrations were run across Tasman and Nelson last month to help remind drivers to slow down. In total 30 were run, with just under 2500 people attending. Thirteen schools across Tasman took part, with two in Mapua, where 300 members of the public and Mapua School pupils and teachers attended.

During each demonstration, a driving instructor showed how speed affected stopping distances.

There were three runs with the car travelling at a different speed each time, but always starting and applying the brakes at the same time. The three different speeds were 20kmh, 50kmh and 60kmh. The last run at 60kmh showed how just an extra 10kmh affected a driver's ability to stop in time for a pedestrian (using cardboard models). The demonstrations were also intended to remind children of the dangers of stepping out in front of a moving

vehicle and that the road was not a playground.

It was pointed out that speed was a major factor in crash statistics and that travelling just 10kmh above the speed limit could make the difference between life and death.

The demonstrations were run by the Tasman District and Nelson City councils, with support from Fulton Hogan, Mediaworks and many others.

# Out and About with Hugh

Last month I ended this column with: “Suburbia: Are we losing the concept of being a village?” Repeating what I previously wrote: A village is a clustered human settlement; has a church and a population ranging from a few hundred to a few thousand. We are a village.

Live and learn. I looked up “suburbia” and discovered that it is a descriptive word used in relation to suburbs the world over. So Mapua must be rural suburb in the Tasman District’s suburbia of the that same area. And ourselves? We are “suburbanites” who live here as residents in suburbia. Suburbanites? A new word? No, it is not. Suburbia has been described as “the biggest waste of land on earth.” Low density residential areas, zoned so that the only way you can get to a commercial area is by motor vehicle. There is more than a measure of truth in that statement. We love our cars, don’t we just.

While doing this searching around, I discovered that *Suburbia* is the name of a 1984 film (also known as *Rebel Streets* and *The Wild Side*) about suburban punks who run away from home and take up their punk lifestyle by squatting in abandoned suburban tract homes near Disneyland in Southern California. Abandoned? What does that imply?

More snooping: I looked up the definition of Out & About. According to Wordreference.com, Out & About is used to refer to the free time one spends outside the house (generally). That means, essentially, frolicking: passing time with friends, driving around etc. I found that it was also the name of a defunct newsletter founded in 1992 especially tailored for gay and lesbian travellers.

As for “frolicking,” The word is from the 16th century Dutch *vrolijk* and from Middle Dutch *vro*. Happy, glad, joyful and is related to Old High German.

So there you are: Now go out and about and have a good time doing a bit of frolicking.

On 6 March our Prime Minister John Key came to Mapua for morning tea at the Jellyfish Café where he spoke to a large audience of very enthusiastic cyclists and cycle trail supporters. He intimated that there would be a further financial input to the trail from the government in the next budget. I say that will be money well spent.

Later in the afternoon he and his wife Bronagh attended the annual meeting of the Nelson Hospice volunteers held at Gardens of the World. He handed out several long-service rewards and complimented the volunteers for their selfless donation of time to this worthy cause.

Whether you like John Key and his politics or not, in these situations he comes across as honest and sincere in what he says. He has a very good gift of the

gab and he sure knows how to look you in the eye and press the flesh.

Our Member of Parliament, Damien O’Connor, came out early in March raising the issue of reconsidering Tasman amalgamation with Nelson City, and said how inept the Tasman District Council is in handling consents, procedures and processes. He took issue over the late application for a liquor license for the Mahana School Fair that was turned down. It was submitted too late.

The school committee dropped the ball. Nothing to do with the council or its procedures. The School Fair was a success, blessed with good weather and a good attendance.

The Waikato District Council has enriched the Kopua Domain in Raglan by installing a unique exercise and recreation facility for both children and adults. Peter O’Halloran of Ruby Bay visited and photographed the equipment. He intends to introduce and promote the concept before the Tasman District Council and the Community Association. The equipment will become a part of the Mapua Waterfront



Park domain area and to include a petanque piste and a free of charge gas-fired BBQ. An excellent proposal, worthy of the council and local support. This very under-utilised area could then become a facility our community and visitors could use and enjoy.

I’ve been scolded, corrected and my hand slapped and told I’m out of line. Tourism at the Wharf area is not up 30%. That pertains only to the cycle activity. I apologise if you feel misled. However, the Wharf Precinct Group and its proceedings is not privileged and private until meeting minutes are circulated. This group was initially proposed to Tasman’s mayor, Richard Kempthorne, by the Community Association in a letter in September 2010. It was not until January 2012 that the Mapua Wharf Precinct Group was formed. It was to consist of several groups and individuals; ie., the tenants (lessees) of the commercial property owned by the council or privately, local Iwi, ward councillors and TDC staff.

**Tasman long Term Plan:** The TDC *Newsline* mailer presents the plan briefly. There will be a public presentation at the Mapua Hall on 1 April, afternoon and morning. Rates increase of 3% plus growth allowance. Submissions deadline is 20 April.

Peter Frye, of Spring & Fern, tells me Sprig & Fern Mapua is on schedule to open late April. I took a peek at what they are changing in the interior. I was pleasantly surprised.

A sad goodbye to Dot Moriarty. She gave so much to our library and community.

Hugh Gordon





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# The Probus Club of Mapua and District

Local artist Janet Marshall told the Probus Club of Mapua and District at its March meeting about her lifelong dedication to her work of painting birds, plants and portraits

Janet was interested in painting birds from her childhood days, and has enjoyed over 40 years of dedication to and enjoyment from her art work. She has produced four field guides to New Zealand birds, producing 120 paintings, or 40 paintings per book. She had to give up painting for a period because of a serious accident that put her in hospital. While in hospital she began painting again. That gave her inspiration to get over her injuries.

During the early 1980s Janet painted a variety of native birds that were used on our stamps. She has also done paintings for such groups as the New Zealand Ornithological Society, NZ Forest and Bird, NZ Treasury and the NZ Milk Board.

Another interesting project was during her time living in Stratford, Taranaki. She and her husband built their home (Te Popo Garden) on a large section and were able to plant a variety of native shrubs and trees. This attracted a good variety of native birds.

Janet produced a series of five children's books such as *Bell Birds' Birthday Party* and *K is for Kiwi*.

She also wrote and illustrated a garden diary called *Images of a Garden*, published in 1993. This

book was a study of Te Popo Garden over two years, with many of her paintings.

She is a member of the New Zealand Botanical Art Society and does watercolour paintings of the development and growth of specific plants, as well as butterflies and other interesting insects. Janet will hold a Botanical Art workshop at her studio at Shamar Gallery, 293 Seaton Valley Road, later this year.

Her email address is: [janet@janetmarshall.co.nz](mailto:janet@janetmarshall.co.nz) and her web site is [www.janetmarshall.co.nz](http://www.janetmarshall.co.nz)

After the talk the club had its annual general meeting. The outgoing president, Stan Lawn, gave his annual report, thanking his committee and the various club members that gave mini talks during the year. Rita Mitchell read the minutes of last year's AGM and Jackie Buckland gave the club's financial report. The new committee was elected with Janice Higgs as president, Don Hodgkiss vice-president, Rita Mitchell as secretary and Jackie Buckland as treasurer.

*David Higgs*

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❖ **LIVE MUSIC 7 PM SAT 25<sup>th</sup> APRIL "Del Thomas"**  
Del Thomas has been playing guitar since the early 70's when he was bitten by the singer songwriter bug. With a record collection filled with Cat Stevens, Sutherland Brothers and Richard Thompson albums, he then heard Fleetwood Mac and Eric Clapton and discovered 'the blues'. That mix of blues and melodic folk has always featured heavily in his music. He released his first solo album 'Driving Home Alone' in 2013, with his second due mid 2015.  
Call it what you will, blues, country, folk rock, I think you'll enjoy the ride.....

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Raffle every Wed 6pm with Chase the Ace and Steak Wed.  
1<sup>st</sup> Thurs Folk Night. This month the 2nd.  
2<sup>nd</sup> Thurs Quiz Night. This month the 9<sup>th</sup>.  
Last Thurs \$20 Ribs Night. This month the 30th.  
*Sorry, Closed Good Friday.*

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## Lynda's Exercise Classes in the Mapua Hall.

**Term 2 - an ELEVEN week term starts  
Tuesday April 21<sup>st</sup>, ends Friday July 3<sup>rd</sup>.**

Winter term start times for day-time sessions  
(note later finish times as well).

Tuesday	2.30-3.15pm	Sit and be Fit (seated exercise for Seniors/rehab - gold coin)
Tuesday	6pm-6.50pm	Cardio/Strength rotating with Step-based toning and High Intensity Interval training every 3 <sup>rd</sup> week (no coordination required)
Tuesday	7.00pm-7.50pm	Pilates (all levels, beginner to advanced)
Wednesday	9.15am - 10.05am	Aerobics (the old-fashioned dance-around and sing-along kind)
Wednesday	10.10am - 11.00am	Pilates (all levels, beginner to advanced)
Thursday	9.15am - 10.05am	Aerobics (Wakefield) (same class as Wednesday Mapua)
Thursday	10.10am - 11.00am	Pilates (Wakefield) (all levels, beginner to advanced)
Friday	9.15am - 10.05am	Cardio/Strength rotating with Step-based toning and High Intensity Interval training every 3 <sup>rd</sup> week (no coordination required)
Friday	10.10 - 11.00am	Pilates (all levels, beginner to advanced)

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Please email [lynda@hht.co.nz](mailto:lynda@hht.co.nz), or ph 543 2268 or 027 222 1491 to reserve your place. You can attend any session if there is space; when you book a particular session you are guaranteed a place, any extras are dependent on availability, first in first served. There will be SIX extra FREE Saturday sessions which you can use to make up for classes you might miss, dates TBA. No casuals sorry. Newcomers welcome. No special gear or talents required ☺, you don't have to be "fit" to come.

This girl said she recognised me from the vegetarian club, but I'd never met herbivore.

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# Hills Community Church



One of my favourite places to be in Mapua is at the wharf looking across the inlet towards the Richmond Ranges. It is always a changing view depending on the weather. But is it also a changing view as the tide flows continually one way or the other. I love the contrast between the movement of the surging tide and the immovable mountains in the background.

The tide is a reminder to me of the ebb and flow of life and how much of the time we really have to just ride with the current of what life brings us. But the mountains are a reminder to me that through all the changes of life we long to find something solid to put our trust in. The reality is though that there are very few things in life that are truly solid. Changing circumstances can alter the shape of our life drastically: we can lose our wealth, we can lose loved ones, and we can lose our health.

The celebration of Easter is all about God's way of bringing the secure promise of new life and resurrection to an uncertain world. Easter is about God turning what looked like defeat, the crucifixion of Jesus, into the promise that in Christ our future is secure. The Apostle Paul says it like this: "For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, not any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

*Blessings, Rev John Sherlock*

## Easter services at Hills Community Church

Maundy Thursday 7:30pm. Bring a coat and torch!  
 Good Friday 9:30am. Contemplating the Cross  
 Easter Sunday 7:30am. Celebrating Easter – The Dawn of Hope

**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:** 9am, Traditional service. 10:30am Contemporary service & Children's programme including crèche; Holy Communion celebrated at both services on the 2nd and 4th Sundays with morning tea in-between.

March 29th Combined service at 10:30am and 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 Road) on Friday mornings between 10am & noon.



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## MEDITATION CLASSES WITH GESHE JAMPA THARCHIN AT RUBY BLUE STUDIO

Sat 11 April & Sat 9 May - 11am to noon  
 Pot Luck Lunch after the class –  
 please bring a vege plate  
 Cost: \$10 per session

Geshe Jampa Tharchin is a Tibetan monk who has completed the Sera Je Monastic University Lharampa Geshe Degree - PhD in Buddhist philosophy in South India. He has a degree from Gyume Tantric College and taught at the Kopan Nunnery in Nepal. He is the resident teacher of Chandrakirti meditation Centre in Upper Moutere and now we are extremely fortunate to have him teaching at Ruby Blu Studio.

The meditation class will be for beginners and encompasses religious and non-religious methods to calm the mind, suitable for anybody interested in meditation and improving the mind. Breathing meditation techniques are explored and discussion on how we can improve our mind and relationships.

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## Community Invite

*... to share in a heartfelt goodbye to Dot Moriarty.  
Shared finger food tea on Thursday 2nd April*

*5.30pm-7pm at the Mapua Hall.*

*Tim will be there to join us.  
BYO bubbles or your choice for a toast.*



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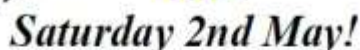


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## WE NEED YOU

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Keep up to date with new classes, events, fundraisers, changes happening at the hall and general hall news.

You can do this via our Facebook page or by email  
mapuahallsociety@gmail.com



[www.facebook.com/  
mapuacommunityhall](http://www.facebook.com/mapuacommunityhall)

# Fire Brigade



## Feb 15-Mar 15 call-outs

Feb 21: Fire on side of road Moutere Hill, helped to put out with Upper Moutere, Appleby and Brightwater.

Mar 6: Assist Tasman School with shade cloth loose in high winds. Assist Perry's Auto with canopy

Mar 9: Permitted burn Ruby Bay and one at Kina, no action by brigade.

Mar 13: Permitted burn Pomona Road, assisted owner to put out.

**Safety Tip – Do you have a smoke alarm? Check and clean, and replace batteries. NZ Fire Service recommends long-life photoelectric alarms. Also make a plan to escape a house fire**

Visit as at <http://www.mapuafire.org> Or Google Mapua Fire.



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Supply and installation of

## Shed Fellas

It does not matter if the member

Is a girl fella or a boy fella

A brown fella

Or a white fella

Or a yellow fella

Or a black fella

It does not matter what colour fella, so long as she/he is a good fella.

It does not matter if the fella is a writer fella

Or an artist fella

Or an actor fella

Or a music fella

So long as that fella shares his/her enjoyment of their skills with us fellas.

It does not matter if their skills have been learnt in trade, so long as they will share those skills with us fellas.

It does not matter what level of so-called education they had so long as they keep the grey matter open to the teachings of that big fella called life.

This fella writing this would like the fella of the Mapua newsletter to wake-up to the fact that brain-power was not handed out by the Education system.

This fella has learned stuff as teacher fella to infant fellas through to adult fellas who were training to be teacher fellas.

I am sorry that you fella of the *Coastal News* missed out all the way through.

You must be very sad fella watching other fellas doing stuff, learning stuff, and teaching stuff while enjoying the company of other cool fellas (girl/boy).

*Grant Winter – Happy Fella  
(artist member of Menzshed Motueka)*

I'm reading a book about anti-gravity. I just can't put it down.

I did a theatrical performance about puns. It is a play on words.

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- ♦ for the full range of modern foot treatments

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Freephone: 0800 891634

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[tasmanbaycontracting@gmail.com](mailto:tasmanbaycontracting@gmail.com)

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**Adele Calteaux Ph 540 3861**

## Kevin Brown

### Chartered Accountant

22B Brooks View Heights, Tasman  
RD1 Upper Moutere  
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Cell: 021 029 87087  
Email: kevin.brown@clear.net.nz







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## More bikes and boats

Mapua has always had boats. In the early days they were working boats; nowadays they are mostly for pleasure. A more recent activity has been cycling, and in the last few years it has grown tremendously. It has been boosted by the many dedicated cycling tracks and the advent of the Mapua ferry running between the wharf and Rabbit Island.

The top picture of a bike and boats is at Grossi Point, and a yacht being prepared for sailing at upper left. Lower left is one of the bike firms at the wharf with bikes of all types and sizes for riders of all ages. Below is a group of cyclists relaxing at the Jellyfish Cafe before embarking on the Mapua ferry.





## ANZAC Day Services

Saturday 25<sup>th</sup> April

<b>Mapua</b>	10.45am	Parade from Mapua Hall
	11am	Service at Memorial Grounds
		Guest speaker: Richard & Michael Hoddy
		Officiating Minister: Rev. John Sherlock.
<b>Tasman</b>	10am	Service at Cenotaph.
		Guest Speaker
		Officiating Minister: Chaplain Peter Bean
<b>Upper Moutere</b>	10am.	Service at Memorial
		at Upper Moutere Community Centre

The RSA would appreciate offers of food for morning tea on the day.

*Norm Thawley, president.*

## MAPUA PLAYCENTRE



84 Aranui Rd, Tel: 540 2386  
(We're behind the tennis courts)  
A staff/ parent run Early Education  
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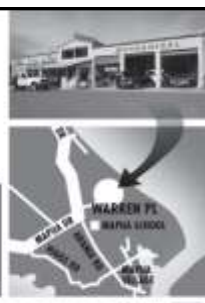
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April 2015

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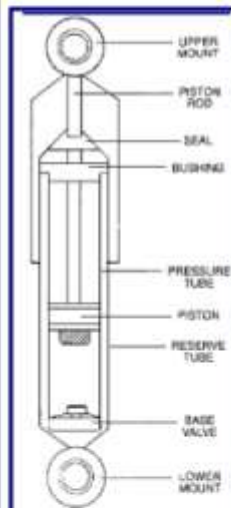
### Worn Shock Absorbers - the hidden dangers

Shock absorbers keep your vehicles wheels in constant contact with the road - without them your brakes and tyres simply can not do their job.

At rest or in motion, the bottom surface of your tyres is the only part of your vehicle in contact with the road. When contact with the road is broken or reduced, safety is severely compromised. For example, tests have shown:

- Braking distance may be increased by 2.3m when driving at 55km/h.
- The maximum safe speed on dry roads should be reduced by 10% if shock absorbers are 50% worn ie. travelling at 90km/h instead of 100km/h.
- Skidding and aquaplaning can begin at a speed 10% lower on roads with 6mm of water and shock absorbers that are 50% worn.
- Driver fatigue occurs 26% faster.
- Reaction time can be delayed by 26%.

A shock absorber is basically a pump located between the frame of the vehicle (via the upper mount) and the wheels (via the lower mount). The Upper mount, piston rod and piston are all connected, with the piston surrounded by hydraulic fluid. As your wheel and suspension travels up and down, the lower mount moves, forcing hydraulic fluid through tiny holes inside the piston. These tiny holes only allow a small amount of fluid through the piston which slows its movement, in turn slowing the movement of the spring and suspension, therefore reducing wheel bounce.



Shock absorbers should be thoroughly tested on a mechanically induced rebound bounce tester (as shown) at least every 12 months. At Mapua Auto Centre this is done with every WOF

Happy & safe motoring  
from the team at



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# The Playhouse Cafe

## What's On Guide

### APRIL 2015

Open Fridays to Sundays from 11am

Mon to Thurs Open only for  
Events, Functions and Group Bookings

Free Pick Up and Drop off to Mapua, Moutere, Appleby, Tasman  
Call 5402985 for bookings

M T W T F S S

**New Winter  
Trading Hours**  
See above

1 Open for lunch 11am till 4pm	2 Open 11am till late	3 Boogie Train Easter Special \$50 Dinner and show bookings essential Dinner from 6pm Band from 8pm	4 The Big Bike Quiz Night \$5 per person Teams of 2- 8 730pm start Dinner all night	5 Open 11am till late No surcharge		
6 Annual Easter Egg Hunt 1pm, free Open 11am till 4pm	7 Closed	8 Closed	9 Jason McIver Band Music 8pm Dinner from 6pm \$10	10 Andrew London Trio Amazing Jazz \$20 Music 8pm Dinner from 6pm	11 Closed to public for Wedding	12 Open for lunch 11am till 4pm Private Function evening
13 IRE ate lov ply)	14 Closed	15 Closed	16 The Great North Folk pop \$10, 8pm Dinner from 6pm	17 Paul Madsen Presents CCR + QUEEN Tribute act at its best! \$25, add \$35 for 2 course buffet Dinner from 6pm, show 8pm Same show both nights	18 Closed	19 Open for lunch 11am till 4pm VARIETY CONCERT 4pm, \$10
20 SPECIAL Oct and a cher	21 Closed	22 Closed	23 Closed	24 Hannah Curwood and band Folk pop \$10, 8pm Dinner from 6pm	25 THE JEWS BROTHERS Baltic Jazz \$20, 8pm Dinner from 6pm	26 Chandrakirti Quiz Night Quiz starts 630pm \$5pp Dinner all night
27 FUNCTIONS: Charity Ball Paul Madsen's Tribute Last Man Standing Coastal Players	28 Closed	29 Closed	30 Closed	1 Damon Ward presents Clay Tallstories more details to come	2 Trina Starr presents Pole Performance show more details to come	3 Open for lunch 11am till 4pm
				8 TBA	9 TBA	10 Mother's Day Book Ahead!

WWW.PLAYHOUSECAFE.CO.NZ or call 5402985

# THE SHED MAPUA

Hours Monday through to Saturday 8.30 – 5.00pm  
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## MAPUA AND DISTRICTS BUSINESS ASSOCIATION

Coordinator: Janet Ph 540 3364



Do you own a business in the Mapua, Tasman, Upper Moutere area or live locally and operate a business elsewhere? If so, have you thought about joining the MDBA? As well as many member benefits (such as free advertising on the rubycoastmouterehills website, the opportunity to advertise in the local community Directory and free member events) the Association also supports local community events and organisations in many different ways, for example supporting the updating of local civil defence kits with batteries. If you would like to know more about membership contact Janet and feel free to attend the Association's 23rd AGM, starting at 7pm on 20 May in the Mapua Hall.

### MEMBER PROFILE

#### MELISSA POTTER

THE ART OF TOUCH - Holistic Therapy's  
...DISCOVER ENHANCED HEALTH  
AND WELL-BEING!

Melissa Potter grew up locally in Appleby as a child and then went overseas travelling where she did most of her Therapy and Body Work Training from 1989. So after 25 years experience she is both excited and passionate to share her knowledge combining several different therapy's according to your individual and specific needs of any symptoms/ailments. She has had a therapy room in Motueka since 2003 and grateful for a busy clinic!... Now offering, after recent 2 year training, BIODYNAMIC CRANIOSACRAL THERAPY, (after practising Upledger CST since 2000), and now starting to specialize in this Therapy and doing Post-Graduate Paediatric level next! This technique is based on Osteopathic Science and is getting great results for many ailments and is now being taught in 34 cities globally and setting a strong precedent in the Natural Health/Bodywork field! Melissa also offers THERAPEUTIC /REMEDIAL MASSAGE including Deep Tissue/Sports, Swedish/Relaxation, Acupressure/Trigger Points and/or Hot Volcanic Stone techniques, plus Pregnancy and Mehta Indian Head Massage. She also offers REFLEXOLOGY including a foot massage. And now, more recently Melissa does ZYTO COMPASS BIO - READINGS for DOTERRA THERAPEUTIC GRADE ESSENTIAL OILS which have set a world standard in potency and vibration... higher than any other in the world!

My clinic is at TUI HOUSE,  
57 Greenwood St, Motueka  
all details on:

[WWW.THEARTOFTOUCH.CO.NZ](http://WWW.THEARTOFTOUCH.CO.NZ)

or ph: 5402575 or ph/txt: 021-1368439



### MEMBER PROFILE

#### Simone Wenk

architecture studio | mapua  
sustainable design with nature in mind



There is a spark to Simone Wenk's personality which is welcoming and inspires creativity.

Having moved from Germany to New Zealand in 2009 Simone has been in Mapua for 6 years now. She has established roots and a strong community connection, both personally, and within her business.

While eco friendly architecture is the basis of her ethos, Simone caters for many types of architectural projects from:

- Residential to Commercial
- Modern to Sustainable
- Large to Small 'tiny homes'
- Diverse to Iconic

Simone welcomes all architectural enquires, and based in the heart of Mapua on Aranui Road, she is easy to find.

03 540 3282

021 1 049 039

simonewenk@xtra.co.nz

[www.architecture-sw.co.nz](http://www.architecture-sw.co.nz)



[www.rubycoastmouterehills.co.nz](http://www.rubycoastmouterehills.co.nz)

Supporting local businesses since 1992

# Noticeboard

**Motueka Social Dance Group** is holding a dance at Mapua Hall 7:30pm 18 April. Admission is \$6 plus a supper plate. Live music, dance prizes & raffles. All welcome. Gary 03 528-5363

**Creative Meditation:** An experiential workshop on Sunday 12 April, 10am -1pm, at Riverside Community, Lower Moutere Highway, facilitated by mentors of the International Group for Creative Meditation, Anne Verity, Trish Lynch & Julie Ewer. Cost \$30. Also an opportunity to join Creative Meditation groups in Nelson & Mapua or develop on-going meditation skills through an online meditation training course, if people wish to take the learning further. [www.creativegroupmeditation.org](http://www.creativegroupmeditation.org) or ph 03 540-2705.

**Probus Club** meets at Mapua Hall, 1.30 pm, first Friday of each month. Guest speaker at each meeting for about an hour's talk on various subjects. After afternoon tea a club member will give a short talk of their interest. Now in its 15th year, new members always welcome. President: Janice Higgs, 03 528-8883, secretary: Rita Mitchell, 03 528-8097

**LOST** quality red dog collar attached to woven red lead. In Mapua area. Reward. Phone 540-2873

**Motueka SeniorNet:** Get tech savvy and share more family experiences. Community computer support for 50+. Training courses for iPads, Phones, Tablets, PC and Mac. Members meeting 10am first Monday of month. 42 Pah Street, Motueka. [www.seniornetmotueka.org.nz](http://www.seniornetmotueka.org.nz)

**Mapua Mosaic Project:** Workshop sessions starting again soon, open to all from around 12 year olds to adults. Most Mondays, Thursdays and Saturdays from 2 - 4 pm, but please contact Bridget Castle on 540-2461 or [bridgetpcastle@gmail.com](mailto:bridgetpcastle@gmail.com), to register your attendance and check on details as times might vary depending on participants.

**Ruby Coast Run Club** meets Monday 6pm, Tues 9am, Sat 2pm at the Mapua School Car park. For all level of runners. Contact Debbi 027 327 4055 / [DLBamfield@gmail.com](mailto:DLBamfield@gmail.com) or Kristin 027 598-2424 / [info@kristinharrison.com](mailto:info@kristinharrison.com).

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

**Moutere Hills Rose Society.** A gardener with a special love of roses? We meet monthly - contact Margaret 03 528-8477 or Cynthia 03 528-8664.

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

**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: Bridget, 540-2572.

**Daytime Book Group:** Meets first Tuesdays at 9.45am. New members welcome. Phone Mary 540-2450 or Anne 540-3934

**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).

**Qi-gong,** Yuan Gong form. weekly in Mapua. Info: Marianne, 546-8584 or [bmtc@xtra.co.nz](mailto:bmtc@xtra.co.nz)

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

**Coastal Garden Group** meet first Thursdays, 1.00pm, Tasman Bible Hall. Members, guests & visitors welcome. Ngaire, 540-3193

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

**Ashtanga Yoga,** Upper Moutere, Tuesdays 6pm. [www.angepalmer.com](http://www.angepalmer.com) Ph 553-0353

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

**Mapua Friendship Club** meets at Mapua Hall on the 3rd Thursdays, for a game of indoor bowls and bring a plate afternoon tea. New members are enthusiastically welcomed, no prior bowling experience needed, our game is non-competitive, just a lot of laughs. \$3 door fee and 20¢ raffle. Contact: Val 540-3685.

**Mapua Social Cycling Group:** “Wheels 2 Meals”. Approx 20 – 30km ride with coffee break at halfway point and no racing! Departing from outside the Golden Bear, Mapua wharf. When? Each fine Thursday @ 9:30 am. Anyone interested - just turn up with your bike, “Hi Vis” top and coffee money, or contact me by email [wheels2meals@gmail.com](mailto:wheels2meals@gmail.com)

**Ruby Coast Walking Group** meets every Wednesday morning at 9.30am outside Tasman Store, Aporo Road, Tasman. We walk for about 1½ hours around the area and then enjoy a coffee and muffin back at the Store. Walk according to your ability and speed. Newcomers to the area and everyone (including couples) are very welcome. Just turn up or contact Fiona, 526-6840 or [fiona.oliver@xtra.co.nz](mailto:fiona.oliver@xtra.co.nz)

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